

Developmental Psychology: Splitting up the Lifespan in Stages

Samuel Haq*

Department of Psychology, Banaras Hindu University, Varanasi, India

Corresponding Author*

Samuel Haq

Department of Psychology, Banaras Hindu University, Varanasi, India

E-mail: haq.samuel245@yahoo.com

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Introduction

Developmental Stages

As you may expect, developmental psychologists divide development into many stages of life. Each of these stages of growth corresponds to a time when various milestones are usually reached. At each stage, people may confront unique hurdles, and developmental psychologists may often assist people who are having difficulties getting back on track.

Prenatal

Developmental psychologists are interested in the perinatal era because they want to know how the early impacts on development can affect subsequent growth in childhood. Psychologists may investigate how fundamental reflexes emerge before birth, how fetuses respond to stimuli in the womb, and the sensations and perceptions that fetuses can perceive before birth.

Potential concerns including Down syndrome, maternal drug use, and genetic disorders that may have an impact on future development may be examined by developmental psychologists.

Early Childhood

From infancy to early childhood, there is a period of extraordinary growth and change. Physical, cognitive, and emotional development are all examined by developmental psychologists during this key stage of development.

At this point, psychologists are focused on helping children reach their maximum potential, in addition to offering therapies for any developmental difficulties. Parents and healthcare professionals are constantly on the lookout for signs that their children are growing appropriately, eating properly, and meeting cognitive milestones that are acceptable for their age.

Middle Childhood

As children progress through elementary school, they experience physical growth as well as an increase in the relevance of social influences.

As they form friendships, earn proficiency via academics, and continue to develop their own sense of self, children begin to leave their impact on the world. Parents may seek the advice of a developmental psychologist to help their children deal with social, emotional, and mental health challenges that may arise at this age.

Adolescence

The adolescent years are typically a source of fascination, as youngsters go through the psychological turbulence and change that comes with this stage of growth. Erik Erikson, a psychologist, was particularly interested in how traversing this era led to identity development.

Kids at this age frequently push boundaries and try on various identities as they figure out who they are and who they want to be. Teens can get treatment from developmental psychologists as they struggle with puberty, emotional instability, and social pressure, all of which are specific to the adolescent years.

Early Adulthood

Forming and keeping connections is a common theme during this stage of life. Forming relationships, intimacy, intimate friendships, and starting a family are all important milestones in early adulthood. Those who are able to form and maintain such relationships feel more connected and socially supported, whereas those who are unable to do so may feel alienated and lonely.

People who are dealing with such issues may seek the help of a developmental psychologist in order to improve their relationships and deal with emotional problems.

Middle Adulthood

This period of life is characterized by the development of a sense of purpose and the desire to contribute to society. This is what Erikson called the "battle between generativity and stagnation."

Those who interact in the world, contribute things that will survive them, and leave a legacy for future generations have a sense of purpose. Careers, families, organization memberships, and community involvement are all examples of activities that might contribute to a sense of generativity.

Older Adults

Many older persons are capable of being active and busy long into their 80s and 90s, despite the fact that the senior years are frequently associated with poor health. This stage of growth is marked by an increase in health issues, and some people may experience mental deterioration due to dementia. Erikson also saw retirement as a time to reflect on one's life.'

Those who can look back and see a life well-lived emerge with a sense of knowledge and preparation to face death, but those who look back with regret may be left with bitterness and despair. Elderly patients may be helped by developmental psychologists to cope with challenges associated to the ageing process.

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