

Chapter 5
Human Development

- Infancy and Childhood
 - o Attachment theory
 - Long-term feeling between caregiver and child-attachment
 - At 1st psychologists believed that feeding was crucial in promoting attachment
 - Later John Bowlby (1973) and others proposed that infants with good attachment to care-givers adults develop safety and confidence
 - o Early Attachment in Humans
 - Wanted to know quality of relationship
 - Ainsworth developed the “strange situation”
 - Mother and infant (12-18 mons) enter a room with toys
 - Stranger enters
 - Mom leaves
 - Mom returns
 - Mom and stranger leave
 - Stranger returns
 - Mom returns
 - Psychologists who observed the test classified infants responses
 - Securely attached
 - o Good attachment
 - o Knows that the mother will come back
 - Anxious or insecurely attached
 - o Over attached
 - o Not sure if they are going to get attention or not
 - Anxious and avoidant
 - o Angry and frustrated with mom
 - o Runs to toys
 - o Okay with mom leaving
 - Disorganized (abuse or neglect)
 - o No relationship with mom
 - Has also been tested with Dad’s
 - Predicts relationship with parents
 - Used with grandparents and grandchildren and pets and owners as well
 - When interpreting results:
 - Parental behavior affects attachment
 - Child’s innate temperament on parents must be considered
 - Limited applicability across cultures
 - Social development in childhood
 - Quality of a child’s friendship seem to have crucial importance during middle childhood
 - Some children are popular and make friends readily
 - Some children are rejected, cast aside, and avoided
 - These first categories effect child throughout life
- Adolescence
 - o During 20th Century adolescence have lengthened
 - Begins at puberty, onset of changes

- End of adolescence is hard to discern characterized as a period of “storm and stress” (mid-20th century)
- o Secular trend of early puberty and education
- o Fighting is not expected during puberty
- o Turbulence of adolescence is seen in moodiness, conflict with parents and risk taking behaviors
- o Trends reflect hormonal fluctuations with brain maturation
- o Teens can be married and working and be just fine
- o Cultural difference can influence this time
- o Identity development
 - Adolescence is a time of finding oneself
 - Invigorating and anxiety inducing
 - Adolescence concern with future and achievements cause identity crisis
 - James Marcia
 - Identity statuses based on two major elements
 - Exploring or nah?

	Yes Exploration	No Exploration
Yes Decision	Achievement	Foreclosure
No Decision	Moratorium	Diffusion

- Achievements may not happen all at once
- Career may be chosen before committed relationships is fine
- Normal to rethink decisions later in life
- o “Personal Fable”
 - David Elkin found that teens are particularly prone to beliefs such as:
 - “It won’t happen to me”
 - “Nobody understands how I feel”
 - “Everyone care about my looks and clothes” (Imaginary Audiences)
- Adulthood
 - o Beginning somewhere
 - o Midlife crisis – dramatic expression for the reassessment of current goals
 - o Midlife transition
 - o Old age
 - Not a uniform experience
 - Elderly people have a good quality of generally
 - Maintaining a sense of dignity and self-esteem is a common concern
 - If you feel like you achieved more at a young age its better
 - We are agist
 - Differ in social aspect
 - Psychology of facing death
 - Termor management theory: We cope with our deep fear by pushing away thoughts of it and maintaining an optimistic world view
- Social and Emotional Develop Issues
 - o Decisions made at earlier age no doubt have some effect on later life
 - o Can change life at any age but the earlier you decide what is important