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Prenatal Psych

- 1) The video I watched was twins: nature and nurture. The video talks about three sets of identical twins. Two of them were separated at birth. One pair of twins are women who were separated at birth. They were adopted by different families and didn't know about each other til about a year and a half ago according to the video. What is interesting is that they both eat alike, talk alike and they also work alike. This is a similar thing when it comes to the other set of twins. These two twins were also separated at birth and they met each other through a mutual friend. The funny thing is that they are both firefighters. They both drink beer the same way as well. The big difference according to the video was the weight. One of them was heavier than the other but the other started dieting and did lose weight. The researcher tells us that genes play a role in the things we like such as foods, fashion sense and other things as well. She also says that genes do not tell us what to do but they simply predispose us towards certain events in life. Lastly the video talks about another set of twins. They were raised by the same parents, they went to the same school together as well. One of them is very into nutrition and the other one is a homeless man. This case is definitely an interesting one. Just like the researcher said that here you have two people who have the same upbringing and share the same DNA but took completely different paths. This just lets us know that genes do play a role in what we like but also genes do not tell us what to do.

- 2) Prenates are often seen as psychologically inert because even though there is a vast majority of research that does debate this the physiological and psychological capabilities of the fetus do continue to be disregarded. The factors that do continue to influence the understanding of the earliest years of life as somehow not very significant is the emphasis that has been on the early years by anatomy. It is very important that we learn the physical aspects of early life but we should put emphasis on the psychological aspect as well.
- 3) Medieval and early modern thought perceived prenatals in a certain way. During this time a lot of works do occur in regards to prenatals but they are compilations and restatements of Aristotle, Hippocrates, Sorenius, etc. Up until the 16th century the powerful view of prenatal development was focused on epigenetics. Meaning that they studied the organisms in order to see any changes or reactions caused by modification. In the 18th century we can see more changes arising. Due to Spallanzani's application. We see that both the ovum and sperm are necessary for conception to happen in the first place. We see that during this era changes and ideas are arising much more.
- 4) The various phases that Lake talks about are divided into four sections which are the womb of the spirit, birth, the prenatal period, and lastly the first trimester. These four sections tell a lot of how the baby is developing. Lake puts much more importance into prenatal events. Lake says that prenatal events are of great significance.
- 5) When searching up prenatal psychology on the internet, one can get a lot of results. Such as prenatal psychology can be seen as a part of development psychology. As well as a website called [birthpsychology.com](http://birthpsychology.com). This website has a brief description on birth psychology. It says that birth psychology is a field of study that explores the

lifelong impact that our earliest conscious awareness has on us just at the beginning of when we are inside the womb.

- 6) The research evidence that Frank Lake used to develop the maternal-fetal distress syndrome was using LSD. As well as the Lingdale workshops and the integration workshops. Now my evaluation is based on my opinion and what I think could be done differently. Now I know some drugs have been used in experiments to see how humans can react to them etc. I don't necessarily agree with the LSD part because I am a firm believer in your body being a sacred temple that drugs should most definitely not go into. It's manipulation of behavior for sure. The other aspects I do align with because it goes into detail on how at first they made their participants emotionally comfortable with each other.
- 7) The various components of the umbilical affect are positive, negative and strongly negative. They are kind of given when they are categorized this way. Positive being that all is well. That the child is wanted and accepted. That the child is in an environment that is good for them and their growth. Negative meaning that the environment is less ideal due to stress, negative emotions and stress. Strongly negative meaning "influx of maternal distress." The various components of fetal response are also put into categories like such. Ideal, coping, opposition, and lastly transmarginal stress are the categories that they are put into. Ideal meaning that the fetus "is well supplied in every way. There is a good connection with the mother etc. Coping is where the majority of people I would say are in. It's good overall but can be bad sometimes. Opposition is when the emotional store of the mother is not good enough for trustful coping. Transmarginal stress is when pain becomes tolerable. The limit has exceeded and now they are willing to tolerate pain. My evaluation on this is an

agreeable one at that. I do agree with a lot of this. That is how things can go for the baby depending on the type of environment the mother is in.