



# **Psycho-Social Development – Erik Erikson**

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# General Information

- Erikson was the student of Freud.
- Erikson's theory was based on the theme of Freud. But didn't accept all the decisions of Freud.
- Few are the assumptions of Erikson's theory –
  - (a) the theory assumes that humans all have the same basic needs that must be met.
  - (b) it assumes that through meeting these basic needs, development occurs.

## Contd...

- (c) it is a stage theory that assumes that development occurs in distinct stages rather than in a continuous manner.
- (d) it assumes that movement through the stages from one to the next reflects a change in an individual's motivation in regard to the ego and society.
- (e) Finally, it assumes that each stage contains a challenge of conflicting ideas in the social life that allows for development to occur.

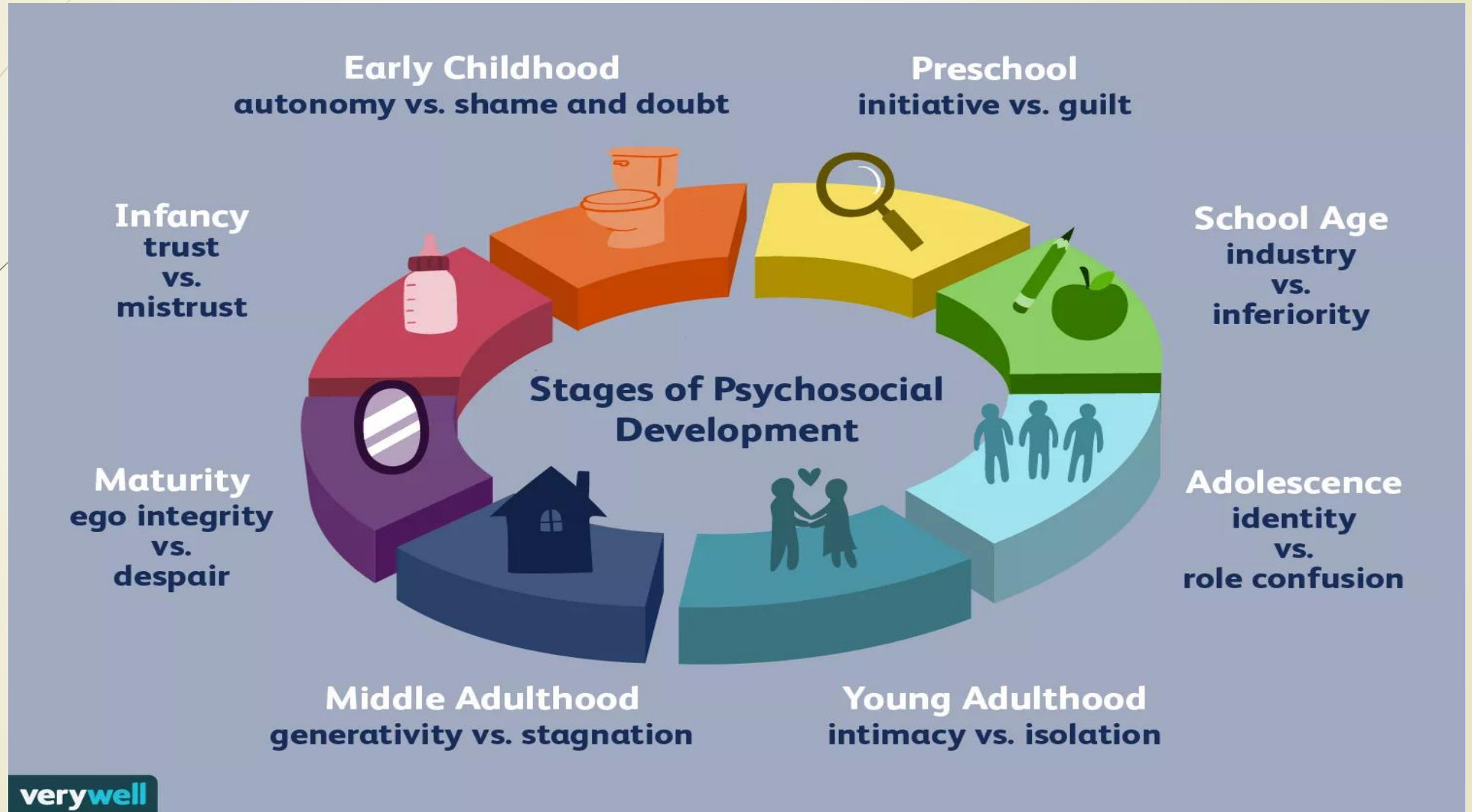
# Stages of Psycho-Social Development Theory

- Stage 1: Trust vs. Mistrust (Infancy from birth to 18 months)
- Stage 2: Autonomy vs. Shame and Doubt (Toddler years from 18 months to three years)
- Stage 3: Initiative vs. Guilt (Preschool years from three to five)
- Stage 4: Industry vs. Inferiority (Middle school years from six to 11)

## Contd...

- Stage 5: Identity vs. Confusion (Teen years from 12 to 18)
- Stage 6: Intimacy vs. Isolation (Young adult years from 18 to 40)
- Stage 7: Generativity vs. Stagnation (Middle age from 40 to 65)
- Stage 8: Integrity vs. Despair (Older adulthood from 65 to death)

# Let's take a closer look at the picture of Erikson's psychosocial theory



# 1. Trust vs. Mistrust (Infancy from birth to 18 months)

- It is the most fundamental stage in life. Because an infant is utterly dependent, developing trust is based on the dependability and quality of the child's caregivers.
- At this point in development, the child is utterly dependent upon adult caregivers for everything they need to survive including food, love, warmth, safety, and nurturing. If a caregiver fails to provide adequate care and love, the child will come to feel that they cannot trust or depend upon the adults in their life.

## **2: Autonomy vs. Shame and Doubt (Toddler years from 18 months to three years)**

- In this stage children are just starting to gain a little independence. They are starting to perform basic actions on their own and making simple decisions about what they prefer. By allowing kids to make choices and gain control, parents and caregivers can help children develop a sense of autonomy.
- The main theme of this stage is that children need to develop a sense of personal control over physical skills and a sense of independence. Potty training plays an important role in helping children develop this sense of autonomy.



## Contd...

- ▶ Like Freud, Erikson believed that toilet training was a vital part of this process. However, Erikson's reasoning was quite different than that of Freud's. Erikson believed that learning to control one's bodily functions leads to a feeling of control and a sense of independence. Other important events include gaining more control over food choices, toy preferences, and clothing selection.

### **3: Initiative vs. Guilt (Pre-school years from three to five)**

- The third stage of psychosocial development takes place during the pre-school years. At this point in psychosocial development, children begin to assert their power and control over the world through directing play and other social interactions.
- Children who are successful at this stage feel capable and able to lead others. Those who fail to acquire these skills are left with a sense of guilt, self-doubt, and lack of initiative.

## **4: Industry vs. Inferiority (Middle school years from six to 11)**

- ▶ The fourth psychosocial stage takes place during the early school years from approximately ages 5 to 11. Through social interactions, children begin to develop a sense of pride in their accomplishments and abilities.
- ▶ Children need to cope with new social and academic demands. Success leads to a sense of competence, while failure results in feelings of inferiority.

## 5: Identity vs. Confusion (Teen years from 12 to 18)

- ▶ This stage plays an important role in the development of a sense of self that will continue to influence a person's behaviour and development throughout life. Young people need to develop their sense of self and identity. Success makes a person honest with himself, failure causes confusion and weakened self-confidence.

## Contd...

- During adolescence, children discover independence and develop their sense of self. Those who receive proper encouragement and reinforcement through personal exploration will emerge from this stage with a strong sense of self and feelings of independence and control. Those who remain unsure of their beliefs and desires will feel insecure and confused about themselves and the future.

## 6: Intimacy vs. Isolation (Young adult years from 18 to 40)

- ▶ Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation. This stage covers the period of early adulthood when people are exploring personal relationships.
- ▶ Erikson believed it was vital that people develop close, committed relationships with other people. Those who are successful at this step will form relationships that are enduring and secure.

## 7: Generativity vs. Stagnation (Middle age from 40 to 65)

- ▶ Adults need to create or nurture things that will outlast them, often by having children or creating a positive change that benefits other people. Success leads to feelings of usefulness and accomplishment, while failure results in shallow involvement in the world.
- ▶ During adulthood, we build our lives, focusing on career and family. Those who are successful during this phase will feel that they are contributing to the world by being active in their home and community. Those who fail to attain this skill will feel unproductive and uninvolved in the world.

## 8: Integrity vs. Despair (Older adulthood from 65 to death)

- At this stage, people reflect back on the events of their lives and take stock. Those who look back on a life they feel was well-lived will feel satisfied and ready to face the end of their lives with a sense of peace.
- Those who look back and only feel regret will instead feel fearful that their lives will end without accomplishing the things they feel they should have.

# Summary of the Theory

Age	Conflict	Important Events	Outcome
<b>Infancy</b> (birth to 18 months)	Trust vs. Mistrust	Feeding	Hope
<b>Early Childhood</b> (2 to 3 years)	Autonomy vs. Shame and Doubt	Toilet Training	Will
<b>Preschool</b> (3 to 5 years)	Initiative vs. Guilt	Exploration	Purpose
<b>School Age</b> (6 to 11 years)	Industry vs. Inferiority	School	Confidence

## Contd...

Age	Conflict	Important Events	Outcome
<b>Adolescence</b> (12 to 18 years)	Identity vs. Role Confusion	Social Relationships	Fidelity
<b>Young Adulthood</b> (19 to 40 years)	Intimacy vs. Isolation	Relationships	Love
<b>Middle Adulthood</b> (40 to 65 years)	Generativity vs. Stagnation	Work and Parenthood	Care
<b>Maturity</b> (65 to death)	Ego Integrity vs. Despair	Reflection on Life	Wisdom

# Educational Implications

- Allowing the child to play with various natural, simple materials, and role-playing for the expression of fantasy and imagination.
- Games, stories and songs can be used. Real-life activities like serving food, chopping vegetables or making chapattis, prepare children for participation in the community around them.
- Child-directed activities where the child chooses his or her activity and repeats it as often as they want must be encouraged.

# Strengths & Weaknesses

- ▶ The strengths of Erikson's theory are:
  - ▶ Stage theory – development took place in stages
  - ▶ Ego identify – formation of ego identity right from birth
  - ▶ Crisis – every individual has to go through crisis in his/her life
- ▶ The weaknesses of Erikson's theory are:
  - ▶ Focus on the competing forces rather than emotional development of individuals
  - ▶ Difficult to be tested scientifically as it is not possible to measure some of the concepts upon which the theory is based
  - ▶ Fails to specify the effect of failure in one stage impacts which other stages.



**Thank You**