Psychosocial Development

Emotions, Attachment & Temperament

Emerging Emotions

• Happiness- Pleasure
  – Social Smiling……6 weeks
  – Laughing …………3 - 4 months
• Anger……………4 - 7 months
• Fear………………9 - 15 months
  – Stranger Wariness……6 - 14 months
  – Separation Anxiety…..8 - 18 months (peak-14)

• Why do you think stranger awareness and separation anxiety appear around 8-9 months? Why not earlier?
• Emotional responses emerge from multiple factors
  – Temperament
  – Past experience
    • Social Referencing (6 mo.)
    • Attachment to caregiver

Temperament
• Built-in set of genetically-based tendencies or dispositions
  – Relatively consistent
  – Form the foundation for later personality developments
• But - environment still plays a role!

Development of Temperament
• Temperament established by 2-3 months
  – Thomas & Chess (1977) Interview Study
    • Parent interviewed extensively during period of early infancy
    • Specific behaviors
### Dimensions of Temperament

<table>
<thead>
<tr>
<th>Trait</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity Level</td>
<td>High - Low</td>
</tr>
<tr>
<td>Rhythmicity</td>
<td>Regular - unpredictable</td>
</tr>
<tr>
<td>Approach-Withdrawal</td>
<td>Excitement - Fear</td>
</tr>
<tr>
<td>Adaptability</td>
<td>Flexible - rigid</td>
</tr>
<tr>
<td>Intensity of Reaction</td>
<td>High - Low</td>
</tr>
<tr>
<td>Threshold of responsiveness</td>
<td>Sensitive - low</td>
</tr>
<tr>
<td>Quality of Mood</td>
<td>Happy - unhappy</td>
</tr>
<tr>
<td>Distractibility</td>
<td>Divert - single minded</td>
</tr>
<tr>
<td>Attention Span</td>
<td>Long - Short</td>
</tr>
</tbody>
</table>

### Three Temperament Types

- **Easy (40%)**
  - Rhythmic, calm, low sensitivity, happy, distractible

- **Slow-to-Warm Up (15%)**
  - Initial unwillingness to approach, adapt, distract

- **Difficult (10%)**
  - Irregular, intense, sensitive, unhappy, single-minded

### Difficult for Life?

- **Chess & Thomas (1990)**
  - Follow-up Studies
    - Most children match their infant profile
    - Some characteristics seem variable (rhythmicity, mood)
    - Developmental shifts associated with temperament shifts
    - Context effects
      - Long attention span during preferred activity
Parent-Child match

- Film: Bringing up Monkey
  - Things to think about:
    - What personality styles have been identified in monkeys?
    - How do these styles map onto humans?
    - What were the major finding regarding the origin of these personality styles?
    - How does parenting style & temperament interact?

Parent-Child Match

- Parenting & temperament
  - Adjusting parenting to fit child’s temperament
    - Scheduling activities around baby’s schedule
    - Arranging house to accommodate active child
    - Shortening work schedules (work at home)
    - Engaging in activities to suit child

Goodness of Fit

<table>
<thead>
<tr>
<th>Baby</th>
<th>Good Match</th>
<th>Bad Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irregular, intense</td>
<td>Calm, flexible, sensitive</td>
<td>busy, scheduled, working mother</td>
</tr>
<tr>
<td>Regular, rigid</td>
<td>Highly scheduled, sensitive</td>
<td>Unpredictable, irregular</td>
</tr>
<tr>
<td>Regular, adaptable, approaching</td>
<td>Regular, flexible, attentive</td>
<td>Irregular, cautious, avoiding</td>
</tr>
</tbody>
</table>
Becoming Social Partners

• Synchrony (2-3 mo.)
  – Coordinated interaction between infant & caregiver
  – Face-to-face
  – Initiated by adult or infant
• Cross-cultural variation
  – US vs Japanese: focus on toys/event vs mutual intimacy (eye contact)
  – US vs Kenyan: Exciting the baby vs calming
• Breakdowns in Synchrony

In-class # 3

• Think about your own temperament and answer the following:
  1. On the dimensions of activity, rhythmicity, and approach-avoidance, how would you classify yourself. Give a specific example of your behavior that supports your view
  2. What factors do you think affected your temperament?

Attachment

Enduring emotional connection between people
a) a desire for continual contact and,
b) feelings of distress during separation

John Bowlby
Theories of Attachment

- Bowlby’s Ethological model
- Freud’s Drive Reduction
- Harlow’s monkeys
- Mary Ainsworth’s Attachment styles in the strange situation

Bowlby’s Ethological Explanation

- Based on observations of children separated from families during WWII.
- Stages of Response (after separation)
  - Fear
  - Despair & Depression
  - If no new attachments - Indifference to people (Disattachment)

Basic Theory: Thermostat Analogy

- Balancing Needs
  - Safety/Comfort vs exploration/learning.
    - Think about the good mothers in the monkey video!
Phases of Attachment

• Four phases of attachment
  – Preattachment (0-6 weeks)
  – Attachment in the making (6 weeks - 6-8 mo.)
  – Clear-cut attachment (6-8 mo - 18-24 mo.)
    • Separation Anxiety
    • Regulates the physical & emotional relationship
    • Secure base
  – Reciprocal Relationships (18-24 mo and later)
    • Internal working model

Key Points

• Behaviors “wired” in
  • Adaptive
  • Secure Base
  • Internal working model

Competing Accounts

Freud: drive reduction”
“love has its origin in attachment to the satisfied need for nourishment”
(Freud, 1940)
Harlow’s Studies

Monkey had 2 “mothers”:
• Wire - nourishment
• Terry cloth - comfort
• All babies preferred terry cloth

Testing Freud's Drive Reduction Theory

Test Idea of secure base
• Introduce “stranger”
• Babies clung to comfort mother
• Then explored stranger

What about the Reciprocal relationship?
Monkeys grew up to be indifferent/abusive to other monkeys
Measurement

“Strange Situation”
Question: How do babies react with stranger in room when:
1. Mother in room
2. Mother leaves room.
3. Mother returns

M. Ainsworth

Patterns of Attachment

• Secure
  • okay with mother present, distressed when leaves, okay when returns

• Insecure/resistant
  • Anxious with mother present, distressed when leaves, not comforted with return

• Insecure/avoidant
  • Indifferent to mother, stranger can comfort, avoids when returns

• “Disorganized” - conflicting behaviors

% of attachment type

<table>
<thead>
<tr>
<th>Country</th>
<th>Secure</th>
<th>Avoid</th>
<th>Resist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gr. Britain</td>
<td>75</td>
<td>22</td>
<td>3</td>
</tr>
<tr>
<td>Japan</td>
<td>68</td>
<td>5</td>
<td>27</td>
</tr>
<tr>
<td>Germany</td>
<td>57</td>
<td>35</td>
<td>8</td>
</tr>
<tr>
<td>US</td>
<td>65</td>
<td>21</td>
<td>14</td>
</tr>
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What causes differences in attachment

- Sensitivity hypothesis - mothers sensitivity to baby’s needs - correlated with secure attachment
- Child Characteristics
  - Temperament - difficult babies less securely attached (mixed evidence)
  - Play with objects more than mother - less secure
- Family Characteristics
- Cultural Variations

Other Main Points

- Culturally universal
  - but, varies with caregiving
- Multiple attachments possible