

Child Development

Chapter 10



**MERCER COUNTY COMMUNITY
COLLEGE**

Emotional Development

2

Emotions
Temperament
Attachment

Emotion

3

*defined as...*A complex reaction pattern, involving experiential, behavioral, and physiological elements, by which the individual attempts to deal with a personally significant matter or event.

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Time of Recollection

4

<i>Complex Emotions</i> ↓	Describe your earliest memory of experiencing each emotion listed.	What basic emotions did you also experience at the same time.
Pride		
Embarrassment		
Guilt		

Emerging Emotions

5

- Experiencing and Expressing Emotions
 - Basic Emotions
Subjective Feeling / Psychological Change / Overt Behavior
 - Complex Emotions (self-conscious emotions)
Emerge through Success and Failures
 - Other Emotions
Social Referencing
Display Rules

Emerging Emotions

6

- Regulating Emotions
 - Requires
 - ✦ cognitive processing
 - ✦ special attention
 - Eisenberg & Morris (2002)
 1. Children increase in self-regulation
 2. Children rely on mental strategies
 3. Children match strategies with setting

Temperament

7

*defined as...*The basic foundation of personality, usually assumed to be biologically determined and present early in life, including such characteristics as energy level, emotional responsiveness, response tempo, and willingness to explore.

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Temperament

8

- Temperament
 - Synonyms include but are not limited to: nature, character, personality, spirit, and disposition.
 - Behavioral styles that are fairly stable and biologically based.
 - Differences are evident in the first few weeks and reliably discernable at four months (Schwartz, 2008).

Temperament

9

- Hereditary and Environmental Contributions
 - Cultural Influences
- Stability of Temperament
- Temperament and Other Aspects of Development
 - Supporting Research

Identifying Temperaments: Observing Infants

Thomas, Chess & Birch (1968) and Thomas & Chess (1977)

10

Temperament Dimension	Description
Activity Level	Proportion of active periods to inactive periods
Rhythmicity	Regularity of body functions
Approach/ Withdrawal	Response to new object or person
Distractibility	Degree to which stimulation from the environment alters behavior
Adaptability	Ease with which the person adapts to changes in the environment
Intensity of Reaction	Intensity or energy level of response
Mood	Amount of friendly joyful behavior as opposed to unfriendly behavior
Threshold	Intensity of stimulation required to evoke a response
Attention span and persistence	Amount of time devoted to an activity

Attachment

11

*defined as...*The tendency of human infants and young nonhuman animals to become emotionally close to certain individuals and to be calm while in their presence.

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Factors that influence the attachment relationship

12

- Maternal Employment
- Day Care
- Temperament
- Child Abuse
- Adoption
- Prematurity
- Postpartum Depression
- Family Size
- Divorce
- Culture
- Parenting Skills
- Birth Order
- Autism

Attachment

13

- The Growth of Attachment
 - Evolutionary psychology
 - Four phases suggested by John Bowlby (1969, 1991):
 1. Preattachment
 2. Attachment in the making
 3. True attachment
 4. Reciprocal relationships
 - The role of Fathers
- The Quality of Attachment
 - Erikson
 - Ainsworth (The Strange Situation)
 - Main & Cassidy (Secure, Avoidant, Resistant, Disorganized)

Understanding Self and Others



Chapter 11

On Self-Concept, Self-Esteem, and Understanding Others

Who Am I? Self-Concept

15

Self-concept refers to the attitudes, behaviors, and values that a person believes make him or her unique.

Self-concept defined as.. one's conception and evaluation of one-self, including psychological and physical characteristics, qualities, and skills. Self-concepts contribute to the individual's sense of identity over time.

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Who Am I? Self-Concept

16

- Origins of Self-Recognition
 - Self-awareness
 - ✦ Rooted in infancy
 - ✦ Established by age 2 (Lewis & Ramsay, 2004; Moore, 2007)

Who Am I? Self-Concept

17

The Evolving Self –
changes over time as part of the developmental process.


Preschoolers	School-Age	Adolescents
Physical Characteristics Possessions Preferences Competencies <i>Coincides with Erikson</i>	Emotions Social Groups Comparisons with peers <i>Coincides with Piaget's Concrete operational stage & Erikson</i>	Attitudes Personality Traits Future Oriented

Who Am I? Self-Concept

18


- The Search for Identity
 - Erikson (handout and page 10 of text)
 - Adolescent Egocentrism (Elkind, 1978)
 - ✦ The thought that they are the focus of others' thinking.
 - Imaginary audience
 - Personal Fable
 - ✦ “No one understands what I’m going through.”
 - Illusion of invulnerability
 - Marcia (1980, 1991) suggests four phases or statuses in achieving one’s identity:
 - 1) *Diffusion*, 2) *Foreclosure*, 3) *Moratorium*, 4) *Achievement*

Who Am I? Self-Concept



- Choosing a Career
 - Donald Super (1976, 1990)
- Ethnic Identity
 - Adolescents with an ethnic identity have higher self-esteem
 - Bicultural / Biracial
 - Native-born vs. First Generation American
 - ✦ Struggle with Assimilation and Acculturation

Who Am I? Self-Concept



- Time of defining oneself is often related to a time of storm and stress but according to a study by Steinberg (1990), most adolescents:
 1. Admire and love their parents
 2. Rely upon their parents for advice
 3. Embrace many of their parents' values
 4. Feel loved by their parents

Depression which may arise during adolescence can be triggered by family issues, social issues, or a medical imbalance.

Self-Esteem

21

- Self-esteem refers to a person's judgment and feelings about his or her own worth.

Self-esteem defined as.. the degree to which the qualities and characteristics contained in one's SELF-CONCEPT are perceived to be positive. It reflects a person's physical self-image, view of his or her accomplishments and capabilities, and values and perceived success in living up to them, as well as the ways in which others view and respond to that person.

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Understanding Others

22

- Describing others
 - Descriptions move from concrete (*honesty*) to concrete + psychological traits to abstract (*subjective*).
- Understanding what others think
 - Piaget's egocentrism (preoperational stage)
 - Stages of Perspective Taking (Robert Selman 1980, 1981)
 - Recursive thinking
- Prejudice – a negative view of others based on their membership in a specific group.
 - Begins with an enhanced view of one's own group.
 - If left alone, racial stereotypes and prejudices increase steadily and by age 10 or 11 overt biases decline.
 - Brown v. Board of Education- landmark decision forcing integration within public schools.

The Breakfast Club



The Characters

- The Athlete – **Andy** (played by Emilio Estevez)
- The Brain – **Brian** (played by Michael Anthony Hall)
- The Criminal - **John** (played by Judd Nelson)
- The Princess – **Claire** (played by Molly Ringwald)
- The Basket-case – **Allison** (played by Ally Sheedy)

The Breakfast Club



- Psychological Factors
 - Nature (Plato and Rousseau) vs. Nurture (Aristotle and Locke)
 - Parents / Parenting Styles
 - Intelligence
 - Temperament
 - Attachment
 - Self-Concept
 - Self-Esteem
 - How we Understand Others
 - Prejudice (covert)
 - Choosing a Career (Who decides - Me or My Parents?)
 - Additional themes not mentioned?

Tentative Class Schedule for 4/7/10



- Assignment Due
 - KWL on Chapter 12
- Assignments Returned
 - Reaction #2
 - First Draft
- Review results of Exam #2
- Chapter 12
- Film