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Adolescence Development

# Introduction

Sigmund Freud theory of psychosexual development and psychosocial theory presented by Eric Ericson are the two most well-known development theories. While Ericson was influenced by ideas of the Freud but Ericson's theory is different from Freud's theory in several ways. Like Freud theory, it is believed by the Ericson that development of personalities took place in stages that are predetermined. While on the other hand, Freud theory focuses more on sexual urges, it was Ericson who believed that social experience has an impact on life and personality is forged due to social interaction.

# Discussion

In the first stage of Freud that spans from the age of 0-1 years, whom Freud called as the oral stage where child's main pleasure source is through the mouth thru eating, sucking, and tasting. If a child stuck in this age then a child is orally fixated according to Freud. Ericson on another hand termed this age as trust vs mistrust stage where the child either trusts their caregivers or mistrusts them. The care that is provided by the caregivers determines this stage output.

In the second stage that spans from 1-3 years of age, both Freud and Ericson think that this age develops children independency sense. Freud termed this phase the Anal stage where a child finds its autonomy by controlling their bowel and bladder movement. Children who failed this stage fixated anally. While Ericson called this stage as autonomy vs. doubt age. Children in this stage develop autonomy by controlling activities which includes toilet training, eating and talking.

In the third stage of development, which is from 3-6 years of age, Freud theory focuses more on the libido role while Ericson theory focuses more on the interaction between children and their parents. From the year 7-11, which is the fourth stage of development, Freud believed that it is a transitional age from childhood to the adolescence while Ericson believes that this age is a continuation of the previous stage for autonomy-seeking behavior.

Again we can see the similarity between the Freud and Ericson stage of Adolescent in which both believe that sense of identity is forged in this stage. In the adulthood stage, Freud believed that this age is more dependent on the foundation set by childhood development while Ericson believes that development continues in the old age.