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# Erik Erikson's Stages of Psychosocial Development

Erik Erikson (1902 – 1994) was a German psychologist who developed one of the most popular and influential theories of development. His psychoanalytic theory identifies eight stages through which a healthy developing human should pass from infancy to late adulthood.

Erikson explored three aspects of identity: the ego identity (self), personal identity (personal traits that differentiate one individual from another) and social identity (social roles a person might play). His theory of development took into consideration the influence of external factors, parents and society on personal development from childhood to adulthood.

Erikson believed that childhood is very important in personality development. All of the stages in Erikson's theory are present at birth (in some form), and continue according to both an innate scheme and one's upbringing in a family that expresses the values of a culture. Each stage is characterized by a psychosocial crisis, which is based on physiological development, but also on demands put on the individual by parents and/or society. Ideally, the crisis in each stage should be resolved by the ego in that stage, in order for development to proceed correctly. The outcome of one stage is not permanent, but can be altered by later experiences. Everyone has a mixture of the traits attained at each stage, but personality development is considered successful if the individual has more of the "good" traits than the "bad" traits. Each stage builds upon the successful completion of earlier stages. The challenges of stages not successfully completed may be expected to reappear as problems in the future.

Erikson's theory of ego psychology holds certain tenets that differentiate his theory from others. Some of these include:

- The ego is of utmost importance.
- Part of the ego is able to operate independently of the id and the superego.
- The ego is a powerful agent that can adapt to situations, thereby promoting mental health.
- Social and sexual factors both play a role in personality development.

The following table displays a breakdown of Erikson's Psychosocial Theory of Development.

## Erik H. Erikson's Ego Psychology

- A student of Anna Freud
- Ego develops its own functions
- To assure continuous harmony with one's physical and social environment
- He stresses on the autonomy of the Ego-Ego psychology.
- Genetically determined sequence of development is set to follow the **Epigenetic Principle**
- The personality characteristics that become salient during any particular stage of development **exist before that stage and continue to certain personality characteristic becomes the focus of one stage as opposed to other stages**

## Crises-an important turning point

-a possible positive resolution (to **strengthen** the ego and therefore to greater adaptation) or a **negative** resolution (to **weaken** the ego and inhibits adaptation)

- Three phases:  
 Immature Phase  
 Critical Phase  
 Resolution Phase



Assumption	Maslow	Erikson
<b>Development occurs in a series of stages</b>	<ul style="list-style-type: none"> <li>• Proposed a series of motivational stages, each building on the previous one (i.e. cannot progress without satisfying the previous stage).</li> <li>• Progression through the stages is based on life circumstances and achievement (i.e. it is flexible).</li> </ul>	<ul style="list-style-type: none"> <li>• Proposed a series of predetermined stages related to personality development.</li> <li>• The stages are time related.</li> <li>• Progression through the stages is based on a person's age (i.e. rigid).</li> <li>• During each stage an individual attains personality traits, either beneficial or pathological.</li> </ul>
<b>Goals of achievement</b>	<ul style="list-style-type: none"> <li>• There is only one goal of achievement, although not everyone achieves it.</li> <li>• Individuals are motivated to achieve self-actualisation.</li> <li>• Individuals move up the motivational stages / pyramid in order to reach self-actualisation.</li> <li>• The first four stages are like stepping stones.</li> </ul>	<ul style="list-style-type: none"> <li>• The goal of achievement vary from stage to stage and involve overcoming a psychosocial crisis.</li> <li>• Successful completion of each stage results in a healthy personality and the acquisition of basic virtues. Basic virtues are characteristic strengths used to resolve subsequent crises.</li> <li>• Failure to successfully complete a stage can result in a reduced ability to complete further stages and therefore a more unhealthy personality and sense of self.</li> </ul>

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The child's relative understanding of world and society come from the... (The text continues with a detailed summary of Erikson's theory, covering the eight stages, the concept of crises, and the role of the ego. It discusses how each stage builds upon the previous one and how unresolved crises can lead to personality issues. The text also touches upon the connection between Erikson's stages and Maslow's hierarchy of needs.)



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