HUMAN LIFESPAN DEVELOPMENT AND STAGES OF HUMAN DEVELOPMENT

Human lifespan development and stages of human development are important areas of study in developmental psychology. Besides, different aspects of ourselves change and develop as we journey through life. Moreover, **human lifespan development** involves significant physical, cognitive, and psychological changes throughout our lives. Therefore, are we who are because of nature (biology and genetics), Or are we who we are because of nurture (our environment and culture)? This longstanding question may get proper understanding from studying the **stages of human development**. Furthermore, it seeks to understand how our **personalities and traits** are the product of our genetic makeup and biological factors. Generally, we are all born with specific genetic traits that we inherit from our parents that may determine lifespan development.

Read more about human lifespan development and stages of human development at <https://courses.lumenlearning.com/wmopen-lifespandevelopment/chapter/human-development/>

CHARACTERISTICS OF HUMAN LIFESPAN DEVELOPMENT

**Human lifespan development** involves the exploration of biological, cognitive, and psychological changes and constancies. Besides, it is a theoretical perspective, proposing several fundamental, theoretical, and methodological principles. Therefore, lifelong development means that development is not in completion in infancy or childhood or at any specific age. Moreover, it encompasses the entire lifespan, from conception to death. Furthermore, the **stages of human development** traditionally focus almost exclusively on the changes occurring and the gradual decline in old age. However, many diverse patterns of change, such as direction, timing, and order, varies among individuals and affect their development. For example, events' developmental timing can affect individuals differently because of their current level of maturity and understanding. Moreover, they also affect the **personalities and traits** of the individuals.

Read more about characteristics of human lifespan development at <https://courses.lumenlearning.com/wm-lifespandevelopment/chapter/the-lifespan-perspective/>

DIFFERENT STAGES OF HUMAN DEVELOPMENT

The theory of psychological development is one of the best-known personality theories. Besides, the theory differs from many others in that it addresses development across the entire lifespan, from birth through death. At each stage, the individual deals with a conflict that serves as a turning point in development. Therefore, trust and mistrust are the earliest psychological stage during the first year or so in a child's life. The second stage in **human lifespan development** involves the conflict between autonomy and shame or doubt. The third psychological stage is initiative versus guilt. Industry versus inferiority is one of the **stages of human development**. Furthermore, there is identity versus confusion, intimacy versus isolation, and generativity versus stagnation. Lastly, integrity versus despair is also partial determinants of **personalities and traits**.

Read more about different stages of human development at <https://www.verywellmind.com/psychosocial-stages-2795743>