

HHS4U

Individual Development & Theoretical Perspectives

Ontario Expectation B1.1

Students will learn how different theories explain how people grow, think, behave, and develop throughout life.

Learning Goal

Today we will learn:

- what development means
 - how different theories explain behaviour
 - how family, society, and experiences affect development
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Success Criteria

I can:

- ✓ explain what development means
 - ✓ identify different development theories
 - ✓ give simple examples of each theory
 - ✓ compare theories in simple words
 - ✓ understand how family and society affect people
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What is Individual Development?

Simple Definition

Individual development means:

how people grow, change, learn, and develop throughout life.

Development includes:

- emotions
 - thinking
 - behaviour
 - relationships
 - personality
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Different Theories of Development

Different theorists explain behaviour in different ways.

A theory is:

an idea used to explain why people behave the way they do.

1. Psychodynamic Perspective

(Freud, Erikson, Karen Horney)

Main Idea

Early childhood experiences affect personality and behaviour.

This theory says:

- our feelings
- memories
- childhood experiences

can affect us as adults.

Example

A child who receives love and support may grow up feeling confident.

A child who experiences fear or neglect may develop anxiety later.

Sigmund Freud

Sigmund Freud

Freud believed:

- the unconscious mind affects behaviour
 - childhood experiences are very important
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Erik Erikson

Erik Erikson

Erikson believed:

- people go through stages of development
- each stage has challenges

Example:

Teenagers try to discover:

“Who am I?”

Strengths

explains emotions and childhood experiences

explains personality development

Weaknesses

difficult to prove scientifically

focuses too much on childhood sometimes

2. Cognitive Perspective

(Lev Vygotsky)

Main Idea

People learn by thinking, speaking, and interacting with others.

Learning happens through:

- communication
- problem-solving
- social interaction

Example

A child learns math faster when a teacher or parent helps explain it.

Lev Vygotsky

Lev Vygotsky

Vygotsky believed:

- culture and social interaction help learning
 - children learn from others
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Strengths

explains learning clearly
focuses on communication and teaching

Weaknesses

may not explain emotions well

3. Humanist Perspective

(Maslow & Rogers)

Main Idea

People want to grow, improve, and reach their full potential.

Abraham Maslow

Abraham Maslow

Maslow created the “Hierarchy of Needs.”

People need:

1. food and water
2. safety
3. love and belonging
4. confidence
5. self-success

before reaching their full potential.

Example

If someone is hungry or unsafe,
It is harder to focus on school or goals.

Carl Rogers

Carl Rogers

Rogers believed:

- people need support and acceptance
 - positive relationships help growth
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Strengths

positive view of people
focuses on growth and self-esteem

Weaknesses

may ignore social problems and inequality

4. Symbolic Interactionist Perspective

(Charles Cooley & George Mead)

Main Idea

People develop based on interactions with others.

We learn who we are from:

- family
 - friends
 - society
-

Example

If a student is always told:
“You are smart,”
they may feel confident.

If they are always criticized,
they may feel insecure.

Charles Cooley

Charles Cooley

Created the “Looking-Glass Self.”

Meaning:
People see themselves through other people’s reactions.

George Mead

George Herbert Mead

Believed:
People learn behaviour by observing others.

Strengths

explains communication and identity
explains social behaviour

Weaknesses

ignores larger social problems sometimes

5. Sociocultural Perspective

(Urie Bronfenbrenner)

Main Idea

Development is affected by the environment and society.

People are influenced by:

- family
 - school
 - culture
 - media
 - community
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Example

A child growing up in:

- a safe neighbourhood
- supportive school
- loving family

may develop differently from a child without those supports.

Urie Bronfenbrenner

Urie Bronfenbrenner

Believed:

Many environments affect development.

Strengths

explains influence of society and environment
realistic and practical

Weaknesses

can be complicated because many factors affect people

6. Evolutionary Perspective

(Konrad Lorenz & John Bowlby)

Main Idea

Some behaviours are natural and connected to survival.

Humans are born with certain instincts.

Example

Babies cry because it helps adults protect and care for them.

John Bowlby

John Bowlby

Bowlby studied attachment.

He believed:

- strong emotional bonds with caregivers are important
 - attachment affects future relationships
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Konrad Lorenz

Konrad Lorenz

Studied instinct and attachment in animals and humans.

Strengths

explains attachment and survival behaviours
explains natural instincts

Weaknesses

may ignore culture and personal choice

SIMPLE THEORY SUMMARY TABLE

Theory	Main Idea	Easy Example
Psychodynamic	Childhood affects behaviour	Childhood memories
Cognitive	Learning through thinking	Teacher helping student
Humanist	People want growth	Maslow's needs
Symbolic Interactionist	Others affect identity	"You are smart"
Sociocultural	Environment affects development	School & family influence
Evolutionary	Behaviour helps survival	Baby crying for care

Comparing Theories

Theory	Focus
Psychodynamic	Childhood & emotions
Cognitive	Thinking & learning
Humanist	Growth & self-esteem
Symbolic Interactionist	Social interaction
Sociocultural	Environment & culture
Evolutionary	Survival & instincts

Critiques of Theories

Some theories:

- focus too much on childhood
- ignore culture
- ignore emotions
- ignore inequality

- are difficult to prove scientifically

No theory explains everything perfectly.

Final Review Questions

1. Which theory focuses on childhood experiences?
 2. Which theory focuses on learning and thinking?
 3. Who created the Hierarchy of Needs?
 4. Which theory says environment affects development?
 5. What is attachment?
 6. Which theory explains identity through interactions?
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One-Sentence Summary

Different theories explain development in different ways, including childhood experiences, thinking, relationships, environment, and survival instincts.