

The slide features a light beige background. On the left, there is a large, muted olive-green circle containing a faint, stylized illustration of a leafy branch. On the right, there is a large, muted terracotta-colored shape with a white, wavy line border. The text is centered in the middle of the slide.

Unit 3

Lifespan Development Psychology

A stylized, dark grey leaf graphic with several pointed leaves, located in the top left corner of the slide.

CONTENT

PUBERTY:

CHARACTERISTICS - BODY
CHANGES AT PUBERTY-EFFECTS OF
PUBERTY CHANGES AND DEVIANT
MATURING- HAZARDS AND
UNHAPPINESS AT PUBERTY.

Puberty

Puberty – came from the Latin word PUBERTAS which means “age of manhood”

- The period of rapid physical maturation involving hormonal and bodily changes that takes place in early adolescence
- The awkward stage
- Stage in development during which maturation of the sexual apparatus occurs and reproductive capacity is attained



Characteristics of Puberty

➤ **Puberty is an overlapping period**

- It encompasses the closing years of childhood and the beginning years of adolescence
- pubescents / pubescent children – children that are not yet sexually matured

➤ **Puberty is a short period**

- Lasts 2 – 4 years only
 - > rapid matures – children who pass through puberty in two years or less
 - > slow matures – children who pass through puberty in 3-4 years to complete the transformation into adults

➤ **Puberty is divided into stages**

1. **Prepubescent** – this stage overlaps the closing year or two of childhood

- One who is no longer a child, but not yet an adolescent
- The secondary sex characteristics begin to appear but the reproductive organs are not yet fully developed.

2. **Pubescent** – this stage occurs at the dividing line between childhood and adolescence; the time when the criteria of sexual maturation appears

- Secondary sex characteristics continue to develop and cells are produced in the sex organs

➤ **Puberty is a time of rapid growth and change**

- Puberty growth spurt – lasts for a year or two before children become sexually mature.

Puberty Growth Spurt

- 8.5 – 11.5 y/ o ; peak 12.5 y/o ~ girls
- 10.5 – 14.5 y/o; peak 15.5 y/o ~ boys

➤ **Puberty is a negative phase**

- (Charlotte Buhler): negative attitudes of pubescent children are characteristic mainly of the early part of puberty.
- More pronounced in girls than boys

➤ **Puberty occurs at a variable age –**

- Can occur between 5-19 yrs.

Girls – 11- 15 yrs

Boys – 12 – 16 yrs

Criteria of puberty

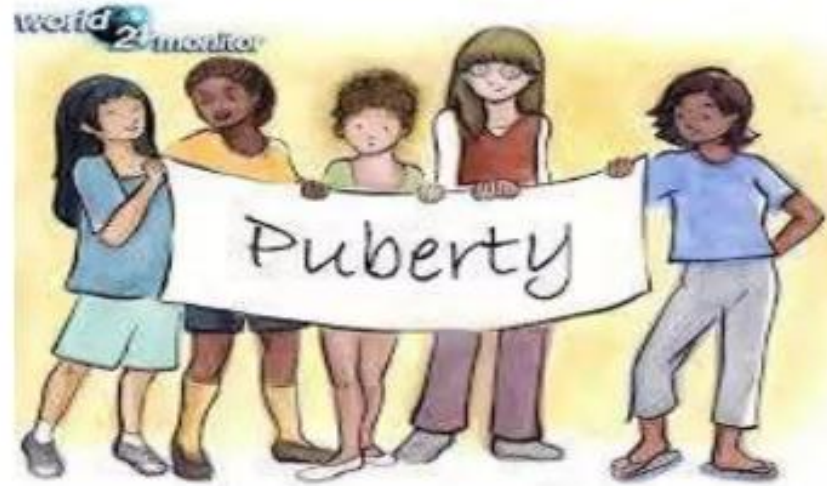
- The criteria most often used to determine the onset of puberty and to pinpoint a particular stage of puberty that the child has reached are the menarche , nocturnal emissions, and X-RAY of bone development
- The menarche is more correctly considered a midpoint in puberty in girls
- The nocturnal is a criteria used for the development in boys

Causes Of Puberty

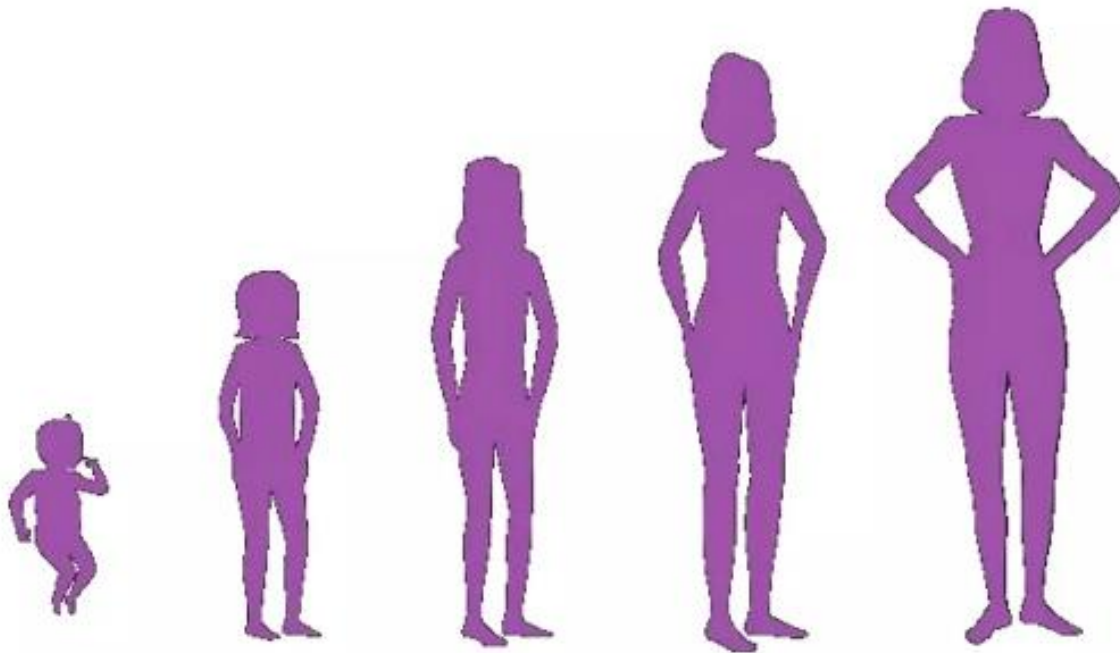
- At the present time , it is known that about five years before children become sexually mature , there is a small excretion of the sex hormones in both boys and girls .
- The amount of the hormones increases as the time passes and this eventually leads to the maturing of the structure and the function of the sex organs .
- It has been established that there is a close relationship between the pituitary gland , located at the base of the brain and the gonads

Age of puberty

- The onset of puberty varies
- among individuals. Puberty
- usually occurs in girls between the ages of **10** and **14**, while in boys it generally occurs later, between the ages of **12** and **16**.
- **In American culture today** approximately 50 percent of all(girls mature between 12.5 and 14.5 years) with the average maturing at 13.
- The average (boy becomes sexually mature between the ages of 14 and 16.5) with 50% of all boys maturing between 14 and 15.5 years



Body changes at puberty:



During puberty:

- Four important physical changes occur which transform the child's body into that of an adult:
- Changes in body size
- Changes in body proportions
- The development of primary sex characteristics
- The development of secondary sex characteristics



Changes in body size:

- Height and weight: (for Girls)

| Gender | Average annual increase | Two years preceding the menarche | After menarche | Around 18 |
|--------|---|---|------------------------------------|------------------------------|
| Girls | The year preceding the menarche= 3 inches | Average increase is 2.5 inches per year | Growth slows down to 1 inch a year | Growth comes to a standstill |
| | Though 5-6 inch increase is not unusual | Total of 5.5 inches | | |

(for Boys):

| Gender | Rapid growth in years | After puberty |
|--------|--|---|
| Boys | Starts on average= 12.8 Ends on average= 15.3 peak occurring= 14 | Growth decelerates and continuous on slow rate till 20-21 |

Because of the longer growth period, boys achieve greater height by the time they mature than girls do.

Weight:

- Weight gain not only comes from fat but also from muscle and bone
- That's why even they gain weight rapidly, they often look thin and scrawny
- Girls experience greatest weight gain just before and after menarche
- For boys the maximum gain in weight comes a year or two later than for girls and reaches its peak at sixteen

Changes in body proportions:

Size:

- Certain areas become proportionally too big because they reach their mature size
- Apparent in nose, feet and hands

Trunk:

- The thin long trunk begins broaden at hips and shoulders and waistline develops
- Trunk lengthens and waistline drops, thus giving the body adult proportions

Maturity:

- Boys who mature early usually have broader hips than boys who mature late and for girls its voice versa



Cont..

Legs:

- Before puberty legs are disproportionately long in relation to trunk and continues to be so until the child is approximately fifteen.
- In late maturing children, the leg growth continues for a longer time than in early matures.
- Early matures= short legged
- Late matures= long legged

Arms: the same as in legs





Primary sex characteristics:

- Humans are born with very obvious **primary sex characteristics** (or **body structures directly concerned with reproduction**) that allows us to tell males from females, such as the penis in men and the vagina in women, **secondary sex characteristics**, on the other hand, are features which appear at puberty (though they later become equally as prominent).



In men, these include:

- More pronounced body hair characteristics (beard, chest, etc.) and usually more coarse
- Heavier musculature
- Angular features (i.e. square jaw, triangular mid region)
- Narrow hips
- Muscular pectorals (chest)
- Less fat tissue overall
- Deeper voice

In women, these include:

- Less pronounced body hair characteristics (mostly in pubic region, hair all over is usually finer)
- Lighter musculature
- Rounded features (i.e. softer facial features, hourglass mid-region)
- Wider hips (for child bearing)
- More pronounced breasts with more fatty tissue
- More fat tissue overall
- Higher voice

- **Effect of Puberty Changes:**
- The physical changes of puberty affect every area of the body both externally and internally
- Even though these effect are normally only temporary
- They are severe enough while they last to bring about a change in habitual pattern of behavior, attitude and personality



- **Effects on Physical Well-being :**
- Rapid growth and body changes are likely to be accomplished by fatigue, listlessness, headaches, backache, cramps, abdominal pain, swelling of legs and ankles, depression.
- Digestive disturbances are frequent, and appetite is finicky
- The prepubescent child is upset by glandular changes and changes in the size and position of internal organs.



Sources of concern

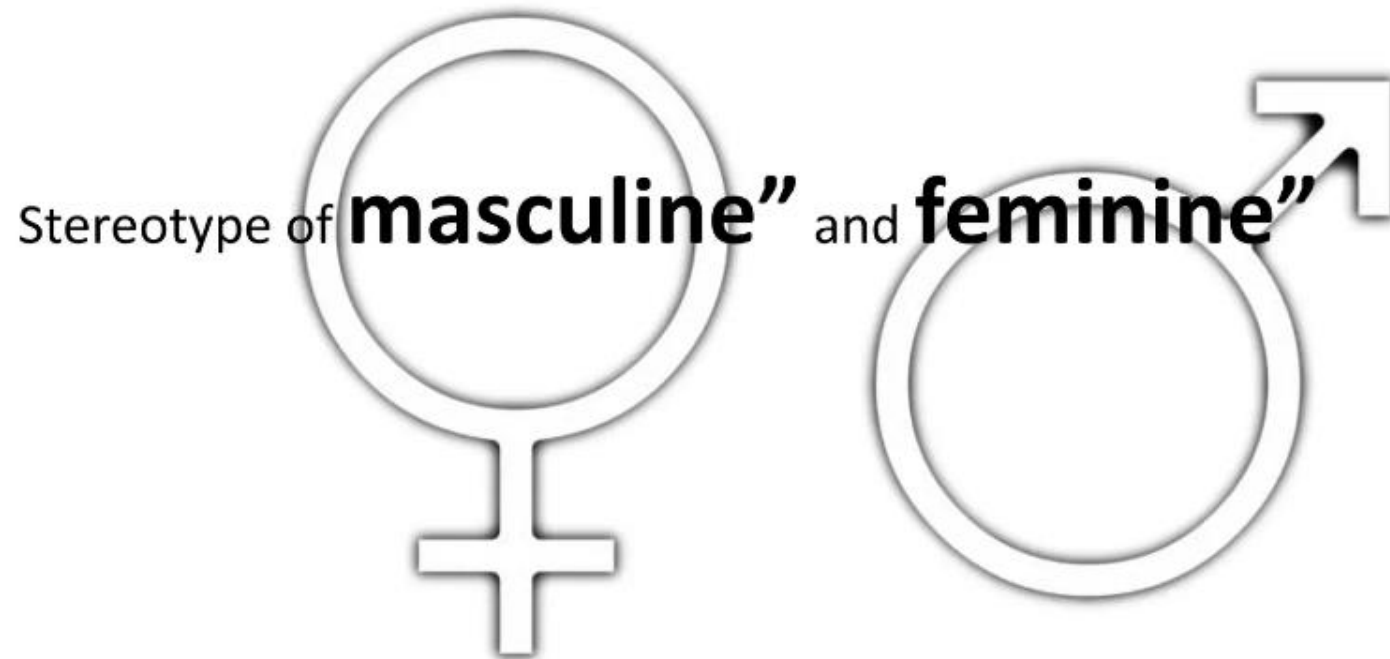
- One of the developmental tasks of growing up is that of accepting the newly developed body.
- Childhood ideals.
- Lack of knowledge. (slow growth)
- Different children worry about different parts of their bodies.
- Girls.(physical app.)
- 2 concerns
 1. whether certain characteristics are normal
 2. whether they are sexually appropriate.

Concerns about Normalcy.

- Boys concern
- Girls concern
- Concerns of boys and girls
- Sex organs
- Body disproportions
- Awkwardness
- Age of maturing
- Masturbation



Concerns about Sex-Appropriateness





Concern about size





Concern about **weight**

In our culture fat is considered unattractive and overweight girl who compare herself with movie stars and cover girls.

- **For a boy fat is considered as sexually inappropriate.**



Concern about secondary sex characteristics

- A feminine is suppose to have fair complexion. (vary from culture to culture).
- For boys facial hair, the development of large muscles on shoulders and arm regions and voice changes come in late puberty

Hazards of Puberty

- Generally serious because of long-range consequences.
- The psychological hazards of puberty are more numerous and more far reaching in their effects than the physical ones.
- Only a small percentage of pubescent children are affected by the physical hazards, while all are affected by psychological ones but to varying degree.



- **Physical Hazards:**

- Most pubescent children do not feel up to par physically, actual illness is less common during this period.
- There is less likelihood of mortality at this time than in the earlier or even the post-pubescent years. Many deaths reported due to accidents are the result of suicide, which they attempt because of severe depression.
- The major physical hazards of puberty are due to slight or major malfunctioning of the endocrine glands that control the puberty growth spurt and the sexual changes that take place.



- **Psychological Hazards:**

- Long-term psychological effects of puberty are more important than immediate effects.

1. Unfavorable Self-Concept: few children pass through puberty without developing unfavorable self-concepts. Those are the children who, earlier, had good opinions of themselves, had enough self-confidence to play leadership role in their peer group.

Unfavorable self-concepts in puberty can be due to personal origin and some environmental. Most of pubescent's have unrealistic concepts about their appearance and abilities. Pubescent's watch their bodies change as they observe their awkward behavior, which make them disillusioned.

Pubescent's tend to be unsocial if not antisocial in their behavior. Unfavorable treatment from others seriously affects self-concept, causing them to have negative attitude. They become withdrawn from others, contributing little in actions or speech to the group, or they become aggressive or defensive, retaliate as they regard them unfair treatment, which increases unfavorable social attitude towards them even more.

This becomes foundation for inferiority complex, unless remedial steps are taken to correct it.

Con't...

2. Underachievement: With rapid physical growth comes weakening of energy. Which leads to lack of enthusiasm and attitude of boredom towards any activity that requires effort. Underachievement begins around fourth or fifth grade in school.

Girls accept the cultural stereotype about themselves, they realize that it is not regarded as “feminine” to be achievers, especially when their achievements are higher than boys. This encourages girls to work below their capacities, which eventually becomes a habit. As a result many pubescent's grow up to be underachievers. Unless remedial steps are taken to correct them, they lead to life changing underachievement's.

Con't...

3. Lack of preparation for puberty changes: when pubescent's are psychologically unprepared for both the physical changes and psychological changes that take place at puberty, undergoing these changes maybe traumatic experience. As a result, they are likely to develop unfavorable attitudes toward these changes.

Children are embarrassed to ask questions about puberty and that is why they never talk to their parents, teachers, or peers about these physical changes. It is preferable to educate them already.

Early and late maturers think that there is something wrong and that there development is abnormal as compare to their peers. The more they look different, the more they will feel inferior.



Con't...

4. Acceptance of changed bodies: One of the important developmental tasks of puberty is acceptance of the changed bodies. There are several reasons pubescent boys and girls are dissatisfied with their bodies and find it difficult to accept them, two most prominent reasons are: First, almost all children build up an ideal physical self-concept based on concepts from different sources of ideal individuals. Second, traditional beliefs about a gender-appropriate appearance tend to color pubescent children's attitudes in ways that interfere with their acceptance of their own changed bodies.



Cont...

5. Acceptance of socially approved gender roles: Throughout childhood, strong pressure is put on boys to play socially approved masculine gender which, in most social groups, is a traditional role which emphasizes the superiority. Because of the advantages and prestige associated with traditional male gender role, most boys are not willing but eager to play it. This is why boys have no problem accepting their gender role.

On the other hand it is hard for girls to accept their gender role because of somewhat blurred concept and they also face difficulty behaving in a manner that conforms to the stereotype. Few girls have lesser problems because they are also taught like boys, their traditional gender roles. However, other girls find it difficult to adjust because they prefer equal rights and equal opportunities. Which makes accepting hard and hazardous for psychological health.

For many girls, psychological hazards become intensified by their periodic discomfort. While not all girls are victims of periodic discomfort.

Realization that boys are not subject to periodic discomforts makes them resist traditional gender roles even more.

Unfavorable attitudes towards menstruation intensifies even more when older women call them "curse". It has been reported that unfavorable attitude towards menstruation prolong throughout lives and cause them depression.

Cont...

6. Deviations in sexual maturing: Deviations in sexual maturing is the most serious psychological hazard in their age and specially affects only those children who are deviant from their age-mates. As is true of the late childhood years, it is difficult for pubescent to be acceptant about anything that makes them different and thus, in their view, inferior.

Children who deviate in sexual maturing thinks that there is something wrong with them. They are concerned about being normal in present and in future.

Early maturers, have advantages but they still manifest personality difficulties. These difficulties occur because they tend to look older than their age-mates and then have to act according to their looks. If they fail to do so, they are criticized about it and it leads to dissatisfaction, inadequacy and inferiority.

Late maturers, who look younger than they are, maybe treat accordingly by their family and friends, which makes them doubt their abilities to do what their age-mates do.

Slow matureres, have more time to adjust to the physical changes than rapid maturers.



Cont...

Long-term effects of deviant maturing on girls leads one to believe that early matures tend to have aggressive personality and they will remain the same way later in life.

Late-maturers, by contrast, who were better adjusted personality and do well socially remain to do so during adulthood, unless conditions unrelated to sexual maturing interfere with this pattern.



The background features a light gray base with large, soft-edged organic shapes in muted red and olive green. A thin white line outlines a shape on the right. In the top left, there is a faint sketch of a leafy branch.

Thank you

Unit 3 - Adolescence

Lifespan Development Psychology

Adolescence: characteristics, developmental tasks, emotionality, social interests and morality changes during adolescence -sex behavior and approved sex roles-family relationships, personality changes and hazards of adolescence.

Introduction

- ▶ The term adolescence comes from the Latin verb *adolescere*, which means “to go into adulthood.”
- ▶ Transition between childhood and adulthood
 - ▶ From about the ages of 11-19
- ▶ Adolescence is a period of rapid physical, cognitive, sexual, social and emotional changes.
- ▶ It is an adjustment period for the adolescent, their parents, and those who are in frequent contact with them.



Introduction to Problems in Adolescents

□ For most children, adolescence is a period of good physical health. The most common problems during adolescence relate to

Growth and development

- School
- Childhood illnesses that continue into adolescence
- Mental health disorders

Consequences of risky or illegal behaviors (including injury, legal consequences, pregnancy)

- **Leading causes of death and disability** among adolescents are
 - Unintentional injuries resulting from motor vehicle crashes
 - Injuries resulting from interpersonal violence

Adolescence

- Physical Development
- Cognitive Development
- Social Development
- Emerging Adulthood



Adolescence

Many psychologists once believed that our traits were set during childhood. Today psychologists believe that development is a lifelong process.

Adolescence is defined as a life between childhood and adulthood.



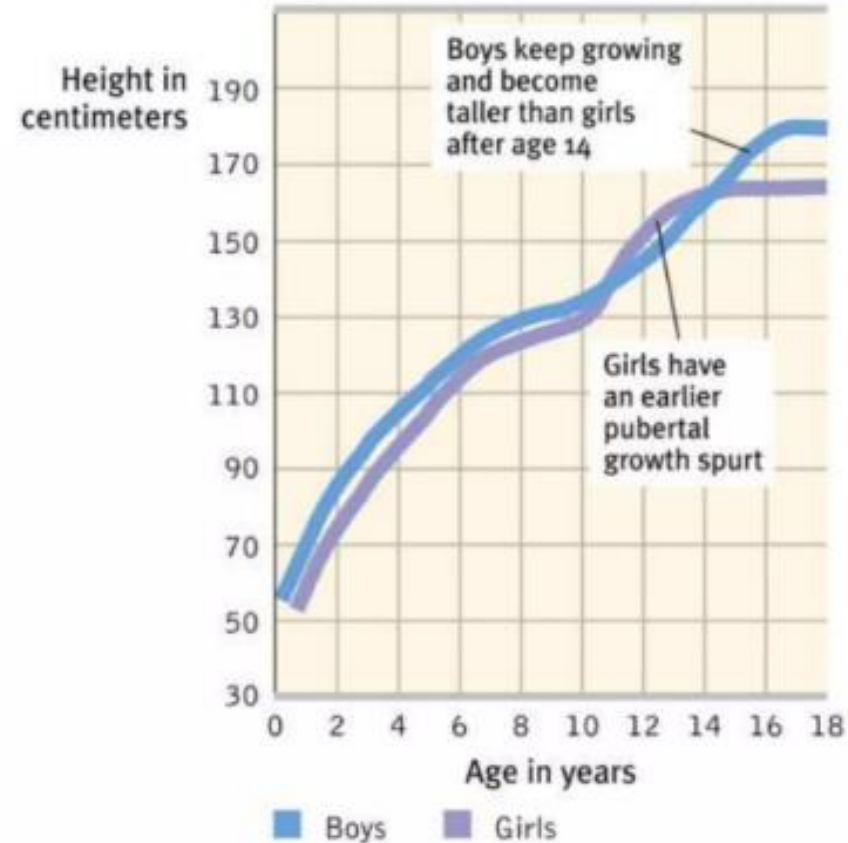
AP Photo/ Jeff Chiu

Physical Development

Adolescence begins with **puberty** (sexual maturation). Puberty occurs earlier in females (11 years) than males (13 years).

Predictors of Early Puberty Onset:

- 1) High BMI
- 2) African-American Ethnicity



Brain Development: Volume 1

- Brain Volume is at least 95% of adult volume by age 6.
- Male > Female (9%)
- Male brains reach adult size by ages 14.5.

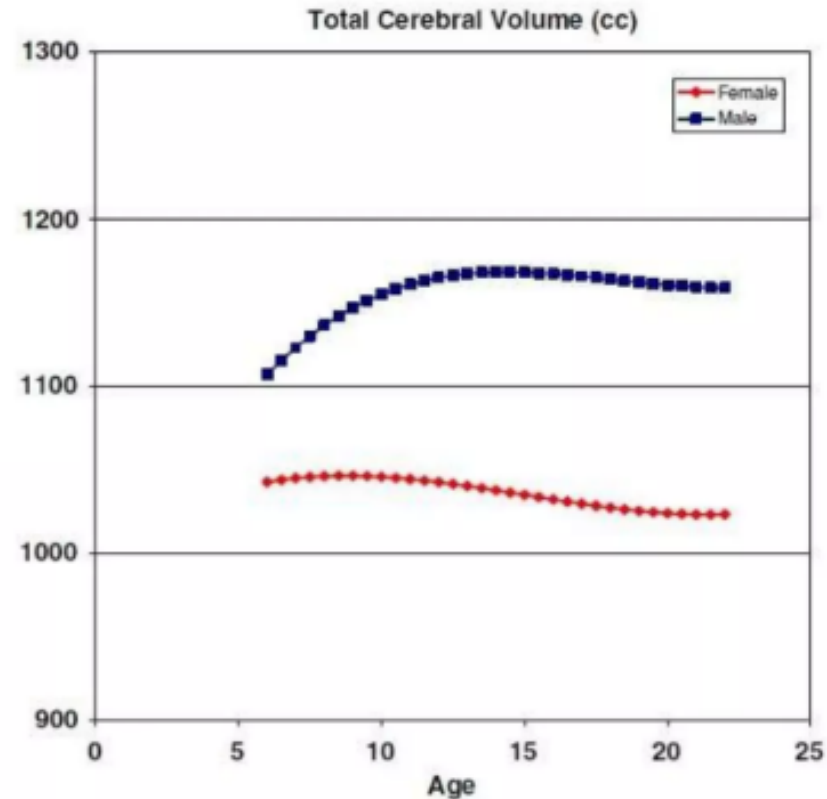


Fig. 3. Total cerebral volume (TCV) by age for 224 females (375 scans) in red and 287 males (532 scans) in blue.

Volume 2: Lateral Ventricle

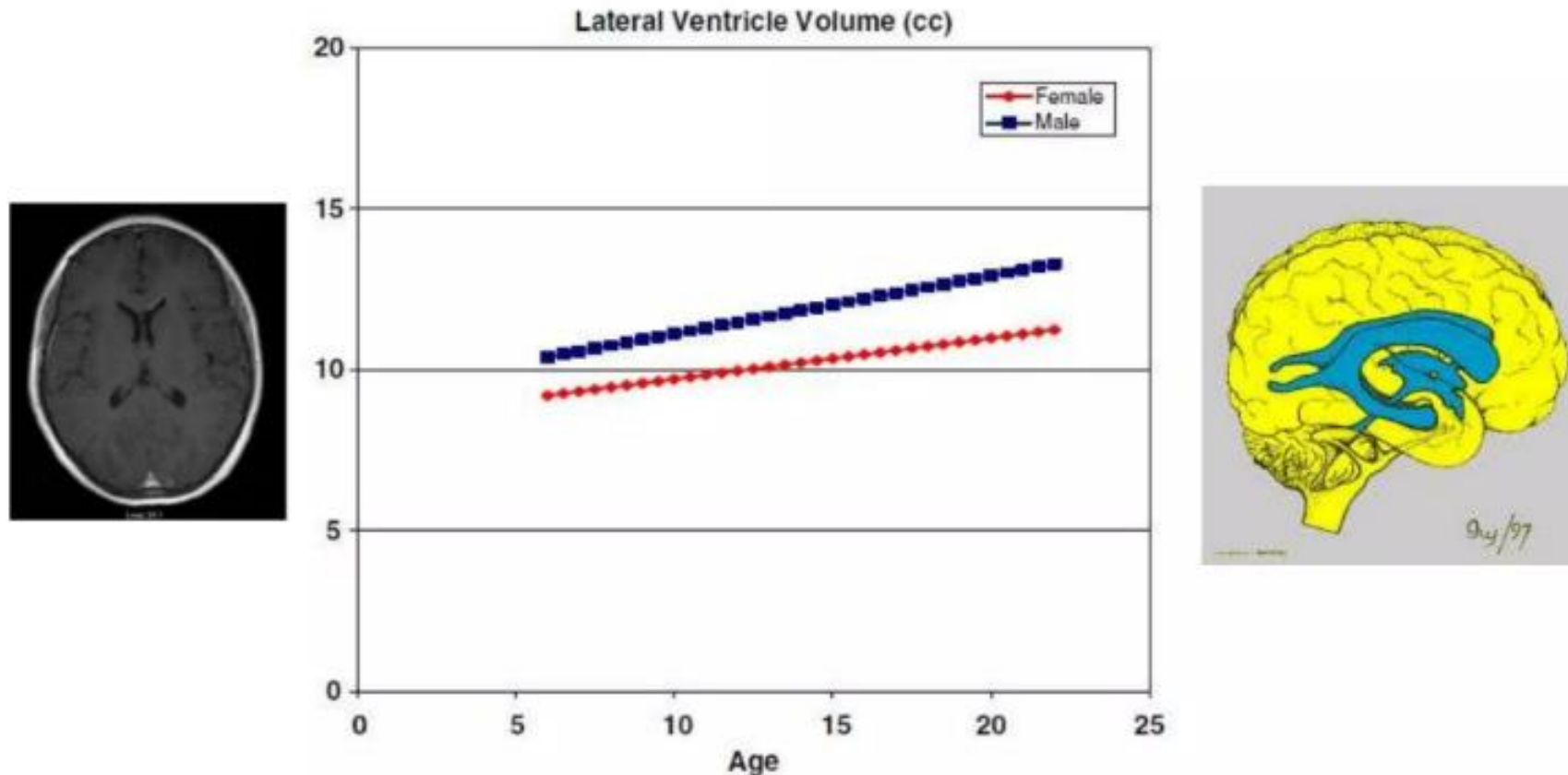
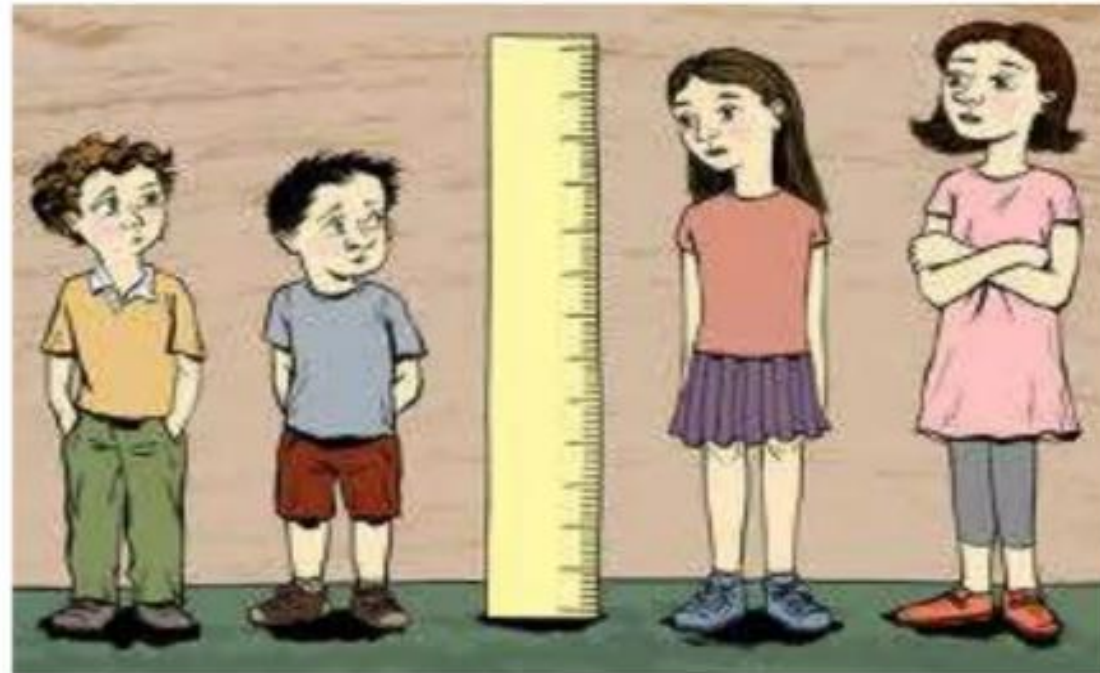


Fig. 4. Lateral ventricle volume by age for 224 females (375 scans) in red and 287 males (532 scans) in blue.

Primary Sexual Characteristics

During puberty **primary sexual characteristics** — the reproductive organs and external genitalia — develop rapidly.



Secondary Sexual Characteristics



Secondary sexual characteristics—the additional traits such as breasts and hips in girls and facial hair and deepening of voice in boys develop. Pubic hair and armpit hair grow in both sexes.

Developing Reasoning Power



According to Piaget, adolescents can handle abstract problems, i.e., they can perform *formal operations*. Adolescents can judge good from evil, truth and justice, and think about God in deeper terms.



Developing Morality

Lawrence Kohlberg (1927, 1987) sought to describe the development of moral reasoning by posing moral dilemmas to children and adolescents, such as “Should a person steal food if they are starving?” He found stages of moral development.

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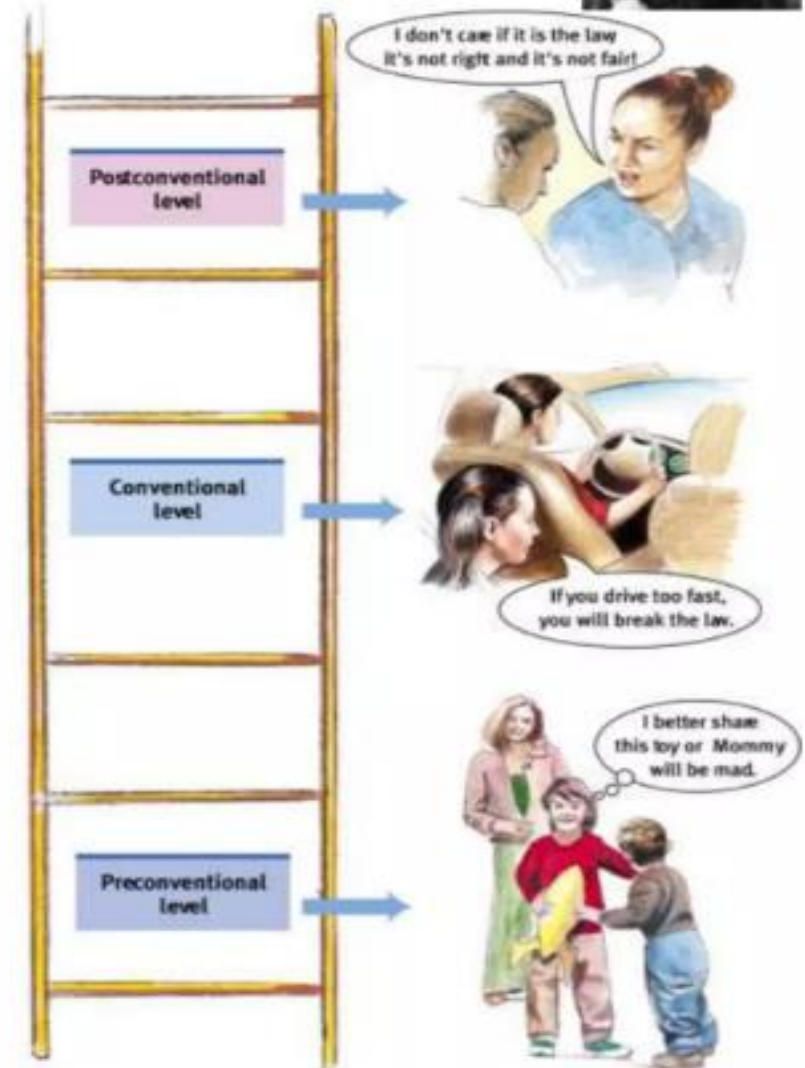


“Eminence” = 30th

1927-1987

3 Basic Levels of Moral Thinking

1. **Preconventional Morality:** Before age 9, children show morality to avoid punishment or gain reward.
2. **Conventional Morality:** By early adolescence, social rules and laws are upheld for their own sake.
3. **Postconventional Morality:** Affirms people's agreed-upon rights or follows personally perceived ethical principles.



Social Development

As our thinking matures, so does our behavior in that we become less selfish and more caring. People who engage in doing the right thing develop empathy for others and the self-discipline to resist their own impulses.



Characteristics of Adolescent :

- Adolescence literally means 'to grow to maturity'.
- It is an intermediary stage between childhood and adulthood characteristically possessing qualities of both stages, although not fully either of them.
- The age range is from 13-19 years.
- It is the threshold to adulthood.



- There are rapid physical changes taking place including sexual maturity which is attained during adolescence.
- Adolescence is a crucial stage for the person and it encounters problems of different kinds.
- Adolescents are very sensitive.
- Adolescence is the period of change.
- Adolescence is a time of search for identity.



Developmental tasks for adolescents:

- Coming to terms with ones own body and accepting the changes.
- Achieving new and more mature relations with age mates of both sexes.
- Selecting and training for career.
- Desiring, accepting and achieving socially responsible behaviour.
- Achieving emotional and economic independence.
- Gaining self identity.

Some adolescent interests:

- **Recreational interests-** games and sports, relaxing, traveling, dancing, movies, television & radio, day dreaming..
- **Social interests-** parties, drinking, drugs, conversations, helping others, world affairs, criticism and reform...
- **Personal interests-** interest in appearance, interest in clothes, interest in achievements, interest in independence, interest in money...
- **Educational interests, religious interests,**

Hazards of Adolescence:

- **Physical hazards:** While illness rates may be low, accidents and conflicts leading to suicide are high..
- The major psychological hazards of adolescence center around the failure to make the psychological transitions to maturity that constitute the important developmental tasks of adolescence.
- **Sexual behavior;** premarital pregnancy, rejection of the socially approved sex role..
- Family relationships, moral behavior..

Social Interest

- Social interests depend on opportunities adolescents have and how popular they are with members of the peer group. An adolescent whose family's socioeconomic status is low for example, will have fewer opportunities to develop an interest in parties and dancing than adolescents from more favorable home backgrounds. Similarly, an adolescent who is unpopular will have a limited repertoire of social interests.A

Common social interests of adolescents:

- ***Parties:*** Interest in parties with members of the opposite sex first manifests itself at about age thirteen or fourteen. Girls enjoy parties more than boys throughout adolescence.
- ***Drinking:*** Drinking on dates or at parties becomes increasingly more popular as adolescence progresses.
- ***Conversations:*** All adolescents derive a sense of security from getting together with a group of peers and talking about the things that interest or disturb them. Such get-togethers provide an opportunity to blow off emotional steam and get a new perspective on their problems.
- ***Helping Others:*** Many young adolescents are sincerely interested in trying to help people they feel have been misunderstood, mistreated, or oppressed.
- ***World Affairs:*** Through courses in school and the mass media, adolescents often develop an interest in government, politics and world affairs. They express this interest mainly through reading and discussions with their peers, teachers and parents.
- ***Criticism and Reform:*** Almost all young adolescents, but especially girls, become critical and attempt to reform their parents, peers, schools and communities. Their criticisms are generally destructive rather than constructive, and their suggestions for reform are usually impractical.
- **Talking on phones, chatting, face book, sites etc.**

Moral Development

- As adolescents become increasingly independent, they also develop more nuanced thinking about morality, or what is right or wrong. We all make moral judgments on a daily basis. As adolescents' cognitive, emotional, and social development continue to mature, their understanding of morality expands and their behavior becomes more closely aligned with their values and beliefs. Therefore, moral development describes the evolution of these guiding principles and is demonstrated by the ability to apply these guidelines in daily life. Understanding moral development is important in this stage where individuals make so many important decisions and gain more and more legal responsibility.

Morality

- Morality refers to the way people choose to live their lives according to a set of guidelines or principles that govern their decisions about right versus wrong, and good versus evil.

Moral Development

- As youths' cognitive, emotional, social development continue to mature, their understanding of morality expands and their **behavior becomes more closely aligned with their values and beliefs**. Therefore, moral development describes the evolution of these guiding principles and is **demonstrated by the ability to apply these guidelines in daily life**.

Sex Behaviour

- To master the important developmental tasks of forming new and more mature relationships with members of the opposite sex, and of playing the approved role for one's own sex, young adolescents must acquire more mature and more complete concepts of sex than they had as children.
- The motivation to do so comes partly from social pressures but mainly from the adolescent's interest in and curiosity about sex. Because of their growing interest in sex, adolescent boys and girls seek more and more information about it.
- Few adolescents feel that they can learn all they want to know about sex from their parents.
- Consequently they take advantage of whatever sources of information are available to them-sex hygiene courses in school or college, discussions with their friends, books,.. By the end of adolescence, most boys and girls have enough information about sex to as their curiosity.

Family Relationship

- Changes in a teen's physical and thinking development come with big changes in their relationships with family and friends.
- Family relationships are often reorganized during puberty.
- Teens want more independence and more emotional distance between them and their parents.
- A teen's focus often shifts to social interactions and friendships.
- This includes same-gender friends, same-gender groups of friends, and cross-gender groups of friends. Sexual maturity triggers interest in dating and sexual relationships.

Personality Changes

- Adolescence is a time when a child's unique identity emerges.
- Until adolescence, a child basically fulfills the will of his parents. However, as an adolescent naturally separates from his parents, he develops his own distinct personality.
- Besides maturing physically and emotionally, adolescents grow intellectually, while they develop moral understanding and an ability to plan toward the future.
- While this independence can cause stress and conflict at home, parents should not feel rejected by the change in their child's personality; on the contrary, they should guide their adolescent to make the transition as smooth as possible.

Personality Changes

- Personality is based on temperament, character and environment.
- Temperament is controlled by a person's inborn genetic composition; character is determined by how a person thinks, feels, and behaves; and environment is the total sum of a person's life experiences.
- Parents can play a crucial role in developing their children's personality and behavior by anticipating issues that might be problematic and avoiding difficult situations altogether.
- They can steer a child toward his strengths, increasing his positive experiences.

Personality Changes

- As teenagers get older they become more sure of themselves and are willing to experiment with different roles until they find one that fits.
- Their personality changes according to the situation or group of friends. An adolescent's identity is a combination of religious beliefs, occupational goals, personal moral standards and sexual identity.
- Teens are often idealistic and willing to actively pursue an issue that's important to them.
- As adolescents look toward the future, they broaden their view of the world.
- Suddenly they are worried about global problems, the needy and life beyond college. As they emerge as a separate entity from their parents, they understand their parents' limitations and become more critical of themselves and their friends

Physical Hazards

- **Physical hazards are now less numerous and less important than psychological hazards, although they do exist.**
- **However, they are significant primarily because of their psychological repercussions.**
- **Overweight per se, for example, would have relatively little effect on the adolescent's behavior and thus on social adjustments, but it is a hazard because it can result in unfavorable peer attitudes.**

CONDITIONS INFLUENCING THE ADOLESCENT'S SELF-CONCEPT

- **Age of Maturing** and want to develop a similar personality If this person is of the same sex, the adolescent will be helped to develop a sex-appropriate self concept. Early maturers, who are treated as near-adults, develop favorable self-concepts and thus make good adjustments. Late maturers, who are treated like children, feel misunderstood and martyred and thus are predisposed to mal-adjusted behavior.
- **Appearance** Being different in appearance makes the adolescent feel inferior, even if the difference adds to physical attractiveness. Any physical defect is a source of embarrassment which leads to feelings of inferiority. Physical attractiveness, by contrast, leads to favorable judgments about personality characteristics and this aids social acceptance.
- **Sex-Appropriateness:** Sex-appropriate appearance, interests, and behavior help adolescents achieve favorable self-concepts. Sex-inappropriateness makes them self-conscious and this influences their behavior unfavorably

CONDITIONS INFLUENCING THE ADOLESCENT'S SELF-CONCEPT

- Names and Nicknames

Adolescents are sensitive and embarrassed if members of the peer group judge their names unfavorably or if they have nicknames that imply ridicule

- Peers

Peers influence the adolescent's personality pattern in two ways. First, the self-concepts of adolescents are reflections of what they believe their peers' concepts of them are and, second, they come under peer pressures to develop personality traits approved by the group.

- Creativity

Adolescents who have been encouraged to be creative in their play and academic work as children develop a feeling of individuality and identity that has a favorable effect on their self-concepts. By contrast, adolescents who have been forced to conform to an approved pattern since earliest childhood lack a feeling of identity and of individuality.

CONDITIONS INFLUENCING THE ADOLESCENT'S SELF-CONCEPT

- **Family Relationships** : An adolescent who has a very close relationship with a family member will identify with this person. If this person is of the same sex, the adolescent will be helped to develop a sex-appropriate self-concept.
- **Level of Aspiration** : If adolescents have unrealistically high levels of aspiration, they will experience failure.
- This will lead to feelings of inadequacy and to defensive reactions in which they blame others for their failures.
- Adolescents who are realistic about their abilities will experience more successes than failures.
- This will lead to greater self-confidence and self-satisfaction, both of which contribute to better self-concepts.

CONDITIONS INFLUENCING THE ADOLESCENT'S SELF-CONCEPT

Physical Hazards

- Mortality as a result of illness is far less common during adolescence than in earlier years, although deaths due to automobile accidents increase. Adolescents are generally in good health, but they often discover they can avoid unpleasant situations by "not feeling well." Girls often use their menstrual periods as an excuse for not going to school
- Suicide or attempts at suicide are becoming increasingly common among today's adolescents.

Psychological Hazards

- The major psychological hazards of adolescence center around the failure to make the psychological transitions to maturity that constitute the important developmental tasks of adolescence. In most cases adolescents fail to make these transitions not because they want to remain immature but because they encounter obstacles in their attempts to achieve mature patterns of behavior.

Family Relationships Hazards

Family Relationships

- Immaturity in family relationships, as shown by quarreling with family members, Criticizing them constantly, or making derogatory Comments about their appearance or behavior, Is Especially common during the early years of adolescence.
- This is when, as was pointed out earlier, family relationships are usually at a low point

HAPPINESS IN ADOLESCENCE

- Because few adults separate early adolescence from late adolescence in their minds, they tend to remember all adolescence as a generally unhappy age.
- In addition, publicity given to adolescent suicides in recent years, especially among college students, has tended to strengthen the belief that this is an unhappy period in the life span.
- Adolescents who are poorly adjusted, especially those who have been making poor adjustments since childhood, tend to be the most unhappy and the most persistently unhappy throughout the years of early adolescence.
- Their unhappiness comes more from personal than from environmental causes. They have unrealistically high levels of aspiration for themselves, and when their achievements fall below their expectations, they become dissatisfied with themselves and self-rejectant in their attitudes.
- Although all adolescents tend to be unrealistic during the early years of adolescence, those who are poorly adjusted are not only more unrealistic than average but also less likely to modify their aspirations

HAPPINESS IN ADOLESCENCE

- The greater happiness that is characteristic of late adolescence is due, in part, to the fact that older adolescents are granted status more in keeping with their level of development than was true during early adolescence.
- They are, for example, given more independence and consequently suffer fewer frustrations.
- Even more important, they are more realistic about their capacities, and set goals more within their reach; they use sustained and definitely directed efforts to attain these goals; and they have built up a degree of self-confidence based on knowledge of past successes which counteracts some of the feelings of inadequacy that plagued them when they were meant younger

HAPPINESS IN ADOLESCENCE

- If adolescents are realistic about the degree of acceptance they can achieve, and are satisfied with the people who accept them and show affection for them, their chances for happiness are greatly increased.
- It is important to realize that meeting the adolescent's need for acceptance, achievement-the three A's of happiness-may depend on the environment or on the adolescent.
- This is true of all ages, but especially of childhood and adolescence, when individuals are dependent on their families and cannot control their environments as they will be able to do when they have reached adulthood
- If the controls provided by the environment are such that they permit adolescents to satisfy their needs, they will be happy provided their needs are realistic in the sense that they have the capacities necessary to meet them. Because most adolescents become more realistic as adolescence progresses, this explains why it is that they tend to be happier and better satisfied with their lives than they were during the unrealistic period of early adolescence.

THANK YOU





Unit 3 - Adulthood

Lifespan Development Psychology

Adulthood: characteristics - development tasks changes in interests, social mobility, sex-role adjustment, personal and social hazards of adulthood. Vocational, marital, parenthood; singlehood and hazards of adjustments - assessments of marital adjustments

THREE PHASES OF ADULTHOOD

| Period | Significant Events |
|-------------------------|---|
| Early (young) Adulthood | <ul style="list-style-type: none">• Begins when adolescence reaches maximum height• Girls - age 20 yrs.• Boys - age 22 yrs.• Lasts until age 40 yrs. |
| Middle Adulthood | <ul style="list-style-type: none">• Ages 40-60 yrs. |
| Late (old) Adulthood | <ul style="list-style-type: none">• Age 60 until death |

MATURITY AND ADULTHOOD :

- ◉ Maturity is reached when a balance of growth in the physiological, psychosocial, and cognitive areas has been attained.
- ◉ Characteristics of Maturity :
 - Accepts constructive criticism
 - Open to suggestion
 - Learns from own and others experiences
 - Accepts responsibility for their own mistakes

1- EARLY (YOUNG) ADULthood



EARLY (YOUNG) ADULTHOOD

- ◉ Begins in late teens/early 20yrs and lasts through the 40yrs
- ◉ Term for the transition from adolescence to adulthood that is characterized by experimentation and exploration
- ◉ Early adulthood is a time of:
 1. establishing personal and economic independence
 2. Identity exploration, especially in love and work
 3. Instability; Self-focused
 4. Feeling in-between



GROWTH AND DEVELOPMENT OF THE YOUNG ADULT

Physiological

- *Few maturational changes*
- *Experience severe illness less*
- *Physical changes occur as middle age approaches*
- *Personal life-style assessment*

Cognitive

- *Critical thinking abilities increase with experiences*
- *Develop problem solving skills*
- *Identify occupation*

2- MIDDLE ADULTHOOD



MIDDLE ADULTHOOD

- ◉ Period from 40 years of age to about 60
- ◉ Middle adulthood is time of:
 1. expanding personal and social involvement and responsibility
 2. assisting next generation in becoming competent, mature individuals
 3. reaching and maintaining satisfaction in a career
 4. A decline of physical skills
 5. Balancing work and relationships
 6. A reassessment of life's priorities



GROWTH AND DEVELOPMENT OF THE MIDDLE ADULT

Physiological changes

- Gray hair, wrinkled skin, increased weight, balding, menopause and climacteric (reproductive changes)

Cognitive development

- Change rare, if any, due to illness or trauma



PSYCHOSOCIAL CHANGES

- Career transition
 - Sexuality
 - Marital changes
 - Family transitions
- Care of aging parents





LATE (OLD) ADULTHOOD



LATE (OLD) ADULTHOOD

- ◉ Period that begins in the 60s and lasts until
- ◉ death
- ◉ Late adulthood is the time of:
 1. adjusting to retirement
 2. decreasing strength and health
 3. new social roles
 4. reviewing one's life



OLDER ADULT GROWTH AND DEVELOPMENT

Physiological Changes

- Virtually every body system has some type of change w/ aging

Cognitive Changes

- Delirium- Acute confusional state
- Dementia- Generalized impairment of intellectual functioning
 - Alzheimer's is the most common form of dementia
- Depression- affects 20% of older adults



Characteristics

- Period of Adjustments (New Patterns of Life & New social Expectations)
- New roles to play
- Development of new Attitudes, Interests and Values (pacing with new roles).
- Difficult period of life
- Settling down age
- Carefree freedom over

Characteristics of adulthood

- ◉ Early adulthood is the “settling- down age”: choices of careers and life- mates...
- ◉ Early adulthood is the “reproductive age”: parenthood is one the most important roles in the lives of most young adults.
- ◉ Early adulthood is a “problem age”: adjustment in marriage, parenthood, jobs..
- ◉ Early adulthood is period of social isolation
- ◉ Early adulthood is a time of commitments.

The developmental tasks of adulthood

- All of us occupy a 'status' , a position, socially recognized and regularized. E.g. status of being son, an officer..
- Changes in interests in early adulthood
- Personal interests
- Money
- Role as worker (job)
- Marital adjustment
- Parental role

Characteristics of Middle age

- Middle age is an intermediary stage between adulthood and old age.
- Beginning around 45 years it ends when old age (65 yrs) begins.
- It is a period of transition from adulthood to old age.
- It is a time of stress.
- Middle age is a time of achievement.
- Middle age is the time of the empty nest.
- It is a time of boredom.

DEVELOPMENTAL TASKS OF MIDDLE AGE:

- ⦿ The tasks are centered around success in career, adjusting well in marriage and finding satisfaction in children.
- ⦿ Adjustments to physical changes:
 - Changes in appearance
 - Changes in sensory abilities- loss and graying of hair, skin changes, muscle changes, joint problems, changes in teeth. Changes in eyes.
 - Changes in health, sexual changes, mental changes,



- ◉ Adjustment to singlehood
- ◉ Adjustment to loss of a spouse- loss by divorce and loss by death.
- ◉ Adjustment to approaching retirement
- ◉ Adjustment to approaching old age



CHARACTERISTICS OF OLD AGE:

- Old Age, often referred to as the evening of life, begins around 65 years.
- The old person is called as senior citizen.
- Old age is a period of decline in physical strength and social participation.
- It is not welcomed unlike other phases of life.
- The adjustment of older people is often poor.

Early Adulthood: Physical Development

- Physical development and growth are mostly complete.
 - Adults in this stage reach their physical peaks in strength and endurance.
 - This is considered the safest time statistically for healthy pregnancy and birth (earlier and later have increased risk).
- Lifestyle disease usually has not had a chance to set in at this point.
- Dangers related to high risk behavior drop off significantly after the early 20's.

Early Adulthood: Cognitive Development

- As previously discussed, the brain continues to develop into the mid twenties.
 - Intellectual peaks are usually reached around this point.
 - Young adults still find it easy to learn new skills and information.
- Relativistic thinking emerges:
 - Adults engage in more thinking about complex issues and are able to see gray areas and multiple levels of a problem in an abstract way.

Early Adulthood: Developmental Tasks (Erikson)

- Intimacy Vs. Isolation
 - Self identity is established, but evolving
 - Young adults seek connection with similar minded peer group
 - Differs from adolescence (peers shape you)
 - Pursue romantic partner to establish “family”
 - Learns commitment (based on trust and self confidence learned in childhood)

Relationship Skills: Compatibility

- Compatibility is a combination of social, emotional, and physical factors that create a situation where partners “fit” together.
 - May include things such as physical attractiveness, similar hobbies and interests.
 - Most important (statistically): similar world view, life goals, intelligence, beliefs about faith and politics, temperament.
 - Sometimes, opposites attract and it all comes down to the individual.

Adjusting to Roles and Finding Happiness

- Marriage/Co-living: the young adult must adjust and learn commitment and compromise to obtain this state of intimacy.
 - Adults who lack a clear vision of their own identity will struggle here due to low self confidence, issues with jealousy, rigidity, etc.
- Career Pathway: At some point, must make choices and take steps to establish a vocation (or will end up “drifting”).
 - Same issues with identity.
- Adjusting to Parenthood: Whether single parenting or co-parenting, taking on the care of another is challenging.
 - Must learn to adjust expectations of independence, control of schedule, and priorities.

Middle Adulthood: Key Points

- Ages 40-65ish, focus is on parenting, career, meeting goals.
 - Female fertility ends, physical aging begins in both genders
- Health concerns become more prevalent:
 - Healthy lifestyle to prolong healthy years and prevent disease
 - Preventative care especially important
- The “Midlife” Crisis is Common
- Mental flexibility becomes limited, learning new skills and changing habits harder.

Physical Changes in Middle Adulthood

- Physical Decline begins:
 - Depends greatly on lifestyle choices.
 - Fall from peak fitness by mid to late 30's
 - Women have onset of menopause in mid to late 40's/early 50's
- Lifestyle issues are catching up:
 - Poor lifestyle choices may now lead to disease and chronic health issues.
- Preventative care is very important:
 - Many chronic diseases and concern can be treated early if caught during this stage.

Cognitive Change in Middle Adulthood

- Still in Formal Operations.
 - Same level of intelligence as reached in early adulthood.
 - May have more difficulty learning new skills and information.
 - Benefit from experience of applying knowledge to situations.
- Often able to handle stress and problems with less difficulty due to experience.
- May become mental “rigid” if brain is inactive.
 - Middle adults who read and problem solve often are less likely to have dementia at an early age.

Middle Adulthood

- Social Changes:
 - Peer group becomes increasingly important as children move out and own parents die.
 - Marriage is often at a make or break point due to “empty nest.”
- Developmental Task:
 - Generativity Vs. Stagnation
 - Develop sense of purpose by seeing goals come to realization:
 - Children grow up
 - Career is at peak
 - Other goals academically, artistically, or socially are met.
 - If not, the sense of productivity and esteem is lost.

The Middle Life Crisis

- This occurs due to major changes from the routine or lifestyle conducted during early adulthood.
 - In early adulthood, everything is on the “up”.
 - Family is growing
 - Career in developing
 - Marriage is family centered, as is socialization.
 - At middle adulthood, the focus often shifts back to the individual.
 - Children no longer dependent.
 - Career is stable or (worse) declining/boring.
 - Marriage now returns to spouse centered.
 - May have insecurities related to physical changes.
 - Any previous issues with identity are going to resurface.

Success in Middle Adulthood

- Keeping the Picture “Big”
 - Adults who stay focused on healthy relationships with their significant other and children are happier as they reach later adulthood and retirement.
 - Adults who are engaged in social activities and meaningful hobbies are less likely to feel stagnant and bored in later life.
 - Intellectually active adults are happier and healthier.
 - Adults who protect their health earlier in life will benefit from better health with aging.

Key Points for Late Adulthood

- Many elderly (age 65 plus) and aging adults have socioemotional difficulty in our culture due to a focus on youth, and lack of value for elderly.
- Physical aging process will impact ability to engage in previous activities at some point.
- In America, we have an aging population (more than 1/5th of the population by 2030) so concerns of the aging will dominate as market and political forces.

The Physical Process of Aging

- In optimum condition, the organs of the human body will ultimately fail at the MAXIMUM point of about 115 to 120 years.
 - Because we do not live in optimum conditions, aging occurs for most of us at a faster rate and leads to tissue failure and dysfunction.
 - Our body cells have a built in mechanism to cease cellular replacement which leads to natural process of aging.

Experiencing the Aging Body and Mind

- As the natural biological process of aging occurs, people will experience the following. The rate depends greatly on lifestyle, environment and genetics.
 - Skin and hair will become less vibrant (slower rate of cellular replacement)
 - Kidneys, heart, blood vessels, and other organs begin to wear out.
 - Skeletal system and muscles may have degeneration, weakness.
 - Mental flexibility will become reduced, difficulty forming new memories may occur.

Socioemotional Consequences of Aging

- Adjustment:
 - Decline in health generally mean that the older adult must discontinue some of their previous activities and lifestyle.
- Mentally, they are still the same person.
 - It is a common misconception that elderly people do not have the same emotions, desires, and needs as younger adults.
- Evolving Self Image
 - Adults at this life stage face the challenge of remodeling their identity to fit their new social roles, or becoming detached and depressed.

Cognitive Changes in Older Adults

- Biologically, many older adults may lose some flexibility or ability due to aging.
 - This often leads to society's perception that older people are stupid, or childlike.
- Dementia
 - This is a common illness in the elderly that affects the ability to recall old information and form new memories. It can impair the person's ability to live independently.

Social Challenges Faced in Late Life

- Death of Spouse and Friends
 - As we age, people will die. This can be very difficult, as we lose the people who have been our social support system.
- Retiring
 - Though this is looked forward to by many working adults, letting go of a title or position that was worked for for many years can cause uneasiness and lead the retiree to feeling lost or unproductive.
- Grandparent Status
 - Parents must adjust to the fact that their children now carry the roles of parent, and they have to find the appropriate style of grand parenting that fits their lifestyle.

Ageism and Myths About Aging

- Ageism is the mistreatment or discrimination against older people based on beliefs about the elderly population. This is caused by many myths about the elderly.
- Myths About Elderly People:
 - They are less intelligent.
 - Older people are no longer interested in hobbies, activities, etc.
 - Older people no longer have romantic/sexual needs.
 - All old people have significant health problems, memory loss, etc.
 - All people age in the same way, and have the same needs.

The End of Life

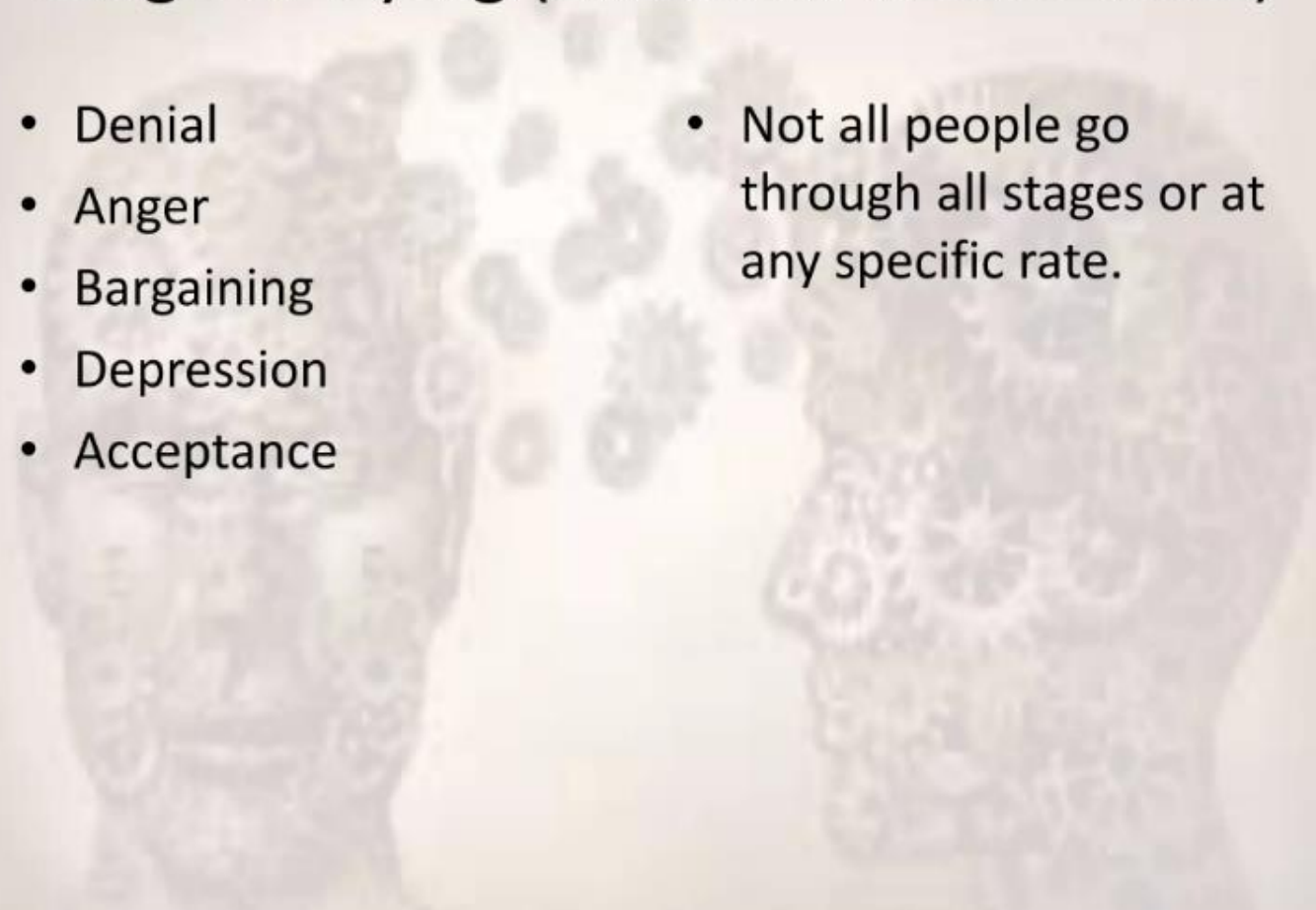
- In our youth focused society, poor care is often given to the dying due to a fear of death, and avoidance of the topic.
 - People reaching the end of life often need to express and discuss feelings related to mortality and death.
 - There is an emotional process associated with death and dying.

Key Points – End of Life

- Process known as Stages of Dying (emotional) occur in expected deaths.
- The body may show certain physical signs of decline in the days and ours preceding death.
- Hospice is a health care specialty focusing on terminally ill patients and their families.
- Holistic care is especially important in healthcare, and in doing what we can to ensure a “good” death.

Stage of Dying (Elizabeth Kubler-Ross)

- Denial
 - Anger
 - Bargaining
 - Depression
 - Acceptance
- Not all people go through all stages or at any specific rate.



Social Mobility

- *Social* mobility means moving from one social group to another. This may be horizontal – moving to another social group on the same level – or vertical – moving to a social group above or below the group at the present level. Most young adults want to be upwardly mobile; few are satisfied to move from one social group to another on the same level; and even fewer are content to move down on the social scale. Geographic mobility almost always accompanies social mobility.
- **Conditions Facilitating Upward Social Mobility**
 - A high level of education, which lays the foundation for success in business or a profession and brings the individual into contact with higher-status people.
 - Marriage to a higher-status person
 - Family “pull” in the vocational world
 - Acceptance and adoption of the customs, values, and symbols of a higher-status group
 - Money, either inherited or earned, with which to buy a better home in a better neighborhood and other material possessions that proclaim high status.
 - Transfer of membership to a higher-status church
 - Active participation in prestigious community affairs
 - Graduation from a prestigious school or college
 - Membership in one or more exclusive community clubs

Sex-role adjustments

- Sex-role adjustments during early adulthood are extremely difficult.
- Long before adolescence is over, boys and girls are well aware of the approved adult sex roles but this does not necessarily lead to acceptance.
- Many adolescent girls want to play the role of wife and mother when they reach adulthood, but they do not want to be wives and mothers in the traditional sense – being subordinate to their husbands, devoting most of their time to their homes and children, and having few or no outside interests.

[Independence



- Separation from family of origin
 - Learn to function without using parents as major source of comfort, security, direction
 - Establish sense of “equality” with parents
 - Shift to focus on family of procreation
- Develop a young adult sense of self and others
 - Comfortable and competent alone.



[Parenthood



- Establishing a legacy for the future
 - Parenthood and/or other contributions to society
 - Develop similarity with own parents
 - Provide parents with role experience of grandparenthood
- Establish an adult work identity



Singlehood

- Changing attitudes and social movements have contributed to the rise of single adults in the U.S. and other Western countries.
- Cohabitation has become commonly accepted, and more people are choosing to marry later or not at all.
- Even when individuals wish to marry, they face obstacles including economic instability and discrimination.

Martial status in Adulthood

- One of the most important relationships between a man and women is marriage. It involves emotional and legal commitment that is quite important in any adult life.
- Moreover, selecting a partner and entering into a marital contract is considered both maturational milestone and personal achievement.
- There is no doubt that the choice of marital partner is one of the most important decisions one makes in his / her lifetime.
- Marital adjustment as 'the state in which there is an over all feeling in husband and wife of happiness and satisfaction with their marriage and with each other' .
- All the marriages are aimed at happiness in one or another way. Most couples marry filled up with expectations.
- Some of the expectations will be realistic while others unrealistic. This is due to the complex nature of marriage and each individual is as complex as a universe.

Martial status in Adulthood

- Therefore, in marriage two universes close together .
- Marital adjustment calls for maturity that accepts and understands growth and development in the spouse.
- If this growth is not experienced and realized fully, death in marital relationship is inevitable.
- A relationship between couples is not instantaneous rather a slow progress. “It is like the undetected cancer that kills silently and softly”.
- A study on 581 couples and 25% of them disclosed that at some time in the adjustment process, they discussed discovering and 18% had seriously considered it
- There is a list of six areas of marital adjustment, which is defined by the psychologist, such as, religion, social life, mutual friends, in laws, money and sex

Personal and social hazards of early adulthood

- **Physical hazards:** Poor health, physical defect (handicapped) , discontinuities in training, over protectiveness.
- **Religious hazards:** adjusting to a new religious faith accepted in place of family faith of childhood. Problem related to religion in mixed marriages.
- **Social hazards:** home responsibilities find out difficult for early adulthoods.
- **Sex role hazards:** house wife (only females, why not males)

Hazards of Middle age:

- **Personal Hazards:** Role changes
- Acceptance of traditional beliefs
- Status symbols
- **Social hazards:** Lack of social skills
- Financial problems, family pressures,
- Desire for popularity
- **Marital hazards**
- **Sexual adjustments**

DEVELOPMENTAL TASKS OF OLD AGE:

- The developmental tasks of old age relate more to the individual's personal life than to the lives of others.
- Adjustment to physical changes in old age: changes in appearance, internal changes, changes in Physiological functions (changes in functions of organs), sensory changes, sexual changes
- Changes in mental abilities in old age
- Changes in interests in old age

The background features a light gray base with large, organic, overlapping shapes in muted red and olive green. A thin white line outlines a shape on the right. In the top left, there is a faint, light gray sketch of a leafy branch.

thank you