Bell Ringer
What do you think the most sung karaoke song is?

Erik Erikson: The Life-Span Approach

Psychosocial Stages of Personality Development
- 8 successive stages over the lifespan
- Addresses bio, social, situational, personal influences
- Crisis: must adaptively or maladaptively cope with task in each developmental stage
  - Respond adaptively: acquire strengths needed for next developmental stage
  - Respond maladaptively: less likely to be able to adapt to later problems
- Basic strengths: Motivating characteristics and beliefs that derive from successful resolution of crisis in each stage
Stage 1: Basic Trust vs. Mistrust

- Birth to age 1
- Totally dependent on others
- Caregiver meets needs: child develops trust
- Caregiver does not meet needs: child develops mistrust
- Basic strength: Hope
  - Belief our desires will be satisfied
  - Feeling of confidence

Stage 2: Autonomy vs. Shame and Doubt

- Ages 1-3
- Child able to exercise some degree of choice
- Child’s independence is thwarted: child develops feelings of self-doubt, shame in dealing with others
- Basic Strength: Will
  - Determination to exercise freedom of choice in face of society’s demands

Stage 3: Initiative vs. Guilt

- Ages 3-5
- Child expresses desire to take initiative in activities
- Parents punish child for initiative: child develops feelings of guilt that will affect self-directed activity throughout life
- Basic strength: Purpose
  - Courage to envision and pursue goals
Stage 4: Industriousness vs. Inferiority

- Ages 6-11
- Child develops cognitive abilities to enable in task completion (school work, play)
- Parents/teachers do not support child’s efforts: child develops feelings of inferiority and inadequacy
- Basic strength: Competence
  - Exertion of skill and intelligence in pursuing and completing tasks

Stages as Developmentally Grouped

- Stages 1-4
  - Largely determined by others (parents, teachers)
- Stages 5-8
  - Individual has more control over environment
  - Individual responsibility for crisis resolution in each stage

Stage 5: Identity vs. Role Confusion

- Ages 12-18
- Form ego identity: self-image
- Strong sense of identity: face adulthood with certainty and confidence
- Identity crisis: confusion of ego identity
- Basic strength: Fidelity
  - Emerges from cohesive ego identity
  - Sincerity, genuineness, sense of duty in relationships with others
Stage 6: Intimacy vs. Isolation

- Ages 18-35 (approximately)
- Undertake productive work and establish intimate relationships
- Inability to establish intimacy leads to social isolation
- Basic strength: Love
  - Mutual devotion in a shared identity
  - Fusing of oneself with another person

Stage 7: Generativity vs. Stagnation

- Ages 35-55 (approximately)
- Generativity: Active involvement in teaching/guiding the next generation
- Stagnation involves not seeking outlets for generativity
- Basic strength: Care
  - Broad concern for others
  - Need to teach others

Stage 8: Ego Integrity vs. Despair

- Ages 55+
- Evaluation of entire life
- Integrity: Look back with satisfaction
- Despair: Review with anger, frustration
- Basic strength: Wisdom
  - Detached concern with the whole of life
  - Evidence of Ego Integrity vs. Despair
  - Evidence of Ego Integrity vs. Despair
  - Evidence of Ego Integrity
“Hurt”

I hurt myself today
to see if I still feel
the only thing that’s real
the needle tears a hole
try to kill it all away
but I remember everything
what have I become?
my sweetest friend
everyone I know
goes away in the end
and you could have it all
my empire of dirt
I wear this crown of thorns
I am still right here
I will let you down
I will make you hurt if I could
start again
a million miles away
I would keep myself
I would find a way

Assessment in Erikson’s Theory

Psychohistorical Analysis
– Application of lifespan theory to lives of historical figures
Ex. Ghandi

Research in Erikson’s Theory

Trust
– Early strong bonds with mother later were more curious, sociable and popular

Identity
– Strong identity associated with greater cognitive and emotional functioning in college students
– Crisis may begin later than age 12
– Continuing process over the lifespan
Research in Erikson’s Theory

- Generativity
  - Evokes need to feel closer to others
  - Correlated with extraversion, openness to new experiences
  - Likely to be involved in community, social relationships

- Maturity
  - High ego integrity: spent much time reviewing their lives

- Ethnic Identity
  - Ethnic minorities: ethnic identity significant factor in determining sense of self

Contributions of Erikson

- Personality develops throughout the lifetime
- Identity crisis in adolescence
- Impact of social, cultural, personal and situational forces in forming personality
Criticisms of Erikson

- Ambiguous terms and concepts
- Lack of precision
  - Some terms are not easily measured empirically
- Experiences in stage may only apply to males
- Identity crisis may only apply to those affluent enough to explore identities