

# Developmental Psychology

➤ Adolescence and Adulthood

# Adolescence



# Adolescence

- Divided into three categories
  - Early- ages 11-14
  - Middle- ages 15-18
  - Late- ages 18-21

# Biological Changes

- Adolescents begin their growth spurts at different times and rates
- Adolescent Growth Spurt- rapid growth in height and weight
  - Most grow 8 to 12 inches in height
  - Starts with girls at age 10 or 11, boys 12 or 13
  - Girls tend to be taller and heavier than boys in early adolescence
  - Boys catch up to girls in middle adolescence

# Biological Changes

- 6 years after the start of the growth spurt- adolescents reach close to 100% of his or her adult height
- Growth spurt
  - Begins with the lengthening of the hands, feet, arms, and legs (look awkward and gangly)
  - Followed by growth of torso (brings body back into proportion)

# Biological Changes

## ➤ Final stages of the growth spurt

### ● Boys

- ⑩ Broadening of the chest, shoulders, and development of substantial muscles

# Biological Changes

## ➤ Final stages of the growth spurt

- Girls

- ⑩ Hips widen, fat deposited on breasts, hips, buttocks, and thighs

# Biological Changes

## ➤ Final stages of the growth spurt

- Both sexes

- ⑩ Chin and nose more noticeable

- ⑩ Lips fuller

- ⑩ Increase in the size of oil glands (acne breakouts)

- ⑩ Sweat glands- more odorous secretion

- ⑩ Heart, lungs, and digestive systems get larger



# Sexual Development

- Adolescence begins with the onset of puberty
  - Puberty- the specific developmental changes that lead to the ability to reproduce
    - ⑩ Reproductive organs in both males and females develop and change the body

# Sexual Development

- Characteristics which are directly involved in reproduction are called **primary sex characteristics**
- Characteristics that are not directly involved in reproduction are called **secondary sex characteristics**
  - Include growth of body hair on certain parts of the body, the deepening of the voice in males, and the rounding of the hips and breasts in females

# Sexual Development

- Changes are based on hormone levels
  - Boys produce higher levels of testosterone
    - ⑩ Makes boys sexual organs grow
    - ⑩ Deepens their voice
    - ⑩ Hair to grow on their faces and chests
    - ⑩ Develop broader shoulders and thicker bodies
    - ⑩ Develop more muscle tissue and larger hearts and lungs

# Sexual Development

- Girls produce more estrogen
  - ⑩ Starts the growth of breast tissue
  - ⑩ Supportive tissue in the hips and buttocks
  - ⑩ Pelvic region widens and the hips become rounder
  - ⑩ Start their menstrual cycle
    - Starts around ages 11 to 14

# Early and Late Developers

## ➤ Early and late boys

- Early- Do better in sports, social activities, and gain greater respect from peers
- Late- usually feel less adequate, anxious, and self-conscious

# Early and Late Developers

## ➤ Early and late girls

- Early- may be admired by other girls but treated as sex objects by boys
- Larger size and more grown up body makes her feel conspicuous

# Social Development

## ➤ Relationships with Parents

- Changes take place and most are positive
  - ⑩ Some try to become more independent from their parents
    - Most issues are about homework, chores, money, appearance, curfews, and dating
    - Arguments arise when adolescents try to make personal choices

# Social Development

## ➤ Relationships with Parents

- Adolescents tend to spend more time with peers and less time with family
  - ⑩ Continue to love, respect and feel loyalty to parents
    - Those who feel closer to parents tend to show greater self-reliance, independence, and fare better in school and have fewer adjustment problems
    - Tend to interact with mother more than with father
      - ⑩ Most see mother as being more supportive
      - ⑩ More likely to seek advice from mother than father



# Social Development

## ➤ Relationships with Peers

- Peers become more important in terms of influence and emotional support
- Adolescent friendships
  - ⑩ Tend to have one or two best friends
  - ⑩ Loyalty is most important in a relationship
  - ⑩ Close friends provide more support and understanding
  - ⑩ Closest friends are usually the same sex

# Social Development

## ➤ Relationships with Peers

- Cliques and Crowds

- ⑩ Clique- peer groups of 5 to 10 people who spend a great deal of time with one another, sharing activities and confidences

- Include both members of the opposite sex

- ⑩ Crowds- larger groups of people who do not spend as much time together but share attitudes and group identity

# Social Development

## ➤ Relationships with Peers

### ● Peer Influences

- ⑩ Research suggests that peers are more likely to urge adolescents to work for good grades and complete high school
  - Less likely to involve them in drug abuse, sexual activity, or delinquency
  - Follow friends in terms of dress, hairstyles, speech patterns, and tastes in music

# Social Development

## ➤ Relationships with Peers

### ● Dating and Romantic Relationships

#### ⑩ Dating develops in stages

- 1<sup>st</sup> stage- adolescents place themselves in situations where they will probably meet peers of the other sex- at after school events
- 2<sup>nd</sup> stage- participate in group dating
- 3<sup>rd</sup> stage- traditional dating

# Adulthood



# Adulthood

- Divided into three categories
  - Young Adulthood- ages 20-40
  - Middle Adulthood- ages 40-65
  - Late Adulthood- ages 65-death

# Adulthood

## ➤ Young Adulthood

- Characterized by a desire to try new ways of doing things and by changing relationships with parents
  - ⑩ Learn to become independent and take responsibility for themselves and the decisions they make

# Adulthood

- Young Adulthood
  - Reassessment-