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Erikson's Theory of Psychosocial Devel.

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Erickson studied social and emotional development over the lifespan. He was born in 1902 and died in 1994. His views on development were shaped by the fact that he was the product of an extramarital affair his mother had-he never met his biological father and was not told that his mother's second husband was not his biological father. This left him feeling confused about who he was and where he fit in.

He never received a formal degree in medicine or psychology, yet he went on to teach at Harvard. He did study psycho-analysis but did not receive a degree. Psycho-analysis was in its infancy at that time.

Erikson's Theory of Psycho-social Development divides the lifespan into 8 basic stages. In each stage, a person faces certain conflicts and challenges. In each stage people must adjust successfully to their social environments.

### Stage I: Trust vs. Mistrust (0-2 yr old)

Developing trust in the first few years of life is very important to our personality development. This forms the foundation for a stable personality. If parents are quick to respond to the needs of their children, then they will trust them. If not, and the child is neglected or abused during the early stages of life, then the child will have a hard time developing a sense of trust. If not, they will mistrust people and situations.

- To maximize this stage of personality development- make sure infants are loved and cared for so they will develop trust in people and in their surroundings.

### Stage II: Autonomy vs Shame (2-3 yr old)

In this stage children are striving to develop autonomy or independence.

They go from being totally helpless infants to having some control over their feelings and actions. Those children who have developed trust in the people around them and their environments are more likely to explore their world a bit more. Children who **mistrust will think their parents will abandon them.** Trust allows children to become autonomous or independent. Also, motor skills improve during this time and that allows kids to do more for themselves.

- For the most positive development during this stage, **allow children to make some decisions and choices on their own** so they develop some independence and feel more autonomous.
- <https://www.youtube.com/watch?v=G8FU18NkVK4>
- [https://www.youtube.com/watch?v=EAUyoA\\_EdOM](https://www.youtube.com/watch?v=EAUyoA_EdOM)

### Stage III: **Initiative vs Guilt (4-5 yr olds)**

Children will begin to **initiate**, or **come up with on their own**, activities or ideas. They develop creativity with those ideas also. Children at this stage need to know that their ideas, questions and concepts matter to others. Children who are scolded, ridiculed or belittled for their ideas or contributions will develop feelings of guilt that may plague them through their lifespan.

- Parents should encourage **their children's' ideas, stories and pay attention to their contributions.**

<https://www.youtube.com/watch?v=kDWhl1h9vfA>

<https://www.youtube.com/watch?v=dJft5p8O8mQ>

### Stage IV: **Industry vs. Inferiority 6-11 yrs old**

Children become capable of **deductive reasoning and they learn to follow rules.** They are interested in how things are made, how they work and what they do.

- Parents should promote industry by encouraging their children to do, make or build things. They should stress the importance of seeing a task through to completion. Praise and reward efforts.

If parents do not praise, the child feels that they can't do anything right and deep feelings of inferiority may dominate their personalities. The actions and attitudes of teachers and friends are a major influence. Students who are discouraged at home can feel a sense of industry at school.

[https://www.youtube.com/watch?v=9Z\\_qjht59G0](https://www.youtube.com/watch?v=9Z_qjht59G0)

### **Stage V: Identity vs. Role Confusion (12-18 yrs old)**

The main goal of this stage is to develop a healthy personal identity. Learn to see oneself as an individual and separate from their parents. Parents now play an indirect influence during this stage of personality development.

- Success during this stage is more likely if parents have helped their children meet the challenges of previous stages.

<https://www.youtube.com/watch?v=EnQi8dUj-nU>

### **Stage VI: Intimacy vs. Isolation (late adolescent into middle age)**

Time for forming stable relationships with others

Does not compromise either person's sense of identity

- People who have met the challenges of the previous stages are also more likely to be successful at this stage

### **Stage VII: Generativity vs. Stagnation ( middle adulthood)**

People become more concerned about their contributions to the world. **Generatively** means showing concern for future generations and for the conditions of society. Parenting is the main way people establish a sense of generativity.

### **Stage VIII: Integrity vs. Despair (late adulthood)**

**Integrity** means a sense of satisfaction and peace a person has with him/herself. As person with integrity can look back with pride on the life he/she has lived.

People who do not feel a sense of integrity can often feel despair in this last stage of life.