
Contents

Part I: The Beginning 3

1 Studying the Lifespan 5

This Text 6

Lifespan Developmental Psychology 6

The Lifespan Perspective 6

A Brief Summary 8

A Short History 8

Before the 18th Century 9

The 18th and 19th Centuries 9

The 20th Century 11

□ At a Glance: Age Distribution Projections 12

□ At a Glance: Infant Survival 15

Pioneers in Developmental Psychology 17

Early Pioneers 17

Later Pioneers 18

Recurring Questions 19

Basic Beliefs 20

Some Definitions 20

Methods of Studying the Lifespan 21

Observation 21

Naturalistic Observation 21

Nonnaturalistic Observation 21

Experiments 22

Correlational Studies 24

Know then thyself,
presume not God to scan;
The proper study of
Mankind is Man.

Alexander Pope,
Essay on Man

Longitudinal and Cross-Sectional Studies	25
Sequential and Time-Lag Designs	27
Criteria for Evaluating Lifespan Research	28
Sampling	28
Memory	28
Honesty	29
Experimenter Bias	29
Subject Bias	29
Some Special Problems	30
The Mythical Average	31
Main Points	31
Further Readings	33

2 Theories of Lifespan Development 35

This Chapter	36
Functions of Theories	36
Evaluating Theories	36
Models in Lifespan Development	37
Machine–Organism Models	37
A Contextual or Ecological Model	38
Psychoanalytic Approaches: Freud	38
Basic Ideas	40
Three Levels of Personality	40
Psychosexual Stages	41
Defense Mechanisms	43
Freud in Review	43
Psychoanalytic Approaches: Erikson	44
Psychosocial Stages	45
Erikson in Review	47
Havighurst’s Developmental Tasks	48
Behavioristic Approaches	48
Basic Assumptions	48
Classical Conditioning	50

The dwarf sees farther than the giant, when he has the giant’s shoulders to stand on.

Samuel Taylor Coleridge,
The Friend

Operant Conditioning	51
Behavioristic Approaches in Review	53
Social Cognitive Theory	54
The Processes of Observational Learning	55
Manifestations of Observational Learning	55
Self-Efficacy	56
A Cognitive Approach: Piaget	58
Basic Piagetian Ideas	59
The Stages	60
Piaget in Review	61
Beyond Piaget	62
Biological and Ecological Approaches	63
Ethology and Bowlby's Attachment Theory	63
Bowlby's Attachment Theory in Review	64
Sociobiology	65
Sociobiology in Review	65
Culture and Ecology	66
Vygotsky's Cultural-Historical Approach	66
Bronfenbrenner's Ecological Systems Theory	67
Bronfenbrenner's Ecological Systems Theory in Review	69
Humanistic Approaches	70
A Final Word About Theories	71
Main Points	73
Further Readings	75
3 Genetics and Context	77
This Chapter	78
Development in Context	78
Gene-Context Interactions	79
Two Models	79
Interaction	80
The Mechanics of Heredity	81
Ova, Sperm, and Conception	81

Sir Roger told them, with the air of a man who would not give his judgment rashly, that much might be said on both sides.

Joseph Addison,
Spectator, Vol. 1

Nature is often hidden;
sometimes overcome;
seldom extinguished.

Francis Bacon,
Of Nature in Men

Protein, DNA, Chromosomes, and Genes	81
Body Cells and Sex Cells	82
Sex Chromosomes	82
Genes	83
Genotype and Phenotype	85
Reaction Range and Canalization	86
Molecular Genetics	87
Genetic Defects	88
Huntington's Disease	88
Sickle-Cell Anemia	88
PKU	88
Other Genetic Defects	90
Chromosomal Disorders	90
Down Syndrome	90
Turner's Syndrome	91
Klinefelter's Syndrome	91
XYY Syndrome	91
Fragile X Syndrome	92
Other Sex-Linked Defects	92
Fetal Diagnosis	92
Genetic Counseling	93
□ At a Glance: Abortion Rates in the United States	95
Studying Gene-Context Interaction	93
Historical Family Studies	95
Animal Studies	96
Intervention Studies	97
Studies of Twins	98
Adopted Children Studies	100
An Illustration of Gene-Context Interaction	102
The Continuing Controversy	103
Plasticity	103
The Stern Hypothesis	103

The Future 104
Main Points 105
Further Readings 107

4 Prenatal Development and Birth 109

This Chapter 110

Detecting Pregnancy 110

Stages of Prenatal Development 111

The Fertilized Ovum 112

The Embryo 112

The Fetus 113

Factors Affecting Prenatal Development 114

Maternal Emotions and Stress 117

Prescription Drugs 117

Chemicals 118

Nicotine 119

Caffeine 119

Alcohol 120

Substance Abuse 121

Maternal Health 122

□ At a Glance: Pediatric AIDS Mortality 123

Teenage Mothers 124

Older Mothers 124

□ At a Glance: Parenthood in Later Life 125

Maternal Nutrition 126

Social Class 126

Rh(D) Immunization 128

Childbirth 129

□ At a Glance: Natural Population Increase in the United States 130

A Clinical View 131

Neonatal Scales 134

I wish either my father or my mother, or indeed both of them, as they were in duty both equally bound to it, had minded what they were about when they begot me.

Laurence Sterne,
Tristram Shandy

The Mother's Experience: Prepared Childbirth	134
□ At a Glance: U.S. Cesarean Deliveries	136
The Child's Experience	138
Prematurity	139
Causes	139
Effects	139
□ At a Glance: Birth Weight and Prenatal Influences	140
Prevention	141
Care of Premature Infants	141
A Reassuring Note	142
Main Points	142
Further Readings	144

Part II: Infancy 147

5 Physical and Cognitive Development: Infancy 149

This Chapter 150

Health and Physical Growth 151

 Breast Versus Bottle 151

 □ At a Glance: Breast-Feeding in the United States 152

 Infant Health and Growth 153

 Sudden Infant Death 155

 □ At a Glance: Infant Deaths in the United States 156

Behavior in the Newborn 156

 The Orienting Response 156

 Reflexes 157

Motor Development 159

Perceptual Development 160

 □ At a Glance: Infants as Subjects 161

 Vision 162

Language was not powerful enough to describe the infant phenomenon.

Charles Dickens,
Nicholas Nickleby

Visual Preferences	162
Rules of Visual Perception	164
Hearing	165
Smell, Taste, and Touch	165
Cognitive Development	166
Infant Memory	166
Basic Piagetian Ideas	167
The Object Concept	169
Sensorimotor Development	170
Imitation in Infancy	174
Deferred Imitation	174
Language and Communication	174
A Definition of Language	175
Elements of Language	175
Language Development in Infants	176
Early Achievements	177
Language Origins	177
First Sounds	178
The Sentencelike Word (Holophrase)	179
Two-Word Sentences	180
From Sensation to Representation	181
Main Points	182
Further Readings	184
6 Social Development: Infancy	187
This Chapter	188
Interactions in the Family Context	188
Interaction: A Two-Way Street	188
A Model of Influences	189
Infant States	190

When the first baby laughed for the first time, the laugh broke into a thousand pieces and they all went skipping about, and that was the beginning of fairies.

James Matthew Barrie,
Peter Pan

Infant Emotions	191
Crying	192
Smiling and Laughing	193
Wariness and Fear	194
Regulation of Emotions in Infancy	196
Temperament	197
Types of Temperament	198
Other Temperament Classifications	198
The Implications of Infant Temperament	199
Temperament in Context	201
Early Attachment	202
Studying Attachment	202
Mother–Infant Bonding	202
□ At a Glance: Mother–Deprived Monkeys	203
Bonding Mechanisms	205
The Importance of Bonding	205
Stages of Attachment	206
Types of Attachment	207
The Implications of Attachment	208
Fathers and Infant Attachment	209
Strangers and Separation	210
Stranger Anxiety	211
Security Blankets	211
Long-Term Separation and Deprivation	213
Infant Day Care	214
Parenting in Infancy	214
□ At a Glance: Mothers in the Work Force	215
Early Gender–Role Influences	216
Exceptionality	216
Cerebral Palsy	217
Epilepsy	218
Other Physical Problems	218
Pervasive Developmental Disorders	218

The Whole Infant 219
Main Points 219
Further Readings 221

Part III: Early Childhood 223

7 Physical and Cognitive Development: Early Childhood 225

This Chapter 226

Physical Growth 226

□ At a Glance: Preschoolers' Health Problems 228

Motor Development 229

Tracing and Copying Geometric Shapes 229

Assessing Motor Development 230

Motor and Cognitive Development 231

Cognitive Development 232

The Preschooler's Memory 233

Piaget's View 235

Preconceptual Thinking 236

Intuitive Thinking 237

The Neo-Piagetians 239

Replications of Piaget's Work 239

Cognitive Achievements of the Preschooler 240

Preschool Education 242

Nursery Schools 242

Compensatory Programs 242

□ At a Glance: Working Mothers and Preschool
Children 246

Kindergartens 247

Language and the Preschooler 247

Multiple-Word Sentences 247

More Complex Changes 248

Adultlike Structures 249

Go directly — see what she's
doing, and tell her she mustn't.

Punch, 1872

Explanations of Language Development 249

The Role of Early Experience 250

Parents as Teachers 250

The Role of Biology 252

A Changing Language Context 253

Two Views of Bilingualism 253

□ At a Glance: Changing Demographics 254

ESL: English as a Second Language 256

Nonstandard Languages 256

Speech and Language Problems 257

Language and Thought 257

A Conclusion 258

Communicating and Conversing 258

Main Points 259

Further Readings 261

8 Social Development: Early Childhood 263

This Chapter 264

Socializing Emotions 264

Interpreting Emotions 264

Regulating Emotions 265

Emotional Expression 265

Theories of Social Development 266

Erikson's Psychosocial Stages 266

Social Imitation 267

Play 270

Functions of Play 270

Practice Play 271

Every time a child says "I
don't believe in fairies,"
there is a little fairy
somewhere that falls down
dead.

James Matthew Barrie,
Peter Pan

Pretend Play	271
Social Play	273
Gender Roles in Early Childhood	275
Sex Differences in Play	275
Determinants of Gender Roles	276
The Contemporary Family	277
Parenting in Early Childhood	278
Do Parents Make a Measurable Difference?	280
Parent Training	283
Family Composition	283
Birth Order	283
Family Size	284
One-Parent Families	284
General Effects of Loss of a Parent	284
□ At a Glance: Changes in the U.S. Family	285
Age-Related Effects of Divorce	286
Sex-Related Effects of Divorce	286
Contextual Influences of Divorce	286
Why Divorce Has Negative Effects	287
Some Conclusions	287
A Final Word	288
Children in Stepfamilies	288
Day Care	289
General Effects of Day Care	289
Quality of Day Care	290
Finding Quality Day Care	290
Vertical and Horizontal Relationships	291
Main Points	291
Further Readings	293

More than either, it [England] resembles a family, a rather stuffy Victorian family, with not many black sheep in it but with all its cupboards bursting with skeletons. It has rich relations who have to be kow-towed to and poor relations who are horribly sat upon, and there is a deep conspiracy about the source of the family income. It is a family in which the young are generally thwarted and most of the power is in the hands of irresponsible uncles and bedridden aunts. Still, it is a family.

George Orwell,
England, Your England

9 Physical and Cognitive Development:
Middle Childhood 297

This Chapter 298

Physical Development 298

Growth 298

Nutrition and Health 300

Motor Development 300

Some Physical and Sensory Problems 302

The Physically Gifted 303

Intellectual Development: Piaget's View 303

The Conservations 304

Acceleration of Conservation 307

Seriation, Number, and Classes 307

A Summary of Concrete Operations 308

The Child as Information Processor 308

Memory 309

Schemata and Scripts 311

Memory Processes 313

Developmental Changes in Memory 313

Metacognition and Metamemory 314

Metamemory and Self-Efficacy 315

Cultural Differences 315

A Summary of Memory Development 316

Intelligence 316

What Is Intelligence? 316

Gardner's Approach 316

Cattell's Approach 317

Sternberg's Approach 317

“I dare say you haven't had practice,” said the Queen. “When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast.”

Lewis Carroll,
*Through the Looking-Glass
and What Alice Found There*

Measuring Intelligence	317
Developmental Changes in IQ	318
Misconceptions About and Misuses of IQ	320
Exceptionality	322
Mental Retardation	322
Learning Disabilities	324
Intellectual Giftedness	326
Creativity	326
Trends and Controversies in Special Education	330
The Magical Child	332
Main Points	332
Further Readings	334

10 Social Development: Middle Childhood 337

This Chapter	338
The Development of Social Cognition	338
Role Taking and Empathy	339
Self-Worth	340
Some Definitions	340
Theoretical Approaches to Self-Worth	340
Measuring and Investigating Self-Worth	341
Friends and Peers	343
Children's Views of Friendship	344
Dimensions of Childhood Friendships	344
Peer Groups	346
Parents and Peers	346
Peer Acceptance and Rejection	348
Sociometric Status	350
Functions of Peers	351

See the happy moron,
He doesn't give a damn,
I wish I were a moron,
My God! perhaps I am!

Anonymous,
Eugenics Review, 1929

The School	352
Education and IQ	352
Teacher Expectations	352
Self-Expectations	354
Changing Expectations and Attributions	355
Television	355
Viewing Patterns	355
Comprehension	356
Violence and Aggression	357
Why Is Television Influential?	358
Rock Videos, VCRs, and Video Games	359
Prosocial Effects	359
A Summary of Television Issues	360
Violence in the Family	360
Child Maltreatment	360
Nature of Child Abuse and Neglect	361
□ At a Glance: Changes in Reported Child Maltreatment	362
Sexual Abuse	363
The Consequences of Maltreatment	364
The Abusive Family Context	364
What Can Be Done?	365
Social-Emotional Exceptionality	366
Prevalence and Causes	366
Attention-Deficit Hyperactivity Disorder	367
Conduct and Personality Disorders	368
Stress in Childhood	369
Social-Emotional Giftedness	370
Main Points	371
Further Readings	373

A traveler at Sparta, standing long upon one leg, said to a Lacedaemonian: "I do not believe you can do as much." "True," said he, "but every goose can."

Plutarch,
Laconic Apothegms

Part V: Adolescence 375

11 Physical and Cognitive Development: Adolescence 377

This Chapter 378

A Period of Transition 378

Primitive Transitions 378

Contemporary Transitions 379

Physical Development 380

Age of Puberty 380

Pubescence 381

Physical Changes 381

Early and Late Maturation 382

Physical Concerns of Adolescents 385

Nutrition 386

Obesity 386

Anorexia Nervosa 387

Bulimia Nervosa 389

Intellectual Development 391

Piaget's View: Formal Operations 391

An Information-Processing View 393

Adolescent Egocentrism 394

Imaginary Audience 394

□ At a Glance: Adolescent Risks and Violent Death 396

Personal Fable 397

Moral Development 397

Behaving Morally 397

Conscience 398

Morality as a Cognitive Phenomenon 398

Piaget's Stages 399

Kohlberg's Stages 399

Everybody worships me,
it's nauseating.

Noel Coward,
Present Laughter

Generality of Kohlberg's Stages 401

Gilligan's Approach 402

Implications of Research on Moral Development 403

Main Points 404

Further Readings 405

12 Social Development: Adolescence 407

This Chapter 408

Self and Identity 408

The Self in Adolescence 408

Self-Image and the Offer Questionnaire 409

Identity 411

Social Development in Context 415

Parenting Adolescents 415

Peer Groups 418

Gender Roles 419

Gender-Role Stereotypes 420

Gender Differences 422

Sex 423

Sexual Beliefs and Behavior 423

Masturbation 425

Adolescent Pregnancy 425

Homosexuality 430

STDs: Sexually Transmitted Diseases 430

The Turmoil Topics 431

Delinquency and Its Correlates 432

□ At a Glance: Juvenile Delinquency and Violence 433

Adolescent Gangs 435

Drugs: An Overview 435

□ At a Glance: Changing Patterns of Drug Use 437

Specific Drugs 439

Suicide 441

Another Note 443

Live as long as you may, the first twenty years are the longest half of your life.

Robert Southey,
The Doctor

Main Points 443

□ At a Glance: Suicide in the United States 444

Further Readings 447

Part VI: Early Adulthood 449

13 Physical and Cognitive Changes: Early Adulthood 451

We think so because other
people think so,
Or because — or because —
after all we do think so,
Or because, we were told
so, and think we must
think so,
Or because we once thought so,
and think we still think so,
Or because having thought so,
we think we will think so.

Henry Sidgwick,
Lines Composed in His Sleep

This Chapter 452

Youth and Early Adulthood 452

Developmental Tasks 453

The Transition 457

Physical Development 458

Performance 458

Flexibility 458

Strength and Stamina 458

The Senses 459

Health 460

Exercise 460

Drugs and Stress 461

Sex and Reproduction 462

Normal Sexual Responses 464

Sexual Dysfunctions 464

Infertility 464

Work and Careers 466

Employment: Some Definitions 466

Why Work? 466

Changes in the Work Ethic 466

Changes in Work Opportunities 468

□ At a Glance: Projected Job Trends for the Year 2010 469

Theories of Career Choice 470

Work Selection 473

Job Satisfaction 474

Cognitive Change 475
 Dialectical Thinking 475
 Intelligence 477
A Contextual Reminder 478
Main Points 480
Further Readings 481

14 Social Development: Early Adulthood 483

This Chapter 484

Erikson's Psychosocial Theory 484

 Intimacy Versus Isolation 485

 A Test of Erikson's Model 486

Love 488

 A Model of Love 488

 Interpersonal Attraction 490

 Mate Selection 491

Life-Style Choices 492

 Cohabitation 493

 Homosexuality 495

 Singlehood 496

 ☐ At a Glance: The Never-Marrieds 497

 Communes 498

Marriage 499

 Premarital Sex 499

 ☐ At a Glance: Changes in Marriage 500

 Extramarital Sex 501

 Good and Bad Marriages 502

 ☐ At a Glance: Marriage and Divorce 504

 Marital Discord 504

 Marital Satisfaction 506

Marriage and the Family: A Life-Cycle Approach 508

 Duvall's Model 508

Give me chastity and
continence, but not yet.

St. Augustine,
Confessions

Stage 1: To Have Children?	510
Stages 2–5: Child Rearing	510
An Evaluation of the Life-Cycle Approach	511
Violence in the Family	512
Spouse Battering	513
□ At a Glance: Interspouse Violence	514
Sexual Assault	515
The Continuing Evolution of Self	518
Main Points	519
Further Readings	520

Part VII: Middle Adulthood 523

15 Physical and Cognitive Development: Middle Adulthood 525

This Chapter	526
Middle Adulthood	526
Developmental Tasks of Middle Adulthood	527
Physical Changes	527
Appearance	527
The Senses	529
Health and Organ Functioning	530
Diet and Exercise	530
The Climacteric	530
Sexuality	533
Cognitive Changes	533
Controversy About IQ Changes	533
The Evidence	534
A Conclusion	535
Back to the Controversy	536
Thinking in Middle Adulthood	538
Creative Output	538
A Summary	539

I am convinced digestion is
the great secret of life.
Sydney Smith,
in a letter to Arthur Kingslake

Work 541

Women in the Workplace 541

□ At a Glance: Women in the Work Force 540

Male–Female Differences at Work 541

Social Changes 541

□ At a Glance: Inequity in the Workplace 542

Dual Careers 544

Children of Working Mothers 545

□ At a Glance: Working Women in Canada 545

Voluntary Career Changes 546

Involuntary Career Changes 547

Leisure 547

Main Points 549

Further Readings 550

16 Social Development: Middle Adulthood 553

This Chapter 554

Theories and Descriptions of Middle Adulthood 554

Erikson’s Psychosocial Development 555

Peck’s Elaboration of Erikson 555

Erikson and Peck: A Summary 557

Levinson’s Seasons of Life 557

A Summary of Levinson’s Description 560

Sheehy’s Passages 560

Gould’s Transformations 562

Is There a Midlife Crisis? 563

Family Relationships 563

Relationships with Children 565

Relationships with Aging Parents 567

Divorce and Remarriage 568

□ At a Glance: Marriage and Divorce 569

Stepparenting 570

Happiness in marriage is
entirely a matter of chance.

Jane Austen,
Northanger Abbey

Personality Changes in Middle Age 571

Cross-Sectional Research 571

Longitudinal Research 572

Happiness and Satisfaction 573

Definitions 573

The Research 574

A Recipe 576

Main Points 577

Further Readings 578

Part VIII: Late Adulthood 581

17 Physical and Cognitive Development: Late Adulthood 583

This Chapter 584

Ageism 584

Examples of Ageism 584

Prevalence and Implications of Ageism 585

Definitions and Demography of Late Adulthood 586

□ At a Glance: The Demographics of Aging 587

□ At a Glance: Male and Female Longevities 589

Lifespan and Life Expectancy 588

Theories of Biological Aging 590

Longevity in North America 591

Longevity Elsewhere 593

Models of Aging 593

Physical Changes in Later Adulthood 594

Appearance 594

Health and Strength 596

Fitness and Exercise 596

Alzheimer's Disease 597

Sensory Changes 598

It is always the season for
the old to learn.

Aeschylus,
Fragments

Changes in Reaction Time	599
Sexuality	599
Cognitive Changes	601
Memory	601
Intelligence	605
Problem Finding and Intuition	606
Some Cautious Conclusions	607
Adult Learning	607
Wisdom	608
Philosophical Conceptions	609
Psychological Conceptions	609
The Implications of Physical and Cognitive Change	610
Main Points	611
Further Readings	612

18 Social Development: Late Adulthood 615

This Chapter 616

The Life Review 616

 Integrity Versus Despair 616

 Reminiscence and the Life Review 617

 Life Review Processes 618

Retirement 618

 The Future 619

 Attitudes Toward and Effects of Retirement 619

 Phases of Retirement 620

Successful Aging 622

 Disengagement Theory 622

 Activity Theory 623

Relationships 624

 With Children 624

 □ At a Glance: Contact Between Elderly Parents and Their Children 625

I keep looking back, as far as I can remember, and I can't think what it was like to feel young, really young.

John Osborne,
Look Back in Anger

So little done, so much to
do!

Last words of
Cecil John Rhodes

With Grandchildren 626

□ At a Glance: Styles of Grandparenting 627

With Spouse 628

With Friends 629

Widowhood 629

□ At a Glance: The Widowed Elderly 630

Institutions and Other Alternatives 631

Institutions 631

Family Care 632

Other Alternatives 632

Satisfaction and Happiness 634

Patterns of Well-Being 634

Factors Linked to Happiness 634

Main Points 635

Further Readings 637

Part IX: The End 639

19 Dying and Grieving 641

This Chapter 642

Death 642

Some Definitions 642

Notions of Death Through the Lifespan 643

Early Childhood 643

Later Childhood 644

Adolescence 644

Early and Middle Adulthood 645

Late Adulthood 645

□ At a Glance: Life Expectancies 646

Dying 647

Stages of Dying 647

□ At a Glance: Causes of Death 648

And come he slow or come
he fast,
It is but Death who comes at
last.

Sir Walter Scott,
Marmion

I silently laugh at my own
cenotaph,
And out of the caverns of
rain,
Like a child from the womb,
like a ghost from the
tomb,
I arise and unbuild it again.

Percy Bysshe Shelley,
The Cloud

Life's Trajectories 649

Terminal Care 650

Euthanasia 651

Bereavement and Grieving 652

Effects of Bereavement 653

Stages of Grief 654

Final Themes 654

Main Points 655

Further Reading 656

Glossary 657

References 673

Index 728
