

Brief Overview of Theories and Diagnosis of Developmental Psychology

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Introduction

Developmental psychology is a discipline of psychology that studies how people develop and change throughout their lives. Those who work in this profession are interested in not only the physical changes that occur as people grow older, but also the social, emotional, and cognitive development that occurs with time.

Developmental psychologists can help with a variety of issues, including:

1. Cognitive development in childhood and throughout life
2. Developmental challenges and learning disabilities;
3. Emotional development, Language acquisition
4. Moral reasoning
5. Motor skill development
6. Personality development
7. Self-awareness and self-concept
8. Social and cultural influences on child development

These experts spend a lot of time looking into and monitoring how these processes work in normal situations, but they're also interested in learning about things that can interfere with development.

Theories of Developmental Psychology

To think about different elements of human development, developmental psychologists often employ a variety of theories. A psychologist evaluating a child's intellectual growth can use Piaget's theory of cognitive development, which detailed the phases that children go through as they learn.

Bowlby's theory of attachment might help a psychologist working with a kid think about how the child's relationships with caregivers influence his or her behavior.

Psychologists are also interested in how children's and adults' social ties influence their development. Two popular theoretical frameworks that address social impacts on the developmental process are Erikson's psychosocial development theory and Vygotsky's sociocultural development theory.

Each method emphasizes distinct elements of development, such as mental, social, or parental influences on children's growth and development.

When to Consult a Developmental Psychologist?

While most development follows a fairly predictable pattern, there are moments when things can go awry. Parents frequently concentrate on developmental milestones, which are abilities that most children exhibit by a given age. These are usually divided into four categories: physical, cognitive, social/emotional, and communication.

Walking, for instance, is a physical milestone that most children reach between the ages of 9 and 15 months. If a child is not walking or attempting to walk by the age of 16 to 18 months, parents should check with their family doctor to see if a developmental problem exists.

While all children develop at various rates, if a kid does not reach specific developmental milestones by a given age, it may be cause for concern. Parents can seek help and healthcare professionals can give therapies to help children overcome developmental delays if they are aware of certain milestones.

These experts frequently assess youngsters to see whether they have a developmental delay, or they may work with senior patients who are experiencing health issues related to ageing, such as cognitive decreases, physical hardships, emotional difficulties, or degenerative brain conditions.

Diagnosis of Developmental Psychology

A psychologist or other highly skilled practitioner may conduct a developmental screening or evaluation to detect if a developmental problem exists.

Interviews with parents and other caregivers to learn about behaviors they may have witnessed, a review of a child's medical history, and standardized testing to measure communication, social/emotional skills, physical/motor development, and cognitive skills are all part of a child's evaluation.

If a problem is discovered, a professional such as a speech-language pathologist, physical therapist, or occupational therapist may be referred to the patient.