

Al-Mustaqbal University College

Department of Nursing



كلية المستقبل الجامعة

قسم التمريض

Lecture 4

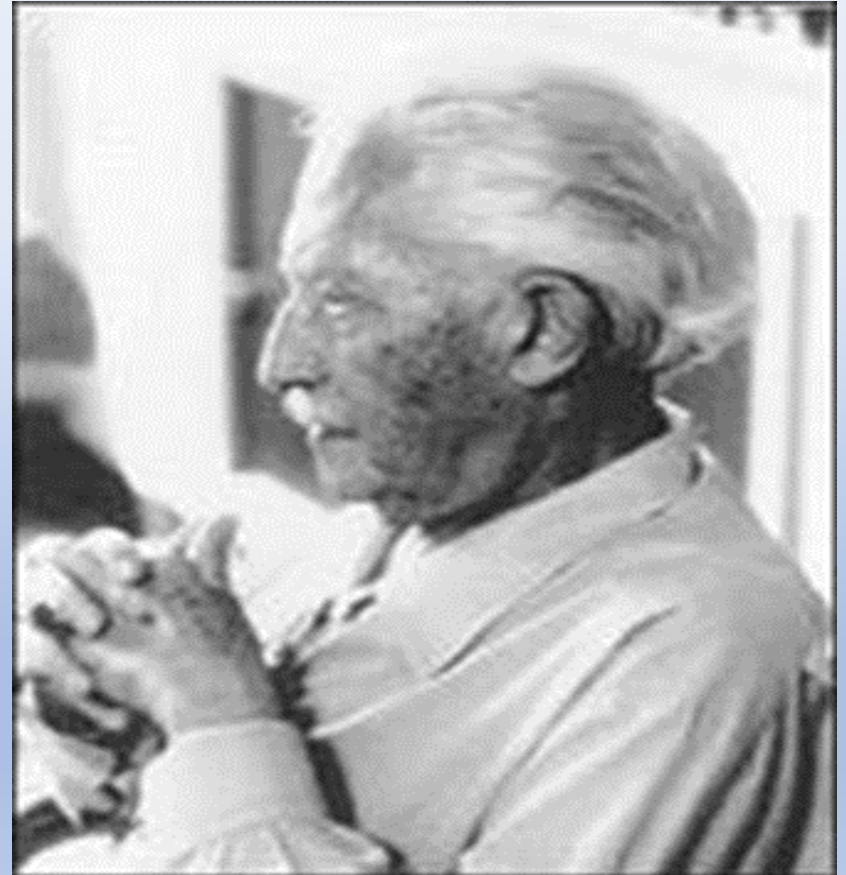
Theories related to human
growth and development

By

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Erik Erikson's Psychosocial Theory

Erik Erikson was born June 15, 1902.
Died May 12, 1994.



Erik Erikson's Psychosocial Theory

Erikson (1902-1994) suggested that our relationships and society's expectations motivate much of our behavior in his theory of psychosocial development.

Erikson's theory has been criticized for focusing so heavily on stages and assuming that the completion of one stage is prerequisite for the next crisis of development. Erikson divided the lifespan into eight stages:

Stages of Erikson theory (psychosocial development)

1-Trust Versus Mistrust (Ages 0–1 Year) Infancy(Feeding)

- An infant requires that basic needs are met—food, clothing, touch, and comfort.
- If these needs are not met, the infant will develop a mistrust of others.
- If a sense of trust is developed, the infant will see the world as a safe place.
- Play during this stage is referred to as **solitary**

2-Autonomy Versus Doubt and Shame (Ages 1–3 Years) (Toilet Training)

- The child is learning to control bodily functions.
- Independence starts to emerge.

Example: Toddlers control their world by deciding when and where elimination will occur.

- They vocalize by saying no to something, and direct their motor activity.
- Children who are consistently criticized for showing independence and autonomy will develop shame and doubt in their abilities.
- Play during this stage is known as **parallel**.

Stages of Erikson theory (psychosocial development)

3- Initiative Versus Guilt (Ages 3–6 Years) (Exploration)

The preschool child is exposed to new people and new activities; the child becomes involved and very busy.

- Learns about the environment through play
- Learns new responsibilities and can act based on established principles
- Develops a conscience
- If the child is constantly criticized for his or her actions, this can lead to guilt and a lack of purpose.
- Play at this stage is known as **associative play**

Stages of Erikson theory (psychosocial development)

4: Industry vs. inferiority (6–12 years) (School)

- Developing interests and accomplishments
- Enjoys working in groups and forming social relationships
- Enjoys projects
- Follows rules and order
- Developing a sense of industry provides the child with purpose and confidence in being successful.
- If a child is unable to be successful, this can result in a sense of inferiority.
- A child must learn balance, an understanding that he or she cannot succeed at everything, and that there is always more to learn.
- Play during this stage is known as **cooperative play**

Stages of Erikson theory (psychosocial development)

5- Identity Versus Role Confusion (Ages 12–18 Years) (Social Relationships)

- Preoccupied with how they are seen in the eyes of others
- Working to establish their own identity
- Trying out new roles to see what best fits for them
- If they are unable to provide a meaningful definition of self, they are at risk for role confusion in one or more roles throughout life.

Stages of Erikson theory (psychosocial development)

6- Intimacy Versus Isolation (Early Adulthood) Young Adulthood 19 to 40 years (Relationships)

- *This period is a time to enjoy life with adult freedom and responsibility.
- *The major developmental theme now involves psychological readiness and a commitment to mutual intimacy in the partnership of marriage.
- *In this phase a foundation is prepared for the couple's own life and the lives of others.

Stages of Erikson theory (psychosocial development)

7- Generativity Versus Stagnation (Middle Adulthood) 40 to 65 years (Work and Parenthood)

*The second of developmental phase of adulthood deals with assuring care for the new generation.

*Generativity refers to the care they provide as a unit in society at large to the next generation.

*It is the period in life when individuals are productive in work to satisfy themselves and people beyond their own family borders.

Stages of Erikson theory (psychosocial development)

8- Integrity Versus Despair (Old Age) Maturity(65 to death) (Reflection on Life)

Older adults need to look back on life and feel a sense of fulfillment. Success at this stage leads to feelings of wisdom, while failure results in regret, bitterness, and despair.

Erikson's Psychosocial Stages Summary

Basic Conflict	Important Events	Outcome
Trust vs. Mistrust	Feeding	Children develop a sense of trust when caregivers provide reliability, care, and affection. A lack of this will lead to mistrust.
Autonomy vs. Shame and Doubt	Toilet Training	Children need to develop a sense of personal control over physical skills and a sense of independence. Success leads to feelings of autonomy, failure results in feelings of shame and doubt.
Initiative vs. Guilt	Exploration	Children need to begin asserting control and power over the environment. Success in this stage leads to a sense of purpose. Children who try to exert too much power experience disapproval, resulting in a sense of guilt.
Industry vs. Inferiority	School	Children need to cope with new social and academic demands. Success leads to a sense of competence, while failure results in feelings of inferiority.
Identity vs. Role confusion	Social Relationships	Teens needs to develop a sense of self and personal identity. Success leads to an ability to stay true to yourself, while failure leads to role confusion and a weak sense of self.
Intimacy vs. Isolation	Relationships	Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation.
Generativity vs. Stagnation	Work and Parent Hood	Adults need to create or nurture things that will outlast them, often by having children or creating a positive change that benefits other people. Success leads to feelings of usefulness and accomplishment, while failure results in shallow involvement in the world.
Integrity vs. Despair	Reflection on Life	Older adults need to look back on life and feel a sense of fulfillment. Success at this stage leads to feelings of wisdom, while failure results in regret, bitterness, and despair.

HAVE A NICE DAY

Thank you