

Learning Frustration of Toddlers: Confidence as a Temptation or Self-doubt as an Obstacle?

二歲到四歲幼兒的學習過程中的挫折：是助力或是障礙？

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【Abstract】

Children from age two to four enter the developmental stage of toddlerhood. Toddlers demand independence. With newly learned skills, they are extremely busy exploring the world around them. They discover things and as a result gain knowledge. When they try to complete tasks that are far beyond their ability, they become frustrated. Frustration has a crucial role with toddlers toward developmental goals. Erickson stated that toddlers may achieve autonomy and become confident or fail and experience self-doubt (Corey, 1991, p. 103). This paper discusses how frustration arises and its positive and negative effects. Further, how parents can cope with their toddler's frustration and how children can learn to delay their gratification will be illustrated.

Keywords : toddler, frustration, autonomy, confidence, anxiety, depression

【摘要】

二歲到四歲幼兒進入開始學習走路的階段。幼兒要求自主性，他專注於探索這個世界及發現新奇事務。在這個過程中，生活中一些任務讓幼兒經驗挫折，Erikson (1963) 指出此階段心理發展出獨立自主進而產生自信，也會遭遇挫折進而產生自我懷疑。本文將討論遭遇挫折可以有的正面及負面的影響，及如何化挫折為學習動力。

關鍵字：幼兒、挫折感、自主性、自信、焦慮、沮喪