

PSY 211 Project Two Template

Use this template to complete your life-span theory exploration paper. Answer each question with a minimum of 3 to 5 sentences. Support your answers with credible sources when appropriate. Complete this template by replacing the bracketed text with the relevant information.

1. Identify a theorist, summarize their theory, and explain the aspects of that theory that relate to the biological perspective.

Sigmund Freud's psychoanalytic theory emphasizes the role of unconscious desires and early childhood experiences in shaping human behavior. From a biological perspective, Freud's theory highlights the influence of innate drives and instincts, such as the libido and aggression, on personality development. Additionally, Freud's focus on early childhood experiences aligns with the biological perspective, as these experiences can impact brain development and neural pathways.

2. Provide an example of how this biological perspective of life-span development applies to your lived experience.

Understanding the biological underpinnings of development helped me make informed decisions about health, education, overall well-being, and provided insights into how the factors interacted with environmental factors. Biological factors have impacted my physical, cognitive, emotional development, abilities, behaviors, and health outcomes. It's also helped me learn how to cope and grow. Learning the patterns of not only my own behavior, but the behavior of my family and friends as well.

3. Identify a theorist, summarize their theory, and explain the aspects of that theory that relate to the psychological perspective.

Erik Erikson's psychosocial theory states that individuals go through 8 stages of development across the lifespan, each characterized by a unique psychosocial crisis that must be successfully resolved in order to progress to the next stage. From a psychological perspective, the theory emphasizes the importance of social interactions and relationships in shaping individuals' development. The theory highlights the role of psychological processes such as identity formation, emotional regulation, and interpersonal relationships in influencing an individual's growth and well-being.

4. Provide an example of how this psychological perspective of life-span development applies to your lived experience.

By realizing the importance of internal mental processes, emotions, and social interactions in shaping individuals behaviors, thoughts, and overall well being I was able to learn how to cope. Through therapy and self-reflection, I understood how to process the emotions, leading to improved mental health and a better quality of life. By addressing psychological factors such as past experiences, coping mechanisms, and interpersonal relationships, I was able to gain insight into my behavior and emotions, made positive changes, and enhanced my overall psychological well-being.

5. Identify a theorist, summarize their theory, and explain the aspects of that theory that relate to the social perspective.

Lev Vygotsky and his sociocultural theory includes the role of social interactions, cultural influences, and cognitive development. According to the Zone of Proximal Development, learning and development occur through social interactions with more knowledgeable others (peers, parents, caregivers, mentors), and determines what individuals can do independently and what they can do with the help of others. This theory highlights the importance of social/cultural interactions in influencing cognitive development, social interactions/perspectives, and language.

6. Provide an example of how this social perspective of life-span development applies to your lived experience.

Vygotsky's theory applies to my lived experiences by highlighting social interaction and guidance in facilitating my learning and development. My ability to learn and acquire new skills was enhanced by my connection with my grandparents who demonstrated the importance of social interactions and how to conduct myself to gain respect.

7. Describe why analyzing the life span from a combined biological, psychological, and social perspective is important.

Analyzing the lifespan from a combined biological, psychological, and social perspective is important because it gives us a comprehensive understanding of human development. Researchers can gain insights into the factors that shape individual lives and develop holistic interventions that can account for the diverse experiences of people throughout their life. Understanding the biological, psychological, and social reasons behind behavior and attitude is crucial when promoting health, well-being and development at all stages of life.

References

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