

## **Life Course Theories (a.k.a. The Developmental Theories) 11/6/20**

- describes the changes in behaviour in age-graded patterns as individuals mature
- implies improvement as well as growth
- began to appear in 1950's to explain development of individuals
- common pattern of transition to adulthood in developed countries today
- explains psychological development of individuals within the social context of family, community and society
- reflect historical and cultural context

### **Three categories of Life Course Theories**

- Erik Erikson, Jane Loevinger and Jeffery Arnett suggest that maturation occurs as individuals progress from one stage to another
- Family Life Cycle theory and Daniel Levinson, propose that there are stages in which people change become different but not necessarily better
- Klaus Riegel and Lenard Pearlin's advocate that there are no stages but that development reflects constant change as individuals respond to environmental influences

### **Seven Theories:**

1. Erik Erikson's eight stages of life
2. Klaus Riegel's Dimensions of Development
3. Jane Loevinger's Theory of Ego Development
4. Carter and McGoldrick - Family Life Cycle
5. Lenard Pearlin's Theory of Psychological Distress
6. Daniel Levinson's Theory of the Seasons of Life
7. Jeffery Arnett's Theory of Emerging Adulthood