

Adolescence

Annabel Troxler,
Ashlyn Wright, and
Isabella Schaefer

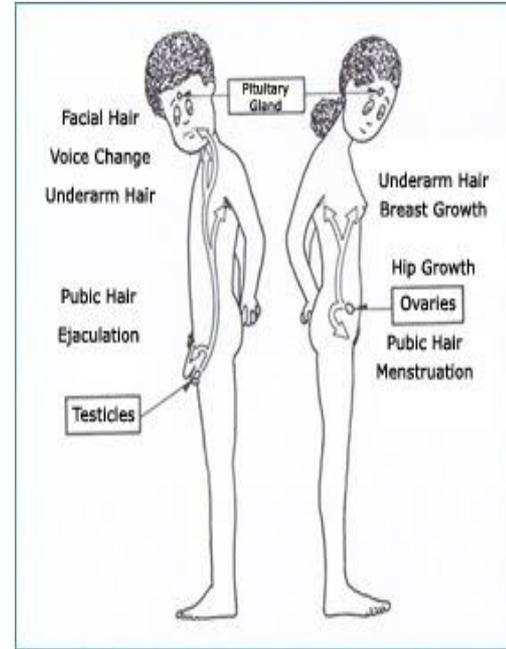
Adolescence

Adolescence is the period of developmental transition between childhood and adulthood.



Physical Development

During adolescence, teenagers go through rapid new physical changes called puberty. Puberty, caused by a release of many hormones from the pituitary gland, is the stage in adolescence that every teenager goes through to reach sexual maturity. Major growth spurts in height and weight occur as well as a more defined figure, body hair growth and a deeper voice for both males and females. Females typically begin puberty earlier than males at around ages 8 to 10 while males begin puberty around ages 9 to 16 and last until they turn about 18.



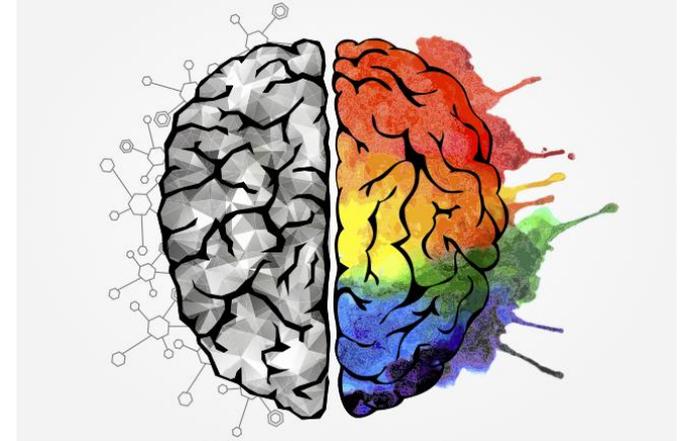
Erikson's stages of development

Erikson's Stage Theory in its Final Version

<i>Age</i>	<i>Conflict</i>	<i>Resolution or "Virtue"</i>	<i>Culmination in old age</i>
Infancy (0-1 year)	Basic trust vs. mistrust	Hope	Appreciation of interdependence and relatedness
Early childhood (1-3 years)	Autonomy vs. shame	Will	Acceptance of the cycle of life, from integration to disintegration
Play age (3-6 years)	Initiative vs. guilt	Purpose	Humor; empathy; resilience
School age (6-12 years)	Industry vs. Inferiority	Competence	Humility; acceptance of the course of one's life and unfulfilled hopes
Adolescence (12-19 years)	Identity vs. Confusion	Fidelity	Sense of complexity of life; merging of sensory, logical and aesthetic perception
Early adulthood (20-25 years)	Intimacy vs. Isolation	Love	Sense of the complexity of relationships; value of tenderness and loving freely
Adulthood (26-64 years)	Generativity vs. stagnation	Care	Caritas, caring for others, and agape, empathy and concern
Old age (65-death)	Integrity vs. Despair	Wisdom	Existential identity; a sense of integrity strong enough to withstand physical disintegration

Rationalization of Adolescents

These new intellectual capacities also enable the adolescent to deal with overpowering emotional feelings through rationalization. Rationalization is a process where an individual seeks to explain an often unpleasant emotion or behavior in a way that will preserve his or her self esteem. After failing a test, for example, an individual may rationalize that it happened “because i was worried about the date I might be going on next week.” An 8-year-old is too tied to concrete reality to consider sympathetically all the reasons why he or she may have failed.



Cognitive Development-Moral

Reaching higher levels of moral thinking involves the ability to abstract—to see a situation from another’s viewpoint. So this has to do with their choices, like right or wrong, good or bad. They choose their paths but they always have guidance

Psychologists agree that a person’s moral development depends on many factors-relationship the individual has with his or her parents or significant others.



Kohlberg's Moral Stages

Level and Age	Stage	What determines right and wrong?
Preconventional: Up to the Age of 9	Punishment & Obedience	Right and wrong defined by what they get punished for. If you get told off for stealing then obviously stealing is wrong.
	Instrumental - Relativist	Similar, but right and wrong is now determined by what we are rewarded for, and by doing what others want. Any concern for others is motivated by selfishness.
Conventional: Most adolescents and adults	Interpersonal concordance	Being good is whatever pleases others. The child adopts a conformist attitude to morality. Right and wrong are determined by the majority
	Law and order	Being good now means doing your duty to society. To this end we obey laws without question and show a respect for authority. Most adults do not progress past this stage.
Postconventional: 10 to 15% of the over 20s.	Social contract	Right and wrong now determined by personal values, although these can be over-ridden by democratically agreed laws. When laws infringe our own sense of justice we can choose to ignore them.
	Universal ethical principle	We now live in accordance with deeply held moral principles which are seen as more important than the laws of the land.

Social Development

Adolescents undergo many changes in their social relationships, adjusting to new relationships with parents and the influence of peers.



Social Development- Role of the Family

One of the principal developmental tasks for adolescents is becoming independent of their families.

Parents exercise influence in shaping adolescent behavior and attitudes.

The 3 different parenting styles



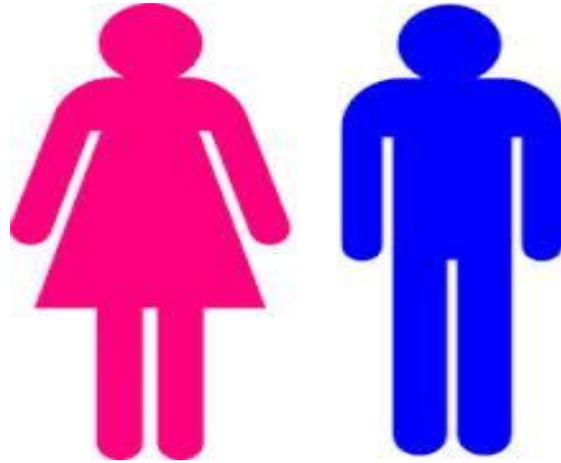
Social Development-Role of Peers

Belonging to a peer group fulfills the need for closeness with others and gives the adolescent a means of establishing an identity. Peer pressuring is also part of the role of peers. It shows your decisions which shapes your personality either for the better or the worst.



Social Development- Gender Roles

Some people identify as a male or female. Males are supposed to be strong and takes care of his family while the wife stays home with the kids, cooks and cleans. This is the stereotypic gender role.



Review Questions! :)

1. What gland releases hormones that cause puberty?
2. T or F: Males usually start puberty earlier than females.
3. Out of the three topics, what do you think changed the most?
4. Why do you think cognitive development is an important part of adolescence?
5. Which do you think affects you more in life: the role of the family or the role of the peers?