**NAME: ISOE NYANCHAMA CHRISTINE**

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**UNIT TITLE: HUMAN GROWTH AND DEVELOPMENT**

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**QUESTION:**

**CLEARLY EXPLAIN THE EIGHT OF ERICKSON PSYCHO-SOCIAL DEVELOPMENT THEORY.**

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| Birth to 1 year | Trust versus mistrust | Infants must learn to trust their care givers to meet their needs.  Responsive parenting critical |
| 1 to 3 years | Autonomy versus shame and doubt. | Children must learn to be autonomous to assert their wills and do things for themselves or they will doubt their abilities. |
| 3 to 6 years | Initiative versus guilt | Preschoolers develop initiative by devising and carrying out bold plans, but they must learn not to impinge on the rights of others. |
| 6 to 12 years | Industry versus inferiority | Children must master important social and academic skills and keep up with their peers or they will feel inferior. |
| 12 to 20 years | Identity versus role confusion | Adolescents asks who they are and must establish social and vocational identities or else remain confused a lot the roles they should play as adults. |
| 20 to 40 years | Intimacy versus isolation | Young adults seek to form a shared with another person but may intimacy and experience loneliness and isolation. |
| 40 to 65 years | Generativity versus stagnation | Middle-aged adults must feel that they are producing something that will outlive them, either as parents workers or they will become stagnant or self centered . |
| 65 and older | Integrity versus Despair | Old adults must come to view their lives as meaningful in older to face death without worries and regards. |

**Trust versus Mistrust**

* Is the first stage Begins at birth continues to approximately 18 months of age.
* At these stage the infant is uncertain about the world in which they live .
* If the infant receives consistent, predictable and reliable, they will develop a sense of trust that will carry with them to other relationships.

They will be able to feel secure when threatened.

* If the care ain’t consistently met, mistrust, suspicion and anxiety may develop.
* In these situation the infant will not have confidence in the world around them or in their ability to influence events.
* Success in their stage will lead to the virtue of hope.
* Failure to acquire the virtue of hope will lead to the development of fear.

**Autonomy vs Shame and doubt.**

* Is the 2nd  stage between 18 months to approximately 3 years.
* In these stage success will lead to the virtue of will.
* If children are encouraged and supported in their increased independence, they become more confident and secure in their own ability to survive in the world.
* If children are criticized, overly controlled or not given the opportunity to assert themselves, they begin to feel inadequate in their ability to survive and then become overly dependent upon others lack self esteem and feel a sense of shame or doubt in their abilities.
* At these stage the child developing physically and becoming more mobile and discovering that he/she has many skills and abilities e.g dressing, playing with toys.
* At these stage Erikson encourages parents to allow their children to explore the limits of their abilities within an encouraging environment which is tolerant of failure.

**Initiative vs Guilt**

* Is the 3rd stage. Here children assert themselves more frequently through directing play and other social interaction.
* According to Bee(1992), it is a time of viger of action and of behaviors that the parents may see as aggressive.
* The primary feature on these stage is the child regularly interacting with other children at school.
* Playing provides children with the opportunity to explore their interpersonal skills through initiating activities.
* Through planning activities, making up games and initiating activities with each other, gives them a sense of initiative and feel secure in their ability to lead others and make decisions.
* At these stage that child will begin to ask many questions as his thirst for knowledge grows.
* If the parents treat the child’s questions as trivial, a nuisance or embarrassing, the child wouldn’t know how to exercises self-control or have a consience.
* Success in this stage will lead to the virtue of purpose.

**Industry vs inferiority**

* Children here are at the stage where they will be learning to read and write, to do sums, to do things on their own.
* Teachers begin to take an important role in the child’s life as they teach the child specific skills.
* It is at this stage that the child is peer group will gain greater significance and will become a major source of the child’s self-esteem.
* The child feels the need to win approval by demonstrating specific competencies that are valued by society and begins to develop a sense of pride in their accomplishments.
* If the children are encouraged they begin to feel industrious and feel confident in their ability to achieve goals.
* Either some failure may be necessary so that the child can develop some modesty.
* Success in this stage will lead to the virtue of competence.

**Indentity vs role confusion**

* These stage occur about 12-18yrs. During these stage adolescents search for a sense of self and personal identity, through and intense exploration of personal values, beliefs and goals.
* During adolescent, the transition from childhood to adulthood is most important.
* Children here are becoming more independent and begin to look at the future in terms of career, relationship families, housing etc
* The individual wants to belong to a society and fit in.
* According to (Erickson 1963, pg245),he says adolescent mind is essentially a mind or moratorium a psycho-social stage between childhood and adulthood and between the morality learned by the child and the ethics to be developed by the adult.
* This is the major stage of development where the child has to learn the roles he will occupy as adult.
* Erikson claims that the adolescent may feel uncomfortable about their body for a while until they can adapt and “grow into” the changes.
* Success in this stage will lead to the virtue of fidelity.

**Intimacy vs isolation**

* Takes place during young adulthood between the ages of approximately 18 to 40 years.
* During these stage the major conflict confess on forming intimate loving relationships with other people.
* During this stage, we begin to share ourselves more intimately with others.
* We explore relationships leading towards longer term commitments with someone other than a family member
* Successful completion of these stage can result in happy relationships and a sense of commitment,safety and care within a relationship.
* Avoiding intimacy,fearing commitment and relationships can lead to isolation,loneliness and sometimes depression.
* Success in this stage will lead to the virtue of love.

**Generativity vs Stagnation**

* Takes place during middle adulthood.
* Psychologically generativity refers to “making your mark” on the world through creating or nurturing things that will outlast an individual.
* During middle age individuals experiences a need to create or nurture things that will outlast them ,often having mentees or creating positive changes that will benefit other people.
* Through generativity we develop a sense of being a part of the bigger picture.
* Success leads to feelings of usefulness and accomplishment while failure results in shallow involvement in the world.
* By failing to find a way to contribute, we become stagnant and feel unproductive.
* These individuals may feel disconnected or uninvolved with their community and with society as a whole.
* Success in this stage will lead to the virtue of core.

**Ego Integrity vs Despair**

* This stage at approximately age 65 and ends at death.
* Its during this time that we contemplate our accomplishments and can develop integrity if we see ourselves as leading a successful life.
* Erickson describe ego integrity as the acceptance of ones ,one and only life cycle as something that had to be(1950 pg268).
* He then later described it as a sense of coherence and wholeness(1982 pg 65).
* Erickson believed if we see our lives as unproductive we feel guilt about our past or feel that we did not accomplish our life goals, we become dissatisfied with life and develop despair, often leading to depression and hopelessness.
* Success in this stage will lead to the virtue of wisdom.

**Conclusion**

* By extending the notion of personality development across the lifespan, Erickson outlines a more realistic perspective of personality development.
* Based on Erickson’s ideas psychology has re-conceptualized the way the later periods of life are viewed.
* Middle and late adulthood are no longer viewed as irrelevant because of Erickson.
* They are now considered active and significant times of personal growth.
* Erikson’s theory has good face validity. People find this theory to be relatable to various stages of the life cycle through their own experiences

References

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