Emotional Development

Emotions
Temperament
Attachment
Emotion

*defined as*...A complex reaction pattern, involving experiential, behavioral, and physiological elements, by which the individual attempts to deal with a personally significant matter or event.

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# Time of Recollection

<table>
<thead>
<tr>
<th>Complex Emotions</th>
<th>Describe your earliest memory of experiencing each emotion listed.</th>
<th>What basic emotions did you also experience at the same time.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pride</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Embarrassment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guilt</td>
<td></td>
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</tr>
</tbody>
</table>
Emerging Emotions

• Experiencing and Expressing Emotions

  o Basic Emotions
    Subjective Feeling / Psychological Change / Overt Behavior

  o Complex Emotions (self-conscious emotions)
    Emerge through Success and Failures

  o Other Emotions
    Social Referencing
    Display Rules
Emerging Emotions

• Regulating Emotions

  ○ Requires
    ▪ cognitive processing
    ▪ special attention
  ○ Eisenberg & Morris (2002)
    1. Children increase in self-regulation
    2. Children rely on mental strategies
    3. Children match strategies with setting
Temperament

*defined as...* The basic foundation of personality, usually assumed to be biologically determined and present early in life, including such characteristics as energy level, emotional responsiveness, response tempo, and willingness to explore.

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Temperament

- **Temperament**
  - Synonyms include but are not limited to: nature, character, personality, spirit, and disposition.
  - Behavioral styles that are fairly stable and biologically based.
  - Differences are evident in the first few weeks and reliably discernable at four months (Schwartz, 2008).
Temperament

- Hereditary and Environmental Contributions
  - Cultural Influences
- Stability of Temperament
- Temperament and Other Aspects of Development
  - Supporting Research
## Identifying Temperaments: Observing Infants

Thomas, Chess & Birch (1968) and Thomas & Chess (1977)

<table>
<thead>
<tr>
<th>Temperament Dimension</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity Level</td>
<td>Proportion of active periods to inactive periods</td>
</tr>
<tr>
<td>Rhythmicity</td>
<td>Regularity of body functions</td>
</tr>
<tr>
<td>Approach/ Withdrawal</td>
<td>Response to new object or person</td>
</tr>
<tr>
<td>Distractibility</td>
<td>Degree to which stimulation from the environment alters behavior</td>
</tr>
<tr>
<td>Adaptability</td>
<td>Ease with which the person adapts to changes in the environment</td>
</tr>
<tr>
<td>Intensity of Reaction</td>
<td>Intensity or energy level of response</td>
</tr>
<tr>
<td>Mood</td>
<td>Amount of friendly joyful behavior as opposed to unfriendly behavior</td>
</tr>
<tr>
<td>Threshold</td>
<td>Intensity of stimulation required to evoke a response</td>
</tr>
<tr>
<td>Attention span and persistence</td>
<td>Amount of time devoted to an activity</td>
</tr>
</tbody>
</table>
Attachment

defined as...The tendency of human infants and young nonhuman animals to become emotionally close to certain individuals and to be calm while in their presence.

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### Factors that influence the attachment relationship

- Maternal Employment
- Day Care
- Temperament
- Child Abuse
- Adoption
- Prematurity
- Postpartum Depression
- Family Size
- Divorce
- Culture
- Parenting Skills
- Birth Order
- Autism
Attachment

- The Growth of Attachment
  - Evolutionary psychology
    1. Preattachment
    2. Attachment in the making
    3. True attachment
    4. Reciprocal relationships
  - The role of Fathers

- The Quality of Attachment
  - Erikson
  - Ainsworth (The Strange Situation)
  - Main & Cassidy (Secure, Avoidant, Resistant, Disorganized)
Understanding Self and Others

Chapter 11
On Self-Concept, Self-Esteem, and Understanding Others
Who Am I? Self-Concept

Self-concept refers to the attitudes, behaviors, and values that a person believes make him or her unique.

**Self-concept defined as**.. one’s conception and evaluation of one-self, including psychological and physical characteristics, qualities, and skills. Self-concepts contribute to the individual’s sense of identity over time.

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Who Am I? Self-Concept

• Origins of Self-Recognition
  o Self-awareness
    ▸ Rooted in infancy
    ▸ Established by age 2 (Lewis & Ramsay, 2004; Moore, 2007)
The Evolving Self – changes over time as part of the developmental process.

<table>
<thead>
<tr>
<th>Preschoolers</th>
<th>School-Age</th>
<th>Adolescents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Characteristics</td>
<td>Emotions</td>
<td>Attitudes</td>
</tr>
<tr>
<td>Possessions</td>
<td>Social Groups</td>
<td>Personality Traits</td>
</tr>
<tr>
<td>Preferences</td>
<td>Comparisons with peers</td>
<td>Future Oriented</td>
</tr>
<tr>
<td>Competencies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coincides with Erikson</td>
<td>Coincides with Piaget’s Concrete operational stage &amp; Erikson</td>
<td></td>
</tr>
</tbody>
</table>
Who Am I? Self-Concept

- The Search for Identity
  - Erikson (handout and page 10 of text)
  - Adolescent Egocentrism (Elkind, 1978)
    - The thought that they are the focus of others’ thinking.
  - Imaginary audience
  - Personal Fable
    - “No one understands what I’m going through.”
  - Illusion of invulnerability
  - Marcia (1980, 1991) suggests four phases or statuses in achieving one’s identity:
    1) Diffusion, 2) Foreclosure, 3) Moratorium, 4) Achievement
Who Am I? Self-Concept

- Choosing a Career
  - Donald Super (1976, 1990)

- Ethnic Identity
  - Adolescents with an ethnic identity have higher self-esteem
  - Bicultural / Biracial
  - Native-born vs. First Generation American
    - Struggle with Assimilation and Acculturation
Who Am I? Self-Concept

- Time of defining oneself is often related to a time of storm and stress but according to a study by Steinberg (1990), most adolescents:
  1. Admire and love their parents
  2. Rely upon their parents for advice
  3. Embrace many of their parents’ values
  4. Feel loved by their parents

Depression which may arise during adolescence can be triggered by family issues, social issues, or a medical imbalance.
Self-Esteem

- Self-esteem refers to a person’s judgment and feelings about his or her own worth.

**Self-esteem defined as..** the degree to which the qualities and characteristics contained in one’s SELF-CONCEPT are perceived to be positive. It reflects a person’s physical self-image, view of his or her accomplishments and capabilities, and values and perceived success in living up to them, as well as the ways in which others view and respond to that person.

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Understanding Others

- Describing others
  - Descriptions move from concrete (honesty) to concrete + psychological traits to abstract (subjective).
- Understanding what others think
  - Piaget’s egocentrism (preoperational stage)
  - Recursive thinking
- Prejudice – a negative view of others based on their membership in a specific group.
  - Begins with an enhanced view of one’s own group.
  - If left alone, racial stereotypes and prejudices increase steadily and by age 10 or 11 overt biases decline.
  - Brown v. Board of Education- landmark decision forcing integration within public schools.
The Breakfast Club

The Characters

- The Athlete – **Andy** (played by Emilio Estevez)
- The Brain – **Brian** (played by Michael Anthony Hall)
- The Criminal - **John** (played by Judd Nelson)
- The Princess – **Claire** (played by Molly Ringwald)
- The Basket-case – **Allison** (played by Ally Sheedy)
The Breakfast Club

- Psychological Factors
  - Nature (Plato and Rousseau) vs. Nurture (Aristotle and Locke)
  - Parents / Parenting Styles
  - Intelligence
  - Temperament
  - Attachment
  - Self-Concept
  - Self-Esteem
  - How we Understand Others
  - Prejudice (covert)
  - Choosing a Career (Who decides - Me or My Parents?)
  - Additional themes not mentioned?
Tentative Class Schedule for 4/7/10

- **Assignment Due**
  - KWL on Chapter 12
- **Assignments Returned**
  - Reaction #2
  - First Draft
- **Review results of Exam #2**
- **Chapter 12**
- **Film**