

How we as Developing Humans Should be Studied Essay

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Developmental psychology studies how human beings change over time. As people we come fully assembled at birth. We develop and learn throughout different stages in our life. It takes time to learn and understand the world and people that are around us. Figuring out where our place in this world is also something that develops with time. We are composed of many different systems and each one develops at its own rate. Developmental [psychology](#) relies on many things for its research such as genetics and sciences.

The study of children is very popular in developmental psychology as it has a strong preference for controlled experiences, but also gives a large range. As humans, we are very complex and need to be examined through all those “windows”, biological, social and environmental.

There are various theories as to how we as developing humans should be studied, there have been many different theorist throughout modern psychology and we will explore three of them who have left an impact.

[Sigmund Freud](#) is known for being one of the most influential and authoritative thinkers of 20th century. Through treating his medical patients, he discovered that symptoms of patients came from the unconscious mind from events in their past and trauma of early life. He was the first to argue that mental disorders were not caused by physical illness He began using the term Psychoanalysis. He believes that there is no such thing as free will and it is all just an illusion. He says all our actions are caused by early childhood experiences which affect who we become as adults.

He also came to see the personality as three separate aspects which all must be balanced for our mental health.

The first being the ID which is the natural urges of a person ...

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...is broken down for everyone to understand through the stages of life. Even though many people discredit Freud's psychoanalytic theory I feel that his contributions have been the greatest and surpass the other two. Psychotherapy is a tool used by many therapists throughout the world to help people overcome psychological issues. The concept of health as it derived from the physical field cannot be taken over to the mental side without alteration. Mental health is just as important as physical health and should be given the same amount of credit.

Bibliography

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