

# Human Growth & Development

Comps Study Guide #1

Describe Erikson's  
8 stages of development

Erik Erikson described human development as eight stages of psychosocial development. According to him, each stage involves a psychosocial crisis, which must be resolved before the person can successfully move on to the next stage. The stages are:

1. Infancy or Trust vs. Mistrust (Hope) - the period from birth to 1 or 1 1/2 years.
2. Toddler or Autonomy vs. Shame (Will) - from 1 to 2 years of age.
3. Preschooler or Initiative vs. Guilt (Purpose) - from 2 to 6 years of age.
4. School Age or Industry vs. Inferiority (Competence) - from 6 to 12 years of age.
5. Adolescence or Identity vs. Diffusion (Fidelity) - from 12 (or puberty) to 18 years of age.
6. Young Adulthood or Intimacy vs. Isolation (Love) - from 19 to 40 years of age.
7. Middle Adulthood or Generativity vs. Self-absorption (Care) - from 40 to 65.
8. Late Adulthood or Integrity vs. Despair (Wisdom) - from age 65 till death.

Describe the basic precepts of the psychoanalytic and psychosexual development theory.

Based on the work of Sigmund Freud, the psychoanalytic theory postulates that all humans have instincts to satisfy their needs for food, shelter, and warmth. Satisfaction of these instincts produces pleasure and leads to the development of sexual drives. The two basic drives are sex and aggression or life and death.

Freud divided human development into five stages: birth to 18 months, he designated as oral; 2 to 3 years, anal; 3 to 5 years, phallic; 6 years to puberty, latency; and puberty to adulthood he called genital. Incomplete development at any stage he called fixation. The stages are based on his belief that the child focuses on different areas of the body in each stage. These areas are known as erogenous zones and include the mouth, anus, and genitals.

Psychological defenses that help a person control or prevent undesirable or inappropriate emotions or behaviors include denial, repression, suppression, projection, displacement, rationalization, reaction formation, regression, and sublimation. Castration anxiety and penis envy are psychological factors that can impact the personality. Other theories include the pleasure principle and the reality principle.

List the key concepts in  
Jean Piaget's theory of  
development

Piaget described the cognitive development of children using the key concepts of schemas, assimilation, accommodation, and equilibration.

To him schemas include both the categories of knowledge and the process by which the knowledge is obtained. Schemas change as new experiences add to knowledge. Assimilation is the adding of new information to existing schemas. Accommodation is changing existing schemas to fit new information and experiences. Piaget called the balance between assimilation and accommodation equilibration.

Piaget's stages of cognitive development are: sensorimotor (birth to 2 years) during which the child learns about himself and his environment through sensory perceptions and motor activities; preoperational (2 to 7 years) in which language develops and the child is egocentric; concrete operational (7 to 11 years) during which the child begins to think logically but still has trouble with abstract concepts; and formal operational (11 or 12 years to adulthood) during which the child develops the capability of logical thought, deductive reasoning and systematic planning.

Define the following terms:

- Empiricists
- Organicism
- psychodiagnostic



Empiricists subscribe to the doctrine of empiricism, which maintains that experience is the only source of knowledge. The doctrine was formulated by John Locke and is the forerunner of behaviorism.

Organicism is the theory that the total organization of an organism is the determinant of life processes. The Gestalt psychologists, such as Kurt Goldstein subscribe to the theory.

Psychodiagnostic is a type of testing that assesses how a patient's thinking and emotions may affect his or her behavior.

List the three levels and each stage of Kohlberg's theory.

Building on the work of Jean Piaget, John Dewey and James Mark Baldwin, Lawrence Kohlberg's studies of moral development led him to identify 3 levels of moral development with 2 stages within each level.

- (1) The Preconventional Morality level is the period in which a child is influenced by reward and punishment. In Stage 1- Obedience And Punishment Orientation, the child sees authority as handing down the rules on right and wrong. In Stage 2 - Individualism and Exchange, the child begins to perceive that there is not just one right way.
- (2) The Conventional Morality level is the period when the person strives to meet standards set by the family and society. The person is often a teenager by the time he or she reaches Stage 3 -Good Interpersonal Relationships. During this period the person is motivated by such feelings as love, empathy and concern for others. In Stage 4 - Maintaining the Social Order, the person becomes more concerned with society as a whole.
- (3) The Postconventional Morality Level is the period of selfaccepted principles. In Stage 5 - Social Contract and Individual Rights, the person begins to think about what makes a good society and what any society should value. In Stage 6 - Universal Principles, the person has a concern for justice and its impartial application to everyone.

Explain

- epigenetic
- cephalocaudal
- in vivo desensitization
- instinctual
- ethology
- psychometrics
- psychopharmacology.

Epigenetic theory states that an individual is formed by successive development of an unstructured egg rather than by the growth of a preformed entity. Kohlberg, Erikson and Maslow used epigenetic principles in developing their theories of human development.

Cephalocaudal means from head to tail and can be used to refer to the head of a fetus developing before the legs.

In vivo desensitization is a behavior therapy technique in which a person is gradually exposed to something he fears.

Instinctual is an adjective derived from instinct and refers to behavior that is innate rather than learned.

Ethology is the study of animals in their natural environment and makes use of Darwinian theory. Ethology research findings can be applied to humans as "comparative psychology."

Psychometrics is the design, administration and interpretation of tests that measure intelligence, aptitude and personality characteristics.

Psychopharmacology is the study of the effects of drugs on psychological functions

Describe the basic elements of the  
Oedipus and Electra Complexes.

According to Freud, the Oedipus Complex in boys and the Electra Complex in girls occurs during the phallic stage of development, usually between the ages of three and five. The complexes involve the child's usually subconscious sexual feelings toward the parent of the opposite sex. The feelings include jealousy of the same-sex parent and may include a desire for the death of that parent. Successful resolution of the complex is achieved when the child identifies with the parent of the same sex and internalizes the parental values. The process ends in the development of the conscience or superego.

Describe Bowlby and Harlow's theories on why attachment or bonding is necessary for normal Development.



John Bowlby believes that bonding with an adult before the age of three is vital if a person is to lead a normal social life. According to him, the lack of bonding, or a bond that is severed during infancy, can cause abnormal behavior or psychopathology. His opinion is that the mother should be the primary caregiver for the child with the father in the role of emotional supporter for the mother. Harry Harlow's Work with monkeys led him to believe attachment to be an innate tendency. He saw monkeys raised in isolation develop autistic and abnormal behavior. Placing those monkeys with normally reared ones could somewhat reverse those behaviors.

Describe the concepts of

- Centration
- Egocentrism
- Epistemology
- symbolic schema.

Centration in Piaget's preoperational stage is the focusing on one nature of an object while ignoring the rest of the object. An example could be seeing an alligator's teeth but not its eyes or nostrils.

Egocentrism in Piaget's preoperational stage is a child's ability to see the world from only his own viewpoint. The child's viewpoint is current and not influenced by remembering features or details seen at an earlier time.

Epistemology is the theory of knowledge. Piaget was a genetic Epistemologist. His theory was that children learn from their own actions and experiences with their peers rather than from adults.

Symbolic schema is Piaget's term for language and symbolism becoming a part of play during the preoperational stage when the child is two to seven years of age. This process allows a child to substitute an object for another, such as when a box becomes a car with a paper plate for the wheel.

Describe imprinting in terms  
of the work of Konrad Lorenz.

Imprinting refers to the way newly hatched ducks and geese instinctively follow the first moving object they see. This is usually the mother but may be any living or non-living thing. Konrad Lorenz worked with goslings and applied his results to the principle of "critical periods."

"Critical periods" is the concept that certain behaviors must be learned at specific stages of development or they may not be learned at all. Heredity and environment are both important in critical periods of development.

Describe the following:

- Nature vs. nurture
- Genotype vs. phenotype
- Tabula rasa
- Plasticity
- Resiliency

Nature vs. nurture is the question of whether a person is more influenced by nature (genetic and hereditary traits) or by nurture (learning from parents and others in his environmental and social setting).

Genotype is the genetic makeup of an organism.

Phenotype is the physical or biochemical characteristics determined by genetics and the environment of an organism.

Tabula rasa is John Locke's philosophy that a child is born with an unformed mind that develops through experience. This is sometimes referred to as a "blank slate."

Plasticity is the smooth transition of a person from one stage of development to the next.

Resiliency is the ability of a person to deal successfully with adverse conditions and adapt effectively.

List the broad categories used to categorize the theories of human development and how growth and development changes are viewed.



The categories of human development are:

- Learning, which includes behavioral, social learning and information-processing theories;
- Cognitive, which is concerned with obtaining knowledge;
- Psychoanalytic, which is the method of investigating psychological phenomena developed by Freud;
- Humanistic, which explains development through reasoning and the scientific method.

Human growth and development changes are viewed as:

- qualitative, which involves a change in structure such as sexual development;
- quantitative, in which measurable changes occur such as in intellectual development;
- continuous, which denotes sequential changes that cannot be segmented, for example personality development;
- discontinuous, which are changes in abilities and behaviors such as

language that develop in stages;

- mechanistic, which places behaviors in common groups, such as instinctual or reflexive; and
- organismic, in which new stages of development use cognition and includes moral and ethical development.

Describe the major theme in Levinson's  
The Seasons of a Man's Life.

The book is based on a study Daniel Levinson did with adult males that led him to formulate a comprehensive theory of adult development. He divided life into four periods:

1. Pre-adulthood
2. Early adulthood
3. Middle adulthood
4. Late adulthood

with a major transition occurring as the person moves from each period or stage to the next. He believed the transitions occurred at about 17 to 22 years as the person moved into young adulthood, between 40 and 45 years into middle adulthood, and between 60 and 65 as the person became an older adult

He identified three sets of developmental tasks:

- (a) build, modify, and enhance a life structure
- (b) form and modify the single components of the life structure
- (c) tasks necessary to becoming more of an individual.

Levinson believed that 80 percent of the men he studied experienced midlife crisis during the transition period into middle adulthood, as they questioned their life structure, including their career.

Define

- Maslow's hierarchy of needs
- Gesell's naturationist theory
- The behaviorism learning approach

Abraham Maslow, a humanistic psychologist, developed a theory of motivation, which he called a hierarchy of needs. According to this theory, a person must first satisfy basic needs such as the need for food and shelter, before he can turn his attention to higher needs. In order from basic to higher the needs are: physiological; security/safety; belonging/love; esteem; and self-actualization.

Arnold Gesell advanced the maturationist theory, which holds that development is a biological process that proceeds in an orderly and predictable manner, and is independent of environmental influences.

According to the behaviorism theory of learning, learning is a change of behavior brought about by the consequences of behaviors - the child is rewarded for a desirable behavior or punished for an undesirable one. Punishment can be active, such as the denial of a privilege, or passive, in which case the behavior is ignored. The work of John Watson, B.F. Skinner, and Edward Thorndike has been important to behaviorism. Thorndike formulated the 'law of effect' which states that a behavior followed by a reward is strengthened and more likely to be repeated.

Discuss the work of

- Jean Baker Miller
- Carol Tavris
- Nancy Chodorow
- Harriet Lerner
- Carol Gilligan
- Gail Sheehy.

The work of these women deals with the development of women.

Jean Baker Miller defined "care taking" as helping others to develop emotionally, intellectually, and socially. In her opinion care taking is the main factor that differentiates women's development from that of men.

Carol Tavris believes that society "pathologizes" women and judges them according to how they fit into a male world. She sees women as not really different from men but perceived as different because of the roles that male dominated society has assigned to them.

Nancy Chodorow saw psychoanalytic theory as using gender stereotyping with male-imposed standards. In her view it devalues feminine qualities and contributes to women's status as second-class citizens.

Harriet Lerner's writing expressed the idea that women need to achieve a healthier balance between activities that center on others and those that center on themselves. She believes that women need to show strength, independence and assertiveness in their intimate relationships.

Carol Gilligan's opinion is that women develop "in relationship" to other women and that their communication patterns are different from those of men. Women make moral judgments based on human relationships and upbringing, while men use justice and rights.

In her book, *Passages* Gail Sheehy wrote of the transitional, crisis periods between the stages of a woman's life that provide opportunities for growth.

Describe the scheme developed by William Perry.



Perry developed his "Scheme of Intellectual and Ethical Development" based on his studies of college students. The scheme consists of four general categories with 3 positions within each category.

- Category 1 is Dualism and is divided into Basic and Full. Students in the basic position believe authorities know the truth, but in the full position begin to realize that not all authorities know all the truth.
- Category 2 is Multiplicity and is divided into Early and Late positions. Students in this category come to believe that any opinion is as good as any other and realize that there is more than one approach to solving a problem.
- Category 3 is Relativism and is divided into Contextual and Pre commitment. Students here realize that knowledge is subject to change and that opinions develop from values, experience and knowledge.
- Category 4 is Commitment and has three positions: Commitment, Challenges to Commitment, and Post-commitment. In these positions the student focused on moral, ethical and identity development.

Discuss the difference between intelligence and emotional intelligence.

A dictionary definition of intelligence is "the capacity to acquire and apply knowledge." It can also be thought of as the ability to reason, think in abstract terms and understand abstract ideas, plan, and acquire language and knowledge. Piaget's definition specified adaptive thinking or action. Intelligence is not determined solely by genetics; it also involves a person's environment, experiences, and culture. A major criticism of intelligence testing is that it is often culturally biased and measures things some people have not had the opportunity to learn.

Emotional intelligence according to Daniel Goleman is self-motivation and self-awareness, empathy, social awareness, and persistence. The emotionally intelligent person also has strong interpersonal skills.

Explain how spirituality influences a person's personality development.

A person may see himself or herself as spiritual even though he or she does not practice any particular organized religion. According to some surveys, more than 90% of the U.S. population believes in some sort of divine power or a force greater than him-or herself. A person's sense of self, his relationships with others, his perception of society, and his reaction to problems are all influenced by his spirituality. Counselors find it helpful to identify a client's spirituality issues and address how they affect his situation. A counselor may find it necessary to examine his own spirituality as he learns about how such issues affect his clients. In some religions, such as Buddhism and Hinduism, the development of the person is included in the belief system.

Discuss the concept of  
generativity versus stagnation.

**Generativity** is the ability to recreate or produce offspring.

Erikson, in his "Stage 7 - Middle Adulthood" uses the term to refer to a person's ability to care for another. He relates it to parenting and social responsibility. A person with generativity will not be self-centered. In the middle years (35 to 65) a person is most concerned with creative and meaningful work and family issues.

According to Havinghurst, **stagnation** is the opposite state in which the person will demonstrate self-absorption.

Explain how ego and id interact and state the theories based on the id and ego.



The id is the component of the personality most concerned with primitive instincts such as hunger, sex, and aggression and is not concerned with the consequences of actions.

The ego is the personality component responsible for balancing the id and the superego or conscience. The ego has most immediate control over behavior and is most concerned with external reality.

The id and ego, along with the superego are one part of Freud's theory of personality. He believed people are born with an id, which helps the baby get its needs met. By the age of three, the child begins to develop an ego.

Based on the reality principle, the ego meets the needs of the id while taking the child's reality into consideration.

For the following theorists, list the theory associated with them and their view of human nature:

- Rogers
- Berne
- Freud
- Ellis
- Perls

Rogers Person-Centered: People are essentially good and under the right conditions will move themselves toward self-actualization.

Berne - Transactional Analysis: Each person has the 3 ego states of parent, adult and child.

Freud - Psychoanalysis: Biological instincts and development through psychosexual stages control people.

Ellis - Rational-Emotive Behavior Therapy: A person's instincts are both rational and irrational, but different reactions can be taught

Perls - Gestalt: People are whole and complete but are affected by their environment Learning and change result from how a person organizes experience.

Define the terms:

- EDMR
- Umwelt, Mitwelt & Eigenwelt
- Parroting
- Paraphrasing
- Summarization
- Bibliotherapy
- Musterbations
- awfulizations.

EDMR (Eye Movement Desensitization and Reprocessing) - an information processing therapy that uses an eight phase approach to reduce the emotional stress of a distressing event or memory.

Umwelt, Mitwelt & Eigenwelt - in Existential philosophy the three components of the conscious experience of being alive –

- Umwelt is biological
- Mitwelt is social
- Eigenwelt is psychological.

Parroting - the counselor repeats what the client has said. Paraphrasing - the counselor rephrases what the client has said.

Summarization - the counselor sums up or reviews what has happened in a session or in the course of the therapy.

Bibliotherapy - the use of books or other written material as part of therapy.

Musterbations - absolutist thinking by the client - the use of "musts, shoulds, and oughts."

Awfulizations - looking at a situation or anticipating an event with irrational beliefs about how awful or difficult it is.

For the following theorists, list the theory associated with them and their view of human nature:

- Glasser
- Adler
- Jung
- Skinner
- Frankl
- Williamson

Glasser - Reality Therapy: People have physical needs such as food and shelter plus the need to feel worthwhile and be successful.

Adler - Individual Psychology: People are essential good. Birth order determines much of a person's behavior.

Jung - Analytic Psychology: People strive for self-fulfillment.

Skinner - Behavioral/Cognitive Behavioral Modification: Humans are machines that cannot make free-will decisions. Behavior is learned from a person's environment and the reinforcement he receives from others.

Frankl - Existential: People are good and rational, and have the freedom to choose their behavior.

Williamson - Trait-factor: The potential for both good and bad is innate.