CHAPTER FIVE
ERIKSON: PSYCHOSOCIAL DEVELOPMENT

CHAPTER OVERVIEW

- Illustrative Biography: Mahatma Gandhi
- The Eight Psychosocial Stages
- The Role of Culture in Relation to the Eight Stages
- Racial and Ethnic Identity
- Gender
  - Children’s Play
  - Male and Female Identity Resolution
- Research on Development Through the Psychosocial Stages
- Identity Status
- Other Psychosocial Stages
- Correlates of Stage Measures
- Toward a Psychoanalytic Social Psychology

PREVIEW OF ERIKSON’S THEORY

<table>
<thead>
<tr>
<th>Table 5.1</th>
<th>Preview of Erikson’s Theory</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Differences</td>
<td>Individuals differ in their ego strengths. Males and females differ in personality because of biological influences.</td>
</tr>
<tr>
<td>Adaptation and Adjustment</td>
<td>A strong ego is the key to mental health. It comes from good resolution of eight stages of ego development, in which positive ego strengths predominate over the negative pole (fear, shame, guilt, etc.).</td>
</tr>
<tr>
<td>Cognitive Processes</td>
<td>The unconscious is an important force in personality. Expectance is influenced by biological factors, which are expressed in symbols and in play.</td>
</tr>
<tr>
<td>Society</td>
<td>Society shapes the way in which people develop. (Thus the term “psychosocial.”) Cultural institutions support ego strength (religion, politics, social structuring, etc.).</td>
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<tr>
<td>Biological Influences</td>
<td>Biological factors are important determinants of personality. Sex differences in personality are strongly influenced by differences in the “gender constitution.”</td>
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<tr>
<td>Development</td>
<td>Children develop through four psychosocial stages, each of which presents a crisis in which a particular stage is resolved. Adolescents also move through these stages, but they may develop through four additional psychosocial stages. Adolescents resolve these crises and develop a particular ego strength.</td>
</tr>
</tbody>
</table>

ERIK ERIKSON

- Born (1902) in Germany to a Jewish mother
- Early struggle with identity
- Developmental psychologist and psychoanalyst
- Trained at Freud’s institute in Vienna
- Appointments at the University of California at Berkeley and at Harvard
- Died in 1994

ILLUSTRATIVE BIOGRAPHY: MAHATMA GANDHI

- Description
- Clip on Gandhi
- Development
- Adjustment
**ILLUSTRATIVE BIOGRAPHY: MAHATMA GANDHI**

- Cognition
- Society
- Biology

**THE EPIGENETIC PRINCIPLE**

"anything that grows has a ground plan, and that out of this ground plan the parts arise, each part having its time of special ascendancy, until all parts have arisen to form a functioning whole."

**EIKONSON’S THEORY**

Erikson’s view was that the social environment combined with biological maturation provides each individual with a set of "crises" that must be resolved.

- The individual is provided with a “sensitive period” in which to successfully resolve each crisis before a new crisis is presented.
- The results of the resolution, whether successful or not, are carried forward to the next crisis and provide the foundation for its resolution.

**PSYCHOSOCIAL STAGES**

LIFE SPAN APPROACH

- PSYCHOSOCIAL: OFFERED AS AN ALTERNATIVE TO FREUD’S PSYCHOSEXUAL APPROACH
- EMPHASIZES SOCIAL INTERACTIONS, CULTURE, AND TRUST

**PSYCHOSOCIAL STAGES COMPARED WITH FREUD’S PSYCHOSEXUAL STAGES**

<table>
<thead>
<tr>
<th>Stage</th>
<th>Basic Conflict</th>
<th>Important Events</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infancy (birth to 18 months)</td>
<td>Trust vs. Mistrust</td>
<td>Feeding</td>
<td>Children develop a sense of trust when caregivers provide reliability, care, and affection.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>- Child develops a belief that the environment can be counted on to meet his/her basic physiological &amp; social needs.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>- Success = feelings of trust</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Basic Strength: HOPE</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- A lack of this will lead to mistrust.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Core Pathology: WITHDRAWAL</td>
</tr>
</tbody>
</table>

*Adapted from the 1999 textbook Developmental and Behavioral Pediatrics by T. E. Treitler. Reprinted with permission of W. W. Norton Company, Inc. Reprinted by permission of Pearson Education (USA)*
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</table>
| Early Childhood       | Autonomy vs. Shame and Doubt | Toilet Training  | - Children need to develop a sense of personal control over physical skills and a sense of independence.  
  - Child learns what he/she can control & develop a sense of free will & corresponding sense of regret & sorrow for inappropriate use of self-control.  
  - Success => feelings of autonomy  
  - Basic Strength: WILL  
  - Failure results in feelings of shame and doubt  
  - Core Pathology: COMPULSION |
| Preschool             | Initiative vs. Guilt   | Exploration      | - Children need to begin asserting control and power over the environment.  
  - Child learns to begin action, to explore, to imagine as well as feeling remorse for actions.  
  - Success in this stage leads to a sense of PURPOSE (Basic Strength)  
  - Children who try to exert too much power experience disapproval, resulting in a sense of guilt  
  - Core Pathology: INHIBITION |
| School Age            | Industry vs. Inferiority | School          | - Children need to cope with new social and academic demands.  
  - Child learns to do things well or correctly in comparison to a standard or to others.  
  - Success leads to a sense of COMPETENCE (Basic Strength).  
  - While failure results in feelings of inferiority  
  - Core Pathology: INERTIA |
| Adolescence           | Identity vs. Role Confusion | Social Relationships | - Teens need to develop a sense of self and personal identity.  
  - Teens develop a sense of self in relationship to others & to own internal thoughts & desires (social id & personal id).  
  - Success leads to an ability to stay true to yourself  
  - Basic Strength: FIDELITY  
  - While failure leads to role confusion and a weak sense of self  
  - Core Pathology: REPUDIATION |
| Young Adulthood       | Intimacy vs. Isolation | Relationships    | - Young adults need to form intimate, loving relationships with other people.  
  - Develops ability to give & receive love; begins to make long-term commitment to relationships.  
  - Success leads to strong relationships  
  - Basic Strength: CAPACITY TO LOVE  
  - While failure results in loneliness and isolation  
  - Core Pathology: EXCLUSIVITY |
| Middle Adulthood      | Generativity vs. Stagnation | Work and Parenthood | - Adults need to create or nurture things that will outlast them (by having children or creating a positive change that benefits other people).  
  - Develops interest in guiding the development of the next generation.  
  - Success => feelings of usefulness / accomplishment.  
  - Basic Strength: CARE  
  - While failure results in shallow involvement in the world  
  - Core Pathology: REJECTIVITY |
**Stage** | **Basic Conflict** | **Important Events** | **Outcome**
--- | --- | --- | ---
Maturity (65 to death) | Ego Integrity vs. Despair | Reflection on Life | Older adults need to look back on life and feel a sense of fulfillment. Develops a sense of acceptance of life as it was lived & the importance of the people & relationships that individual developed over the lifespan. Success at this stage leads to feelings of WISDOM (Basic Strength). While failure results in regret, bitterness, and despair Core Pathology: DISDAIN

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**The Role of Culture in Relation to the Eight Stages**

<table>
<thead>
<tr>
<th>Table 2.3: Stages Developed at Each Stage of Psychosocial Development and Their Social Context</th>
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<tbody>
<tr>
<td><strong>Psychosocial Stage</strong></td>
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<tr>
<td>1. Trust vs. Mistrust</td>
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<tr>
<td>2. Autonomy vs. Shame and Doubt</td>
</tr>
<tr>
<td>3. Initiative vs. Guilt</td>
</tr>
<tr>
<td>4. Industry vs. Inferiority</td>
</tr>
<tr>
<td>5. Identity vs. Identity Confusion</td>
</tr>
<tr>
<td>6. Intimacy vs. Isolation</td>
</tr>
<tr>
<td>7. Generativity vs. Self-absorption</td>
</tr>
<tr>
<td>8. Ego Integrity vs. Despair</td>
</tr>
</tbody>
</table>

**A Ninth Stage**

- Dystonic Resurgence or Gerotranscendence
  - This period does not pose a new crisis comparable to those of traditional 8 stages.
  - Rather, very elderly return to issues of earlier stages, confronting more directly negative poles of stages as their frail selves & losses of loved ones no longer sustain the level of strength attained in earlier years.
  - Now struggle to accept death & kinship with those who have passed on.
  - Time of spiritual (not always religious) reflection & growth.

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**Role of Culture in Relation to Psychosocial Stages**

- 1st Stage: Religion
- 2nd Stage: Law
- 3rd Stage: Ideal Prototypes
- 4th Stage: Technological Elements
- 5th Stage: Ideological Perspectives
- 6th Stage: Patterns Cooperation & Competition
- 7th Stage: Currents of Education & Tradition
- 8th Stage: Wisdom

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**Racial and Ethnic Identity**

- **Pseudospeciation:** The exaggerated sense that many groups have, especially national and ethnic groups, that they are different from others, leading to conflict among groups

- **Examples:**
  - Racial Prejudice
  - Religious Prejudice
Gender

- Children's Play
  - Play configurations
  - Biology or culture?

- Male and Female Identity Resolution
  - Anatomical basis for sex differences

Research on Development Through the Psychosocial Stages

- Identity Status
- Other psychosocial stages
- Correlates of stage measures

Identity Status

<table>
<thead>
<tr>
<th>Identity Status</th>
<th>Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identity achiever</td>
<td>Clear, consistent personality, productive</td>
</tr>
<tr>
<td>Moratorium</td>
<td>Philosophically concerned, rebellious, nonconforming</td>
</tr>
<tr>
<td>Identity diffusion</td>
<td>Unpredictable, reluctant to act</td>
</tr>
<tr>
<td>Foreclosure</td>
<td>Conventional, moralistic</td>
</tr>
</tbody>
</table>

Other Psychosocial Stages

- Inventory of Psychosocial Balance (Domino & Affonso, 1990)
  - I can usually depend on others. (Trust)
  - I genuinely enjoy work. (Industry)
  - Sometimes I wonder who I really am. (Identity)
  - Life has been good to me. (Ego integrity)

- Scores increase with age
- Do it yourself: http://www.selfcounseling.com/help/personalsuccess/taskdevelopment.html

Correlates of Stage Measures

- Identity
  - Career choice
  - Mature defense mechanisms
  - Self-concept
- Generativity
  - Parenting
- Ego integrity
  - Lower fear of death
- Relationships among the stages: positive
Toward a Psychoanalytic Social Psychology

How is personality influenced by:

- Society?
- Culture?

Chapter Review

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- The Eight Psychosocial Stages
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