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Reflection and Critical Thinking

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Reflection and Critical Thinking

Individuals' development is a theory developed in psychology in trying to understand how people grow and turn the way they are seen and do. Although the concept is common currently, there are significant individuals behind the exploration of the theories. Nevertheless, human development is essential in examining growth and change throughout a person's lifespan, including reviewing the factors that affect individuals' behaviors, partialities, well-being, and personality. Moreover, development psychology had focused previously on infants and children but was advanced in adolescents, ageing and a person's lifespan. Sigmund Freud and Erik Erikson are among the vital figures in developmental psychology. However, they had a similar and differing perception of the development of human beings. This paper will compare and contrast Freud and Erikson in the views of developmental psychology.

Sigmund Freud is among the well-known individuals that have contributed immensely in the field of psychology. Freud was an Australian neurologist and is regarded as the father of psychoanalytic psychology, a clinical approach for treating psychopathology while utilizing negotiation among the client and a psychoanalytic (Jones, 2019). Furthermore, Freud was the first person to explore the process of the unconscious mind. Jones (2019) claimed that Freud developed talk therapy and theorized that the mind edifice is developed by ego, id and superego. Moreover, Freud explained the procedure of transference and presented the notion of security instruments. Freud was also the foremost person to hypothesize human development theory through psychosexual stages despite the improvement in the study, including cognitive-behavioural approaches, which have decreased his work.

On the other hand, Erik Erikson has also contributed enormously to psychology because he was a German American psychologist. Erik is well known because he initiated the expression

identity crisis (Rosegrant, 2020). Nonetheless, Erik avoided Freud's psychosexual theory of development since he emphasized that personality is developed throughout individuals' lives. Through his psychosocial stages of human development, he theorized a struggle every individual must accomplish to continue development. Therefore, it is through his concentration on identity formation that made him create identity crisis term. However, Erik was different from Freud because he stressed adolescence and adulthood.

Both Freud and Eric recognized the unconscious mind in their theories. However, the issue of the unconscious mind is developed differently; for instance, Freud has defined the unconscious mind as a reservoir of emotions, opinions and urges that is not in line with conscious awareness (Jones, 2019). Freud emphasizes that the unconscious mind should be regarded as improper and unfriendly because it may lead to discomfort, battle and anxiety. Moreover, Freud believed that the unconscious would continue to inspire behavior irrespective of whether individuals are uninformed of the causal impacts. These beliefs have resulted in the realization that all individuals' fundamental characters and urges are included in the unconscious mind, such as the life and death instincts.

On the other hand, Erik had a different view on the issue of the unconscious mind. Erikson proposed that individuals' interactions and community expectations inspire people's behavior (Rosegrant, 2020). Erik believed that unconscious needs do not influence people because they are cognizant of what inspires them in their life; hence the ego is fundamental in controlling their activities than the id influences. For instance, Erik claimed that people make conscious decisions in life and they focus on attaining specific societal and cultural wants rather than biological.

The two individuals had differences in the role of the environment in human development. Freud did not focus much on the influence of individual's behavior emanating from the environment. However, Erik believed that the environment is the main factor that influences the way an individual grows. Jones (2019) stated that Freud's psychosexual theory of development claims that the personality of individuals develops at age five; nevertheless, early experiences play a substantial role in developing the personality and behaviors. Libido is considered the force behind behavior development. Therefore children attain pleasure through psychological needs such as the conscious and unconscious feature of the mind. On the other hand, Erik stressed that the environment is significant in self-awareness, modification, individuals' development and identity. Although every stage in Erik's development theory has a major conflict, children do not mechanically accomplish every stage in a predetermined process.

The debate of nature vs nurture is controversial in the development of human being theories. Both Erik and Freud had recognized both natures vs nurture in theory; however, they had different views on what influences child development. Nikehasani (2018) explained that nature is where the genes and hereditary factors influence an individual inimitable appearance and personality. The same source added that nurture is where environmental factors influence individuals. It may comprise experiences obtained from their culture, early development and social associations, and the community.

Freud theory focused on nature as the main element influencing individual development. Dimkov (2018) Freud's theory states that individuals are uninformed of many factors that inspire their reasoning, emotions and behavior. Thus, the behavior and personality are defined as a battle between the individuals genetically resolute and unconscious energies: the id and the unconscious principles, which is the superego. Freud has argued on both points by emphasizing

that the child will attain comfort and happiness through eating and sucking during infancy. Therefore, they have not interacted with the outside children. Alternatively, after some time, the individuals will interact with other people outside by attending school, hence becoming more influential in their lives.

On the other hand, Erik's psychosocial theory of development emphasized that genetics has nothing to do with child development. Nikehasani (2018) argues that Erik claimed that his theory of human development was inevitable because it happens in every individual. Therefore, Erikson stressed nurture and experience and not nature. Erik's theory stressed the position of social relationship in the development of a child as well as how the relations assist in resolving the social fights of ego and hence an examination of the environment rather than the genetics view. Similarly, Erik was a Neo-Freudian psychologist and thus managed to work with Freudian theory's primary beliefs and views and further added his concepts and beliefs. Through the epigenetic principle, Erik's theory emphasizes that all individuals pass through the eight stages of life, allowing people to stress the social nature of human beings and the essential inspiration that social interaction has on development.

There are different school of thoughts utilized in psychology today. However, different psychologists have used changed school of thought in developing their understanding of concepts and investigations. Also, Freud and Erik had different school of thought despite developing a similar theory of human development. Sigmund Freud used structuralism. STERNBERG (2019) claimed that the structuralism school of thought was initiated by Wilhelm Wundt but established by Edward Tichener. Structuralism focused on examining the structure of the mind the same way Freud did on psychosexual theory. Therefore, Wundt alleged that psychology should concentrate on breaking down the mind consciousness into the fundamental

components. Based on Freud, the unconscious was divided into three components: the id, ego, and superego. The id signified the major process of thinking, which is the primary primitive want satisfaction type of reasoning. Also, the ego part indicates the place where individuals can balance their primitive wants and moral beliefs. At the same time, the superego part is where an individual's awareness and counteracted id with ethical reasoning.

Erik Erikson utilized the humanistic school of thought. With the increase of the deterministic perception of behaviorism and psychoanalysis, psychologists such as Carl Rogers were uncomfortable. Willoughby et al. (2019) defined determinism as the notion that the forces outside their control guide individuals' activities. Therefore, the psychoanalyst such as Sigmund Freud argued that the forces are unconscious while the behaviorist emphasized that they are within a person ecosystem. Hence, the development of humanism schools of thought came to perceive individuals as free agents with the ability to control their lives rather than be guided. Erik used this school of thought and emphasized that humans can make their decisions, set goals and objectives and work to attain them. This school of thought stressed the positive perception of human nature, emphasizing that individuals are intrinsically good.

Freud and Erik utilized different research methods in developing their theories. For instance, Sigmund Freud used the self-report method because of the dependency on self experiences and instincts (Dimkov, 2018). This is demonstrated with the self-examination of his dreams and realizing the presence of conflict in himself. Also, it indicates how Freud managed to solve the conflicts in each stage. Freud also used direct observation through the classical-clinical environment. The methods were used in hypnosis first, then dream analysis and free interaction. Other methodologies used by Freud include cathartic, dream analysis and single case studies.

On the other hand, Erik Erikson used different research methods than what Freud use. For instance, Erik utilized case histories by concentrating on the growth during the development stage. This made him concentrate on children, which many psychoanalysts had ignored in the past. Also, Erik used the psychohistories research method, which studied people and gathered their life utilizing psychoanalysis and history. Other research methods used by Erik include anthropological studies and play situations.

Major historical events also had significant influences on the psychological characters. For instance, the enlightenment era had to come with substantial changes including new leaders, ideas and administrative methods. Therefore, while the 20th century was approaching enlightenment was highly disapproved, psychologists such as Sigmund Freud brought new concepts. Freud opposed the reasoning idea and implemented the influence notion of irrational drives in human behavior and thinking. Similarly, Erik was influenced by world war II because it made him think about Hitler. Erikson concentrated on the suitability of German culture and Hitler public personality.

Freud and Erik had agreed on several doctrines. For instance, they believed in pragmatism doctrine. Pragmatism is a philosophical movement that emphasizes that a thought is true if it functions suitable (Shusterman, 2016). Thus, they all agreed that human development occurs in stages and similar sages were selected to indicate the phases of development. Also, they agreed on empiricists, which states that the overall source of all the knowledge and acquittance in individuals' sense of experience, besides, the rationalist is an essential doctrine because it focused on emphasizing knowledge can exceed content obtain from experience only.

In summation, Erik Erikson and Sigmund Freud are among the most important figures in psychology. While Freud is recognized for the development of psychosexual theory and Erik in

psychosocial theory, they all delved into the understanding of human development. Although Freud concepts influenced Erik, the theories vary in different ways. Notably, fourth Freud and Erik identified the importance of the unconscious in development. Still, Erik recognized the role of the environment in individual's growth because it was based on the social experiences of individuals, which influences their behavior, thinking and beliefs. Erik used the humanism school of thought while Freud used structurally.

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