

Individual and Family Development

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Growth and development for a child are divided into different stages of their lives. When the parents of a newborn bring him to the doctor, his growth will be measured by numbers, pounds, centimeters, and kilograms. On the other hand, the baby's maturation is described by the baby's developing skills. Genetics and environment are also significant influences on individual growth and development. Another component of our growth is the hereditary characteristic that a baby receives from his parents. Personality is what makes us unique individuals. Through the character, a person will reveal his behavior. Different theories will help nurses to understand distinct behavior. Sigmund Freud made a very significant contribution to personality development. He describes five stages of psychosexual development: **Oral Stage:** Relief from anxiety through gratification of needs. **Anal Stage:** Learning independency and control, focusing on the excretory function. **Phallic Stage:** Identification with parents of same sex; development of sexual identity focus on genital organs. **Latency Stage:** Sexuality repressed, focus on relationships with same sex peers. **Genital:** Libido reawakens as genital organs mature, focus on the relationship with members of the opposite sex.

John Bowlby was one of the first thinkers of the attachment theory. He says that human beings have a robust affectional bond and can cause a strong emotional reaction when this bond is interrupted. He focuses on ethology theories, cognitive psychology, and development biology. Bowlby believes that deprivation from food and sex can reinforce those biogenic needs. These

bounds are developed early in a person's life and continue into adulthood. A strong bond between the parents and the child will bring trust and security. Deprivation of good parenting will lead to anxiety and other tenuous attachments. There is a common belief in the theory of grief and loss that the possibility of regaining the loved one again. Establishing a naturally homeostatic balance and a psychological equilibrium will involve time in the process. Grief is a time process. People dealing with grief can present this behavior: sadness, anger, blame, guilt and self-reproach, anxiety, loneliness, fatigue, helplessness, shock, yearning, emancipation, relief, and numbness.