Introduction - The Science of Human Development

Summer 1 - 2017
Dr. Bermúdez
Agenda for the first day

- Defining Development
- Theories of Human Development
- Characteristics of Development
- Developmental Study as Science

- 100 years song- Five for Fighting
Defining Development

• The field of human development
  • Scientific
  • Applied
  • Interdisciplinary
  • Studying change and constancy throughout the lifespan
Defining Development: Influences

- Nature or Nurture?
  - Nature- genetic inheritance
  - Nurture- environmental influences
Defining Development: Lifespan Perspective

• Development is:
  • Lifelong
  • Multidirectional
  • Multicontextual
  • Multidimensional
  • Highly plastic
  • Influences and influencing of multiple forces
Defining Development: Periods of Development

<table>
<thead>
<tr>
<th>Period</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prenatal</td>
<td>Conception to birth</td>
</tr>
<tr>
<td>Infancy and Toddlerhood</td>
<td>Birth to 2 years</td>
</tr>
<tr>
<td>Early Childhood</td>
<td>2 to 6 years</td>
</tr>
<tr>
<td>Middle Childhood</td>
<td>6 to 11 years</td>
</tr>
<tr>
<td>Adolescence</td>
<td>11 to 18 years</td>
</tr>
<tr>
<td>Early Adulthood</td>
<td>18 to 40 years</td>
</tr>
<tr>
<td>Middle Adulthood</td>
<td>40 to 65 years</td>
</tr>
<tr>
<td>Late Adulthood</td>
<td>65 years to death</td>
</tr>
</tbody>
</table>
Defining Development: Theories of Development

- Freud’s Psychosexual Stages
  - Oral
  - Anal
  - Phallic
  - Latency
  - Genital
Defining Development:
Theories of Development

- Erikson

Stages of Psychosocial Development

1. Trust vs. Mistrust
2. Autonomy vs. Shame & Doubt
3. Initiative vs. Guilt
4. Industry vs. Inferiority
5. Identity vs. Role Confusion
6. Intimacy vs. Isolation
7. Generativity vs. Stagnation
8. Integrity vs. Despair

Proposed by Erik Erikson
Defining Development: Theories of Development

• Piaget

  • Sensorimotor: Birth- 2 years
  • Preoperational: 2-7 years
  • Concrete Operational: 7-11 years
  • Formal Operational: 11 year on
Defining Development: Theories of Development

• **Evolutionary Psychology**
  
  • Seeks to understand adaptive value of human competencies
  • Studies cognitive, emotional, and social competencies and change with age
  • Expands upon ethology
Defining Development: Theories of Development

• Vygotsky’s Sociocultural Theory
  • Transmissions of culture to a new generation
    – Values, Beliefs, Customs, Skills
  • Social Interaction Necessary
    – Cooperative dialogues with more knowledgeable members of society
Characteristics of Development: Multidirectional

• Bio-ecological systems approach
Characteristics of Development: Multicontextual

- We also must consider the ways in which, all contexts impact development.
  - Culture
  - Ethnicity/Race
  - SES
  - Family Structure
  - Religion
Characteristics of Development: Multidisciplinary

- Researchers from across fields consider the impact of development.
  - Psychology
  - Policy
  - Mental Health
  - Medicine
  - And on and on...
Self-Reflexive Questions

1. How have you remained the same over time?
   - What forces affected this constancy?

2. What traits or factors have changed over time?
   - What forces affected this change?
   - What does it mean that our development is plastic?

3. What theories describing human development tend to make the most sense to you?

4. How does culture influence who you are and how you are shaped across the lifespan?
   - What does it mean that our development is multidirectional, muticontextual, and multicultural?
Genetic Foundations

• The Epigenetic Framework
Epigenetics

• The effects of environmental forces on the expression of an individual's genetic inheritance.

• Epigenetics studies the interaction effects of nature and nurture.

• How do you think your environment shaped or is influenced by your genetic composition?
Human Development: Closing Thoughts

• Development occurs across the lifespan
• Multiple factors shape development
• Theories help explain the process of development