



Reflection Paper

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Introduction

Our psychology, perceptions, and life philosophy is developed based on our experiences, exposures, family relations, and social influences. The experiences of our childhood and relationships with parents determine our ability to maintain quality of relationships in the future (Overton, 2010). I believe that this is very important and critical for the parents to ensure their best possible presence for the child to develop socio-emotionally and cognitively healthily and stably. The following paper will be a brief reflection on my socio-emotional and cognitive development as I am in my middle-ages now.

My Life History

My life history is very steady and stable. Probably, this is one of the main reasons that I believe in long term relationships, and ensure that I invest – emotionally and psychologically, in my relations. I just turned 38 years old this month. I have been married for 20 years and have two sons. I was 3 years old when I came to live in the United States from Mexico. My first language was Spanish. I have 6 siblings and both my parents raised us. I am working to finally become a teacher. I have been working as a special education aide for 20 years. I was married at the tender age of 18 years, and I believe that I have lived and managed my family since then because I saw my parents ensuring their presence when we were kids while they were also struggling to establish a financially stable life for us.

Socio-Emotional Growth in Middle Ages

The meaning of 'life growth' or 'psychology' is implied in the actual term. Life evolution psychology or life psychology manages the investigation of individual growth from origination into mature age (Santrock, 2002). This definition infers the idea that an individual advances



through different evolution stages or stages all through their lifetime. The theories that present the growth of a person in stages is known as stage theories.

In investigating the phases of a person's life, numerous theories have been set by various psychologists who have examined specific parts of life. A portion of these theorists is Jean Piaget, who set the psychological evolution theory. During the twentieth century, he was perhaps the most compelling analysts in the territory of evolutionary psychology and placed that people progress through four phases of growth in mind and thinking limits. There is likewise a psychosexual theory, placed by Sigmund Freud, the dad of psychology. He accepted that the individual advances through five phases of sexual growth, every one of which has a relating psychological rule (Santrock, 2002). Freud accepted that if each phase of sexual growth was dealt with well, the individual would advance into a developed, around an adjusted individual (Santrock, 2002). A couple of different theorists are Erik Erikson, who placed the psychosocial theory of growth; Lawrence Kohlberg, who set the theory of good growth; and James Fowler who set the psycho profound theory of human growth (Santrock, 2002).

The investigation of Life Growth is of extraordinary significance and significance to the Counseling and Consulting Psychologist. The theorists, through long stretches of examination, give a sound premise to understanding the person's movement through life. As can be seen from the previous passage, different theorists focus on explicit parts of human growth, for instance, Erikson fundamentally considered the psychosocial growth of the person (Overton, 2010). Along these lines, they had the option to invest a lot of energy in perception and arrangement, consequently making the theory solid. The theories give a guide with regards to the evolution stages and assumptions for each stage across life. Subsequently, monitoring every theory and its fundamental precepts will arm the psychologist and give him an elevated view into the working



and capacities of the customer. The theory will help the psychologist to simpler identify what might be the customer's introducing issues (Santrock, 2002).

Likewise, with all theories, the theories of Life Growth ought not to be acknowledged as laws, however essentially as advisers for the evolution stages through which an individual may advance. The steady nature-nurture banter is ever-present in the examination and practice of Life Psychology. The person's nature, that is, their hereditary make-up and organic inclinations; just as nurture, which is the climate where the individual in question exists, adds to the person's growth (Overton, 2010). Along these lines, the theories can't be taken as unbending and resolute limits in the psychologist's training.

Growth relies upon history and setting. Every single individual is presented to a various physical and social climate that is the reason every one of us is extraordinary and one of a kind in our particular manner. It is to some degree difficult to have two people experiencing an equivalent arrangement of occasions simultaneously and including a similar speed inside that timeframe. For instance, two companions of mine who are twins, who may have been raised under similar conditions given at the purpose of time, have grown up and gotten various likings, interests, and so on as time passes by.

Growth is multidimensional, in which a few elements like natural, intellectual and socioemotional are included and they influence us from multiple points of view. Inside these elements included, every one of them has its various angles. It resembles a multi-factorial cycle, in which covering of ideas is included (Overton, 2010). Take for a model, a little child who loves to eat the banana, begun to quit eating bananas after a stifling episode. In any event, having attempted a few endeavors to get him to eat bananas once more, none work out. Also, since the time at that point, he is extremely specific with what he eats and just devours food that he has a



sense of security to eat. It is to some degree like this gagging episode has influenced him psychologically, which influences his dietary patterns and how his body reactions to various food (Santrock, 2002).

Growth is multidirectional, in which certain measurements or angles in life which used to be of a specific incredible worry to us may progressively be of less worry as time passes by. For instance, teens in their puberty stage will be under extraordinary friend pressures and will in general do what their companions do, so as not to be viewed as being out-projected on the off chance that they chose not to participate in a specific occasion (Overton, 2010). They will at last invest more energy with their companions, rather than investing additional time at home with their family, whom they used to invest time with before arriving at the pubescence stage (Santrock, 2002).

Growth is logical, and it is one basic factor that influences life-range growth overall. We react to various changes in life and it is considered as an on-going cycle for the duration of the life-length growth. There are three sorts of relevant impacts, and they are standardizing age-evaluated impacts, regulating history-reviewed impacts, and non-regularizing life occasions. In standardizing age-evaluated impacts, we make examinations; decide issues and sourcing arrangements inside a similar age gathering, who has a higher probability of experiencing a specific same occasion, for example, Pubescence, menopause, or retirement. In regulating history-evaluated impacts, we make examinations; decide issues and sourcing arrangements with a similar gathering of individuals from a similar age-dependent on the previous history encounters, for example, Coronavirus, SARS period. In non-regulating life occasions, it is bound to address the issue dependent on person's requirements, as such occasions may not occur for everybody except they do influence the person's life from numerous points of view, for example, Passing of friends and family, self-destructive cases (Santrock, 2002).

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Growth includes growth, support, and guideline. At various stages in life, we have various objectives to address. For instance, a little child has a long way to go at the underlying stage which what we called growth for example Figuring out how to eat, latrine prepared, and as a baby grows up and arrives at adulthood, issues like keeping up and directing of their growth angles are of a significant one, for example, Avoidance against disease, information moving up to encourage comprehension of an idea (Santrock, 2002).

Evolution issues

I am a solid adherent that the phase of nurturing assumes an extremely basic part, and the amount to a degree, an individual is being nurtured decides their whole demeanor towards life.

The climate around us and the natural perspectives in us do influence how we respond to specific issues. However, having no close to home encounters and appropriate nurturing framework, it is difficult to beat many significant issues in life (Overton, 2010).

For example, a kid who comes from a rich family foundation may not be destined to be wise. Guardians who can send their children for satisfactory enhancement courses might be one manner by which guardians can assist their children to adapt to their investigations (Overton, 2010). The kids that I work with are primarily mentally unbalanced youngsters, they are awesome models regarding why I for one feel nurturing assumes a greater part than nature itself. The vast majority of the youngsters come from wealthy families, and their folks accept that it's anything but a consummation stage for their kids even though they are determined to have a learning handicap.

People are in every case continually in a hurry, and they are compelled to fulfill up different needs in life, and in this way having changes is fairly inescapable. I likewise accept that the greater part of us tend to change to an alternate individual, given the way that we are continually



searching for intends to improve personally, or if nothing else become somebody they feel the most agreeable to be (Santrock, 2002).

A generally excellent model would act naturally. Before I entered the working society, I used to be an extremely separated individual. I have cooperation issues with individuals, and I had extremely low confidence. After the primary year of working, I acquired a lot of encounters at work, and it to some degree helped my certainty level which permits me to perceive what I can be doing and adding to the organization. Indeed, even today, I have questions in myself when managing different issues, for example, managing guardians and so forth I have a ton to change to improve as a person in the future time by.

An ex-understudy of mine, who used to remain in Girls' Home, was in every case continually giving the teachers and the understudy care instructors numerous disciplinary issues. It required her nearly 12 months to understand that she needs to stop every one of those insubordinate demonstrations and that she needs to put her concentration in her investigations.

On the opposite, nature, and nurture; soundness and change; congruity and discontinuity, tackle job inseparably at times.

Notwithstanding, generally, I accept that nurturing, changes and coherence are factors concerning why an individual is interested in their particular manner, as it is an approach to recognize themselves from others as they grow up and enter various stages in life.

Discussion and Conclusion

I feel that all the different life-range theories referenced in John Santrock, 2009, accumulate in all to clarify the human growth, as every single of the theories depends on a perspective and they are centered around only a couple of territories by and large.



The most engaging theoretical methodology that summarized my life-length growth would be Erikson's Psychosocial Theory.

Erickson's Theory depends on how people carry on psychologically towards a social viewpoint, for example, Associating with others all through the whole human existence range. It is a more finished and definite theory as various phases of human growth are explained in certain types of psychosocial linkage. It is likewise a theory that drives us to see how an individual discovers their personality among the rest.

References

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