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PSY 441

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2. The first stage of psychologist Erik Erikson's theory regarding psychosocial development is the trust vs. mistrust phase. This phase lasts from birth until the infant is about 18 months old. Erikson argued that this is a particularly crucial stage in a child's development since it affects both their general personality and how they perceive their surroundings. Nearly all of a baby's needs are met by their carers. Thus, a child's well-being is greatly impacted by the interactions parents have with their infants. Erikson held the view that a child's growth in relationships and emotions is influenced by early habits of trustworthiness. The youngster will have a sense of security in the environment if they are able to properly create trust. Erikson's thesis holds that a parent fundamentally molds their children's perspective and potential interactions. The crucial factor is that a child's trust encounters and associations surpass their dishonest encounters. This will improve their understanding of the need to trust themselves and others, claims Erikson. Infants or children who are educated so that they can rely on their caretakers develop trust with their peers. But, youngsters who discover distrust in others grow to worry about the outside world and doubt that their wants will be supplied.

The next stage of Erikson's psychosocial development is shame and doubt, which occurs during the second and third years of age. Erikson asserts that kids during this period are concentrated on gaining more self-control. Youngsters start establishing a belief in their freedom and control. However, this phase is essential. They develop a sense of self-control and some

fundamental self-confidence as they develop the ability to take care of their own needs. Children can practice their ability to think critically when they have autonomy. They feel at ease with their physical form. Children develop a stronger understanding of who they are. They also gain knowledge from their errors. The youngster learns to regulate his or her muscles throughout this time as they develop. It's the time when most children learn to use the bathroom.

3. The next phase of Erik Erikson's concept of psychological development involves initiative vs. guilt. This phase occurs during preschool years, three to four years old. During this stage, kids start to ask questions regarding their parents, their peers, and their environment. Children search out greater interaction with people outside of their immediate family by themselves because their growing bodies now enable them to move about more easily. They interact with their classmates through play as well as other creative pursuits. They develop more sophisticated vocabulary and proceed to inquire about an endless variety of topics. Children often daydream about growing up, and their minds are strong. Kids also tend to be bothersome. Erikson shared Freud's belief that children exhibit an excessive preoccupation on sexual issues in addition to learning about their environs and testing out multiple positions.

During the years from thirteen to 19, the fifth phase of growth, identity versus role confusion, takes place. Teenagers may develop a sense of uncertainty about their identity or how they fit into the world. This period lasts from childhood to adulthood. Teenagers may explore diverse roles, hobbies, and habits as they try to build up their identities. During the ages of 13 to 19, people go through this era of growth. Those who have successfully dealt with the tensions present in earlier phases enter adolescence with a strong sense of self. Children have a sense of worth from their parents. Youngsters are capable of taking responsibility, recognizing their own competency, and completing a wide range of assignments.

4. According to Erikson, failure to establish a foundational feeling of trust throughout the early stages of life might result in major pathologies, such as schizophrenia, in course of time. In this situation, an individual's inability to build relationships of trust with one another ultimately causes them to lose their connection to the real world. Erikson argued that the therapist needs to educate the client to confide in society once more in order to assist such an individual. Erikson thought that determinations at the anal stage, which are brought on by parents' severe training methods, also contribute to obsessive-compulsive neuroses. As a way to recover their sense of autonomy, obsessive-compulsives are prone to intransigence, postponement, and repetitive repetitions. Recognition of the parental conflict's causes is necessary for recovery, however, the counselor must also support the person's initiative. The absence of distinct occupational aspirations is frequently at the heart of significant adjustment issues in adolescents. This issue might be partly caused by an absence of self-control in one's decision-making or by a shortage of creativity and focus on one's ideas and objectives. Teenagers who are confused and under extreme pressure to make a choice may behave poorly. Individuals might stop attending classes, terminate their employment, or start committing violent crimes. Erikson argued that the only way for teenagers to be saved is for their friends, family, therapists, and legal professionals to refrain from labeling them as borderline psychotic or schizoid and to acknowledge that there are other factors at play. Young people' inability to form close relationships with others has been identified as a key aspect of the growth of neurosis. Neurotics are frequently lonesome, solitary individuals who are hesitant to embrace the dangers and obligations involved in forging genuinely deep connections. Individuals are incapable of becoming romantically involved or forging meaningful relationships. Through therapy experiences they can improve their sense of self-worth and can

these issues be resolved. Erikson thought that only individuals with robust egos were competent at handling the failures, wounds, and potential for rejections.