Psychosocial Development Stages By Erik Erikson

Erik Erikson's concept of psychosocial development outlines eight distinct stages that individuals should ideally progress through, spanning from infancy to late adulthood. At every step, the individual encounters and ideally overcomes novel obstacles. Subsequent phases rely on the successful completion of preceding levels. It can be anticipated that the difficulties encountered in unfinished stages will resurface as future issues.

Stages of Psychosocial Development

Infancy (Birth -18 months)

Psychosocial Crisis: **Trust vs. Mistrust**

The initial responsibility of the ego is to establish trust, an ongoing process that is never fully accomplished. The child will allow its mother to remain out of sight without experiencing fear and anger because the mother has become a source of inner assurance and external predictability. The equilibrium between trust and mistrust is heavily influenced by the caliber of the maternal bond.

Primary inquiry: Can I rely on the credibility of my surroundings?

Main Objective: Receiving medical attention

Favorable Result: Confidence in individuals and the surroundings

Ego Quality: Hope

Definition: Persistent conviction in the ability to achieve one's profound and fundamental desires.

Developmental Task: Formation of social bonds; Advancement of sensory, perceptual, and motor abilities; Basic understanding of cause and effect.

Notable connections: Mother

Erikson posited that the dichotomy between trust and mistrust is pervasive across the entire lifespan of an individual. Therefore if the concept is not addressed, taught and managed properly from infancy (when it is first presented), an individual may be negatively affected and never fully immerse themselves in the world. For example, a person may hide himself from the outer world and be unable to develop good and long-lasting connections with others, or even themselves. Lack of self-trust, faith in others, and trust in the world can result in the loss of the virtue of hope, which is closely associated with this idea. Should an individual lose their faith in hope, they may encounter difficulties in surmounting adversities and setbacks in their lives, potentially impeding their complete recovery from such challenges. If the concept of trust versus mistrust is not correctly learnt, comprehended, and applied in all aspects of their lives, it could hinder their learning and development, preventing them from becoming a fully-formed individual.

Younger Years (1 1/2 – 3 Years)

Psychosocial Crisis: **Autonomy vs. Shame & doubt**

If the youngster is not granted independence, they will suppress their desires to manipulate and discriminate. Shame arises as the youngster becomes more aware of themselves. Doubt has to do with having a front and rear — a “behind” susceptible to its own standards. Lingering uncertainty might develop into paranoia. The sense of autonomy instilled in the kid and adjusted as life proceeds assists the preservation in economic and political life of a sense of justice.

Primary inquiry: Is assistance from others necessary?

Early Childhood (3-6 Years)

Psychosocial Crisis: **Initiative vs. Guilt**

Initiative enhances autonomy by encompassing the ability to take action, strategize, and approach a task with a proactive and dynamic mindset. The youngster is learning to master the world around them, acquiring basic skills and principles of physics; things fall to the ground, not up; round items roll, how to zip and knot, count and talk with ease. At this stage, the child desires to independently initiate and accomplish their own behaviors with a specific intention. The experience of guilt is a novel emotional state for the child, leading to confusion. The child may experience guilt in situations that do not rationally warrant such a feeling, and she will also feel guilt when her attempts to take initiative do not yield the anticipated outcomes.

Middle Childhood (7-12 Years)

Psychosocial Crisis: **Industry vs. Inferiority**

The objective of achieving a productive outcome eventually becomes more important than the fleeting desires and preferences associated with leisure activities. The principles of technology are developed. To lose the promise of such “industrious” relationship may drive the child back to the more isolated, less conscious familial rivalry of the oedipal phase.

Primary inquiry posed: Do I possess proficiency in my chosen field?

Adolescence (12-18 Years)

Psychosocial Crisis: **Identity vs. Role Confusion**

The adolescent is currently preoccupied with their external perception by others. Ego identification refers to the accumulated self-assurance that the consistent and enduring sense of self developed in the past aligns with how others perceive and understand one's purpose, as demonstrated via employment prospects. The lack of ability to establish a definitive educational or professional identity is disconcerting.

Primary inquiry posed: "What is my identity and purpose in life?"

Early Adulthood (19-34 years)

Psychosocial Crisis: **Intimacy vs. Isolation**

In order to confront the fear of losing one's sense of self in situations that require self-sacrifice, it is necessary for the body and ego to have control over the many modes of the body's organs and other internal conflicts. Avoiding these sensations results in a state of being receptive and too focused on oneself.

Middle Adulthood (35-60 Years)

Psychosocial Crisis: **Generativity vs. Stagnation**

Generativity refers to the act of creating and directing the succeeding generation. Mere possession or desire for children does not suffice to attain generativity. Work and disciplines that are highly regarded by society are also manifestations of generativity.

Primary inquiry posed: Will I ultimately achieve any meaningful accomplishments?The user's text is straightforward and precise.

Later Adulthood (60 years – Death)

Psychosocial Crisis: **Ego integrity vs. despair**

Ego integrity refers to the ego's established confidence in its ability to establish and comprehend order and significance. Despair is characterized by a profound dread of one's own mortality, as well as the deprivation of self-reliance and the absence of beloved companions and friends.