

Developmental Psychology

CSU: PSY202

White, F. A., Hayes, B. K., & Livesey, D. J. (2013). *Developmental Psychology: From Infancy to Adulthood*. 2nd Edition. French's Forest. **4th Edition was prescribed, but 2nd edition got me through- not much had changed.

WEEK 1:

Define developmental psychology

- Developmental psychology is the discipline that seeks to identify and explain the changes that individuals undergo from the moment of conception to the moment they die.

Evaluate the three major theories of developmental psychology

Piaget's Theory

Stage	Age Range	Description
Sensorimotor	0-2 years	Coordination of senses with motor response, sensory curiosity about the world. Language used for demands and cataloguing. Object permanence developed
Preoperational	2-7 years	Symbolic thinking, use of proper syntax and grammar to express full concepts. Imagination and intuition are strong, but complex abstract thought still difficult. Conservation developed.
Concrete Operational	7-11 years	Concepts attached to concrete situations. Time, space, and quantity are understood and can be applied, but not as independent concepts
Formal Operations	11+	Theoretical, hypothetical, and counterfactual thinking. Abstract logic and reasoning. Strategy and planning become possible. Concepts learned in one context can be applied to another.

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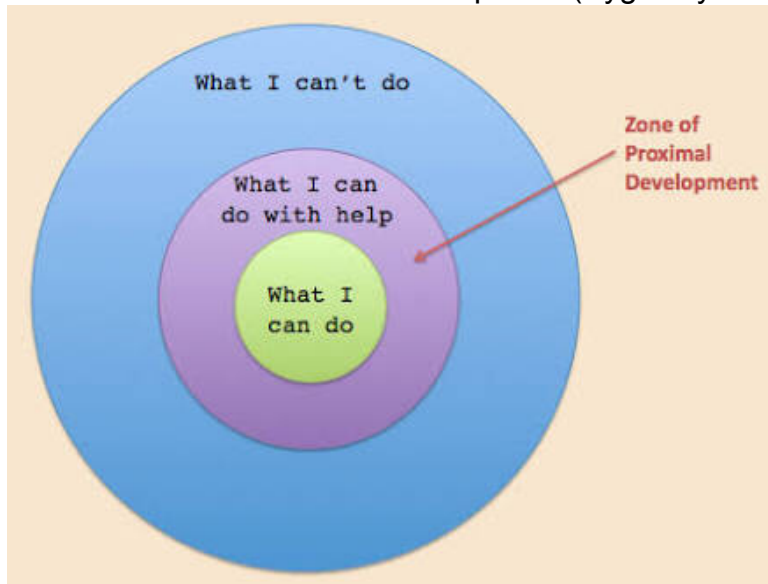
Erikson's Stages of Psychosocial Development

Approximate Age	Psycho Social Crisis
Infant - 18 months	Trust vs. Mistrust
18 months - 3 years	Autonomy vs. Shame & Doubt
3 - 5 years	Initiative vs. Guilt
5 -13 years	Industry vs. Inferiority
13 -21 years	Identity vs. Role Confusion
21- 39 years	Intimacy vs. Isolation
40 - 65 years	Generativity vs. Stagnation
65 and older	Ego Integrity vs. Despair

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Stages of development	Age	Characteristics
Oral	Birth- 1 year	Infants pleasure centres focus on the mouth (chewing, sucking). Feeding is particularly important. Danger in abrupt or early weaning can result in habits of thumb sucking, nail biting etc.
Anal	1-3 years	Voluntary urination or defecation gratifies the sex instinct. Conflict over toilet training- extremes messiness disorder or neatness and cleanliness.
Phallic	3-6 years	Sexual desire for the other sex parent. Anxiety stems from this conflict causing the child to internalise sex-role characteristics of same-sex parent.
Latency	6 years- puberty	Child represses sexual interest and develops social and intellectual skills. New values are acquired from play with same sex peers.
Genital	Puberty onwards	Sexual urges awaken, seeks pleasure from outside the family.

- Zone of Proximal development (Vygotsky's sociocultural theory)



- Learning theories:
- Watson: applied principles of classical conditioning to child development
- Pavlovian classical conditioning (Dogs)
 - An innocuous stimulus which is frequently associated with some biologically significant event comes to elicit some of the emotional reactions.
 - Considered genetics minimal and environmental influences as superior.
 - EG baby Albert. (Ran by Watson)
- Skinner:
 - Viewed development as continuous, incremental sequence of specific conditioned acts.

- Believed most human behaviours are learnt through operant conditioning: behaviour followed by rewarding stimulus was more likely to be repeated.
- Behaviour followed by punishment they are less likely to do it again.
- Skinner's box.
- Behaviour modification- the application of principles to operant conditioning to change a particular behaviour.
- Critique: neglected determinants of behaviour arising from cognitive functioning.
- Bandura:
 - Based on Skinner's theory but with the addition of observational learning.
 - 4 steps:
 - 1. Attending the model
 - 2. Remembering
 - 3. Reproducing
 - 4. Reinforcement
- Ethological theory:
 - The study of behaviour with evolutionary factors
 - 4 main concepts:
 - Imprinting (the first object they see they follow EG birds)
 - Evolutionary perspective
 - Critical or sensitive periods (Eg sensitive to language when young)
 - Observational methods
 - Instincts are important
 - Attachment bonds between mothers and their infants
- Bowlby:
 - Attachment theory. Bonds have developed because of their survival value.
 - Studied using observational methods

Review research that supports or refutes the various approaches

- Controversies:
 - Nature vs nurture
 - Continuity vs discontinuity (is development continuous?)
 - Universal or culturally influenced

Identify the research methods used in developmental psychology research

- Research Designs:
 - Descriptive
 - Observes and records behavior
 - Correlational studies
 - Researchers examine the relationship between naturally incurring variables.
 - Experimental studies

- Only way to establish causation
 - Elements of experiment:
 - Independent variables are manipulated by the experimenter
 - Dependent variable which the experimenter expects to see the change as a result of the manipulation of the independent variable.
 - Control group and experimental group
 - Randomly allocated to either group.
- Data collection:
 - Observational studies
 - Observing and recording behavior in a laboratory or natural settings.
 - Laboratory: observations means factors extraneous to research questions and can be controlled but there may be too much artificial settings or participants may be aware of observation.
 - Naturalistic:
 - Researchers use natural settings to gather data.
 - No control but very real behavior
 - Surveys and Interviews:
 - Qualitative (unstructured and open-ended)
 - Quantitative (Likert-type responses)
- Surveys and interviews:
 - Uniform procedures
 - Norms are based on large samples
 - Performance can be measured in terms of percentile
 - Should be reliable
 - IQ tests are a good example of these kinds of tests
- CRITIQUE:
 - Predictive ability
 - Context
 - Culturally biased
- Psychological measures:
 - ANS
 - EEG
- Case Studies:
 - Observation of a person or group over a period of time
 - Generalisation
- Developmental research designs:
- Cross Sectional:
 - Individuals of different ages are examined at the same time
 - A cohort- a group of people born at a similar time
 - Cohort effects- different generations may be affected by experiences unique to their age group.
- Longitudinal:
 - Same individual or group is followed over a period of time (7 Up)
 - Means researchers can identify common patterns and individual differences in development

- Researchers can also study relationships between earlier and later events.
- Problems:
 - Sampling
 - Drop-outs
 - Practice effects
 - Expensive
 - Time consuming
- Sequential:
 - Combines cross sectional and longitudinal approach
 - First part of the study is cross sectional but participants are followed at on a later occasion
 - Can be very useful in examining cohort effects.

Discuss the ethical principles that guide developmental psychology research

- Protect participants from psychological and physical distress
- Informed consent
- Right to withdraw
- Confidentiality
- Debriefing
- Deception