

Erikson's Theory of Psychosocial Development

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Growth & development concepts

- **Growth :**

An increase in cell's size and number as they divide and synthesize new proteins ; results in increase size and weight of the whole or any of its parts. (it can be viewed as quantitative change).

- **Development:**

A gradual change and expansion ; advancement from lower to more advanced stages of complexity ; the expanding of the individual's capacities through growth, maturation, and learning.

(it can be viewed as quantitative change).

- **Maturation:**

An increase in competence and adaptability; aging; usually used to describe a qualitative change; a change in complexity and structure that makes it possible for that structure to begin functioning; to function in a higher level

Freud's Structural and Topographical Models of Personality

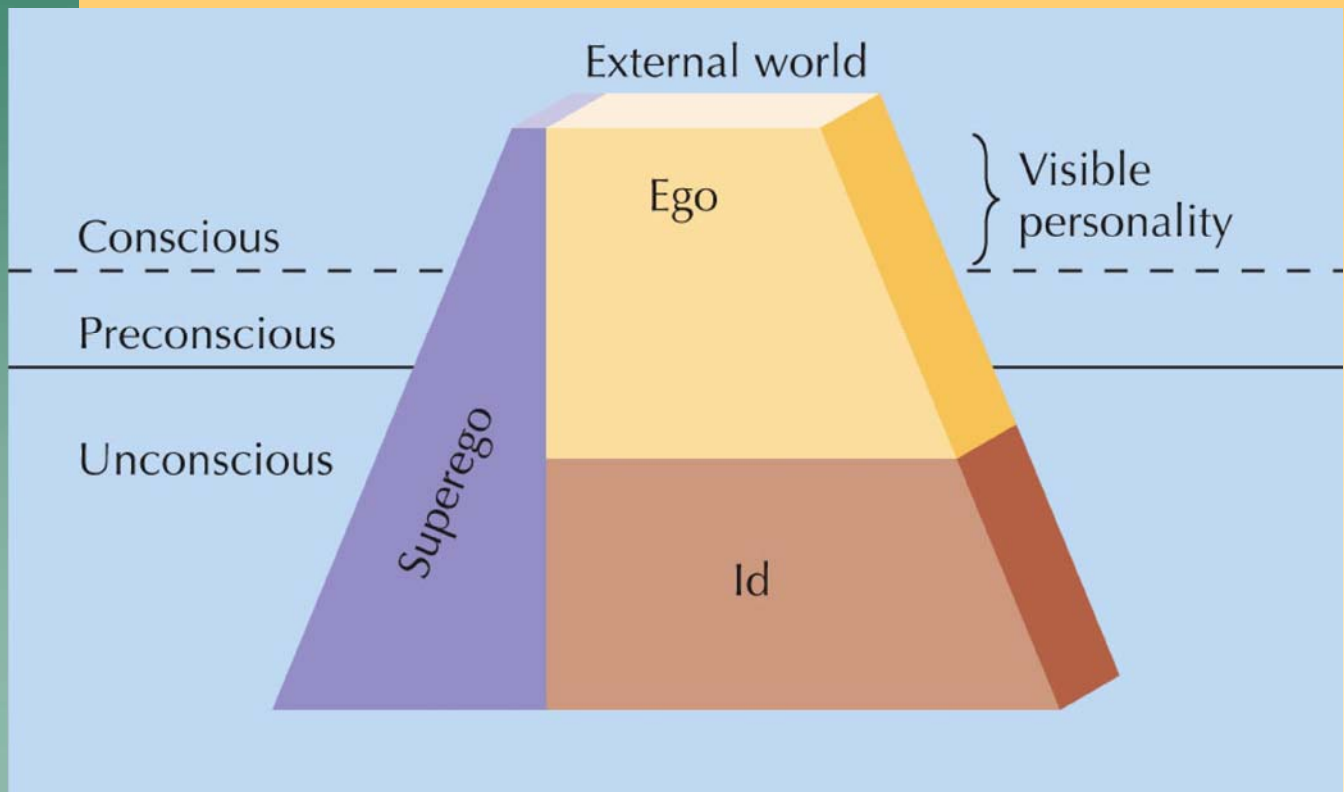
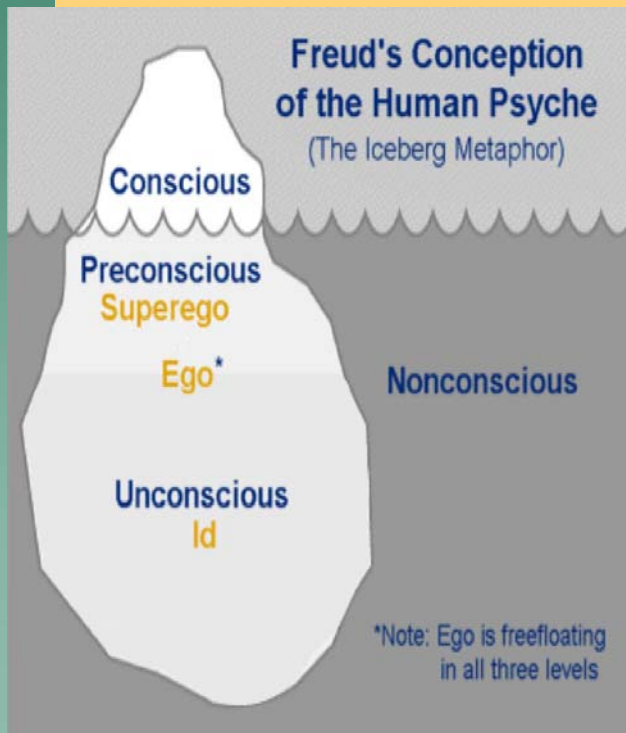


Fig. 12-5, p. 400

Freud's Structural and Topographical Models of Personality



Structural Model

- id, ego, superego

Topographical Model

- unconscious
- conscious
- preconscious
- non-conscious

Freud: Levels of Awareness

- Unconscious: Holds repressed memories and emotions and the id's instinctual drives
- Conscious: Everything you are aware of at a given moment including thoughts, perceptions, feelings, and memories
- Preconscious: Material that can easily be brought into awareness

Ego to the Rescue

- **EGO= *the reality principle***
 - **Develops after first year of life**
 - **Id and Superego in *conflict***
 - ***Creates anxiety***
 - **Ego encourages id to seek gratification through realistic and socially acceptable means**
 - **Ego creates defense mechanisms, which distorts id's impulses into socially acceptable forms**
- Superego (conscience):** values, morals, religious beliefs, ideals of parents and society

Freud's Psychosexual Stages of Development

1. The Oral Stage (0-2 years of age)
2. The Anal Stage (2-4 years of age)
3. The Phallic Stage (4-7 years of age)
4. The Latency Period (7-12 years of age)
5. The Genital Stage (puberty age)



Erikson's Theory

- Erikson elaborated Freud's genital stage into adolescence, and added three stages of adulthood.
- Erickson suggested that people experience eight “crises” in the form of psychosocial stages as they progress from birth to old age.
- **Psychosocial dilemma:** Conflict between personal impulses and the social world. He stressed the role of the ego as being more than a servant of the id.

Erikson's Theory

- Basic assumptions
 - Development is a lifelong process
 - Personality emerges through relative resolution of developmental crises
 - Ego psychology: Ego is neither dependent on or subservient to the id, it is independent

Erikson's Psychosocial Theory:

- Erikson viewed life as consisting of 8 stages (birth to death).
- First five stages of this theory parallel Freud's stages
- Erikson added 3 adult stages
- At each stage the ego acquires attitudes and skills that make the individual an active, contributing member of society.
- Also emphasized that normal development must be understood in the context of cultural setting.

Erikson's Psychosocial Theory: Principles

- Sequence of these stages were determined by genetics.
- Each stage builds on preceding stages.
- Each stage involves the resolution of a basic psychosocial conflict.
- Success of resolution of each conflict determines healthy or maladaptive outcomes in adulthood.
- **Positive resolution - strengthens ego.**
- **Negative resolution - weaker ego results.**

Erikson's Psychosocial Theory:

- Biology dictates when the stage occurs.
- Social influences determine whether or not the crisis associated with the stage is resolved positively.

The 8 stages of Psychosocial development

- Trust vs. mistrust (infancy)
- Autonomy vs. Shame and doubt (toddler)
- Initiative vs. guilt (preschool years)
- Industry vs. inferiority (elementary school)

When children are praised for their accomplishments or not...

- Identity vs. role confusion (adolescence)

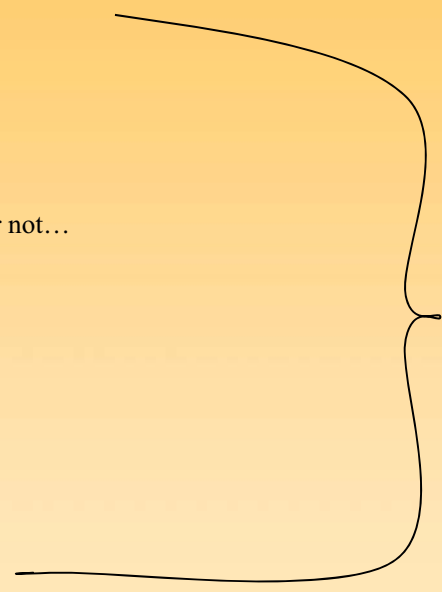
↳ Who am I? How do I fit into the adult world?

- Intimacy vs. isolation (young adult)

Occurs after Identity has been formed

- Generativity vs. Stagnation (Middle ages)
- Integrity vs. despair (retirement years)

↳



Erikson's Human Development Stages

- **Trust vs. Mistrust**
0–2 years
 - Developed through consistent love and support.
- **Autonomy vs. Shame and Doubt**
2–4 years
 - Independence fostered by support and encouragement.
- **Initiative vs. Guilt**
4–6 years
 - Developed by exploring and accepting challenges

Erikson's Human Development Stages

- **Industry vs. Inferiority**
6–8 years
 - Mastery comes from success and recognition
- **Identity vs. Role Confusion**
Adolescence
 - Exploration of different paths to attain a healthy identity
- **Intimacy vs. Isolation**
Early adult years
 - Form positive, close relationships with others

Erikson's Human Development Stages

- **Generativity vs. Stagnation**
Middle Adulthood
 - Transmitting something positive to the next generation
- **Integrity vs. Despair**
Late Adulthood
 - Life review and retrospective evaluation of one's past



Trust vs. Mistrust



Erikson's Eight Stages (stage 1)

**Trust vs.
Mistrust**

Infancy

Child develops a belief that the environment can be counted on to meet his or her basic physiological and social needs.

Characteristics

- Most helpless, rely most on adults
- If adults satisfy needs in loving and consistent manner, they will develop feeling of *basic trust*.
- Rejecting & inconsistent parenting leads to *basic mistrust*.

Autonomy vs. Shame and Doubt



Erikson's Eight Stages(stage 2)

**Autonomy
vs. Shame
& Doubt**

Toddlerhood

Child learns what he/she can control and develops a sense of free will and corresponding sense of regret and sorrow for inappropriate use of self-control.

Characteristics

- Approx. age 1 - 3 years.
- Rapidly develop a variety of skills.
- Children become more willful and are prone to engage in a battle of wills.

Characteristics

- Parents perform delicate task of controlling child's behavior while maintaining child's sense of self-control.
- Positive resolution: Autonomy
- Negative resolution: Shame and guilt
- Virtue: Will, the exercise of free choice as well as self-restraint.
- Ego becomes strong enough to deal with shame and doubt.

Initiative vs. Guilt



Erikson's Eight Stages(stage 3)

**Initiative
vs. Guilt**

**Early
Childhood**

**Child learns to
begin action, to
explore, to imagine
as well as feeling
remorse for actions.**

Characteristics

- Approximate ages 4 to 5 years.
- Notable changes in motor skills, use of language, and vivid use of imagination.
- Limits are tested for what is permissible.

Characteristics

- Parents can encourage self-initiated behaviors, leading to the healthy development of initiative.
- If parents ridicule/overly restrict self-initiated behaviors, children will live within narrow limits others set due to guilt.
- Virtue: **Purpose** - courage to envisage and pursue valued goals, uninhibited by guilt or fear of failure.

Industry vs. Inferiority



Erikson's Eight Stages(stage 4)

**Industry
vs.
Inferiority**

**Middle
Childhood**

**Child learns to do
things well or
correctly in
comparison to a
standard or to
others**

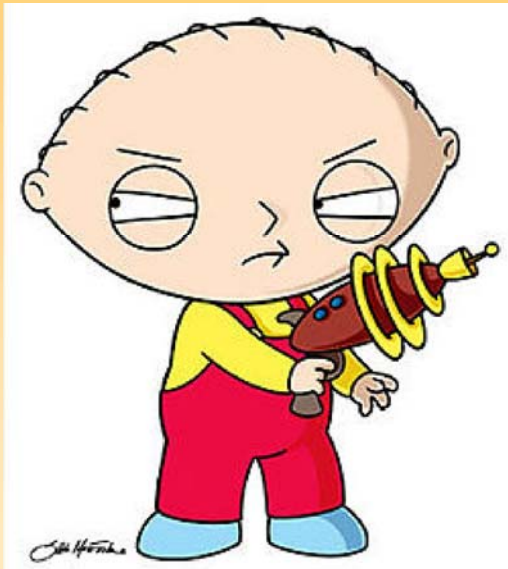
Characteristics

- Approximately ages 6 to 11 years.
- Attend school, learn skills, prepare for economic survival
- Learn social skills and how to work cooperatively

Implications

- Successful resolution when child learns the pleasure of work, productivity and persevering diligence = *industry*.
- Unsuccessful resolution when they lose confidence in ability to become contributing members of society = *inferiority*.
- Virtue = competence, the free exercise of dexterity and intelligence in the completion of tasks.

Identity vs. Role Confusion



Erikson's Eight Stages(stage 5)

**Identity vs.
Role
Confusion**

Adolescence

**Develops a sense of
self in relationship to
others and to own
internal thoughts and
desires**

- **social identity**
- **personal identity**

Characteristics

- Approximately ages 12 to 20 years.
- Erikson is best known for this stage.
- “Identity crisis”
- Children ponder the accumulated information about themselves and their society and ultimately commit themselves to some strategy for life.

Characteristics

- Role confusion can lead to much of the unrest and hostility expressed by many adolescents.
- Virtue: Fidelity, ability to sustain loyalties in spite of the inevitable contradictions of value systems.

1. Adolescents experience major physical, intellectual and emotional changes. Many go through growth spurts and their coordination often doesn't keep up with their bodies
2. Adolescents experience new sexual feelings and are not quite know how to respond, they are frequently confused
3. They are caught in the awkward position of wanting to assert their independence, yet longing for the stability of structure and discipline
4. Those who receive proper encouragement and reinforcement through personal exploration will emerge from this stage with a strong sense of self and a feeling of independence and control. Those who remain unsure of their beliefs and desires will insecure and confused about themselves and the future

Implications

- Successful resolution: have gained an identity and have become adults.
- Unsuccessful resolution: Role confusion, inability to choose a role in life, prolonging this stage.

Intimacy vs. Isolation



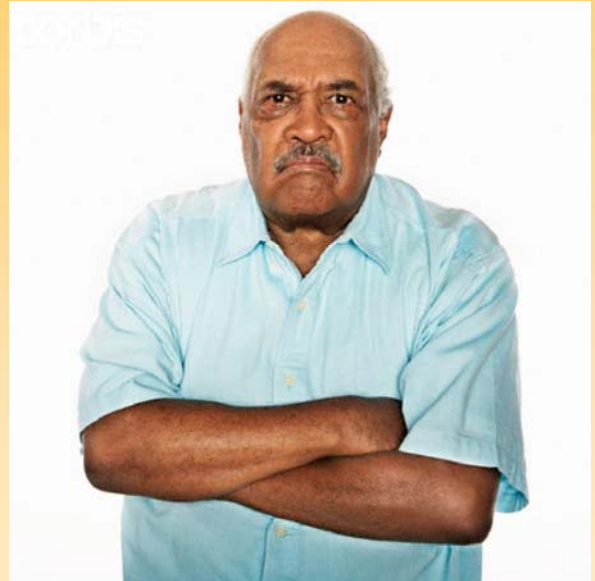
Erikson's Eight Stages(stage 6)

**Intimacy
vs.
Isolation**

**Young
Adulthood**

**Develops ability to
give and receive
love; begins to make
long-term
commitment to
relationships**

Generativity vs. Stagnation



Erikson's Eight Stages(stage 7)

**Generativity
vs.
Stagnation**

**Middle
Adulthood**

**Develops interest
in guiding the
development of
the next
generation**

Ego integrity vs. Despair



Erikson's Eight Stages(stage 8)

**Ego-
integrity
vs.
Despair**

**Later
Adulthood**

Develops a sense of acceptance of life as it was lived and the importance of the people and relationships that individual developed over the lifespan

Details of Erikson's Theory in Adolescence: Identity vs. Role Confusion

Identity

- Defining who you are, what you value, and your direction in life
- Commitments to vocation, personal relationships, sexual orientation, ethnic group, ideals
- Resolution of “identity crisis”

Role Confusion

- Lack of direction and definition of self
- Restricted exploration in adolescence
 - Earlier psychosocial conflicts not resolved
 - Society restricts choices
- Unprepared for stages of adulthood

Factors that Affect Identity Development

- Personality
 - Flexible, open-minded
- Child-rearing practices
 - Authoritative, attached
- Peers, friends
- Schools
- Communities
- Larger context
 - Culture
 - Historical time period



Parent-Child Relationships in Adolescence

- **Developing Independence/Autonomy**
 - De-idealize parents
 - Shift from parents to self and peers for guidance
- **Authoritative Parenting**
 - Balances autonomy with monitoring as needed
 - Avoids overly demanding (Authoritarian Parenting) behavior
 - Avoids under-responsive (Permissive or Uninvolved Parenting) behavior

Critique

1. Lack of empirical validity
2. Ethnocentric bias
3. Gender bias (**A major criticism of Erikson's theory is that it is based primarily on work done with boys and men.**)
4. Problems with stages in adulthood

thank you
any questions