

Jean Piaget: theory of Cognitive Development

Cognitive Development: The process by which a child's understanding of the world changes as a function of age and experience; intellectual development

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Erik Erikson's Eight Stages of Development

- Attachment is to who feeds us

#### ERICKSON'S PSYCHOSOCIAL STAGES

<b>Stages</b>	<b>Crisis</b>	<b>Favorable Outcome</b>	<b>Unfavorable Outcome</b>
<b>Childhood</b>			
<b>1<sup>st</sup> year of life</b>	<i>Trust vs. Mistrust</i>	Faith in the environment and future events	Suspicion, fear of future events
<b>2<sup>nd</sup> year</b>	<i>Autonomy vs. Doubt</i>	A sense of self-control and adequacy	Feelings of shame and self-doubt
<b>3<sup>rd</sup> through 5<sup>th</sup> years</b>	<i>Initiative vs. Guilt</i>	Ability to be a "self-starter," to initiate one's own activities.	A sense of guilt and inadequacy to be on one's own
<b>6<sup>th</sup> year to puberty</b>	<i>Industry vs. Inferiority</i>	Ability to learn how things work, to understand and organize.	A sense of inferiority at understanding and organizing.
<b>Transition years</b>			
<b>Adolescence</b>	<i>Identity vs. confusion</i>	Seeing oneself as a unique and integrated person.	Confusion over who and what one really is.
<b>Adulthood</b>			
<b>Early adulthood</b>	<i>Intimacy vs. Isolation</i>	Ability to make commitments to others, to love.	Inability to form affectionate relationship.
<b>Middle age</b>	<i>Generativity vs. self-absorption</i>	Concern for family and society in general.	Concern only for self— one's own well-being and prosperity.
<b>Aging years</b>	<i>Integrity vs. despair</i>	A sense of integrity and fulfillment; willingness to face death.	Dissatisfaction with life; despair over prospect of death.

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Kohlberg's Theory of Moral Development

- Posed moral dilemmas to subjects and asked questions probing their reason for a particular course of action
  - Developed six stages of moral development
    - Everyone goes through the stages sequentially without skipping a stage
    - Movement through the stages is not natural; effect by cognitive dissonance (person notices inadequacies in present way of coping)
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Finding oneself in a social world

- Although most teenagers move through adolescence without major difficulties or turmoil, some experience unusually severe psychological problems
  - Suicide is the third-leading cause of death for adolescents in the U.S.
    - Males are five times more likely to commit suicide than females, but females attempt suicide more often
    - Rate higher among whites than nonwhites
    - Possible causes: Depression, social anxiety, family background, adjustment difficulties, parental conflict, alcohol and drug abuse
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#### Social Development: Working at Life

- Individuals in this stage are launching themselves into careers, marriage and families
  - Careers form an important part of a person's identity at this stage
  - Midlife transition: A time of questioning their lives; influenced by the idea that life will end and question past accomplishments
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#### The Later Years of Life: Growing Old

- Gerontology: The study of older adults and aging
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#### Theories of Aging

- Genetic preprogramming theories of aging: Human cells have a built-in time limit to their reproduction; after a certain time they are no longer able to divide
  - Wear-and-tear theories of aging: Mechanical functions of the body stop working efficiently as you age
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#### The Social World of Late Adulthood

- Disengagement Theory of Aging:
    - Aging produces a gradual withdrawal from the world on physical, psychological, and social levels
  - Activity theory of aging:
    - Successful aging means maintaining the interests and activities you had during middle age
  - Life review:
    - Process by which people examine and evaluate their lives
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