

# Psychology 2200

## Developmental Psychology I: Fundamentals

### Emotional Development

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## learning objectives

- describe the various attachment styles and how researchers measure them
- explain if and why they are stable
- describe evidence that supports the claim that attachment expectations are in place by the end of the first year
- describe five factors that influence attachment style
- explain (using evidence from studies with monkeys and the case study of Genie) what happens when children are deprived of emotional intimacy



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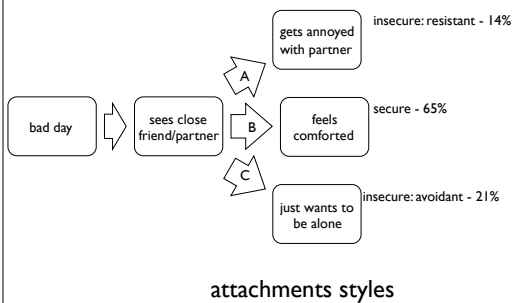
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## “I have a friend..”



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## adolescent & adult attachment



- many measures exist
  - e.g., Adult Attachment Interview
- measure your own attachment style
- <http://www.web-research-design.net/cgi-bin/crq/crq.pl>

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# attachment theory

## summary

1. toddlers vary in their attachment style
  - how can we measure this?
2. attachment styles are moderately stable into adulthood
  - what causes them to be stable?
3. factors that influence attachment style include
  - quality of caregiving
  - quantity of caregiving
  - infant characteristics
  - family circumstances
  - parent attachment style

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# measuring attachment



Mary Ainsworth (1978)

- **goal:** measure attachment style of infants
- **method:** "Strange Situation"
- mother and child play in a room, mother leaves for a time, then returns... observe child's behavior



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# what influences child attachment?

1. quality of caregiving (nurture)
  - responding promptly, consistently, and tenderly
2. infant characteristics
  - temperament (nature)
3. quantity of caregiving (nurture)
  - having parents (orphanages = sucky)
4. family circumstances (nurture)
  - job loss, marital difficulties, financial strain, ignoring child after a second child is born
5. parent internal working model (nurture)
  - how we view our childhood
  - not so much what actually happened



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# strange situation

## observations & styles

observation	secure		insecure	
			avoidant	resistant
	65% of kids		21% of kids	14% of kids
child's exploration/play throughout	use parent as secure base to explore		unresponsive to parent	seek closeness to parent, fail to explore
child's reactions to the parent's departure	may or may not cry but does show separation anxiety		not distressed	highly distressed
child's reunion behaviour with parent	actively seek contact; crying reduced immediately		not particularly interested in parent	ambivalent (clinging & angry)

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## meta-analysis of stability of attachment Fraley (2002)

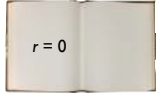
- question: how stable is attachment?
- $N = 27$  longitudinal studies
- method included
  - Strange Situation at age 1
  - Attachment measure at later time (up to 20 years old)
- coding: secure = 1 vs. insecure = 0
- correlation between them
  - $r = 1.0$  means "attachment is set in stone"
    - secure at 1 year? always secure at age 2, 8, 20, etc.
    - insecure at 1 year? always insecure at age 2, 8, 20, etc.
  - $r = .0$  means "the future is unwritten"

$r = 1$



set in stone

$r = 0$



the future is unwritten

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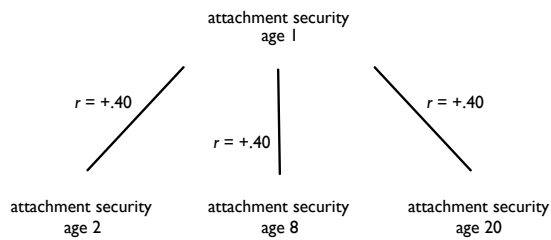
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## results

Fraley (2002)



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## internal working model



- John Bowlby (1969)
  - internal working model** = a set of expectations about...
    - the availability of attachment figures
    - their likelihood of providing support during times of stress
    - and how to interact with those figures
  - becomes self-fulfilling prophecy
    - insecure expectations cause insecure behaviors, which elicit insecure reactions from others

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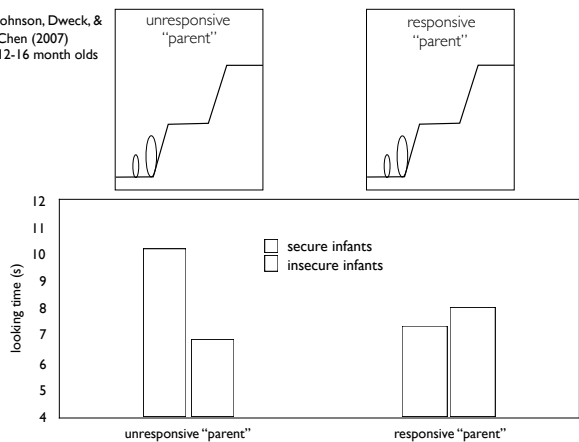
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Johnson, Dweck, & Chen (2007)  
12-16 month olds



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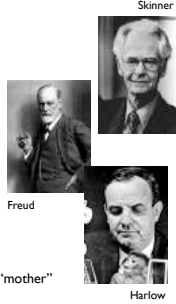
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# theory on parenting & attachment

- Q: how do people come to be securely attached?
- **cuddling**
  - behaviorism (Skinner): it will spoil a child
  - Harlow's challenge (following Freud)
    - intimate cuddling is important for an emotional bond
    - feeding & cuddling usually happen at the same time
    - correlational study would be inconclusive
- experiment with monkeys
- Q: do infants attach more to feeding parent or cuddling parent?
  - IV: separate cuddling and feeding (which usually co-occur)
  - DV: amount of time and quality of infant interaction with each "mother"



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# Genie

- discovered in 1970, locked to toilet for first 13 years of her life in isolation
- given intensive therapy for many years
- 8+ foster homes
- recovered somewhat then regressed
- now (age 57) lives in foster home for mentally undeveloped
- conclusion: early life is a sensitive period for emotional development



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