

CAREGIVER-INFANT INTERACTIONS

- **Reciprocity** → Communication turn-taking between infants and caregivers. Natural pauses.
- When mums stopped showing any expression or response to their babies, the child becomes upset and tried to provoke a response.
- **Interactional synchrony** → Mirroring of facial expressions during communication.
- Infants will imitate and expression or gesture shown by an adult from 2w of age.
- ⊖ difficult to test baby behaviour / can't replicate / Individual differences (attachment).
- ☺ Babies only imitate humans / beneficial research for theory of mind.

DEVELOPMENT OF ATTACHMENT SCHAFFER AND EMERSON (1964)

1. **Indiscriminate attachment (0-2m)** – same response to all objects.
 2. **Start of attachment (2-7m)** – forming preferences
 3. **Discriminate attachment (7m)** - separation and stranger anxiety towards primary caregiver.
 4. **Multiple attachment (8m+)** - secondary attachments develop.
- ⊖ Biased sample / self-reported data / supported by Bowlby / cultural differences / stages are inflexible.

ANIMAL STUDY – HARLOW

- 8/16 Rhesus monkeys were caged with 2 wire mothers; one provided comfort the other food. Time spent on each was measured.
- All monkeys spent up to 22h on the comfort mother, only leaving to feed. When frightened they would cling to the comfort mother.
- 90-day critical period & maternal deprivation shown.
- ☺ Challenges the learning theory / Supports maternal deprivation / reformed animal treatment.
- ⊖ Confounding variables of mother heads / ethics / can't be generalised.

ANIMAL STUDY – LORENZ (1935)

- Greylag geese eggs were separated between their natural mother and an incubator. When incubator eggs hatched the followed Lorenz around (imprinting)
- **Critical period** of 2 days.
- ☺ Chicks imprint onto yellow gloves.
- ⊖ Imprinting can be reversed / limited application to humans.

TYPES OF ATTACHMENT – AINSWORTH

- Controlled observation, 8 episodes, 9-18m infants, mother and a stranger. 108 infants.
- Separation anxiety, reunion behaviour, stranger anxiety and secure bases observed.
- **Secure (B)** 70% → moderate separation distress and stranger anxiety. Accepts reunion comfort.
- **Avoidant (A)** 15% → Low separation and stranger anxiety. No reunion comfort needed.
- **Resistant (C)** 15% → High stranger and separation anxiety, resists reunion comfort.
- ☺ High reliability - .94 kappa score / real-world application.
- ⊖ Lacks ecological validity / Disorganised attachment discovered / infants respond differently with each parent / unethical / ethnocentric.

CULTURAL VARIATIONS

- Meta-analysis of 32 studies in 8 countries.
- **Secure** is most common.
- **Avoidant** was 2nd most common except in Israel and Japan – collectivist.
- **Resistant** is least common in individualistic cultures.
- Germany → encourages independence and interpersonal distance.
- Italy → low rates explained by mothers retuning to work.
- Korea / Japan → child rearing practices / collectivist.
- ☺ Secure are universal / large sample
- ⊖ Cultural differences within countries / imposed etc.



MATERNAL DEPRIVATION – BOWLBY

- Deprivation during the critical period will have impact on development. Deprivation → an extended separation and loss of emotional care.
- Long term effects:
- Lower IQ** → the longer a child spends in care the lower their IQ and social maturity.
 - Affectionless psychopathy** → 86% of juvenile thieves had frequent separations. Leads to lack of guilt, empathy and remorse.
 - Dwarfism** → emotional deprivation can lead to stunted growth, sleep issues, delayed sexual development.
 - Anaclitic depression.**
 - ☺ Impact on child development.
 - ⊖ Individual differences – not all children are affected / Rutter criticised lack of differentiation between privation & deprivation.

EFFECTS OF INSTITUTIONALISATION – RUTTER

- ERA – 165 Romanian adoptees. 11 adopted before 2y and the remaining 54 by 4y. Children were tested at ages 4, 6, 11 and 15. Control group of 52 UK children adopted before 6m.
- Romanian children were smaller, weighed less and had low IQ, but caught up with British children if adopted **before 6m**.
- Romanians adopted **after 6m** showed disinhibited attachment and longer consequences.
- Physical underdevelopment / poor cognitive development / disinhibited attachment / poor parenting effects of institutionalisation.
- ☺ Real-life application / Longitudinal study.
- ⊖ Individual differences in children can influence care received / deprivation is one of many factors in the orphanage / slower development rather than poor development.



EXPLANATIONS – LEARNING THEORY

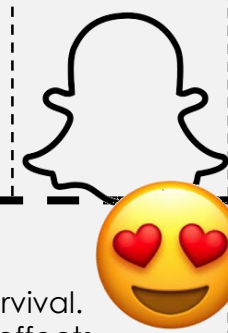
- Classical** → caregiver becomes a conditioned stimulus because it's associated with food.
- Operant** → Negative reinforcement by feeding infants to remove discomfort.
- Drive reduction** → by feeding an infant we are positively reinforcing their crying and rewarding them with food, thus meeting a need.
- ⊖ Food-giver isn't always primary attachment / Infants have multiple attachments / environmental reductionism / Geese imprint before feeding / Contact-comfort is more important than food.

EXPLANATIONS - BOWLBY

- **Adaptive** – innate need to attach for both infant AND caregiver.
- **Social Releaser** – innate behaviour that encourages attention for caregivers for survival.
- **Critical Period** – 2-3y period but sensitive period of up to 5y. Can have irreversible effects otherwise.
- **Monotropy** – 1 main attachment figure.
- **Internal Working Model** – blueprint for future relationships based on your first attachment.
- ☺ Subsequent research uses Bowlby's ideas / Lorenz & Harlow support critical period / Brazleton & Tronick support social releasers / Internal working model has real life application.
- ⊖ Little support for Monotropy – Schaffer & Emerson say there are multiple attachments and different parents have different roles / Temperament determines attachment / Deprived children can form attachments / socially sensitive and can impact mothers' choices / IWM is deterministic.

ROLE OF THE FATHER

- Fathers given more rights over children (paternity leave).
- Schaffer & Emerson → 3% of dads were primary attachment / by 18m, 75% of infants had an attachment with dad.
- Dads seen as playful parents, whereas mum is emotional support. Dads are risk-taking physical play.
- Dads are capable of nurturing and showing emotional sensitivity, but social and biological factors may discourage this.



EARLY ATTACHMENTS ON ADULTS – HAZAN & SHAVER

- Examined internal working model.
- Love quiz in local newspaper → 620 responses (205 men / 415 women)
- 56% secure / 25% avoidant / 19% resistant.
- Positive correlation between attachment type and love experience – secure had longer relationships and happier.
- ⊖ Correlational – can't assume a link / poor memories / self-reporting / ignores freewill, very deterministic.