

Article Review

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### Article Review

#### Summarize the article and state one concept that stood out to you in this article?

In Stephanie M. Reich's and Alejandra S. Albarran's article, they mention the study of developmental psychology. Developmental psychology though has many definitions, all these definitions concur that it is the study of change over time. Reich and Albarran writes, "Developmental psychology is the study of change over time. This change includes psychological, perceptual, and emotional change that can impact physical, cognitive, language, and social processes." (Reich & Albarran, 2016, p.404). Because of the study, developmental psychologists explore many factors that can influence and change an individual. It writes, "Developmental psychologists explore social, emotional, physical, and cognitive development for individuals as well as collectives across the life span." (Reich & Albarran, 2016, p.404).

As the study of developmental psychology was introduced, it was followed with its history, debates, and difficulties regarding its practice of study. Although the foundations of developmental psychology was seen in ancient writings, it wasn't until the nineteenth century it was formalized. Reich and Albarran wrote, "While the underpinnings of developmental psychology can be seen in the writings of the ancient Greeks, Shakespeare, and Enlightenment theorists, it was not until the late nineteenth century that developmental psychology was formalized as a field. G. Stanley Hall is most frequently credited with the establishment of the discipline." (Reich & Albarran, 2016, p.405).

From then on, there were multiple debates regarding this discipline as mentioned in the article. One of the debates that is mentioned is the nature versus nurture in development. Some theorists ignore any contribution of the environment while on the other hand, some don't ignore any contributions of the environment. Although both sides of this debate have valid reasoning, it is safe to say that there is no right or wrong, but it is both nature and nurture. Reich and Albarran

write, “there is no way to disentangle the biological from the environment.” (Reich & Albarran, 2016, p.406).

This article ends with relevance, practice and future directions of developmental psychology. Reich and Albarran write, “There is a difference between what the field of developmental psychology knows is beneficial for health and well-being and what is done with people to support their development, especially on a global level.” (Reich & Albarran, 2016, p.408). This shows that the discipline and study of developmental psychology shouldn’t end with knowledge, but it must be put into practice in areas in society that are needed most.

One thing that stood out to me in this article is the study group that was used for this discipline. It writes, “Historically, developmental psychology has used the white, middle class as the standard for measuring typical development (Guthrie, 2003).” (Reich & Albarran, 2016, p.408). Reading this, I realized so many concerns and issues can come into play. For instance, whatever theory that is developed from a study-group that is white, middle class people, it will not be relevant to a person of color living in poverty.

### **What implications does this concept have for Working with People?**

I believe one implication this has in working with people is to understand that the environment of an individual plays a pivotal and detrimental role in a person’s development, regardless of their life stage and age.

### **What needs to change in your life as a result? \**

I must be mindful and be intentional in what kind of environment and culture I want to be a part of, and set to be able to serve people, work with people and love people. I must also be mindful of how an individual’s background or identity did not make them who they are, but it is also the environment that made them who they are today.

**References**

Reich M. S. & Albarran S. A. (2016). *Developmental Psychology, Overview*, 404-410.