

Adolescence and Adulthood

Adolescence and Adulthood

- Idiosyncratic Events
 - Events unique to an individual
- Normative events
 - Commonly experienced events
 - More often studied by psychology
- Chronological Age
 - Age in years
- Functional Age
 - Age a person seems

Adolescence and Adulthood

- I. How do Adolescents Bridge the Gap to Adulthood?
- II. Is Adulthood a Time of Stability or Change?
- III. Do We Grow Older and Wiser In Late Adulthood?

I. How do Adolescents Bridge the Gap to Adulthood?

- A. Viewing Adolescents in Multiple Contexts
- “Storm and Stress”
 - Most adolescents do not experience significant difficulty
 - Cultural context is important

I. How do Adolescents Bridge the Gap to Adulthood?

- B. Physical Development
- Timing of puberty varies
 - Average age of sexual maturity is 13 years
 - **Secondary sexual characteristics**
 - Boys' body image tends to be more positive than girls' in puberty
 - Stress of maturing early / late may encourage development of coping skills

I. How do Adolescents Bridge the Gap to Adulthood?

- C. Cognitive Development
- Piaget's “formal operational stage”
 - Can think abstractly and form hypotheses
 - New egocentrism develops with two components
 - Imaginary audience
 - Personal Fable
 - » Leads to feelings of invincibility

I. How do Adolescents Bridge the Gap to Adulthood?

- D. Emotional and Social Development
1. Development of Self-Esteem
- a. Ethnic identity
 - b. Involvement in athletics
 - c. Developmental Differences
 - Lower self-esteem in early adolescence than middle or late
 - d. Gender Differences
 - e. Peers and Parents
 - Adolescents' attitudes fall between those of their parents and peers

D. Emotional and Social Development

2. Suicide
- Suicidal teenagers often show other symptoms
 - Adults are more likely to *commit* suicide
 - Adolescents are more likely to *attempt* suicide
 - Girls more likely to attempt suicide
 - Boys more likely to commit suicide
 - Whites more likely to commit suicide than African Americans or Latinos

2. Suicide

- Adolescent suicide rates for all ethnic groups are increasing
- Take talk of suicide seriously and seek professional help



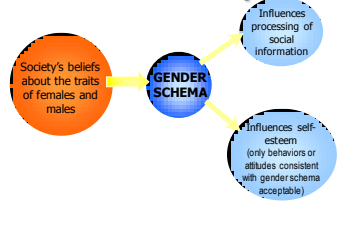
I. How do Adolescents Bridge the Gap to Adulthood?

E. Who Am I? The Search for Gender Identity

1. Gender identity

- A person's sense of being male or female
 - Begins around age 3
 - At about 4 or 5, children realize gender identity is permanent
- During adolescence, gender intensification may occur

Gender Schema Theory



E. Who Am I? The Search for Gender Identity

- Gender roles have changed in the last century
 - **Androgynous behaviors**
- Difference between traits adolescents are encouraged to develop and to express

I. How do Adolescents Bridge the Gap to Adulthood?

F. Friendship

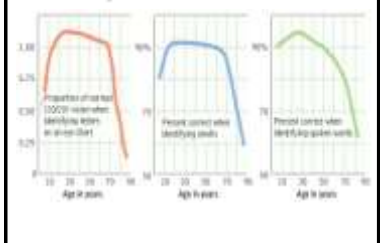
- Up to 29% of adolescents' time is spent with friends
- In adulthood, only 7% of time
- Having or not having friends has important consequences
- In adulthood, friendships differ by gender
- Intimacy and shared values are key

II. Adulthood

A. Physical Changes

1. Fitness
 - Gradual decline after age 30
2. Sensory Changes
 - In early adulthood, most sensory abilities remain stable
 - Some eventual sensory loss is almost inevitable

Sensory Abilities



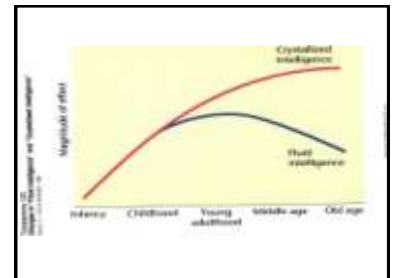
Memory Changes in Ageing

- Older people have more trouble:
 - **recalling** words than **recognizing** them
 - remembering **meaningless** information than **meaningful** information

II. Adulthood

B. Cognitive Changes

- Up to age 65, there is little decline in learning or memory
- Declines in intellectual functioning are neither drastic nor universal
- Some decline in math abilities and memory after age 60



II. Adulthood

- C. Social and Personality Development
 - Personality remains stable over time
 - Unique experiences can shape personality in adulthood

III. Late Adulthood

- Growing older is affected by cultural attitudes and stereotypes
- About 13% of U.S. population is 65 or older
- Current life expectancy in U.S. is 78.5 years (2009)
 - Women live about 6 years longer than men, on average
 - There are also racial / ethnic differences in life expectancy



III. Late Adulthood

- Jeanne Calment, 122
 - olive oil, wine, chocolate
- Besse Cooper, 115
 - "I mind my own business and I don't eat junk food."



III. Late Adulthood

- A. Myths, Realities, Stereotypes
 - **Ageism**
- B. Health in Late Adulthood
 - Many elderly lead healthy lives
 - Various health changes do occur
 - Dementia
 - Impairments in mental functioning
 - NOT a problem of normal aging

B. Health in Late Adulthood

- Dementia
 - Prevalence
 - 0.4% of people ages 60 to 65
 - 23.8% of people 85 to 93
 - Symptoms
 - Types
 - Reversible
 - When caused by disease or injury
 - Irreversible
 - Multiple infarct dementia
 - Alzheimer's disease