Psychological Perspectives on Self-Development

Vala Mitalba L.
Research Scholar,
Dept. of Sociology,
Saurashtra University,
Rajkot, Gujarat, India

Abstract

Self Development is the most important to the personality development. So many factors affecting to the growth of the child and one of the very important factor is the Psychological.

In Psychology Sigmund Freud is the great psychologist gives many theories about the personality development and among them one of is the self development concept. Here in this research author include what is the difference between Sociology and Psychology to the self development, Sociological concept, Psychological concept, Kohlberg's Theory of Moral Development andGilligan's Theory of Moral Development and Gender.

Keywords: Self Development, Gender.

Introduction

Sigmund Freud (1856–1939) is the most influential modern psychologist who introduced theory about how people develop a sense of self. Freud believed that personality development and sexual development are interrelated. He bifurcated maturation process into five psychosexual stages. These stages are called oral, anal, phallic, latency, and genital. He also said that people's self-development is closely linked to early stages of development as child, it includes simple routine during development viz. breastfeeding, toilet training, and sexual awareness. Freud claims that if child is not properly engaged in or disengaged from a specific stage; it will result in emotional and psychological challenges thruout the life. For example if a person is stuck in the phallic stage may be promiscuous or emotionally immature. There is no solid empirical evidence that supports Freud's theory, his theory yet continues to contribute to vast field of psychology including various sub / interdisciplinary fields including sociology and psychosociology.

Sociology or Psychology: What's The Difference?

It is difficult to find difference between psychology and sociology. They are deeply interrelated. Because the society is formed by individuals and individuals are formed by personalities. Thus sociology is in fact broader version of psychology. Both studies people and their behavior, then how are these two disciplines different? What are the issues that they agree on, and what are the issues they disagree on?

If put simply state that while both disciplines are interested in human behavior, psychologists studies on how the mind influences that behavior, while sociologists studies on the role of society in shaping behavior.

More deeply psychologists are interested in people's mental development and how their minds process their world whereas sociologists are interested in how different aspects of society contributes to an individual's relationship with his world.

One more way to look at the difference is to think that whereas psychologists tend to look inward like mental health, emotional processes etc., sociologists tend to look outward like social institutions, cultural norms, interactions with others etc. to understand human behavior.

Emile Durkheim argued this difference publicly when he attributed to differences in suicide rates among people due to social causes (religious differences) rather than to psychological causes (like their mental wellbeing).

Now, if we may compare same theory a psychologist while studying marriages would be interested in sexual and mental development of individuals where as sociologist would be interested in culture and religion of an individual.

As stated earlier sociologists and psychologists have to collaborated to solve certain problems which leads to correction in

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behaviour; where both social and psychological aspects are concerned. This helps in increasing knowledge. Thus a subfield or Psychosociology has emerged. In recent times, these subfields have become more clearly separated as sociologists focus has shifted to large societal issues and movements while psychologists focust is still fixed on to the human mind. Both disciplines make comparable contributions through different approaches that provide us with different types of useful insights and leads to similar results.

Erik Erikson another famous psychologist; has floated the theory of personality development. It is based, in part, on the work of Freud

Erikson says that the personality always continues to change over time and local of a person and really never finishes developing during entire lifetime of person. This theory includes eight stages. These stages begins with birth and ends with death. According to his theory, people move through different development stages during different lifetime. His theory of self-development gave credit to more social aspects including facets like our own basic desires and what is socially accepted.

Jean Piaget is best known for child development psychology. He focused specifically on the role of social interactions in their development during childhood. He recognized the development of self evolvedperson through a negotiation between the world as it exists in one's mind and the world that exists as it is experienced socially.

These three thinkers have shaped our understanding of psychological as well as social development.

Sociological Theories of Self-Development

Chrles Cooley was pioneer contributor to sociological development, he put forward theory of people's self understanding is constructed in part, by their perception of how others view them. He coined the term "the looking glass self". This means as we see ourselves in glass and change our appearance; similarly while we see ourselves thru another person thru his perception; we adjust ourselves to look good in their eyes.

In mid 1930s George Herbert Mead also studied psycho social development. He said that a person's distinct identity is developed through social interaction. To establish process of self recognition the person has to be able to see him or her self thru eyes of other people. Not only that, we are born with such an ability to perceive ourselves thru somebody else's eyes. Process of socialization leads us to learn to put ourselves in someone else's eyes and look at the world through their perspective. This ability helps us in becoming self-aware, as we look at ourselves from the perspective of the other people. In support of this theory the classic case of Danielle is quoted which illustrates what happens when social interaction is absent from early experience. As the case describes Danielle had no ability to see herself as others would see her. From this point of view, she had no self. This posses the question that how we go from being new borns to human selves? Mead answers this question that there is a specific path of

development that all people go through. In preparatory or imitating stage children are capable of imitation, they act as others do. This is followed by the play stage, during which children begin to take on the role that one other person such as role playing. Thus, children might try on a parent's point of view by acting out "grownup" behavior. This may include house game where they assume parents role or school game where they assume role of teacher or similar person who they came in to contact with. These games leads child to consider several roles at the same time and how those roles interact with each other. This way they learn to understand interactions involving different people with a variety of purposes. These games also make child self aware. This games also leads child to be aware with different abilities and responsibilities of people. It also makes them self aware as in what situation they should behave like. For example in heat or argument if their parents have, they would have answer in calming the situation, which in longer life be an essential part of their personality. Or for simple example if they play dinner at restaurant, this will prepare themselves for a smooth dining experience, which includes various social interactions like someone seats you, another takes your order, someone else cooks the food, while yet another clears away dirty dishes.

Summarizing we can conclude that the children develop, understand, and learn the idea of the generalized behaviour by other, in terms of the common behavioral expectations of general society by this stage of development, where an individual is able to imagine how he or she is viewed by one or many others—and thus, from a sociological perspective, to have a "self".

Kohlberg's Theory of Moral Development

Moral development is an important part of the socialization process. The definition refers to the way in which people learn what society considers what is "good" and "bad," which is important for a society that runs smoothly. The exception to this rule is taboo of specific communities which we are aught to ignore, because these taboos are specific to certain situation and they are related to only a few select group of people as they are not extendable to large group of people. Moral development helps person from acting on uncontrolled impulses, instead of considering what is right for society and good for others. Lawrence Kohlberg has studied how people learn to decide what's right and what's wrong. To understand in details, he proposed theory of moral development. This theory includes three levels of development preconventional, conventional and postconventional.In the preconventional stage, young children, who lack a higher level of cognitive ability, experience the world around them only through their senses. It is not until adolescence that conventional theory develops, when young people become increasingly aware of the feelings of others and take them into account when determining what is "good" and "bad." The final stage, called post-conventional, is when people start thinking about morality in abstract terms. Now this development is not universally similar, like in USA it is believed that everyone has the

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right to life, freedom and the pursuit of happinesswhere as in other countries where strict religious laws are practiced, the right to life may be always restricted. At this stage, people also recognize that legality and morality do not always coincide uniformly. Like during Arab spring hundred of thousands Egyptians showed up in 2011 to protest against government corruption, they were using post-conventional morality. They understood that although their government was legal, it was not morally correct.

Gilligan's Theory of Moral Development and Gender

Carol Gilligan, another name of repute in sociology recognized that Kohlberg's theory could show a propensity for gender. He was concentrated on male subjects only. Did the women who studied the subjects respond differently? Would a social scientist notice different patterns during research analysis? To answer the first question, it was proposed to study the differences between the way boys and girls developed morality. Gilligan's research has shown that kids actually have a different understanding of morality. Children tend to have a perspective of justice by emphasizing rules and laws. Girls, had a perspective of care and responsibility contrary to boys of similar group. He further said that Kohlberg's theory was based on the assumptive or primitive justice. Gilligan, on the other hand, theorized that none of the perspectives was "better": the two norms of justice had different purposes. Finally, he explained that boys socialize for a work environment where rules make operations work smoothly, while girls socialize for a family environment where flexibility allows for harmony in care and education (Gilligan 1982; Gilligan 1990).

Social Jokes & Play Jokes

"You look stunning today." "What pretty dress!" "So sweet" These are common greets or jokes when you see girls. As a result, our society socializes them to believe that their appearance is vital. And Bloom could be on something. How often do you tell a child how attractive his dress is, how beautiful his shoes are, or how beautiful he is today? In support of his claims, Bloom cites, for example, that approximately 50% of girls ages three to six worry about being fat (Bloom 2011). We are talking about kindergartens that are worried about their body image. Sociologists are very interested in this type of gender socialization, according to which society's expectations about how boys and girls should be, how they should behave, what toys and colors they should like and how important their clothes are. A solution to this type of gender socialization is being tested at Egalia nursery in Sweden, where children develop in a gender-free environment. All the children of Egalia are referred to in neutral terms as "friend" instead of "he" or "she".

Conclusion

Concluding these theories of psychological self development have been studied for long long times by various thinkers. The people like Socrates and Plato, Freud and Erikson and by many modern thinkers. The knowledge about -psychological development in context of social development has grown by works of sociologists who explicitly study the role of society and social interaction in psychological self-development.

Freud, Erikson, Cooley and George Mead have contributed largely to the sociological understanding of the development of self. Kohlberg and Gilligan have developed above theories and established facts how our sense of morality develops during lifetime.

Nowadays we are expecting someone to give perception of generic development as the world is shrinking by sharing thoughts and coming much closer and nearer as the technology brings revolution in both communication and telecommunication.

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