

# On self - subject (life span development)

Psychology



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Case Study on Self Introduction This is a case study on myself. In the case, I analyze my various development stages in comparison to my peers. Among my sources of information, include interview from my parents, teachers, siblings and friends both at school and at home. Additionally, I will analyze my school and health records with the view of obtaining relevant information on the process of my development.

### Identifying Information

I am a twenty three year old male and a first born in a family of four. I live in New York City one of the most cosmopolitan setups in the world. I am of African American descent with both my parents being African Americans but from different townships. I study at the University of West Alabama an equally cosmopolitan setup with students from all over the world.

### Physical Development

I am an important member of the college's football team. My contribution in the team is a key indicator of my physical development. Playing for ninety minutes running around the field is a daunting task and not every other male would. Furthermore, I take part in several family activities helping in the household chores all of which require physical strength. Such therefore prove my physical maturity.

### Emotional Development

I am emotionally developed too, after undertaking various courses in psychology and undergone several guidance therapies in the past I believe I am emotionally developed. A portrayal of the development included a breakup from my first girlfriend. Additionally, I have had family squabbles in the past some of which threatened to separate my parents. As the firstborn, I supported my younger siblings who relied on my strength.

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### Social Development

I have several friends and am considered a darling in my family. Such portray my social development. As a key team member, my colleagues rely on my wise advice most of the time. Furthermore, I rarely have discipline related problems with my teachers as my school records show. This implies that I relate with people appropriately often limiting harm in such social contracts.

### Cognitive Development

The progress I have made in my studies is proof enough for my cognitive development. I have excelled in most of my exams in the past a feature that portrays both my cognitive and conceptual developments.

### Language Development

I speak English and French. The process of studying the two languages was progressive a strategic development that have revamped my social development.

### Moral Development

Morality refers to the ability to choose between right and wrong. I have several friends with whom I related effectively. The fact that I rarely conflict with my friends, teachers and siblings does not imply that they rarely irritate me but it portrays my ability to act appropriately at such times.

### Theoretical stages

Socioemotional Selectivity and the Erikson theories are among the most relevant theories that explain my development process. Development is a successive process influenced by various features of our environment and the people we interact with (Santrock, 2010). The Erikson theory provides for eight fundamental stages that I have successfully gone through from my <https://assignbuster.com/on-self-subject-life-span-development/>

childhood to adulthood. Socioemotional selectivity on the other hand explains that people become progressively selective as they mature a feature that has exhibited itself in my development.

### Conclusion

In retrospect, development is a multi-tire process that occurs progressively at various stages in life. By analyzing my developments to date, I have learnt the manifestation of the socioemotional selectivity and Erikson theories of psychological development.

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