

Adolescence

Psychology 313 Week 14

Adolescence

- Recent stage of development (late 19th c)
 - Move from agricultural to industrialized societies
 - Career passed down by previous generation
- Industrialization
 - Movement towards urbanization
 - Education rates soared
 - New choices for vocation, values, & role models
 - Forming of youth culture
 - Transitional period between childhood and adulthood

Storm and Stress?

- Late 1880s, G. Stanley Hall
 - Period of storm and stress
 - "lack of emotional steadiness, violent impulses, unreasonable conduct, lack of enthusiasm, and sympathy...The previous selfhood is broken up...and a new individual is in the process of being born. All is solvent, plastic, peculiarly susceptible to external influences."
 - Exaggeration???
- Mead
 - Culture-specific
 - Adolescence as great celebration and pride
 - Samoan girls do not experience adolescence

Rites of Passage

- Many cultures mark period of adolescence with rites of passage
 - Reproductive fertility
 - Genital mutilation
- Adolescence is a socially constructed phenomenon

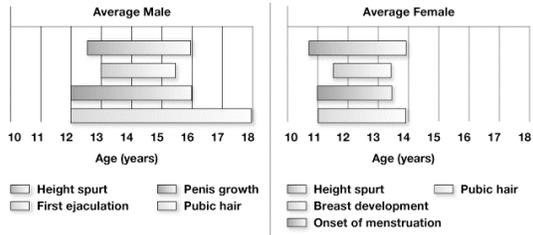
Physical Development

- Growth spurt – a period of very rapid growth in height and weight
- Puberty – period of maturation during which the sexual organs mature
 - Girls start ~ 11 or 12
 - Boys begin ~13 or 14

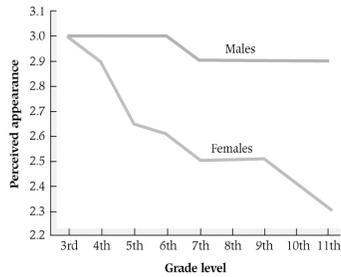
U.S. View of Adolescence

- Period of time - individual is looking to the future and future roles
- Expectations from peers, family, and others change
- Physical changes occur
- Three Parts of Adolescence
 - Early Adolescence (12-14)
 - Middle Adolescence (15-16)
 - Late Adolescence (17-18)
- Emerging Adulthood (18-25)

The Changes of Sexual Maturation During Adolescence



Relationship of puberty change to body image. Boys maintain positive images through puberty. Girls self-image declines



Body Image

- Early Maturation
 - Boys
 - Girls
- Late Maturation
 - Boys
 - Girls

Nutrition and Food: Fueling the Growth of Adolescence

- Obesity- most common nutritional concern
 - 20% of adolescents are overweight
- Anorexia nervosa and bulimia - afflict primarily women between the ages of 12 and 40.

Family Relationships

- Changing parent-child relations
 - Increasing time spent w/peers
 - become more distant from parents
 - More likely to turn to peer than parents
- Independence
 - Autonomy – having independence and sense of control over one's life

Parent-Adolescent Conflicts

- Conflict patterns
 - Frequency - highest early adolescence
 - Decreases over time
 - Due to amount of time spent with parents?
- Intensity of conflicts
 - Increases from early from early to mid- adolescence
 - Eventually decreases
- Generation gap – a divide between parents and adolescents in attitudes, values, aspirations, and worldviews

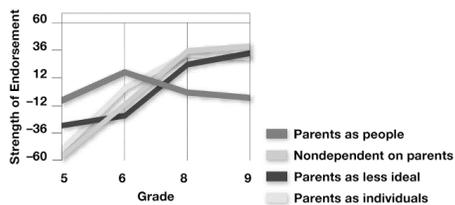
Conflicts (con't)

- Parents have own concerns
 - Increased responsibilities at work
 - Own parents are aging, may need special care
- Adolescents continue to discuss important issues with parents
 - connectedness

Parental Influences

- Parents continue to play important roles in adolescents' lives
- Fuligni & Eccles
 - time spent with peers and turned to them for advice depends on how parents' behavior changed in response to adolescent's growing up

Changing Views of Parents



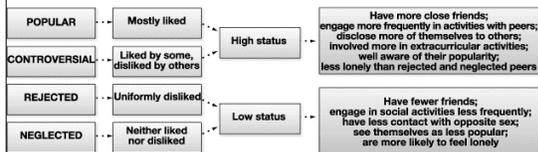
Friendships

- Important to boys and girls
- Look to each other for help in confronting and making sense of uncertain situations
- Difference in quality of friendships
 - Boys - less close, more numerous
 - Boys are more concerned with establishing independence

Relationships with Peers

- Reference group – any group of people with whom one compares oneself
- Clique
- Crowds

The Social World Of Adolescence



- Peer pressure
- Undersocialized delinquents
- Socialized delinquents
