

Middle childhood and adolescence

Psychology



This paper will review middle childhood and adolescence relationships and how they will influence the future for children and young adults. First I will lay out life span perspectives and features that are visible. Secondly I will point out how heredity and the environment can alter human development and how it can affect a child's development.

Finally I will summarize key theories that are related to human growth and development and also identify key influential theorists who helped develop these theories. Life span perspective According to (Berger, K. S. , 2010) life span perspective is an approach to study of human development that takes into account all phases of life, not just childhood or adulthood. This means that what type a person a child becomes and grows to be in their lifespan we are constantly growing throughout our life.

As we all know no two people on this earth are alike we all think and act differently and that's what makes us unique This perspective is molded and formed via the environment, time, culture, psychological perspective, society and many other variants of a person's life, and like DNA and there are never two people with identical life span perspective traits. Environment and heredity This section we will review how the environment and heredity both influence or alter a person's human development.

Nature versus nurture, this debate within the academics of psychology and it has come to an end with both influences having a strong effect on a human's development. What does that mean, to me it tells you that despite the perfect environment a person can still possess psychological issues throughout the person's human development. And vice versa, despite the hereditary disorders one may or may not possess the environment can have

as much of a psychological impact on a person's psyche or human development that it too can become the influential source of a psychological disorder within a person.

To me this means as a parent I need to be aware of my children's environment and other hereditary disorders that can be treated prior to becoming serious issues. Key Theories The first theory that we will summarize is the theory of Psychoanalytic's, this theory proposes that the unconscious motivation influence personality growth. (About, 2011) The process of psychoanalyst is when one person who trained to listen to another individual tries to bring together and understand the injuries, restrictions and problems from the persons past.

And eventually allowing the patient to piece together his or her life story, all while bringing into the patient's consciousness the visualization of conflict that has plagued their thoughts and behaviors over the years, allowing them to make conscious changes to their behavior and thoughts. of Psychoanalysis's, was originally founded by its creator Sigmund Freud although another theorist named Eric Erikson who expanded on Sigmund Freud's theories played a key role in forming what we know to be today as Psychoanalysis's.

The second theory that we will summarize is the cognitive theory, the cognitive theory is a critical theory because it adds many insights to the psychological study of human development. To define what a cognitive theory is I will use the analogy of your conscience, the laws of cognitive theory are strongly used in social cognitive theory, where one observes the environment around them to determine what is right or wrong as they

interact and experience their social surroundings forming one's cognitive thoughts.

One of the most important cognitive theorists was a scientist named Jean Piaget. Mr. Piaget played a critical role in the world of cognitive theory as he studied infants and began observing how they think as their environmental impacts their lives, forming lifelong cognitive thoughts and not just studying what they know. The last part we will summarize is the developmental theory, this theory is based on the development of school age to toddler age children.

According to (book) a developmental theory provides a framework for explaining the patterns and problems of childhood development. (Berger, K. S. , 2010) Many scientists find the study of human developmental theory important to form our children to perform and live at their optimal best. The great scientists of developmental theory named Piagets, once stated: (Our real problem is what the goal of education ? Are we forming children who are only capable of learning what is already known?

Or should we try to develop creative and innovative minds, capable of discovery from the preschool age on, throughout life?) (youtube. com)

Another great theorist responsible for creating the theories that are used today is a man named Vygotsky. Vygotsky was responsible for creating some of the developmental theory, one theory stated the most influential theory was the zone of proximal development (Berger, K. S. , 2010), a critical theory used in childhood education and development.