Lifespan development is the complete process of changes and development in a person. It is about the change in the physical and emotional approach of the person, and his perspective about life. Typically, there are four stages of lifespan development; infancy, childhood, adolescence, and adulthood. In each stage, the person face several psychological and social changes. To evaluate these changes, an interview was conducted with ‘Luren Collazo’ of age 32. She belonged to Hispanic region and was a caregiver of an infant.

The interview was based on several questions regarding life span changes and impact on psychological approach. She gave the answers as given below;

Q: Would you consider yourself to be part of adolescence or young adulthood?

Ans: Not actually, I know I am in my adulthood and mature enough to take my decisions.

Q: Do you know adulthood is finding to be less charming, as the person gets more mature and starts thinking more seriously. It also causes stress and anxiety amongst people, in some cases.

Ans: No, I don’t agree with you. Lifespan development is all about knowing more about realities. When I take care of an infant I realize how my life changed with time. An infant is totally dependent on the parents, hardly can move or drink milk on his own. On the contrary, I am the caregiver who is making milk for him and know that he needs me. This is because I know the realities of life and this maturity came with time and experiences. It has nothing to do with stress and anxiety.

Q: Did you get any bad experience of life, which caused early psychological development in you?

Ans: To some extent, I agree that sometimes the psychological trauma makes you mature enough and makes you jump directly from adolescence to middle adulthood. However, this didn’t happen in my case. I enjoyed each phase of my life and still I am enjoying it.

Q: Which phase of your life was most beautiful?

Ans: Childhood. When I was a child, I was free of thoughts and worries. Now I know that I have to take care of many things to have a better life. This is somehow difficult but interesting. When you struggle for your life, you actually understand the purpose of your life.

Q: Do you agree that people in adulthood find things less excited?

Ans: It depends, what you have faced in your life. If you have been facing social threats, yes you won’t feel excitement for anything. On the contrary, if you have been enjoying leverages, it will leave a healthy impact on your psychology and you will still feel fresh and excited about everything. Better to keep a balance to enjoy everything till your old age.

Q: what would you recommend to the people, entering your life span?

Ans: Nothing, because everyone has their life and they know how to live it. We cannot control lives, and that is why nature guides you everything.

Q: Do you believe nurture brings the change in a person, which nature cant?

Ans: Yes, I agree with you as nature is all about the creation of man, and nurture is about the creation of the mind. The person reflects what he has learnt from the nurture or surroundings.

From the analysis of the above answers it becomes clear that the life span development leaves a deep impact on person’s cognitive and psychological approaches. Adulthood means, the time of mistakes almost gone and now you have a pencil without eraser.