

# Psychological development according to E. H. Erikson

Erik Homburger Erikson distinguishes the so-called eight ages of man in the mental development of man. In each of them, the individual must solve a developmental task.

## first age

- first year of life
- corresponds to the oral period in Freud
- the child's task is to gain a sense of confidence in life and to defend against feelings of insecurity

## Second age

- 2nd-3rd year of life
- corresponds to the anal stage in Freud
- the task is to manage the contradiction between one's feelings of autonomy (independence) and the feelings of shame that result from dependence on the environment and their demands

## Third age

- preschool age
- corresponds to the phallic period in Freud
- the task is to resolve the conflict between self-initiative and feelings of guilt over intended and actual goals
- a conscience begins to develop

## Forth age

- until the beginning of adolescence (up to the age of 13)
- corresponds to the period of latency in Freud
- the task is to acquire a sense of self-effort in school work and to defend against feelings of inferiority

## Fifth age

- adolescence
- corresponds to the genital period in Freud
- the task is to find one's own identity and fight against feelings of insecurity about one's own role among people

## Sixth age

- young adulthood (under 30)
- a person is willing to give up his own identity and let it merge with the identity of another person (intimacy); the danger is the feeling of isolation, i.e. the tendency to avoid intimate relationships

## Seventh age

- middle adulthood (up to 45 years)
- the task is to give birth and raise the next generation, to take care of someone; to gain a sense of generativity and combat feelings of stagnation and personal impoverishment

## Eighth age

- late adulthood and old age
- the task is to achieve personal integrity, a kind of life wisdom in which individuals accept their own life path as something that had to be the way it was; lack of integration manifests itself in the fear of death and feelings of despair that there is little time left to start another life

## Links

### related articles

- Child age distribution
- Psychomotor development of the child

## External links

- Psychological assumptions of ethical behavior (<http://www.lf2.cuni.cz/ustav-lekarske-etiky-a-humanitnich-zakladu-mediciny-2-lf-uk/etika>)

## References

- ŠVINGALOVÁ, D. *Kapitoly z psychologie : III. díl - Vývojová psychologie*. 1. vydání. Liberec. 2001. 51 s. ISBN 80-7083-571-0.