

Lecture 3: Psychology Throughout Life

Overview of Human Development

- Human development is the study of psychological change across the life span.
 - Types of development include:
 - Cognitive
 - Moral
 - Psychosexual
 - Personality
 - Social
 - Development is lifelong: from infancy to old age.
 - Key theorists include: **Freud, Erikson, Piaget, Kohlberg, Bowlby.**
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Major Theories of Development

Sigmund Freud – Psychosexual Development

- Development = movement of **libido** (psychic energy) through body zones.
- Stages:
 - Oral (mouth)
 - Anal (anus)
 - Phallic (genitals)
 - Latency (quiet phase)
 - Genital (adult sexuality)
- Fixations cause personality issues later in life.

John Bowlby – Attachment Theory

- Children form **working models** of relationships from early caregivers.
- Attachment styles:
 - **Secure**: consistent, nurturing care
 - **Insecure-anxious**: inconsistent caregiving
 - **Avoidant**: neglectful caregiving

- Secure base leads to **exploration** and **future intimacy**.

Jean Piaget – Cognitive Development

- Stages:
- **Sensorimotor** (0–2): learning through physical interaction
- **Preoperational** (2–7): symbolic play, egocentrism
- **Concrete Operational** (7–11): logical but tangible thinking
- **Formal Operational** (12+): abstract, hypothetical thinking

Lawrence Kohlberg – Moral Development

- Moral growth parallels cognitive growth.
- Stages:
- **Preconventional**: obedience, rewards/punishment
- **Conventional**: conformity, social approval
- **Postconventional**: ethics, justice, social contracts

Erik Erikson – Psychosocial Development

- **8 Stages** across life, each with a psychosocial crisis:
- Trust vs. Mistrust
- Autonomy vs. Shame/Doubt
- Initiative vs. Guilt
- Industry vs. Inferiority
- Identity vs. Role Confusion
- Intimacy vs. Isolation
- Generativity vs. Stagnation
- Ego Integrity vs. Despair

Infancy (0–1.5 years)

- **Erikson**: Trust vs. Mistrust
- **Freud**: Oral Stage
- **Bowlby**: Attachment begins; secure base formed
- **Piaget**: Sensorimotor stage
- **Kohlberg**: Preconventional morality (pleasure/pain)

Early Childhood (2–3 years)

- **Erikson:** Autonomy vs. Shame/Doubt
- **Freud:** Anal Stage (toilet training = control)
- **Bowlby:** Exploration begins with secure base
- **Piaget:** Still sensorimotor transitioning to preoperational
- **Kohlberg:** Still preconventional morality

Preschool (3–5 years)

- **Erikson:** Initiative vs. Guilt
- **Freud:** Phallic Stage (Oedipal/Electra conflict)
- **Bowlby:** Wider social attachments, less reliance on one caregiver
- **Piaget:** Preoperational phase
- **Kohlberg:** Moral development begins – children want to be "good"

School Age (6–11 years)

- **Erikson:** Industry vs. Inferiority (competence in school/social life)
 - **Freud:** Latency Stage (sexual energy dormant)
 - **Bowlby:** Chumship and friendships grow
 - **Piaget:** Concrete operational (logic, conservation)
 - **Kohlberg:** Conventional morality (rules, approval)
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Adolescence (12–18 years)

- **Erikson:** Identity vs. Role Confusion
 - **Freud:** Genital Stage (adult sexuality)
 - **Bowlby:** Romantic relationships echo childhood attachments
 - **Piaget:** Formal operational (abstract reasoning)
 - **Kohlberg:** Postconventional morality begins
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Emerging Adulthood (18–28 years)

- New cultural phase of prolonged adolescence
 - Not in Erikson's original model
 - Characterized by:
 - Identity exploration
 - Instability
 - Delayed independence
 - Influenced by social/economic changes
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Young Adulthood (29–40 years)

- **Erikson:** Intimacy vs. Isolation
 - Focus on:
 - Deep connections
 - Romantic relationships
 - Career identity
 - Personality maturation: more conscientious, stable, agreeable
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Middle Adulthood (40–60 years)

- **Erikson:** Generativity vs. Stagnation
 - Focus on:
 - Mentorship
 - Creating/raising next generation
 - Contributing to society
 - Jung: transition to inner life; spiritual development begins
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Late Adulthood (65+ years)

- **Erikson:** Ego Integrity vs. Despair
 - Focus on:
 - Life reflection
 - Making peace with choices
 - Preparing for death
 - Jung: transcendence, spiritual completion
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Final Reflections

- Development is a **lifelong, nonlinear** process.
- Failures in earlier stages can be revisited and repaired.
- Growth involves both:
- **Agency** (individuation, responsibility)
- **Connection** (love, society, meaning)
- Each life phase brings unique psychological challenges and opportunities.