

## HUMAN DEVELOPMENT - ADOLESCENCE

MODULE 11

### WHAT IS ADOLESCENCE?

- Begins at puberty
  - "period of sexual maturation"
  - Happens at a younger age now
    - Why? Possibly food hormones
- Stages of puberty are predictable, but time varies

### WHAT IS ADOLESCENCE?

- Pruning of unused neural branches
- Speed of neurotransmission increases
- Improved judgment, impulse control, planning
  - Yet judgment is unstable due to developing frontal cortex
- Leads to:
  - Partying
  - Risky behavior
  - Drug/alcohol use

\*\* Thought question \*\* so what kind of penalty would be appropriate for a juvenile who commits murder?

### EFFECTS OF EARLY ADOLESCENCE

- Males:
  - Popular
  - Confident
  - Independent
  - At risk for drug/alcohol use
  - At risk for delinquency
  - At risk for early sexual contact

### EFFECTS OF EARLY ADOLESCENCE

- Females:
  - Sometimes victim of teasing
  - Sexual harassment
  - Associate w/older adolescents

### COGNITIVE DEVELOPMENT OF THE ADOLESCENT

- Morality
  - Used to be a black & white "equality"
  - Now developing a broader sense of morality
  - There's a difference between thinking and acting morally

### COGNITIVE DEVELOPMENT OF THE ADOLESCENT

- Lawrence Kohlberg (1980s)
  - 3 stages of moral reasoning
    - Preconventional – do the right thing for self-interest
    - Conventional – do the right thing so people notice you're good
    - Postconventional – do the right thing based on your own principles
      - See Table 11.1 pg 155

### COGNITIVE DEVELOPMENT OF THE ADOLESCENT

- Jonthan Haidt (2000s)
  - Moral intuition
    - Much of our morality is rooted in our "gut instincts"
    - Morality comes from emotional reactions (not conscious decisions)

### SOCIAL DEVELOPMENT OF THE ADOLESCENT

- Erik Erikson (1963)
- Psychosocial Tasks
  - An issue for every age!
  - See Table 11.2 pg 157
- Quiz yourself on pg 162

### SOCIAL DEVELOPMENT OF THE ADOLESCENT

- Tend to play these stages out differently in different settings
  - Home
  - School
  - Church
  - Online
- Identity: The resolution of the question, "Who am I?"

### SOCIAL DEVELOPMENT OF THE ADOLESCENT

- Sense of identity and self-esteem drops during early and mid teens, and then rises again late teens and early 20s
- Incidence of depression and anxiety correlate with these fluctuations

### SOCIAL DEVELOPMENT OF THE ADOLESCENT

- Peer influence
  - Kids tend to adopt the accent of their peers rather than the one from home
  - Teens whose parents smoke are less likely to take up smoking than teens whose peers smoke
  - Selection Effect: adolescents tend to select similar people so they can sort into like-minded groups

### SOCIAL DEVELOPMENT OF THE ADOLESCENT

- Striving for autonomy
  - As a teen heads for autonomy, they will clash with their parents more often
    - Especially w/your mom, especially if you're the eldest child

### SOCIAL DEVELOPMENT OF THE ADOLESCENT

Teens w/a close relationship w/their mother also report close relationships with their peers

also have better school grades, healthier, happier

Parents also influence political affiliation, religious beliefs, college decisions, and future family structure

### EMERGING ADULTHOOD

- 18-mid 20s (in western cultures)
- This is later than it was traditionally
  - Why?
    - Mandatory education
    - Higher education is now a norm, not an exception
- Notice transition from puberty to adulthood is significantly longer than it was 100 years ago
  - Earlier puberty
  - Later adulthood