

# Developmental Psychology (PSYC20008)



*Your Ultimate Study Guide*

# Lecture 1 - Definition of Developmental Psychology

## Definition of Developmental Psychology

- **Nature vs Nurture** - Examines the **interplay** between genetic inheritance (nature) and environmental influences (nurture) in **child development**
- **Children's Role** - Investigates the **active part** children play in **shaping** their own developmental pathways
- **Developmental Process** - Considers whether development is a **smooth progression** or marked by distinct stages
- **Mechanisms of Change** - Identifies and analyses the **underlying processes** that **drive** developmental changes
- **Cultural Context** - Explores the **influence** of societal and cultural factors on the developmental process
- **Individual Differences** - Seeks to understand the reasons behind the **significant variations** in development among children
- **Research and Welfare** - Discusses how scientific research in this field can be **applied** to enhance the wellbeing of children

## Understanding Development Across the Lifespan

- **Interpreting Changes** - Analyses how individuals **comprehend** and **adapt** to life changes throughout their lifespan, a key reason behind the popularity of **longitudinal studies**
- **Emotional Development** - Focuses on how children learn to **regulate** their **emotions** as they grow
- **Social Development** - Examines the **development** of friendships and **social interactions**
- **Cognitive Development** - Investigates how children develop **cognitive abilities** like understanding, thinking, and problem-solving
- **Biological Development** - Looks at the role of **biological processes**, such as hormonal changes, puberty, and **growth stages**, in development

## Comparison of Research Designs

Design Type	Characteristics	Advantages	Limitations
<b>Cross-sectional Design</b>	Involves <b>comparing</b> different <b>age groups</b> at the same point in time	Efficient for gathering data on <b>age-related differences</b> ; relatively <b>quick</b> and straightforward to conduct	Does not provide <b>insight</b> into how individuals <b>change</b> or remain <b>consistent</b> over time
<b>Longitudinal Design</b>	Entails studying the <b>same individuals</b> repeatedly over a <b>prolonged</b> period	Allows for observation of <b>long-term stability</b> and changes in individual development; can help <b>predict</b> future developmental outcomes	Challenging to maintain <b>participant involvement</b> over time; risk of <b>testing effects</b> that could compromise the study's <b>external validity</b>
<b>Microgenetic Design</b>	Involves <b>detailed observation</b> of participants during a period of <b>significant change</b>	Offers a close look at the <b>process of change</b> as it happens; can reveal <b>intricate patterns</b> of development in the short term	Less informative about <b>long-term developmental trends</b> and changes across lengthy timespans

## Ethics in Developmental Research

- **Non-maleficence** - Ensuring **no psychological** or **physical harm** comes to participants during research
- **Consent** - Obtaining explicit, **informed consent** from participants before the study begins
- **Anonymity** - Preserving the **anonymity** of participants to protect their privacy
- **Unintended Consequences** - Taking action to **mitigate** any unforeseen negative impacts that might arise as a result of the research
- **Honesty** - **Communicating honestly** with participants about the goals and methods of the research in a manner that is understandable to them

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## **Lecture 2 - Psychosocial crises**

## Erik Erikson's Theory of Development

- **Lifespan Development** - Emphasises that development occurs at **every stage** of life, not just in childhood
- **Dimensions of Growth** - Describes development as a complex interplay of **biological**, **personal**, and **social** changes
- **Crisis Resolution** - States that growth is facilitated by **resolving crises**, which are viewed as challenges or tests at each developmental stage
- **Developmental Dynamics** - Highlights that developmental changes are not static but **change over time**

## Erikson's Stages of Psychosocial Development

Age	Psychosocial Crisis / Task	Virtue Developed	Example
Infant	Trust vs Mistrust	Hope	Developing trusting bonds with caregivers
18 months – 3 years	Autonomy vs Shame / Doubt	Will	Gaining some basic control of self and environment (e.g., toilet training, clothing themselves)
3 – 5 years	Initiative vs Guilt	Purpose	Asserting control and power over the environment leads to a sense of purpose
5 – 13 years	Industry vs Inferiority	Competence	Coping with new learning and social demands
13 – 21 years	Identity vs Confusion	Fidelity	Developing a sense of self and personal identity
21 – 39 years	Intimacy vs Isolation	Love	Establishing intimate relationships with others
40 – 65 years	Generativity vs Stagnation	Care	Assisting the next generation in developing and leading useful lives
65 +	Integrity vs Despair	Wisdom	Reflecting on one's life and feeling a sense of satisfaction