Life Span Perspective

1. Development is a life long process
    - Every stage of development involves particular tasks
    - How does development in one stage affect the development in another
2. Multidirectionality
    - Development can take many directions
3. Plasticity
    - The degree to which characteristics can or cannot change throughout the lifespan
4. Development must be viewed in historical context
    - Social movements
    - Technology
    - War
    - All of these factors affect a person's development (Ex. if someone grew up during a world war their development was influenced in a certain way.)
5. Contextualism
    - Development must be studied in various contexts
    - "Development is an ongoing interaction between a changing individual in a changing environment"
6. Reciprocal Influence
    - The individual influences and is influenced by his or her environment
7. Multidimensionality
    - Biological, cognitive, social, and emotional factors interact to affect development
8. Multidisciplinary
    - The study of human development should involve collaboration across various fields of study

Developmental Age Classifications

- Infancy and Toddlerhood- birth to 2
- Early childhood- 2-6
- Middle childhood- 6-11
- Adolescence- 11-18
- Early adulthood- 18-40
- Emerging adulthood- 19-25 (this is us, we still rely on our parents, but we are on our own)
- Middle adulthood- 40-65
- Late adulthood- 65-older

Nature Vs. Nuture

- Nature- the influence of heredity on development or biologically based predispositions
    - Jerome Kegan- temperaments, nature side of the argument
    - Inhibited kids vs. uninhibited kids

    - Inhibited kids are more uncomfortable in new situations and not as outgoing
    - Whatever type of kid you are that is the type of adult you will be
- Nuture- forces in the environment that influence development
- What we are studying now is how nature and nurture interact with each other to affect development
- Just because you have a predisposition to something does not mean we know how it will manifest into your life
- Traits which have substantial genetic predisposition:
    - Intelligence
    - Verbal ability
    - Vocational interest
    - Scholastic achievement
    - Memory
    - Extroversion/introversion
    - Neuroticism
    - Openness
    - Conscientiousness
    - Agreeableness
- 2007- Study of Baby Einstein Videos- Dr. Christakis and Zimmerman
- Evidence to suggest that videos may impede language development for infants ages 8-16 months
- 17% drop in vocabulary for babies who watched videos compared to babies who did not watch videos, but, instead, engaged in face to face interactions w/ adults ????
- Disorders which have a substantial genetic predisposition:
    - Depression
    - Autism
    - Alzheimer's disease
    - Schizophrenia
    - Alcoholism
- When researchers report that traits are heritable, they typically mean that genes account for 30-60% of the variation you see in that trait
- The environment modifies or enhances traits to which we are predisposed

Stability and Change

- Is personality stable over time?

Scientific Investigation

- Goals:
    - Description of average trends
    - Explanation of why we develop as we do? (Mothers)
    - Optimization- how can we help people to develop in a positive direction?
- Science is not defined by what it studies but how it conducts investigations

- Theory is a set of assumptions that attempt to describe, predict or explain a phenomenon
- The Cycle of Science:
  1. Observations
  2. Theory
  3. Hypothesis
  4. Systematic Observation
  5. Support or modify the theory
- Correlational research- the goal is to describe the strength and direction of the relationship between 2 variables
- Ex. Is there a relationship between the amount of conflict in a marriage and the marriage ending in divorce? (No, there is not)
- The result of correlational research is a correlation coefficient that ranges in value from -1.00 to +1.00
- The closer to -1 or +1 the stronger the correlation
- Direction of the line on the graph tells you the sign of the correlation (positive or negative)
- Positive- as one variable increases, the other variable increases
- Negative- as one variable increases, the other variable decreases
- In correlational research we can predict one variable from the other, but correlation does NOT equal causation
- However, there may be a third variable that causes the correlation between the two variables.
- Research Question: Is there a relationship between X and Y?
- Hypothesis: states an expected relationship between 2 concepts
- You always have to "operationalize" the 2 concepts, which means providing a clear definition of each concept and designating a particular measurement instrument to measure each concept

Psychoanalytic Theory of Freud

- Development is directed by the interaction of nature (drives and instincts) and nurture (early experience primarily parents)
- ID- present at birth, our basic instinct to seek pleasure and avoid pain, to express the self
- SUPEREGO- in place by 3-6 years old, constraints placed upon child by parents and the demands of society
- EGO- begins to form in infancy, the way in which we cope with our instinctual drives (ID) and the demands made by parents and society (SUPEREGO), balance between both
- Internal conflict- anxiety that results from a struggle between biological demands and societal expectations

Iceberg Theory

1. Conscious mind- that which we are aware of
2. Preconscious mind- stored information that can be brought to the mind at will