

Human development Birth to Death

Life Events

- **Developmental Milestones:** Notable events, markers, or turning points in personal development.
- **Developmental Tasks:** These must be mastered for optimal development (e.g., learning to read and adjusting to sexual maturity).
- **Psychosocial Dilemma:** Conflict between personal impulses and the social world.

Erik Erikson's Eight Stages of Psychosocial Dilemmas

- **Stage One: Trust versus Mistrust:** Children are completely dependent on others.
Trust: Established when babies given adequate warmth, touching, love, and physical care.
Mistrust: Caused by inadequate or unpredictable care and by cold, indifferent, and rejecting parents.
- **Stage Two: Autonomy versus Shame and Doubt**
 - **Autonomy:** Doing things for themselves.
- **Stage Three: Initiative versus Guilt**
 - **Guilt:** May occur if parents criticize, prevent play, or discourage a child's questions.
- **Stage Four: Industry versus Inferiority**
 - **industry:** Occurs when child is praised for productive activities.
 - **Inferiority:** Occurs if child's efforts are regarded as messy or inadequate.
- **Stage Five: Identity versus Role Confusion**
 - **Identity:** For adolescents; problems answering, "Who am I?"
 - **Role Confusion:** Occurs when adolescents are unsure of where they are going.
- **Stage Six: Intimacy versus Isolation**
 - **Intimacy:** Ability to care about others and to share experiences with them.
 - **Isolation:** Being alone and uncared for in life.
- **Stage Seven: Generativity versus Stagnation**
 - **Generativity:** Interest in guiding the next generation

- Stagnation: When one is only concerned with one's own needs and comforts.
 - **Stage Eight**: Integrity versus Despair
 - Integrity: Self-respect; developed when people have lived richly and responsibly.
 - Despair: Occurs when previous life events are viewed with regret; experiences heartache and remorse.
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Childhood Problems

- **Toilet Training Problems**: Average age for completion is 30 months; some children will take up to six months longer.

- Enuresis: Lack of bladder control; bedwetting. May be physical problem. Much more common in males.
- Encopresis: Lack of bowel control; soiling. Not as common as enuresis.

- **Feeding Disturbances**:

- Overeating: Eating in excess of daily caloric needs, significant problem because of convenience and fast foods.
- Anorexia Nervosa: Self-starvation or sustained loss of appetite that is assumed to have psychological origins.
- Pica: Eating or chewing inedible objects or substances such as lead, chalk, paint chips, clay and so on.

Note: Eating inedible foods on occasion is not uncommon among young toddlers.

- **Speech Disturbances**

- Delayed Speech: Speech that begins well after the normal age for language development.
- Stuttering: Chronic hesitation or stuttering in speech. Seems to involve speech timing mechanisms in brain; NOT parent's fault.

- **Learning Disorders**

- Includes problems with reading, math or writing. Exists when academic achievement is significantly lower than expected for child's intellectual level and age.
- Dyslexia: Inability to read with understanding. Classic example is reversing letters.

- Affects about 10-15% of all school-age children.

- Attention-Deficit Hyperactivity Disorder (ADHD)

- Behavioral problem characterized by short attention span, rapid speech, impulsivity, and rarely finishing work. Much more common among boys than girls.

- Treatment Methods:

- Drugs: Ritalin (methylphenidate): Stimulant seems to lengthen attention span and reduce impulsiveness.

- Behavior Modification: Application of learning principles to change or eliminate maladaptive or abnormal behavior.

- Autism

- Severe disorder involving mutism (silence), sensory spin-outs (watching a faucet drip for hours), sensory blocking (not responding to an extremely loud noise), tantrums, and unresponsiveness to others, among other symptoms.

- Echolalia: When an autistic child parrots back everything said, like an echo.

- "Rain Man" is a decent example on film.

- Child Abuse

- Physical or emotional harm caused by violence, mistreatment, or neglect.

- 3.5 to 14 percent of all children are physically abused by parents.

- Abusive parents typically have high level of stress and frustration in their lives.

- About 1/3 of all parents who were abused as children mistreat their own children

- One method to prevent child abuse is to change attitudes; not a parent's right to hit or slap their child.

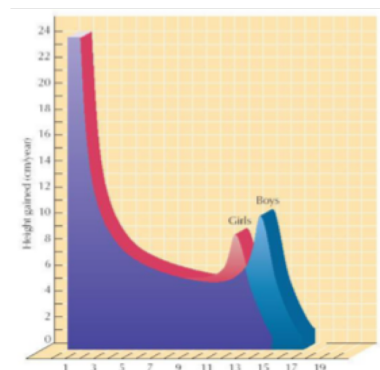
- Adolescence

- Culturally defined period between childhood and adolescence.

- Puberty: Hormonal changes promote rapid physical growth and sexual maturity.

- Puberty tends to increase body awareness and concerns about physical appearance.

- Growth Spurt: Accelerated growth rate.

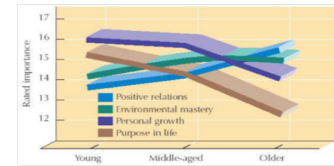


- Social Markers: Visible or tangible signs that indicate a person's social status or role, e.g., driver's license or wedding ring.
- Imaginary Audiences: People adolescents imagine are watching them.
- Peer Group: People who share similar social status.

Lawrence Kohlberg and Stages of Moral Development

• Moral Development: When we acquire values, beliefs, and thinking abilities that guide responsible behavior.

- **Three Levels:**
- Preconventional: Moral thinking guided by consequences of actions (punishment, reward).
- Conventional: Reasoning based on a desire to please others or to follow accepted rules and values.
- Postconventional: Follows self-accepted moral principles.
- Stage theorist, like Freud and Erikson.



Developmental Challenges (Gould)

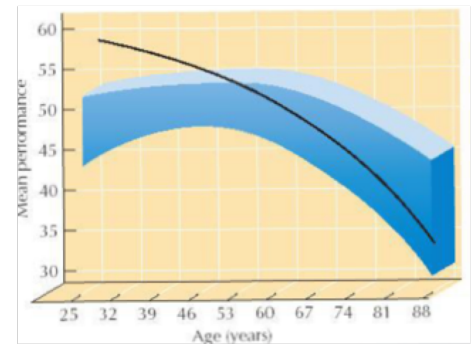
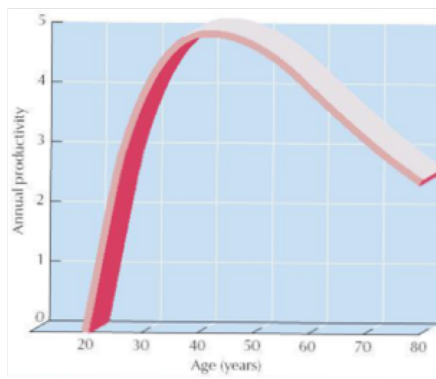
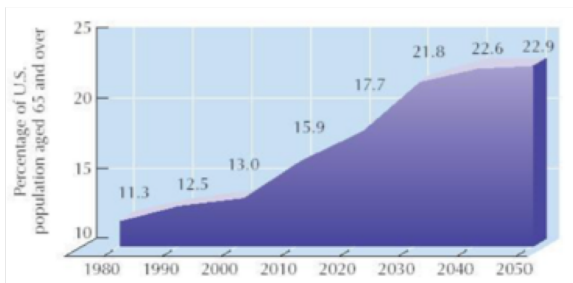
- Escape from Dominance (Ages 16-18)
- Leaving the Family (Ages 18-22)
- Building a Workable Life (Ages 22-28)
- Crisis of Questions (Ages 29-34)
- Crisis of Urgency (Ages 35-43)
- Attaining Stability (Ages 43-50)
- Mellowing (Ages 50 and up)
- Empty Nest Syndrome: A woman may become depressed after her last child leaves home.

Middle Age Issues: Mid-Life Crises?

Menopause: Menstruation ends, and a woman is no longer able to bear children.

Estrogen levels also drop, sometimes causing mood or appearance changes.

- **Hot flashes:** Sudden uncomfortable sensation of heat; symptom of menopause in some women.
- **Climacteric:** When men experience a significant change in health, vigor, or appearance. Affects some men between 40-60 years old.



Gerontology and the Study of Aging

- Gerontologists study aging and its effects.
 - **Intellectual Abilities:**
 - **Fluid Abilities:** Abilities requiring speed or rapid learning; based on perceptual and motor abilities.
 - **Crystallized Abilities:** Learned (accumulated) knowledge and skills; vocabulary and basic facts
 - **Disengagement Theory:** Assumes that it is normal and desirable for people to withdraw from society as they age.
 - **Activity Theory:** People who remain active physically, mentally, and socially will adjust better to aging.
 - **Ageism:** Discrimination or prejudice based on age.
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Death and dying; Elizabeth Kubler-Ross

- Ross is a thanatologist: One who studies emotional and behavioral reactions to death and dying. She described five basic reactions to death that occur in the following order (Thus she's a stage theorist also!).

Five Basic Reactions to Death in Order (Kubler-Ross)

- **Denial and Isolation:** Denying death's reality and isolating oneself from information confirming that death will occur. "It's a mistake; the doctors are wrong."
 - **Anger:** Asking "why me?" Anger may then be projected onto the living.
 - **Bargaining:** Terminally ill will bargain with God or with themselves. "If I can live longer, I'll be a better person".
 - **Depression:** Feelings of futility, exhaustion and deep sadness.
 - **Acceptance:** If death is not sudden, many will accept death calmly. Person is at peace finally with the concept of death.
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Attitudes Towards Death

- **Hospice:** Medical facility or program that provides supportive care for terminally ill; goal is to improve person's final days.
 - **Living Will:** Written statement that a person does not wish to have his/her life artificially prolonged if terminally ill; a Do Not Resuscitate order to doctors.
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Bereavement and Grief

- **Bereavement:** Period of adjustment that follows death of loved one.
 - **Grief:** Intense sorrow and distress following death of loved one
 - **Shock:** Emotional numbness experienced after death of loved one.
 - **Pangs of Grief:** Intense and anguished yearning for one who has died.
 - **Resolution:** Acceptance of loss and need to build a new life.
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Happiness

- Subjective Well-Being: Feelings of well-being occur when people are satisfied with their lives, have frequent positive emotions, and have relatively few negative emotions.
 - Happier people tend to be:
 - Married
 - Comfortable with their work
 - Extraverted
 - Religious
 - Generally optimistic and satisfied with their lives.
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