FAMILY LIFE CYCLE
Individual Life Cycle

• Think of those stages of life that you have gone through
• Can you recall the general characteristics of each stage?
• Who were the most significant others in your life for all those stages? What were their roles?
• What were the challenges that you have faced at each stage?
• What were the rewards / triumphs?
• Now think of the stages that you will get into…
• Which stage is the most important? Why?
<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
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<tbody>
<tr>
<td>Oral stage (birth to 1 year)</td>
<td>Libido is focused on the mouth as a source of pleasure. Obtaining oral gratification from a mother figure is critical to later development.</td>
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<tr>
<td>Anal stage (1 to 3 years)</td>
<td>Libido is focused on the anus, and toilet training creates conflicts between the child’s biological urges and the society’s demands.</td>
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<tr>
<td>Phallic stage (3 to 6 years)</td>
<td>Libido centers on the genitals. Resolution of the Oedipus or the Electra complex results in identification with the same-sex parent and development of the superego.</td>
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<tr>
<td>Latent period (6 to 12 years)</td>
<td>Libido is quiet; psychic energy is invested in schoolwork and play with same-sex friends.</td>
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<tr>
<td>Genital stage (12 years and older)</td>
<td>Puberty reawakens the sexual instincts as youth seek to establish mature sexual relationships and pursue the biological goal of reproduction.</td>
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Erikson (1902-1994): Neo-Freudian Psychoanalytic Theory

- He was concerned with inner dynamics of personality and how it evolves through systematic stages.
- He proposed that personality continues to develop over the entire life span but not during the first five to six years of life (Freud).
- Erikson was highly concerned with psychosocial development, or development of the person within a social context.
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<td>Trust vs. mistrust (birth to 1 year)</td>
<td>Infants must learn to trust their caregivers to meet their needs. Responsive parenting is critical.</td>
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<tr>
<td>Autonomy vs. shame and doubt (1 to 3 years)</td>
<td>Children must learn to be autonomous- to assert their wills and do things for themselves-or they will doubt their abilities</td>
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<td>Initiative vs. guilt (3 to 6 years)</td>
<td>Preschoolers develop initiative by devising and carrying out bold plans, but they must be learn not to impinge on the right of others.</td>
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<tr>
<td>Industry vs. inferiority (6 to 12 years)</td>
<td>Children must master important social and academic skills and keep up with their peers, otherwise, they will feel inferior.</td>
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<tr>
<td>Identity vs. role confusion (12 to 20 years)</td>
<td>Adolescents ask who they are and must establish social and vocational identities, otherwise, they will remain confused about the roles they should play as adults.</td>
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<td>Intimacy vs. isolation (20 to 40)</td>
<td>Young adults seek to form a shared identity with another person, but may fear intimacy and experience loneliness and isolation.</td>
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<tr>
<td>Generativity vs. stagnation (40 to 65)</td>
<td>Middle-aged adults must feel that they are producing something that will outlive them, either as parents or as workers, otherwise, they will become stagnation and self-centered.</td>
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<tr>
<td>Integrity vs. despair (65 years and older)</td>
<td>Older adults must come to view their lives as meaningful to face death with out worries and regrets.</td>
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</table>
• Think of how each individual developments are linked with “family developments”
• What are major parental roles in each of the stage
• Who else are involved in the stages?
Individual life cycle (Amstrong, T., 2018)

1. **Prebirth: Potential** – The child who has not yet been born could become anything

2. **Birth: Hope** – When a child is born, it instills in its parents / other caregivers a sense of optimism; a sense of hope

3. **Infancy (Ages 0-3): Vitality** – The infant is a vibrant and seemingly unlimited source of energy.

4. **Early Childhood (Ages 3-6): Playfulness**

5. **Middle Childhood (Ages 6-8): Imagination** – the sense of an inner subjective self develops; serves as a source of creative inspiration in later life

6. **Late Childhood (Ages 9-11): Ingenuity** – seeks new ways to solve practical problems and cope with everyday responsibilities.

7. **Adolescence (Ages 12-20): Passion** - Puberty unleashes a powerful set of changes in the adolescent body that reflect themselves in a teenager’s sexual, emotional, cultural, and/or spiritual passion.

8. **Early Adulthood (Ages 20-35): Enterprise** – to accomplish many responsibilities - finding a home and mate, establishing a family or circle of friends, and/or getting a good job.
9. **Midlife (Ages 35-50): Contemplation** – people in midlife often take a break from worldly responsibilities to reflect upon the deeper meaning of their lives, the better to forge ahead with new understanding.

10. **Mature Adulthood (Ages 50-80): Benevolence** – have raised families, established in their work life, & become contributors to the betterment of society.

11. **Late Adulthood (Age 80+): Wisdom** – represent the source of wisdom that exists in each of us, helping us to avoid the mistakes of the past.

12. **Death & Dying: Life** – Those who are dying, or who have died, teach us about the value of living. They remind us not to take our lives for granted, but to live each moment of life to its fullest, and to remember that our own small lives form a part of a greater whole.
Family Life Cycle

• **Family life cycle**, or a series of developmental stages a family moves through over time.

• Some theorists claim that failing in mastering the “required” tasks in each stage may influence later functioning in the subsequent stages.

The stages:

1. Unattached Adult
2. Newly Married Adults
3. Childbearing Adults
4. Preschool aged children
5. School-age Child
6. Teenage Child
7. Launching Center
8. Middle-aged Adults
9. Retired Adults
URGENT

• Read on basic tasks / characteristics for each of the developmental stages
• Highlight the challenges / risk vs protective factors of each
Variations in FLC

Some variations may exist due to various factors
1. Postponement of marriage
2. Couples without children who end up adopting will start their stage based on the age of the 1st adopted child – which may not in accord with their marital duration
3. Childless couples may focus on other equivalent important tasks i.e. Self development, caring for their elderly, volunteering etc
4. Adults who are never married may also focus on other important things in their lives – they can become the most wonderful uncle and aunts in the world to their nephews and nieces.
5. Due to less number of children, the duration for each stage is much shorter
6. Families with children of special needs may go through different life stages depending upon the capability/dependency of the child.

7. Non heterosexual couples may have their own unique stages of family life.

8. Single people who adopt children may lead to variations in their life cycle.


Points to ponder

• The stages are linked with presence vs absence of children in the family
• Variations exist – thus disrupts the “conventional” way of examining the stages
• Roles of socio-economic factors, family dynamics, other systems, other changes etc
• Read: