

## Session 6

### Learning Theories: Erik Erikson Psychosocial Stages of Development

#### A. Introduction

This session presented the theory of Erik Erikson which the Psychosocial Stages of Development. It also includes the factors that influences the development of the learners in various situations that a child or a learner may encounter. Erikson's theory is based on the concept that development consists of a series of psychosocial crises that individuals must successfully resolve if they are to achieve maturity. These involve building a sense of trust in others, developing a sense of identity in society, and helping the next generation prepare for the future. Generally, this theory is very useful when the teachers and parents try to understand the behavior of the child and how it shift in a certain stage of development.

#### B. Session Objectives

- ✓ To explain the stages of psycho-social development of Erikson.
- ✓ Discuss the factors that may affect the psycho-social ability of an individual.
- ✓ Discuss the factors that may affect the learners' development through various situations encountered in each stage.
- ✓ Draw implications of Erikson's theory to education.
- ✓ Articulate on the views and ideas about the principles and theories of human growth, development and learning.

#### C. Session Content

##### 1. Topic 1

**Erik Erikson** (1902-1994) utilized the works of Sigmund Freud as a spring board in developing a theory about human development at a varying stage from birth to death.

**Erikson's stages of psychosocial development is chronologically presented according to:**

- a) trust versus mistrust;
- b) autonomy versus shame and doubt;
- c) initiative versus guilt;
- d) industry versus inferiority;
- e) identity versus identity confusion;
- f) intimacy versus isolation;
- g) generativity versus stagnation; and
- h) integrity versus despair.

***Each stage is given emphasis in relation to the life span approach.***

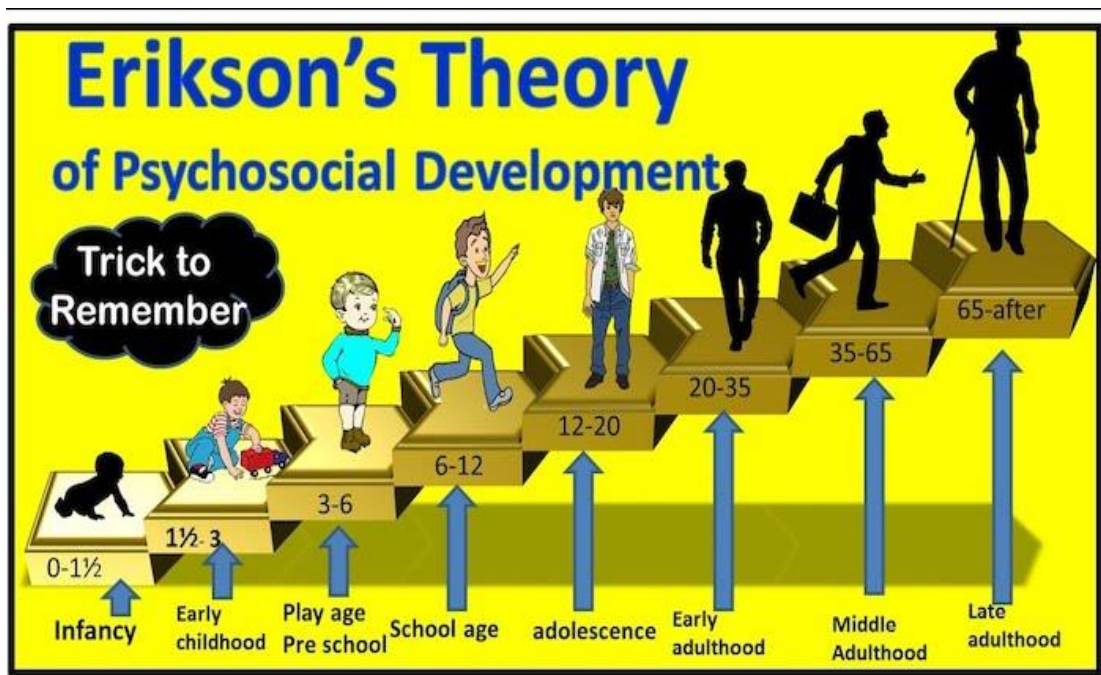


Image 1. Erikson's Psychosocial Development Stages. (Source: Main, P, 2023:Online)

### 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

Image 2. My Thoughts on Erikson's Psychosocial Stages of Development. (Source: Ross, C., 2018: Online)

## 2. Topic 2

### Erikson's Psychosocial Stages

1. ***Trust vs. Mistrust.***

During this stage, the infant looks towards his/her primary caregiver for stability and consistency of care.

2. ***Autonomy vs. Shame and Doubt.***

The toddlers begin to assert their independence, by walking away from their mother, choosing their favorite toys, and making choices about what they like to wear and to eat. The child is discovering that he or she has many skills and abilities, such as putting on clothes and shoes, playing with toys, etc. such skills illustrate the child's growing sense of autonomy.

3. ***Initiative vs. Guilt.***

The primary feature of this period involves the child regularly interacting with other children at school. Play is at the center of this stage, hence, providing children with the opportunity to explore their interpersonal skills.

4. ***Industry (competence) vs. Inferiority.***

The stage where they will be learning basic literacy and numeracy skills. It is at this stage that the child's peers will gain greater significance and will become a primary source of the child's self-esteem.

5. ***Identity vs. Role Confusion.***

Search for a sense of self and personal identity, through an intense exploration of exploration of personal values, beliefs and goals. Failure to establish a sense of identity within society can lead to role confusion. Role confusion involves the individual not being sure about himself/herself or his/her place in society.

6. ***Intimacy vs. Isolation.***

Begin to share themselves more intimately with others. They explore relationships leading toward long-term commitments with someone other than a family member.

7. ***Generativity vs. Stagnation.***

They give back to society through raising children, being productive at work, and becoming involved in community activities and organizations. Failure to achieve these objectives will make one stagnant and feel unproductive. Success in this stage will lead to the virtue of care.

8. ***Ego Integrity vs. Despair.***

It is during this time that they contemplate on their accomplishments. Integrity is developing despair, often leading a successful life. Erik Erikson believed that if they see their lives as unproductive, feel guilty about their past, or sense that they did not accomplish their life goals, they become dissatisfied with life and develop despair, often leading to depression and hopelessness.

## **D. Conclusion**

What would be the implication of this theory to the teaching and learning process?. This will actually give us teachers and parents an idea in

understanding the different phases of development that involve two opposing forces. These two opposing forces are better handled when we consider most of the constructive possible scenarios. This way, we will go away with all the negativity that influences our decision making process.

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**Photo Sources:**

Main, P. (2023). *Erikson's Psychosocial stages of development* [Online Image] [Accessed October 2, 2023] <https://www.structural-learning.com/post/eriksons-psychosocial-development-stages>

Ross, C. (2018). *My Thoughts on Erikson's Psychosocial Stages of Development* [Online Image] [Accessed October 2, 2023] <https://medium.com/@conquer.from.within/my-thoughts-on-erik-eriksons-stages-of-psychosocial-development-39b56bb471ff>