



PSYCHOLOGY



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Developmental Psychology

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

Childhood Problems	<ul style="list-style-type: none"> •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:	<ul style="list-style-type: none"> -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	<ul style="list-style-type: none"> •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	<ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> - Affects about 10-15 % of all school age children
Attention Deficit Hyperactivity Disorder (ADHD)	<ul style="list-style-type: none"> •Behavioral problem characterized by short attention span, rapid speech, impulsivity, and rarely finishing work. Much more common among boys than girls •Treatment Methods: <ul style="list-style-type: none"> -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	<ul style="list-style-type: none"> •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	<ul style="list-style-type: none"> •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	<ul style="list-style-type: none"> •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

•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

Death and Dying; Elizabeth Kubler-Ross

•**Ross is a thanatologist:** One who studies emotional and behavioral reactions to death and dying

•**Ross 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
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
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
Happiness	
Subjective Well-Being	<p>Being: Feelings of well-being occur when people are satisfied with their lives, have frequent positive emotions, and have relatively few negative emotions</p> <ul style="list-style-type: none"> •Happier people tend to be <ul style="list-style-type: none"> -Married -Comfortable with their work -Extraverted -Religious -Generally optimistic and satisfied with their lives