

INTRODUCTION TO LIFESPAN PSYCHOLOGY



WHAT IS LIFESPAN PSYCHOLOGY?

- Branch of psychology focusing on development across life
- Studies changes in behavior, abilities and thinking
- Includes all age groups from infancy to old age
- Explains patterns of growth and development

IMPORTANCE OF STUDYING LIFESPAN DEVELOPMENT

- Helps understand age-related behavior differences
- Useful in teaching, healthcare, counseling careers
- Improves self-awareness and relationships
- Helps solve real-life problems

KEY CHARACTERISTICS OF LIFESPAN DEVELOPMENT

- Development is lifelong and continuous
- Involves multiple dimensions: physical, cognitive, emotional
- Growth and decline occur together
- Development can change with experience (plasticity)

DOMAINS OF DEVELOPMENT

- Physical: body growth, motor skills, health
- Cognitive: thinking, reasoning, memory
- Socio-emotional: emotions, relationships, personality

NATURE VS NURTURE

- Nature: genetic and biological factors
- Nurture: environment, culture, upbringing
- Both interact together in development
- Example: intelligence depends on both

STABILITY VS CHANGE

- Stability: traits remain constant
- Change: development over time
- Both occur together in human life
- Example: personality vs skills

CONTINUITY VS DISCONTINUITY

- Continuity: gradual development
- Discontinuity: stage-based development
- Both explain different aspects
- Example: language vs walking

FREUD'S PSYCHOSEXUAL THEORY

- Focus on unconscious mind and childhood
- Development in stages based on pleasure zones
- Early experiences affect personality
- Unresolved conflicts affect behavior

ERIKSON'S PSYCHOSOCIAL THEORY

- Focus on social and emotional development
- Eight stages across lifespan
- Each stage has a conflict
- Successful resolution leads to healthy personality

PIAGET'S COGNITIVE DEVELOPMENT

- Focus on thinking and learning
- Children actively construct knowledge
- Development in stages
- Interaction with environment is important

VYGOTSKY'S THEORY

- Learning through social interaction
- Importance of culture
- Zone of Proximal Development
- Guidance improves learning

BEHAVIORAL THEORIES

- Learning through conditioning
- Classical conditioning: association
- Operant conditioning: rewards/punishment
- Environment shapes behavior

HUMANISTIC PERSPECTIVE

- Focus on personal growth
- People have free will
- Self-actualization is goal
- Encourages positive development

STAGES OF DEVELOPMENT

- Prenatal, infancy, childhood
- Adolescence, adulthood, old age
- Each stage has unique features
- Helps systematic study

PRENATAL DEVELOPMENT

- From conception to birth
- Body and brain formation
- Mother's health is important
- Critical for physical development

INFANCY

- Rapid growth
- Motor skill development
- Attachment formation
- Beginning of language

EARLY CHILDHOOD

- Language development
- Increased independence
- Social interaction begins
- Imagination grows

MIDDLE CHILDHOOD

- Logical thinking improves
- School and learning important
- Friendships develop
- Self-confidence builds

ADOLESCENCE

- Puberty changes
- Emotional fluctuations
- Identity formation
- Peer influence strong

EARLY ADULTHOOD

- Career and relationships
- Independence develops
- Responsibility increases
- Goal setting

MIDDLE ADULTHOOD

- Stability in life
- Contribution to society
- Reflection on achievements
- Possible midlife crisis

LATE ADULTHOOD

- Physical decline
- Retirement changes
- Need for support
- Wisdom increases

PHYSICAL DEVELOPMENT

- Growth in early life
- Stability in adulthood
- Decline in old age
- Health affects development

COGNITIVE DEVELOPMENT

- Learning in childhood
- Peak in adulthood
- Decline in old age
- Experience improves decisions

EMOTIONAL DEVELOPMENT

- Basic emotions in infancy
- Control improves with age
- Emotional maturity develops
- Important for success

SOCIAL DEVELOPMENT

- Starts with family
- Expands to society
- Roles change over time
- Social skills improve

ROLE OF CULTURE

- Shapes values and behavior
- Influences parenting
- Affects education
- Defines social expectations

ROLE OF FAMILY

- First social unit
- Provides support
- Teaches values
- Shapes personality

ROLE OF EDUCATION

- Builds knowledge
- Develops skills
- Prepares for career
- Promotes discipline

ROLE OF PEERS

- Influence behavior
- Provide support
- Important in adolescence
- Help identity formation

INDIVIDUAL DIFFERENCES

- Each person is unique
- Differences in abilities
- Influenced by genes and environment
- Important to respect diversity

RISK AND RESILIENCE

- Risk: stress, poverty
- Resilience: coping ability
- Support improves resilience
- Important for mental health

IMPORTANCE OF EARLY EXPERIENCES

- Shape brain development
- Affect future behavior
- Positive environment important
- Early care is critical

LIFELONG LEARNING

- Learning continues always
- Skills can be developed anytime
- Helps adapt to changes
- Important for growth

APPLICATIONS

- Used in education
- Helpful in counseling
- Supports healthcare
- Important in social work

CHALLENGES

- Health problems
- Emotional stress
- Social changes
- Coping required

SUMMARY

- Development from birth to death
- Includes physical, cognitive, emotional aspects
- Influenced by many factors
- Important for understanding humans

CONCLUSION

- Improves life understanding
- Builds better relationships
- Supports personal growth
- Useful in professional life

THANK YOU

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