



SITC
CAMPUS

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Assignment 01

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How the relationships between young children and their parents act as a foundational influence on the development of their future personality.

1. Introduction

A child's future personality is greatly influenced by their early relationship with their parents. Children depend on their parents from birth for emotional stability, social learning, and cognitive development in addition to fundamental need. A child's perception of the world, other people, and themselves is shaped by these early encounters. According to psychological theories like Bowlby's attachment theory and Erikson's psychosocial development theory, a child's emotional attachment to their parents establishes the foundation for their relationships, coping strategies, and sense of self in later life. Characteristics like confidence, empathy, resilience, or anxiety are formed in part by parenting techniques, attachment levels, and the durability of the parent-child bond. This essay investigates the ways in which these fundamental connections influence children's personality development and long-term psychological results.

2. Secure and Insecure Attachment Styles

John Bowlby and Mary Ainsworth developed attachment theory, which describes how a child's emotional attachment to their primary caregiver shapes their personality and future interactions. Based on how babies responded to being separated from and then reunited with their caregiver, Ainsworth's "Strange Situation" experiment distinguished between various attachment types.

2.1 Secure Attachment

When their caregiver is around, a securely attached youngster feels secure and comfortable and turns to them for solace when they're upset. When parents are always receptive, caring, and emotionally accessible, this bond forms. Securely attached children exhibit the following traits:

- Exhibit self-assurance when examining their surroundings, knowing that their caregiver is a trustworthy source of assistance.
- Exhibit resilience and sound emotional control under pressure.
- When in distress, they are readily soothed by their caregiver.
- Prolonged Impact on Personality:
- Healthy Relationships: People who have a secure attachment style are more likely to develop enduring and fulfilling relationships as adults because it promotes trust and emotional connection.
- High Self-Esteem: Kids who have a positive self-image grow up to be confident and independent.
- Strong Emotional Regulation: People with secure attachment styles demonstrate emotional stability and efficient stress management.

2.2 Insecure Attachment Styles

Children may acquire insecure attachment styles as a result of inconsistent, negligent, or too invasive parental care, which can cause problems with relationships and emotional control.

a. Avoidant Attachment (Insecure-Avoidant)

occurs when caregivers fail to respond to the child's needs or are emotionally aloof. The youngster consequently learns to repress their emotional needs.

- Qualities:
- Refrain from asking caregivers for consolation.
- Even though they seem self-sufficient, they could be deeply insecure emotionally.
- Later in life, have trouble expressing feelings or building strong bonds with others.
- Prolonged Impact on Personality:
- Difficulty with Intimacy: Because they fear becoming dependent, avoidant people may find it difficult to develop strong emotional ties.
- Emotional Suppression: They can try to avoid showing their emotions, which makes it harder for them to do so.

b. Anxious Attachment (Insecure-Ambivalent/Resistant)

Arises when a child experiences inconsistent parental care, which can be both caring and negligent at times, leaving them confused and anxious.

- Qualities:
- Overly reliant on caregivers and clinging.
- Exhibit severe distress when separated but find it difficult to be consoled when reunited.
- Seek confirmation all the time and fear being abandoned.
- Prolonged Impact on Personality:
- Fear of Rejection: People who are anxious frequently experience relationship uncertainty, which can result in clinginess or jealousy.
- Low Self-Esteem: They could look to others for approval since they don't think they're deserving of affection.
- Emotional instability: An inability to control emotions, which can result in worry or mood swings.

c. Disorganized Attachment

occurs when parents or guardians act in an unpredictable, violent, or frightening manner, leaving the youngster feeling scared and bewildered.

- Features:
- A combination of nervous and avoidant tendencies.
- Afraid of intimacy as well as distance in partnerships.
- Frequently exhibit symptoms of dissociation or trauma.
- Prolonged Impact on Personality:
- Difficulty Trusting Others: Unstable relationships are characterized by uncertainty and dread.

- Greater Probability of Mental Health Problems: A higher chance of personality disorders, anxiety, or depression.
- Emotional Regulation Issues: Inability to control stress, frequently exhibiting impulsive or destructive actions.

2.3. Impact of Early Attachment on Future Relationships, Self-Esteem, and Emotional Regulation

1. Future Relationships: Children who have a secure attachment style are more likely to grow up to form wholesome, trustworthy relationships. People who are insecurely attached may have trouble expressing their feelings, shun intimacy, or dread being abandoned.
2. Self-Esteem: Confidence and self-worth are fostered by positive early attachment. Dependency, self-doubt, or feelings of inadequacy might result from inconsistent or careless caregiving.
3. Emotional Regulation: Children that have a secure bond are better able to manage their emotions and stress. Emotional instability, anxiety, or trouble controlling tension and rage can result from insecure connection.

3. Parenting Styles and Their Influence on Personality Development

Diana Baumrind, a psychologist, distinguished four primary parenting philosophies: permissive, authoritarian, authoritative, and neglectful (uninvolved). Different degrees of warmth, responsiveness, and discipline characterize each style, which influences a child's behavior, personality, and sense of self.

3.1 Authoritative Parenting (High Warmth, High Control)

This is thought to be the most successful and well-rounded parenting approach. In addition to establishing clear guidelines and expectations, authoritative parents are also kind, encouraging, and sensitive to their children's needs. Authoritative parents have the following traits:

- Promote independence while upholding order.
- Instead of using severe punishment, employ logic and candid communication.
- Offer affection and consolation
- Effect on the Development of Personality:
 - High Self-Esteem: Kids have confidence and a sense of worth.
 - Emotional Regulation: They acquire the ability to successfully control their emotions and stress.
 - Good Social Skills: These kids typically have good relationships, are cooperative, and have empathy.
 - Academic and Professional Success: They can overcome obstacles and are self-motivated.

3.2 Authoritarian Parenting (Low Warmth, High Control)

Strict regulations are enforced by authoritarian parents, who demand blind adherence. They don't offer much emotional warmth and frequently employ punishment instead of direction. Authoritarian parents exhibit the following traits:

- They place a strong emphasis on obedience and discipline.
- Offer little open communication or emotional support.
- Punishment is frequently used instead of elaborating on regulations.
- Effect on the Development of Personality:
 - Low Self-Esteem: Kids who have low self-esteem may fear failure and feel unworthy.
 - Anxiety & Insecurity: Excessive anxiety of making mistakes might result from strict parenting.
 - Poor Social Skills: Because they are unable to articulate their emotions, they may find it difficult to build wholesome connections.
 - Passivity or Rebellion: While some kids may rebel against authority, others may grow up to be quite obedient and reliant.

3.3 Permissive Parenting (High Warmth, Low Control)

Although they don't impose many restrictions or boundaries, permissive parents are kind and kind. Their child's pleasure is more important to them than discipline.

- Permissive parents have the following traits:
- They hardly ever impose regulations or penalties.
- Behave less like a parent and more like a friend.

4. The Role of Parental Warmth, Responsiveness, and Discipline in Personality Development

Parental Warmth and Emotional Security

The degree of love, attention, and emotional support given to a kid is referred to as parental warmth. A stable bond and a healthy self-image are fostered by high parental warmth.

- Impact of Elevated Temperature:
- Strong emotional ties are formed by children, which promotes trust and emotional stability;
- empathy and the development of healthy relationships are more likely to occur;
- resilience and constructive coping strategies are promoted.

5. Early Experiences and Personality Formation (Freud & Erikson)

Since early experiences have an impact on emotional development, self-concept, and future conduct, the interaction between young children and their parents is fundamental in forming personality. Erikson's Psychosocial Development Theory and Freud's Psychosexual Development Theory are two important psychological theories.

How the psychosocial characteristics highlighted in Erik Erikson's theory of human development across the eight stages impact an individual's personality formation.

1. Introduction

According to Erik Erikson's theory of psychosocial development, people go through eight stages between early childhood and late adulthood. For personality development to be healthy, a psychological conflict must be resolved at each stage. The outcomes of these stages greatly form an individual's personality, influencing their confidence, relationships, and overall psychological well-being.

2. Trust vs. Mistrust (Infancy: 0-1 Year) and Its Impact on Personality Formation

Erik Erikson's psychosocial development theory is based on the Trust vs. Mistrust stage, which lasts from birth to around one year of age and is a crucial time when a child either develops a sense of security or uncertainty about the world. How this stage is resolved has a significant impact on an individual's personality, affecting their relationships, emotional stability, and general psychological well-being throughout their life.

- Developing caregiver trust contributes to the development of a stable, self-assured personality.
- Fear, insecurity, and mistrust of others are the results of failure.

3. Autonomy vs. Shame and Doubt (Early Childhood: 1-3 Years) and Its Impact on Personality Formation

In Erik Erikson's theory of psychological development, the second stage is Autonomy vs. Shame and Doubt. It happens in early childhood, between the ages of one and three, and is a critical time when kids start to show their independence. An individual's personality is greatly influenced by how this conflict is resolved, which shapes their sense of control over their life, decision-making skills, and self-confidence.

- Self-control and confidence are fostered by gaining independence
- Doubt and low self-esteem might result from excessive restriction or criticism.

4. Initiative vs. Guilt (Preschool: 3-6 Years) and Its Impact on Personality Formation

The Initiative vs. Guilt stage, which takes place between the ages of three and six, is the third stage in Erik Erikson's theory of psychosocial development. A child's feeling of ambition, responsibility, and confidence all develop during this crucial period. An individual's personality is greatly influenced by how this dispute is addressed, which shapes their capacity for taking charge, making choices, and managing obligations in the future.

- Children can develop into leaders and decision-makers by being encouraged to take initiative.
- Guilt and hesitancy might be brought on by punishment or discouragement.

5. Industry vs. Inferiority (School Age: 6-12 Years) and Its Impact on Personality Formation

According to Erik Erikson's theory of psychological development, the fourth stage, known as the Industry vs. Inferiority stage, takes place between the ages of six and twelve. For a child's sense of competence, self-worth, and capacity to put forth effort toward objectives, this stage is critical. The resolution of this struggle has a profound impact on a person's mentality, affecting their eventual self-esteem, drive, and work ethic.

- Consistent failure or criticism can cause feelings of inadequacy and inferiority.
- Achievement in school and extracurricular activities fosters pride and a sense of competence.

6. Identity vs. Role Confusion (Adolescence: 12-18 Years) and Its Impact on Personality Formation

In Erik Erikson's theory of psychosocial development, the Identity vs. Role Confusion stage, which takes place during adolescence (12–18 years), is the fifth stage. The formation of a solid self-identity, which influences a person's personality, values, and life decisions, depends on this stage. A distinct sense of self is the outcome of successfully completing this stage, whereas uncertainty about one's place in society and future course can arise from failing.

- Adolescents who study and comprehend themselves form solid identities.
- A lack of direction and a feeling of self might be caused by pressure or confusion.

7. Intimacy vs. Isolation (Young Adulthood: 18-40 Years) and Its Impact on Personality Formation

According to Erik Erikson's theory of psychosocial development, the sixth stage, Intimacy vs. Isolation, takes place in young adulthood (18–40 years). This phase is essential for the formation of meaningful, long-lasting relationships because it shapes a person's capacity for

connection, trust, and emotional stability. Achieving this stage successfully promotes wholesome relationships, whilst failing to do so can lead to isolation and loneliness.

- Building strong bonds with others promotes emotional well-being and a feeling of community.
- Social isolation and loneliness result from avoiding closeness.

8. Generativity vs. Stagnation (Middle Adulthood: 40-65 Years) and Its Impact on Personality Formation

According to Erik Erikson's psychosocial development theory, the seventh stage, Generativity vs. Stagnation, takes place in middle adulthood (ages 40–65). The formation of a sense of productivity, social contribution, and personal legacy all depend on this stage. People who successfully complete this stage experience generativity, which is the belief that they are changing the world, especially by raising children, helping out at work, or mentoring others. People may feel unproductive, disengaged, or uninvolved in worthwhile tasks if this stage is not resolved, which results in stagnation.

- Purpose and fulfillment result from giving back through employment, parenthood, or mentorship.
- A lack of participation results in inactivity and stagnation.

9. Integrity vs. Despair (Late Adulthood: 65+ Years) and Its Impact on Personality Formation

According to Erik Erikson's psychological development theory, the Integrity vs. Despair stage, which takes place in late adulthood (65+ years), is the eighth and last stage. The main focus of this stage is introspection and the formation of feelings of regret or fulfillment in light of one's life experiences. Integrity stems from successfully completing this stage, whilst hopelessness follows failure. As a person nears the end of their life, this period has a significant impact on their general personality, feeling of self-worth, and emotional health.

- Peace and contentment come from thinking positively about life.
- Sadness and despair can result from regret and disappointment.