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ADOLESCENCE

INTRODUCTION OF ADOLESCENCE

Definition of Adolescence: Adolescence can be defined as the onset of puberty in which a young person develops or mature from a child into an adult. It can equally be defined as a transitional stage of Physical and Psychological development that occurs from puberty to adulthood.



DEFINITION OF PSYCHOLOGY **AND HUMAN DEVELOPMENT**

Psychology: is referred to as the science of the mind and behavior.

Human development can be defined as expanding people's freedom, opportunities and rising or developing their well-being.

In the issue of human development approach is the process of capabilities. What people can do and what they can become are the equipments one has to pursue in life.

When relating adolescence to psychology and human development, they are the real and concrete steps that boosts adolescence because at this point in human development, adolescence minds and behavior's are highly affected



THE EMOTION, **BEHAVIOR AND** **THE COGNITIVE** **PATTERN OF** **ADOLESCENCE**

Adolescence asserts more autonomous control over their decisions, emotions and actions and have more salient stimuli, particular faces and transforming emotional information and their recognition of facial expressions of emotion is one area of social cognition.

CHARACTERISTICS OF ADOLESCENCE

Adolescence usually go with teenage years. And in furtherance its physical, psychological and cultural processes

May begin earlier and end later.

I call adolescence the stages of “RISK TAKING” because it is at this stage of life that young adult begin to try

Many dangerous things. It is equally the stage of adventure, diversity both cultural and social. This a stage that

Parents have to work assiduously to help in shaping the life of their children, because it is in this stage that many

Adolescent (young adults) make bad and regrettable decisions.

THE THREATS TO ADOLESCENCE

The threats to adolescence are numerous. Numerous factors can affect the well-being and mental health of adolescence (e.g. violence, poverty, stigma, exclusion and living in humanitarian and fragile society) can project the risk of developing mental health problems.

Presented by



Erikson's theory of Psychosocial Development

Erik Erikson and theory of Psychosocial development

who was Erikson

- Erik Erikson (1902-1994) was a well know ego psychologist and modified the theory of Freud and presented his **psychosocial development theory** which focused on social nature rather the sexual nature on the development.
- Unlike Freud, who **believed** that personality development occurs only in early childhood, Erikson stated that personality development occurs throughout the life. He believed that the way in which we interact with each other is what affects our intellect of self or ego identity (Lifespan theories, 2021).



Theory of Erikson

Erikson's Psychosocial Development and Adolescence

- According to Erikson, psychosocial development occurs in eight phases from infants to adults. Psychological theory states that effective completion of every stage results in a strong personality. Failure of any stage will lead to lesser capability of fulfilling further stages and will lead to unhealthy personalities.
- **Stages of Erikson's Theory:** There are eight stages of Erikson's theory. These are:
- **Trust vs. Mistrust** (from birth and continues till 18 months),
- **Autonomy vs. Shame and Doubt** (from 18 months to 3 years)
- **Initiative vs. Guilt** (from 3 years to 6 years)
- **Industry vs. Inferiority** (from 6 to 12 years)
- **Identity vs. Role Confusion** (from 12 to 18 years)
- **Intimacy vs. Isolation** (from 18 to 40 years) (McLeod, 2018).

Erikson's Psychosocial Development and Adolescence

- **Generativity vs. Stagnation** (from 40 years to 65 years)
- **Ego Integrity vs. Despair** (from 65 years till death)

Identity vs. Role Confusion and Adolescence

It is the 5th stage of Erikson's theory and is related to adolescence and happens in 12 to 18 years. At this stage, an adolescent explore for self identity. If this is restricted, they **will get confused about their role and get identity crisis.**

Erikson's theory and Adolescence

According to Erikson, the major task of the adolescent is to resolve the role confusion vs. identity crisis and build their own exclusive sense of identity and are capable to discover the social surroundings where they can fit into and make expressive relationships with other people (Rageliene, 2016)

Erikson's Psychosocial Development and Adolescence

- The course of identity development is equally a personal and social procedure. Much of this course is presumed during adolescence when cognitive development let an adolescent to build a “theory of self” built on experience with role models and identity choices.
- Identity development in adolescents is important for an individual to understand about self and contribute to social systems. Identity development offers five basic purposes for adolescents; self acquaintance and structure; uniformity of beliefs; sense of endurance for past and future; aims and path; and a sagacity of private control of their decisions and consequences.

Erikson's Psychosocial Development Theory

- We choose Erikson's psychosocial development theory for adolescence because this theory is related to both childhood and early adulthood development. Adolescence is linked to this theory as the other theories such as theories of Freud and Piaget are more focused on early developmental phases and Erikson's theory is based on development throughout the life.
- **Critical Evaluation**
- Erikson's theory of psychosocial development is regarded as more realistic approach as it states that personality development takes place over the period of life.
- Erikson's theory is unclear in terms of how or why development occurs. Instead it only focuses on explaining emotional and social development of humans. The theory does not present general mechanism for crisis resolution. Erikson did not describe how the failure or success of one stage affected the other stages (McLeod, S. A. (2018).

Conclusion

- In conclusion, lifespan development is the changes that occur over the time of life in which a person's behavior, emotions and cognitions are developed.
- Erik Erikson who was a famous psychologist who presented a theory of psychosocial development which focused on the social impact on individual's personality development. He stated that personality development occurs in 8 stages and of these the adolescence age that start from 12 years till 18 years is most sensitive of all because at this stage an individual learns his sexual and occupational role as an adult thus learning about self identity. Identity development in adolescents is important for an individual to understand about self and contribute to social systems.
- Erikson's theory received mixed reviews from the psychologists. Some termed it as vague as it doesn't address how actually the development occurs . However other's accepted the theory because only this theory suggests that development occurs over the life time rather than only in childhood as stated by other psychologists.

References

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