

Mischael Celestin

Personality of Psych

Professor Maret

Erikson

1. Erikson is best known for his theory that addresses development throughout a person's life. Erikson realized that growth occurs in a multitude of stages not solely during childhood. He never felt accepted as a child by his step father, this helped with his self-awareness and ability to create a method that emphasized human development. Erikson proposed that our personality develops through eight stages, which begins from infancy to old age. As mentioned his early experience helped with initiating his formation on how to view identity. Being teased in his school days helped build his interest in how we develop and view each other in society even still today. The eight stages of psychosocial development are taught to all those who study psychology. A reason for this is because it gives clear insight into how we ought to deal with each personality differently. Utilizing the knowledge gained over time Erikson idea was based on how he viewed the development of identity that he believed helps with shaping us innately over the course of a lifespan. Lastly coining the term "identity crisis" was important in marking an important transition that helped shift our way of thinking. He maintained a lifestyle that made him question how he viewed things around him.
2. Trust vs Mistrust (Infancy from birth to 18 months) this is the first of the 8 stages that Erikson mentions the theory of psychosocial development. This is the most important period of a child's life because it helps shape their view of the world as well as their overall personality. This is primarily because during this phase the baby is heavily dependent on their caregiver. Meaning the way the parents interact with the child has a profound effect on how their lives may play out. Learning and creating a bond of trust between both the parents and the child is essential for if a child develops successfully. Example of Mistrust would be when an infant is crying out but the needs are never satisfied or met adequately. The main point of the theory is to show compassion, process feelings, and comfort the child. Children that learn to trust their caregivers in infancy will be more prone to forming trusting relationships with others throughout the course of their lives. Secondly, the Autonomy vs shame and doubt this is significant because it exemplifies a sense of greater self-control. Shame occurs when a person feels as though there is something dishonorable about themselves or their conduct. The social relationship they have often are hidden and emotions are not displayed. Low self-esteem, self-doubt, and depression are all linked with shame. Autonomy is linked with a greater need for independence and control over themselves and their world around them. This stage is when children build the foundations of trust in the world. Begin to develop a sense of personal control by doing things for themselves and showing traits and confidence in their own abilities.
3. The next two that are part of Erikson theory Identity vs confusion and Intimacy vs Isolation. Both are vitally important in understanding how with growth the body and mind change over time. The first is from the age of 12 until 18. Confusion comes into play with growth because there is a feeling of insecurity that may happen as they try to fit into society around them.

Children that are not allowed to explore their different identities while seeking to establish a role or a sense of who they are is detrimental towards how they grow and decisions made in life. Knowing ones true identity consist of having different experiences, relationships, values and beliefs that make up a person's sense of self.