Title – emotional development

Activity:

In your own words try and explain what "emotional" development means to you

Are you ready to learn?
Books, planner and Pens out ready to learn .

eduzone.co.uk

Stretch it:

Give examples of emotional development through the life span

Complete in Silence Please

Big Question: What emotional development takes place through the lifespan?

EMOTIONAL DEVELOPMENT

To secure an understanding by identifying what emotional development means.

To further develop an understanding by explaining the emotional development that takes place through the lifespan.

To achieve excellence by applying knowledge to a case study

Keywords

Self concept: a sum of your self esteem and your self image
Self esteem: how you value yourself
Self image: how you see yourself

Emotional development across the life stages

What is emotional development?

- ED is about learning to recognise others peoples emotions as well as managing own emotions.

- It also includes the development of self esteem and self-concept

- Also includes bonding and attachment with others.

- **ED begins in infancy and continues throughout the life span**

Attachment to care giver

- This happens in infancy and early childhood

- Theories of attachment:

    - Bowlby- (1958) linked the development of personality with a close and consistent relationship. The child was born with the need to attach to one main attachment figure (usually mother). The first 2 years are critical for attachment and if this is broken then the child will suffer long term consequences – depression, delinquency (bad behaviour), or aggression.

    - Ainsworth (1978) built on Bowlby's work. She devised an experiment using different situations for the child with a parent and then a stranger. She observed the anxiety/reaction of a caregiver leaving and returning, as well as reactions to a stranger.

Ainsworth

- Our of the observations 4 types of attachment were observed.

Type of attachment	explanation	Implications in later life
Secure	Distressed when caregiver leaves. Not reassured by stranger. Calms down when caregiver returns	Able to make friends and meet new people. Teenagers can manage the transition through school
Not secure	Show no preference between caregiver and stranger	Have difficulty with emotions and maintaining relationships
	Distress when care giver leaves. Avoids stranger. Resists contact when caregiver returns	May have difficulty in trusting others in relationships
	Displays avoidant or unsure behaviour. May appear to be in a "daze"	May have trouble with attachments in later life

Self-concept (SC)

- Refers to how we see ourselves.

- Physical attributes: male/female, blonde/brunette, tall/short

- Personality traits: kind, hard-working, assertive, shy, confident.

- Self-concept is formed from an early age and young children *internalise* other peoples judgement of them which then become part of the SC.

Self concept

- Self concept includes:
  - Self esteem – a measure of how confident a person feels about themselves (not fixed, can change)
  - ADD:
  - Self-image-how you see yourself physically e.g. tall/short/slim/fat OR a personality trait "I worry too much" (can be influenced by peers, media, stereotypical ideals)
- What affects self concept?
  - The reaction of others (whether people admire us or seek our company)
  - If we compare ourselves with others who appear to be more successful

Words to use in your work

- **<u>Infancy:</u>** no self concept, no self image, no self esteem yet, include emotions i.e happy child, good attachment to parents/care givers etc, bonding with family, includes emotions such as upset, sad, unhappy, showed happiness, excited

- **<u>Childhood</u>**: now children do develop a self image, include self-esteem, include self concept. Tell me about emotions e.g happy childhood

- **<u>Adolescence:</u>** self image, include self-esteem, include self concept. Tell me about emotions e.g happy, sad, confused, frustrated, angry, upset

Words to use in work

- **<u>Early, middle and late adulthood:</u>**

- self image, include self-esteem, include self concept. Tell me about emotions they experiences e.g sadness, upset, happiness, confusion, frustrated, give reasons for the emotions they experienced.