

Detailed Chapter Outline with Key Terms

Chapter 10: Psychosocial Development in Middle Childhood

Focus: Marian Anderson, Operatic Trailblazer

THE DEVELOPING SELF

Self-Concept Development: Representational Systems

- **Representational systems:** In neo-Piagetian terminology, the third stage in development of self-definition, characterized by breadth, balance, and the integration and assessment of various aspects of the self.
- *Real self:* Your knowledge of who you really are.
- *Ideal self:* Knowledge of who you would like to be or think you should be.

Self-Esteem

- **Industry versus inferiority:** Erikson's fourth stage of psychosocial development, in which children must learn the productive skills their culture requires or else face feelings of inferiority.
- *Competence:* A view of the self as able to master skills and complete tasks.

Emotional Growth and Prosocial Behavior

THE CHILD IN THE FAMILY

- *Atmosphere:* In reference to the family environment, the general demeanor of the family, including personalities, presence or absence of support, monetary status, and conflicts.
- *Structure:* The composition of a family, such as single versus two parents, only child or several children, adopted children, stepfamilies, and other non-traditional families.

Family Atmosphere

Parenting Issues: Coregulation and Discipline

- **Coregulation:** Transitional stage in the control of behavior in which parents exercise general supervision and children exercise moment-to-moment self-regulation.

Effects of Parents' Work

Poverty and Parenting

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Family Structure

Adoptive Families

- *Open adoption*: Type of adoption in which the parties share information or have direct contact.

When Parents Divorce

Adjusting to Divorce

Custody and Visitation Issues

- *Joint custody*: Custody of a minor child shared by both parents.
- *Legal*: Type of joint custody in which parents share the right and responsibility to make decisions regarding the child's welfare.
- *Physical*: Type of joint custody in which parents have the child or children live with each of them part of the time.

Long-term Effects

Living in a One-Parent Family

Living in a Stepfamily

Living with Gay or Lesbian Parents

Sibling Relationships

Companion Animals

THE CHILD IN THE PEER GROUP

Positive and Negative Influences of Peer Relations

- **Prejudice**: Unfavorable attitude toward members of certain groups outside one's own, especially racial or ethnic groups.

Popularity

- *Sociometric popularity*: Determined by asking children which peers they like most and least.
- *Popular*: One of five peer status groups, these are youngsters who receive many positive nominations in sociometric popularity studies.
- *Rejected*: One of five peer status groups, these children receive many negative nominations in sociometric popularity studies.

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- *Neglected*: One of five peer status groups, these children receive few positive or negative nominations in sociometric popularity studies.
- *Controversial*: One of five peer status groups, these children receive many positive and many negative nominations in sociometric popularity studies.
- *Average*: One of five peer status groups, these children do not receive an unusual number of either positive or negative nominations in sociometric popularity studies.
- *Perceived popularity*: Measure of which children are liked best by their peers.

Friendship

Aggression and Bullying

- *Instrumental aggression*: Aggression aimed at achieving an objective.
- **Hostile aggression**: Aggression aimed at hurting its target.
- *Overt aggression*: Physical force or verbal threats.
- *Relational aggression*: Social aggression, such as insulting someone or spreading rumors about that person.

Types of Aggression and Social Information Processing

- *Proactive aggression*: Another term for instrumental aggression.
- *Reactive aggressor*: Another term for hostile aggression on the part of an individual.
- *Hostile attribution bias*: When a child sees other children as trying to hurt them, and strikes out angrily in retaliation or self-defense.

Does Televised Violence Stimulate Aggression?

Bullies and Victims

- **Bullying**: Aggression deliberately and persistently directed against a particular target, or victim, typically one who is weak, vulnerable, and defenseless.

MENTAL HEALTH

- *Mental health*: The emotional health of a person.

Common Emotional Disorders

- *Disruptive conduct disorders*: Disorders having to do with undesirable behavior such as aggression or defiance, stealing, and other antisocial behavior.
- *Anxiety disorders*: Disorders having to do with excessive fear or anxiety.
- *Mood disorders*: Disorders having to do with emotional imbalances, such as sadness or depression.

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Disruptive Behavior Disorders

- **Oppositional defiant disorder (ODD):** Pattern of behavior, persisting into middle childhood, marked by negativity, hostility, and defiance.
- **Conduct disorder (CD):** Repetitive, persistent pattern of aggressive, antisocial behavior violating societal norms or the rights of others.
- **Antisocial personality disorder:** Chronic psychiatric condition characterized by behavior, often criminal, that manipulates, exploits, or violates the rights of others.

School Phobia and Other Anxiety Disorders

- **School phobia:** Unrealistic fear of going to school; may be a form of *separation anxiety disorder* or *social phobia*.
- **Separation anxiety disorder:** Condition involving excessive, prolonged anxiety concerning separation from home or from people to whom a child is attached.
- **Social phobia:** Extreme fear and/or avoidance of social situations.
- **Generalized anxiety disorder:** Anxiety not focused on any single target.
- **Obsessive-compulsive disorder:** Anxiety aroused by repetitive, intrusive thoughts, images or impulses, often leading to compulsive ritual behaviors.

Childhood Depression

- **Childhood depression:** Mood disorder characterized by such symptoms as a prolonged sense of friendlessness, inability to have fun or concentrate, fatigue, extreme activity or apathy, feelings of worthlessness, weight change, physical complaints, and thoughts of death or suicide.

Treatment Techniques

- **Individual psychotherapy:** Psychological treatment in which a therapist sees a troubled person one-on-one.
- **Behavior therapy:** Therapeutic approach using principles of learning theory to encourage desired behaviors or eliminate undesired ones; also called *behavior modification*.
- **Art therapy:** Therapeutic approach that allows a child to express troubled feelings without words, using a variety of art materials and media.
- **Play therapy:** Therapeutic approach in which a child plays freely while a therapist observes and occasionally comments, asks questions, or makes suggestions.
- **Drug therapy:** Administration of drugs to treat emotional disorders.
- **Serotonin selective reuptake inhibitors (SSRIs):** Drugs shown to be effective in treating obsessive-compulsive, depressive, and anxiety disorders.

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Stress and Resilience: Protective Factors

- **Stress:** Response to physical or psychological demands.
- **Stressors:** Stress-producing experiences.

Stresses of Modern Life

Coping with Stress: The Resilient Child

- **Resilient children:** Children who weather adverse circumstances, function well despite challenges or threats, or bounce back from traumatic events.
- **Protective factors:** Influences that reduce the impact of early stress and tend to predict positive outcomes.
- *Family relationships:* A factor that, when positive, can be a protective influence in helping children and adolescents overcome stress.
- *Cognitive functioning:* A factor that, when at a high level, can be a protective influence in helping children and adolescents overcome stress.
- *The child's temperament or personality:* An adaptable, friendly, and competent personality can be a positive influence in dealing with stress.
- *Compensating experiences:* Referring to a supportive school environment or successful experiences in areas such as studies, sports, music, or with other persons, which can help make up for a destructive home life.
- *Reduced risk:* Referring to exposure of the child to only one risk factor, such as poverty or mental illness, which allows a child to better overcome stress.