Chapter 10
Adolescence and Adulthood

Physical, cognitive, emotional, and social changes are hallmarks of development throughout the life span.
Adolescence

- Adolescence – (children masquerading in adult bodies) is a period of life beginning at puberty and ending with early adulthood.
- Puberty is the stage of development at which individuals become physiologically capable of reproducing. Missing are: Intellectually, emotionally, and socially.
- Secondary sex characteristics are the physical characteristics that differentiate males and females but are not directly involved in ____________________________.
- Primary sex characteristics are the physical characteristics, such as the gonads, that differentiate males and females and play a direct role in ____________________________.
• Girls today enter puberty and experience menarche, at much earlier ages than did girls in previous generations.
• Early maturing in boys is associated with: (1) gives them an advantage in athletics and contributes to a more positive self-image and (2) they are more likely to engage in deviant social behavior e.g., drinking, smoking, etc. Late maturing boys tend to be less popular and may be subject to ridicule or become socially ostracized.
• Early maturing girls may encounter unwelcome sexual attention and believe they no longer fit in with their peers. They also tend to have lower self-esteem, a more negative body image, and more symptoms of __________________________.
Cognitive Development

- Psychologist David Elkind believed that adolescent egocentrism basically reveals itself in two ways: 1) through the imaginary audience and the 2) personal fable.
- Imaginary audience is the common belief among adolescents that they are the center of other people’s attention.
- Personal fable is the common belief among adolescents that their feeling and experiences cannot possibly be understood by others and that they are personally ________________ to harm.
Kohlberg’s Stages of Moral Reasoning

- Lawrence Kohlberg was a pioneer in studying how individuals make moral judgments about conflict-laden issues. He determined that moral development progresses through a sequence of six stages organized into three levels of moral reasoning: the preconventional level, the conventional level, and postconventional level.
• Preconventional level – Children at the preconventional level base their moral judgments on the perceived consequences of _________________.

Stage 1: Obedience and punishment orientation- good behavior is defined simply as behavior that avoids punishment.  Stage 2: Instrumental purpose orientation- A behavior is judged good when it serves the person’s needs or interests.
• Conventional level: Moral reasoning is based on conformity with conventional rules of right and wrong. Stage 3 is characterized by a good boy-good girl orientation- Individuals believe that conformity with rules and regulations is important because of the need to be perceived by others as a good boy or a good girl. Stage 4 is Authority or law-and-order orientation; obeying rules and laws because they are needed to maintain ________________________________.
• Postconventional level- Moral reasoning is based on a person’s own moral compass or principles rather than relying on those of an authority figures or blindly adhering to social rules or conventions. Stage 5 is a social contract orientation; viewing rules and laws as based on mutual agreement in the service of the common good. Stage 6 is the universal ethical principle orientation; adopting an internal moral code based on universal values that takes precedence over social rules and laws.
• Harvard psychologist, Carol Gilligan, argued that Kohlberg’s model was gender-biased because it had been derived entirely from studies of male subjects. She found that females adopted a ______________ orientation, whereas males applied a justice orientation.
Psychosocial Development

• For Erik Erikson, the major life challenge adolescents face is the development of a sense of ego identity, the stage of identity vs. role diffusion. Ego identity is then the attainment of a psychological sense of knowing oneself and one’s direction in life.

• Identity crisis is a stressful period of serious soul searching and self-examination of issues relating to personal values and one’s direction in life.

• Role diffusion is when the person is at sea, aimlessly taking each day as it comes without any clear values or goals. It is having a lack of direction in life.
• Adolescent Sexuality - 1) Unwed teenage mothers face serious obstacles to their educational and social development; 2) They are more likely than other girls to live below the poverty level; 3) to quit school, and 4) to depend on public assistance.

• FACTORS LINKED TO TEENS’ SEXUAL RESTRAINT INCLUDE: 1) living in an intact family; 2) having a family with low levels of conflict; 3) having at least one parent who graduated from college; 4) placing importance on religion and attending religious services frequently; and 5) being able to communicate openly with parents.
Early and Middle Adulthood-
 begins at age 40 thru age 60/65

• Some decline in mental functioning can be expected as people age during middle and late adulthood. The greatest declines occur in fluid intelligence, a form of intelligence associated with the ability to think abstractly and flexibly in solving problems.

• Crystallized Intelligence is another form of intelligence that is associated with the ability to use accumulated knowledge.

• Menopause represent the time of life when menstruation ends.
Psychosocial Development

• Psychologist Jeffrey Arnett coined the term emerging adulthood to describe the transition from adolescence to adulthood that occurs roughly from age 18 to age 25. He mentions five key characteristics that can be distinguished from other periods of life: 1) The age of identity exploration – sorting out who we are, what we believe in, and where we are headed in life. Also, a time for exploration of romantic partners and career alternatives in preparation for making lasting choices and commitments;
• 2) the age of instability – exploring different possibilities; 3) The self-focused age – developing skill, knowledge, and self-understanding that will help prepare them for meeting the responsibilities of adult life; 4) The age of feeling in between – not quite full independent adult; and 5) The age of possibilities – A time when one holds great hopes and expectations for a future life that hasn’t yet been realized.

• Midlife crisis - A state of psychological crisis, often occurring during middle adulthood, in which people grapple with the loss of their youth.
• Empty nest syndrome - A cluster of negative emotions, involving a loss of purpose and direction, that can occur when one’s children have grown and left home.

• MARRIAGE, AMERICAN STYLE – Most people in all human societies marry at least once.

• WHY PEOPLE MARRY: 1) it meets many personal and social needs; 2) it legitimizes and provides opportunities for regular sexual relations; 3) it offers a family structure to raise children within a stable home environment; 4) it provides a sense of security; and 5) it fulfills a desire to travel with a partner down life’s road.
WHO DO WE MARRY – During the seventeenth and eighteenth centuries, most European marriages were arranged by parents to enhance the family’s financial stability. Today, people tend to marry others from the same geographical area, race, educational level, religion, and social class; depending upon the market.

Homogamy refers to the tendency for people to marry others who are similar to themselves.
Divorce – About 40% of first marriages (and about 65% of second marriages) in the U.S. end in divorce. It is difficult for children in the best of circumstances and is made worse when marital problems and conflicts spill over into parent-child relationships. Children of divorce fare better when their parents do the following: 1) Try, in spite of their differences, to agree on how to handle the children; 2) Help each other maintain important roles in the children’s lives; and 3) Refrain from disparaging or criticizing each other in front of the children.
• Cohabitation – appears to be an alternative both to living alone and to marriage. Some prefer cohabitation because of its relative lack of legal and economic entanglements. However, the evidence suggest that cohabiting couples who later marry are more likely to divorce then couples who did not cohabit before marriage. Because they appear to be less committed to traditional values associated with the institution of marriage, such as the commitment to sticking it out through thick and thin; and to agree to disagree on a limited number of issues.
Late Adulthood - Age 65 and older

- **Dementia** - is the deterioration or loss of mental abilities involved in memory, reasoning, judgment, and capacity to carry out purposeful behavior.
- Alzheimer’s disease - Is an irreversible brain disease characterized by progressive deterioration of mental functioning.
- Ageism is the prejudice and discrimination directed at older persons.
Successful Aging involves several key characteristics: 1) Selective optimization and compensation – this is the ability to optimize one’s time and use available resources to compensate for shortcomings in physical energy, memory, or fluid intelligence; 2) Optimism – Maintaining a optimistic frame of mind which is linked to higher levels of life satisfaction and lower levels of depressive symptoms in later life; and 3) Self-challenge - Seeking new challenges is a primary feature of successful adjustment at any age.
Death and Dying

- Death and Dying – Psychiatrist Elisabeth Kubler-Ross has identified five stages: 1) Denial; 2) Anger; 3) Bargaining; 4) Depression; 5) Final acceptance - they accept it with quiet dignity.

- Bereavement – A psychological state of deprivation involving feelings of grief and loss resulting from the death of a loved one or close friend.

- Mourning – The expression of sorrow or grief in accordance with a set of customs, such as wearing black clothing.
COMPONENTS TO LIVING LONGER, HEALTHIER LIVES:

1) Developing healthy exercise and nutrition habits; 2) Staying involved; 3) Lending a hand; 4) Thinking positively about aging; 5) Avoiding harmful substances; 6) Maintaining a healthy weight; 7) Managing stress; and 8) Exercising the mind, not just the body.

Longevity is partly determined by genetic inheritance and partly by factors people can directly control, such as a healthy diet, regular exercise, avoidance of harmful substances, and an active, involved lifestyle.

THE END

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