

HUMAN DEVELOPMENT

LECTURE ONE: INTRODUCTION TO DEVELOPMENTAL PSYCHOLOGY

Developmental psychology: Seeks to identify and explain the changes in behaviour that individuals undergo from the moment of conception until they die

- **Delayed gratification test:** Resisting smaller but more immediate reward in order to receive a larger reward later
- Nature vs. Nurture

Development research

- Lab or naturalistic observation (Internal/external validity?)
- What are you measuring?
- Who observes?
- What tests?

Design issues

- Sampling bias
- Observer effects
- Selective attrition
- Practice effects
- Validity

Test Types

1. **Cross-sectional:** different subjects are studies at different ages
 - Data over wide age range in short time
 - Cohort variation
 - NO individual development
2. **Longitudinal:** Same subject at variety of ages
 - Extensive information about development
 - Time and cost
 - Selective attrition
 - Inflexibility
3. **Longitudinal-sequential:** Sequence of samples of different ages followed longitudinally
 - More efficient
 - Time-lagged comparison (same age born in different years comparison)
 - Tested at 2 ages

LECTURE TWO: DEVELOPMENTAL THEORIES

Theories influenced by

1. *Nature or Nurture*

- **Predeterminists:** Maturation plays major role (nature)

Gessell's maturational theory: average status of children at different age levels

- Genetic determinants
 - Individual differences (same sequence)
 - Cycles of behaviour
 - Led to assessment scales and tests
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- **Behaviourists:** Environment has major role

Watson learning theory: based on observable events (stimuli and responses)

- Used Pavlovian classical conditioning to explain development
- Conditioned emotions

Skinner: Operant conditioning

- **Reinforcement** to strengthen desirable behaviour
- **Punishment:** Modifying behaviour BUT adverse consequences

Bandura's Social learning (cognitive theory): Observational or vicarious learning

- Behaviour + Environment + Person
 - Modelling behaviour
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- **Interactionists:** Both nature and nurture play role (Stage theory)
 - Genetic + Heredity + Environment
 - **Schemes:** "Mental structure" that capture common properties of behaviours, objects, experiences
 - **Adaption:** Modification of schema
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- #### 2. *Continuous of Discontinuous development*
- **Learning theories:** continuity in development (Pavlov/Watson/Skinner)
 - **Stage theories:** Discontinuity in development (Erikson/Piaget)