

Erikson



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ERIKSON What shapes and influences people into whom they become in life? What powers cause the development of individuals? The everlasting debate of Nature vs. Nurture may never truly be settled. There are two men, which have seemed to intertwine the two rather than segregating, Sigmund Freud and Erik Erikson that attempt and explain the questions we as society have about ourselves. Erikson accepted Freud's basic outline of the psychoanalytic perspective (Berk, pg. 15). Erikson came up with 8 psychosocial stages of which the first 5 are parallel in regards to the 5 psychosexual stages that Freud designed earlier (Berk, pg. 16). Erikson took what Freud had started and expanded the psychoanalytic theory further with 3 more stages into adulthood. The increase of study aids people to further understand why people become who they are today. Erik Erikson's desire to understand people started with himself. " Erikson's mother married a physician after his father and mother separated at his birth. The identity of his biological father was concealed from him for many years. When he finally did learn the truth, he was left with a feeling of confusion about who he really was. This early experience helped spark his interest in the formation of identity. His interest in identity was further developed based upon his own experiences in school. At his temple school, the other children teased him for being Nordic because he was tall, blonde, and blue-eyed. At grammar school, he was rejected because of his Jewish background. These early experiences helped fuel his interest in identity formation and continued to influence his work throughout his life. " The initial stage of eight is can be summed up as whether or not a child receives warm, compassionate care during the first year of their life or cold, rough care. Trust Vs Mistrust or oral sensory stage (Huffman, pg. 356). The first stage factors in the ability of the mother and

father as nurturers. The parent's ability to care for a child with warmth and love will develop optimism, trust, confidence, and security if properly cared for and handled. If a child does not experience trust, he or she may develop insecurity, worthlessness, and general mistrust to the world (Learning-Theories. com). I can relate to the first stage which Erikson is referring to. My mother has told me stories of how she would work nights and my father was the one to comfort me as a crying baby at night. Even today I am a confident, nurturing mother myself. Stage 2 is headlined Autonomy vs. Shame and doubt. Between ages 1 and 3 is when a " toddler learns to exercise will, make choices, and control themselves. Caregivers' patience and encouragement help foster a sense of autonomy versus shame and doubt. " (Huffman, 356) " Autonomy is fostered when parents permit free choice and do not force or shame the child". (Berk, pg. 17) Throughout the two first stages Erikson reiterates the need for encourage and trust which is mentioned throughout the early stages. Initiative vs. Guilt is the third stage which occurs between the ages of 3 and 6. " Supportive caregivers promote feelings of power and self-confidence". (Huffman, pg. 356) I have seen preschoolers initiate activities between one another at a social level which is interesting to see in correlation to Erikson's study. A child that is taught too much self-control and less exploration freedom can be negative upon the growth of a child due to the fact it negates their freedom of purpose in their mind. Between the ages of 3 and 6 is when children are beginning school and introduces the phallic stage. Stage 4 is based on Industry vs. Inferiority. At this stage is when much of home life can affect the child as well as school. This could be the strongest nature versus nurture stage because it is the first point in our young lives which we are introduced to our peers at an increased

conscious level, unlike stage 3 when a child is transitioning from toddler to child. At this point, children are ranging in ages between 6 thru 11 going to school and learn productive skills such as reading and writing (Huffman, pg. 356). I remember myself achieving a 6th grade reading level in second grade which definitely aided in feeling anything but a level of inferiority to my peers. If children at this stage experience negativity at home or school then this leads to feelings of incompetence (Berk, pg. 17). The Adolescence stage is comprised of Identity vs. Role Confusion which can be translated into the stage where teenagers are beginning to ask question which started Erik Erikson in the first place to begin these studies in the mid 1900's. Positively, teenagers find themselves as individuals in their soul searching antics (Huffman, 356). Negatively, if adolescent children do not find a coherent sense of themselves, then a result in confusion in a young adult's identity can surface. The Fifth Stage of Erikson's psychosocial stages are the last of Freud's, but only the beginning to Erikson's adulthood levels. The sixth, but, also first stage of adulthood is referenced as Intimacy vs. Isolation. At this stage in life, it is a necessity for individuals to have learned who they are and how to be independent (Huffman, 356). If not, young adults may not establish healthy relationships and become enveloped in selfishness. I know of several friends continuing to prolong the inevitable in life and refuse to begin a career or life with an significant other. I must say I attribute their behavior to stage six of Erikson. The Generativity vs. Stagnation is the 7th stage which is referred to as middle adulthood. Middle adulthood is a range of age where they are increasingly enjoying themselves in teaching the younger generations. In regards to child rearing, the 7th stage embellishes on establishing a relationship and influencing the youth (Huffman, 356). On <https://assignbuster.com/erikson/>

the negative side, at this stage the person who feels an absence of meaningful accomplishment fails to feel this desire to encourage their younger peers (Berk, pg. 17). Erikson referred to his final 8th stage as the late adulthood level. This stage is where the Ego integrity is compared and contrasted to despair. Elders so often enter a period of self-reflection at this stage (Huffman, pg. 356). Older people whom reflect and feel happiness and fulfillment are satisfied and feel accomplishment (Huffman, 356). Any of those which are dissatisfied with their life will feel regret and fear death (Huffman, pg. 356 and Berk, pg. 17). Erik Erikson studied deep into psychosocial development which helped to explained why we are who we are. I gained an extreme understanding as to why individuals do what they do and act how they act. " Erikson's outline of lifespan change captures the essence of personality development during each major period of the life course. " (Berk, pg. 17) BIBLIOGRAPHY Berk, Laura E., Development Through the Lifespan, Fourth Edition, Pgs. 15-17. Huffman, Karen, Psychology in Action, Ninth Editon, Pg. 356-357. Erik Erikson, 91, Psychoanalyst Who Reshaped Views of Human Growth, 1994, May 13. New York Times. Learning-Theories. com, Erik Erikson. Knowledge Base and Webliography.