

Free research paper on basic trust versus mistrust

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Erik Erickson's Theory that is based upon psychological development is one of the well recognized personality theories in psychology. In the similar way like Sigmund Freud, Erikson also use to believe that that the human personality tends to develop through a process which come out with distinctive stages. In contrary with the context of psychosexual theory of Freud, Erikson's theory explained the influences of social experiences on overall life span of an individual .

In reference to Erikson's theory of psychological development it has been identified that there are number of key components of Erikson's psychosocial stage theory one of which is ego identity development. From the analysis it has been significantly noted that ego identity is basically conscious self sense that refers to be developed through social interaction . According to the Erikson's Theory, human ego identity tends to be altering in a constant manner due to a fact that individual with every new day come across with a new experience and gain new flanged information through successfully interacting with others. In the similar context, Erikson also believes that sense of competencies of an individual effectively motivates theirs attitudes as well as actions . The context determines that every area of Erikson theory supports individual to become competent in distinctive areas of life. In the next section of paper Erikson's Stages of Early Psychological development are describe.

The insights in the nature of overall psychological development of an individual come out basically from a personality theory that has been presented by Erik Erikson. In Erikson's Theoretical framework infancy as well

as preschool psychological development of a child represents to be divided in three different stages that is taken to closer look.

Erikson determines that trust is the most significant aspects that represent to be the foundation of human psychological development. Erikson's theory depicts that a child who is unfamiliar with the outside world in the warmth of uterus, when observe positive responses of their parents who consistently fulfilling all their needs, automatically the infant feel trust and security in the unknown world. At the same time in the particular context Erikson's Theory depicts that it is not always necessary that parents reach in time when a child reach to fail or some time parents accidently feed them with hot food these experiences helps them to understand mistrust consequences. In the context it is identified that the balance between mistrust as well as trust permits infants with learning hope .

Autonomy versus Shame and Doubt

Erikson's theory depicts those children in between age group of 1 to 3 year gradually they tends to develop an understanding that they have control on actions that they are taking and with particular understanding they come to striving for autonomy that is preferably for their independence. At the same time the theory explains that the autonomy of actions is encountered by doubt that is particularly used in the most demanding situations and in contrary shame that ultimately comes out in dealing with failure circumstances (Kail and Cavanaugh, 2008). It determines that the combinations of autonomy, doubt as well as shame give certain extension to the will of child at the same time enhance their knowledge to act according to their intention in the world.

Initiative versus Guilt

The next stage of Erikson's theory determines that at the age of 3 to 4 years children successfully get started to take differentiated responsibilities such as dressing and polishing their shoes. At the same time the theory explains that the youngsters came to understand the responsibilities and roles of adults involving their parents, teachers and other influencing people and explore opportunities that are available in culture (Kail and Cavanaugh, 2008). In the similar context, they preferably get started to identify different consequences that are lying in their environment and ask distinctive as well as vast number of questions regarding the world and their imagination. In contrary these initiatives of youngsters get moderate through their guilt as they use to identify that their initiatives and innumerable questions can held them in a conflict. Erikson's theory explains that purposes can successfully achieved through creating balance between youngsters initiatives and their willingness to cooperate with adults. It determines that the key strength of Erikson's theory is that it effectively ties all the psychosocial personality development aspects.

Industry versus Inferiority

This stage of the theory covers the early age group in which children get started to go schools that is in between 5 to 11 years. Erikson's theory depicts that children through effective social interaction begins to attain sense of pride in their school achievements and capabilities. At the same time there are number of youngsters who do not attain encouragement from their parents as well as teachers and comes out with an inferiority complex as they develop doubt over their success.

Identity versus Confusion

At this stage which refers to period during adolescence, youngsters tends to explore different opportunities for their independence and begin to demonstrate sense of self (Kail and Cavanaugh, 2008). In the similar context, children who tend to receive encouragement as well as reinforcement use to develop higher self sense in combination with independence feeling and greater control. On the other hand children who feel unsure regarding their desires as well as beliefs refer to feel insecure and perplexed about their future .

Intimacy versus Isolation

Erikson's theory describes this period as an early adulthood in which people get started to explore various personal relationships as Erikson use to believe that it is important for people to develop association a commitment with other individuals and people who gain success at this stage will develop association that is preferably dependent upon commitment and security. It is necessary to highlight here that each stage of Erikson theory results in development of new skills that was learned at the previous stage of psychological development cycle. In the similar context burly bounding between personal identities of two parties ultimately comes out in intimate associations. In contrary, it is observed that people who represent to have poor self sense demonstrated less committed associations and thus the relationship suffers from emotional isolation, depression as well as loneliness (Kail and Cavanaugh, 2008).

Generativity versus Stagnation

In this stage it has been identified that during the period of adulthood , individual continuously get engage to build their lives as they basically focuses on their career and family structure. Those people who represent to be successfully during particular phase them effectively contribute to the community and world and in contrary those who fail to gain these skills they become unproductive and feel uninvolved in the globe.

Integrity versus Despair

Erikson's Theory describes that the particular age occurs during old age and thus reflects back to their life. Those who reflect to be unsuccessful at this stage will feel that their entire life is wasted and use to face various regrets. At this time the individual left with complete feeling of bitterness as well as despair. On the other hand, those who use to feel proud over their achievements tend to acquire feeling of integrity. Successful fulfillment of this phase ultimately comes out with some regrets and feeling of higher satisfaction. All these stages helps in psychological development of an individual from birth to confronting death and at the same time enhance their wisdom.

End Notes

It has been observed throughout the text the how human lives get shaped and associate with the company of other individuals. There are number of social convoy that get along with the journey of live, support in bad times and enhance knowledge. At the same time, it has been observed that older group of people tends to face Eriksonian challenges of integrity versus

despair. Each stage of Erikson's theory is associated with the other stage and tends to play a prominent role in personality and psychological development of an individual. In reference to early childhood children use to develop reliability, care, trust as well as affection with others and at the same time lead to develop capabilities to deal with mistrust circumstances.

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