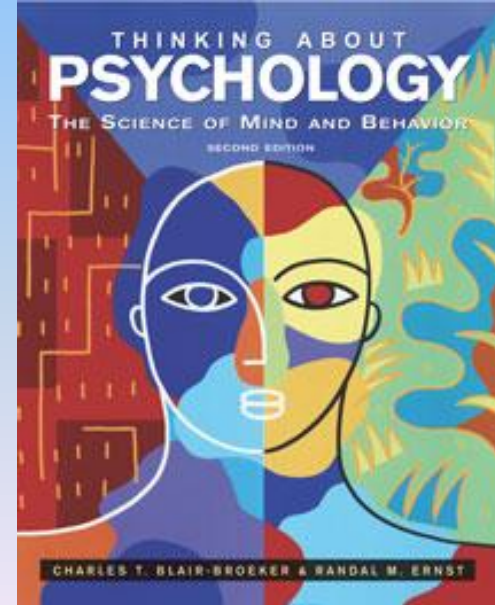# Thinking About Psychology: The Science of Mind and Behavior 2e

Charles T. Blair-Broeker

Randal M. Ernst

Developmental Domain
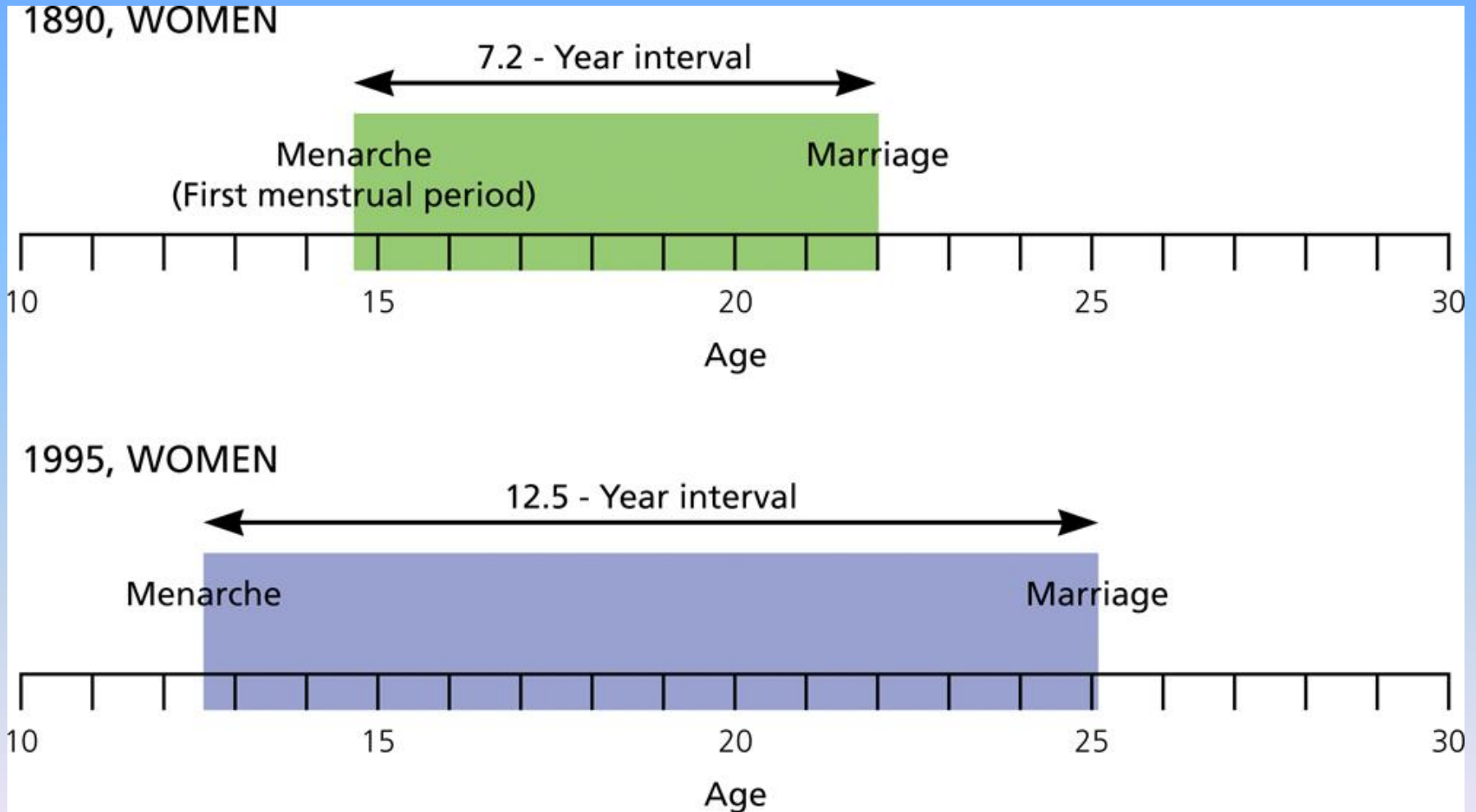
Life-Span Development Chapter

Module 15

Adolescence

What is Adolescence?

Adolescence

- Transition period from childhood to adulthood
- From puberty (the start of sexual maturation) to independence

Adolescence
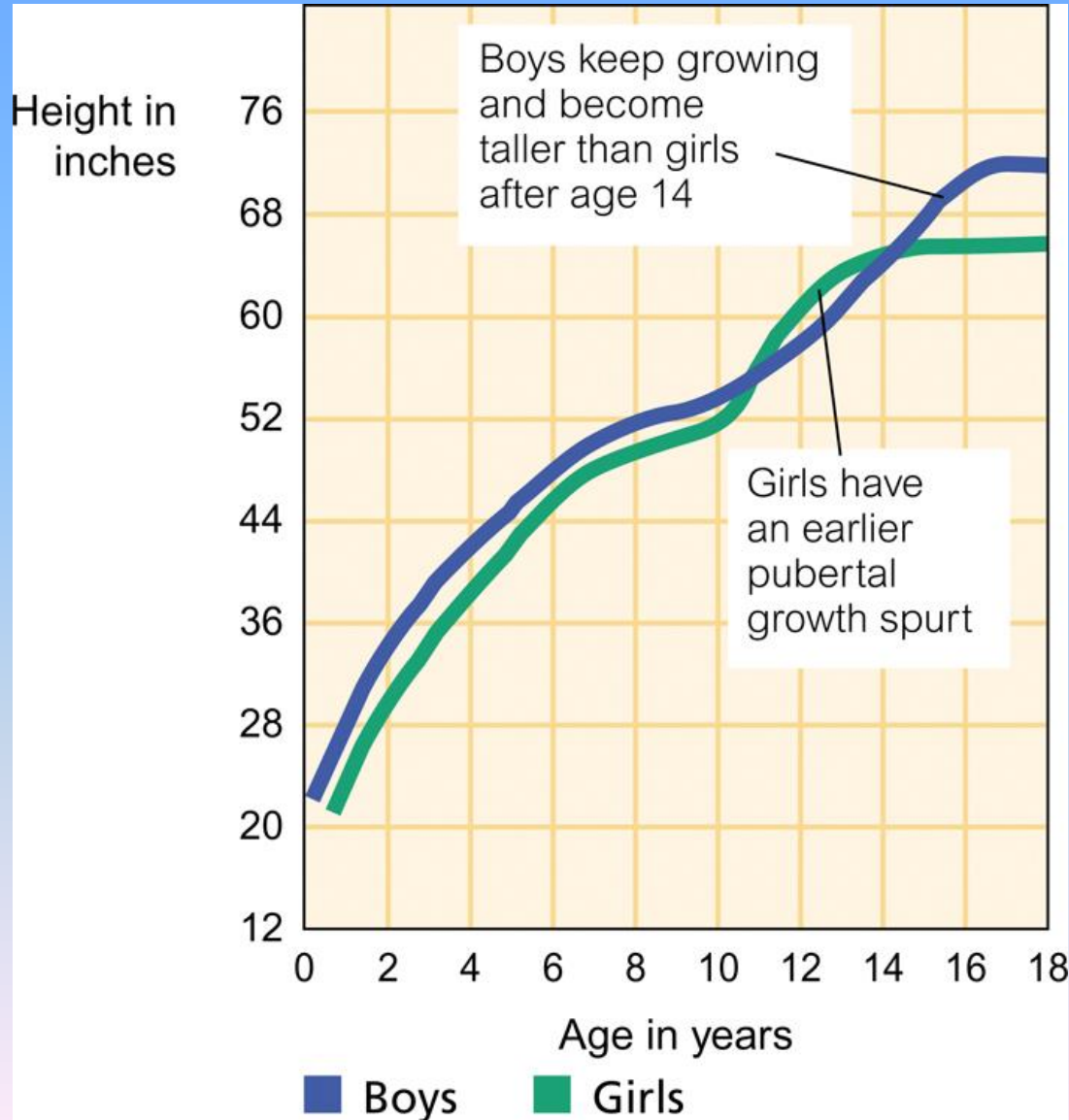

1890, WOMEN

7.2 - Year interval

Menarche
(First menstrual period)

Marriage

10   15   20   25   30

Age

1995, WOMEN

12.5 - Year interval

Menarche

Marriage

10   15   20   25   30

Age

Physical Development in Adolescence

Puberty

- The period of sexual maturation where the person becomes capable of reproducing

- Starts at approximately age 11 in females and age 13 in males

- Major growth spurt

Physical Development

Height in inches

Boys keep growing and become taller than girls after age 14

Girls have an earlier pubertal growth spurt
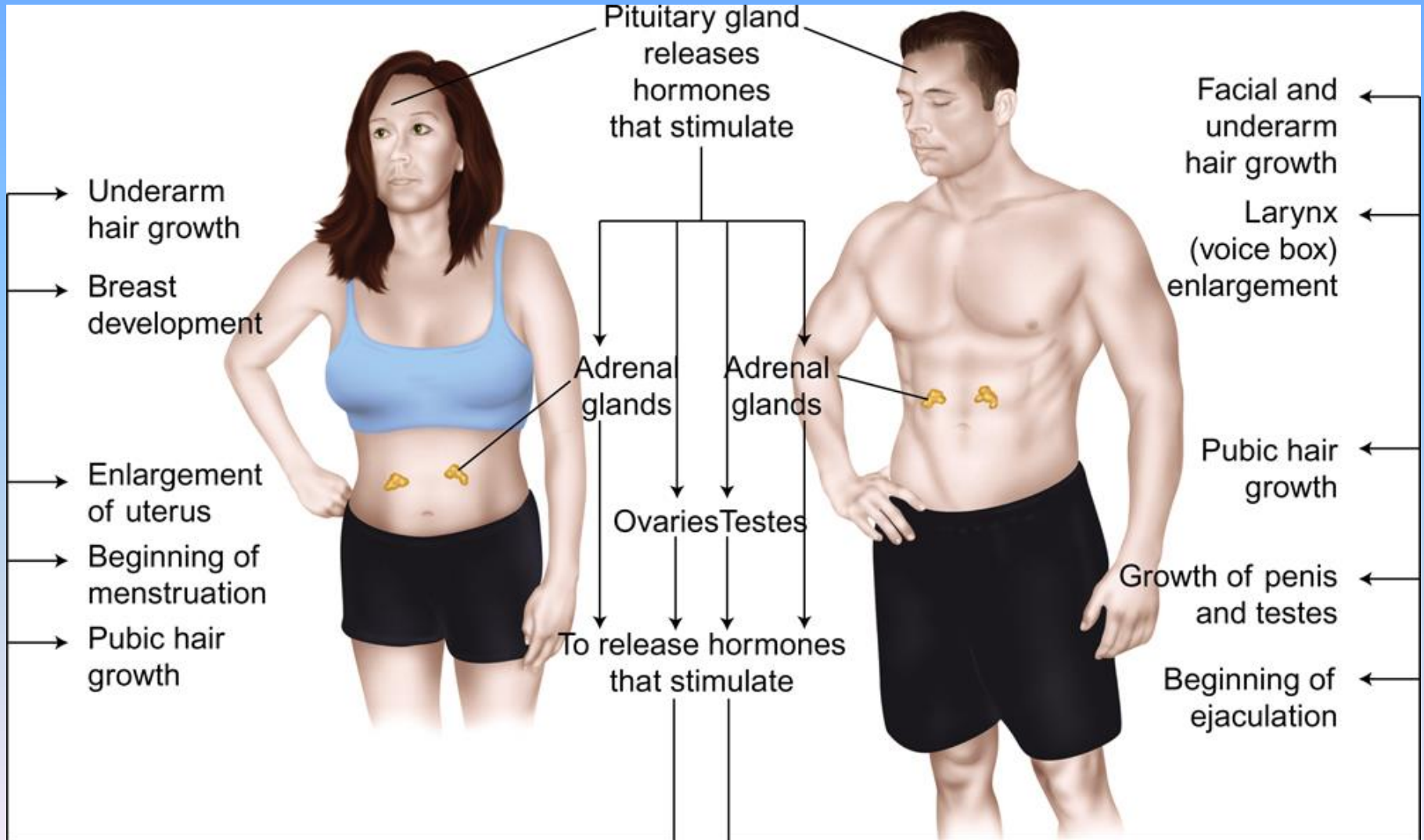
Age in years

Boys   Girls

Primary Sex Characteristics

- The body structures that make sexual reproduction possible

- Reproductive organs
  - Ovaries in females
  - Testes in males

Secondary Sex Characteristics

- Nonreproductive sexual characteristics
- Breasts and hip development in females
- Voice quality and facial hair in males

Sexual Characteristics

Sexual Orientation

- Enduring sexual attraction toward
  - people of the other gender (heterosexuality)
  - One's own gender (homosexuality)
- One's attraction toward people of a particular gender
- Usually heterosexual or homosexual; small minority bisexual

Heterosexual

- A sexual orientation in which a person is attracted to members of the opposite sex
- "straight"

Homosexual

- A sexual orientation in which a person is attracted to members of the same sex

- Approximately 3-4% of the male population and 1-2% of the female population

Cognitive Development: Reasoning

Formal Operational Stage

- Piaget's fourth and final stage of cognitive development

- The person can think logically, hypothetically, and in the abstract

- Qualitative change over the thinking of a child

Cognitive Development in Adolescence: Morality

Lawrence Kohlberg

- Author of a three-stage theory of moral development

1. Preconventional Moral Reasoning

- Characterized by the desire to avoid punishment or gain reward
- Typically children under the age of 9
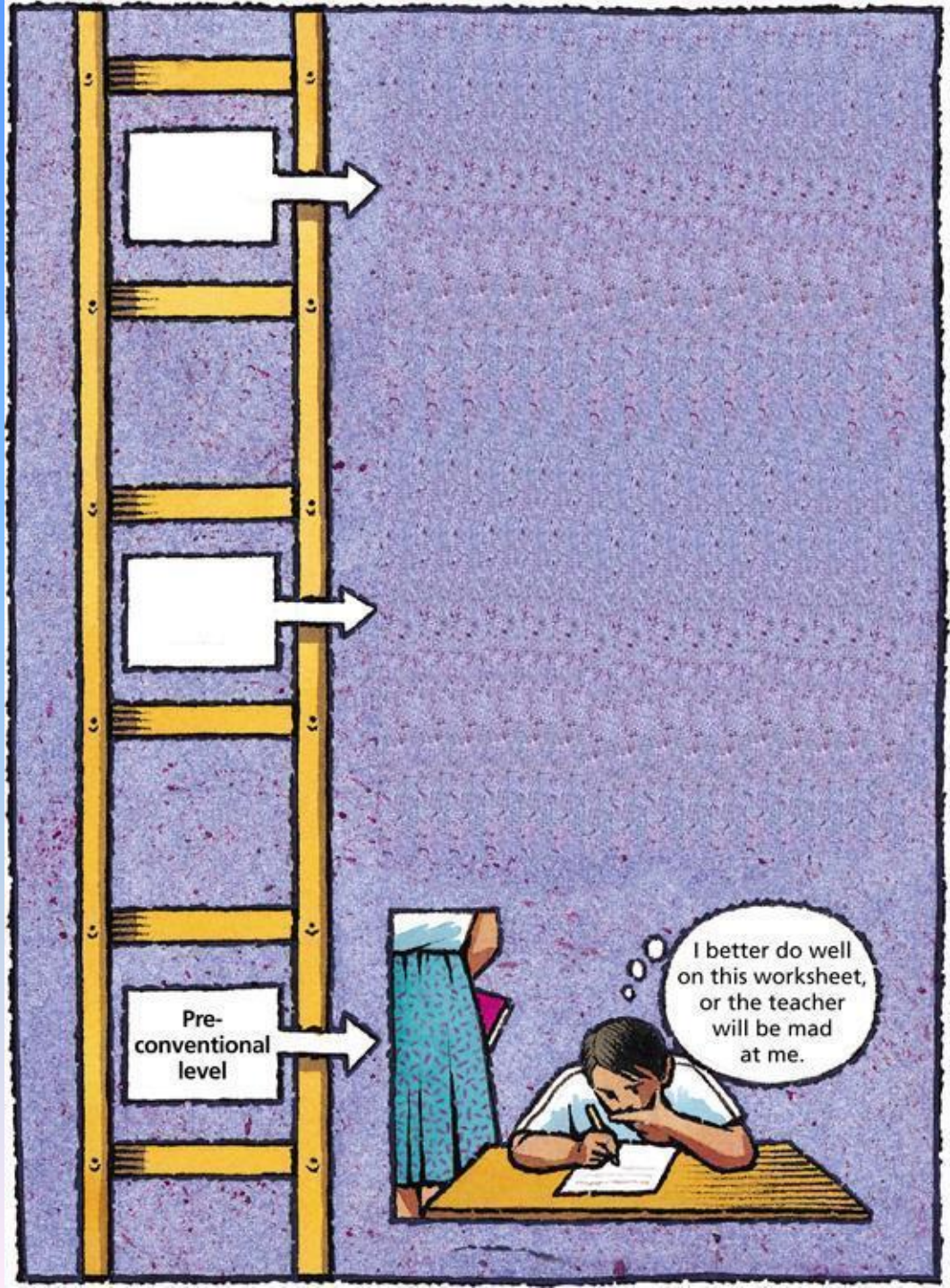
2. Conventional Moral Reasoning

- Primary concern is to fit in and play the role of a good citizen

- People have a strong desire to follow the rules and laws.

- Typical of most adults

3. Postconventional Moral Reasoning

- Characterized by references to universal ethical principles that represent the rights or obligations of all people
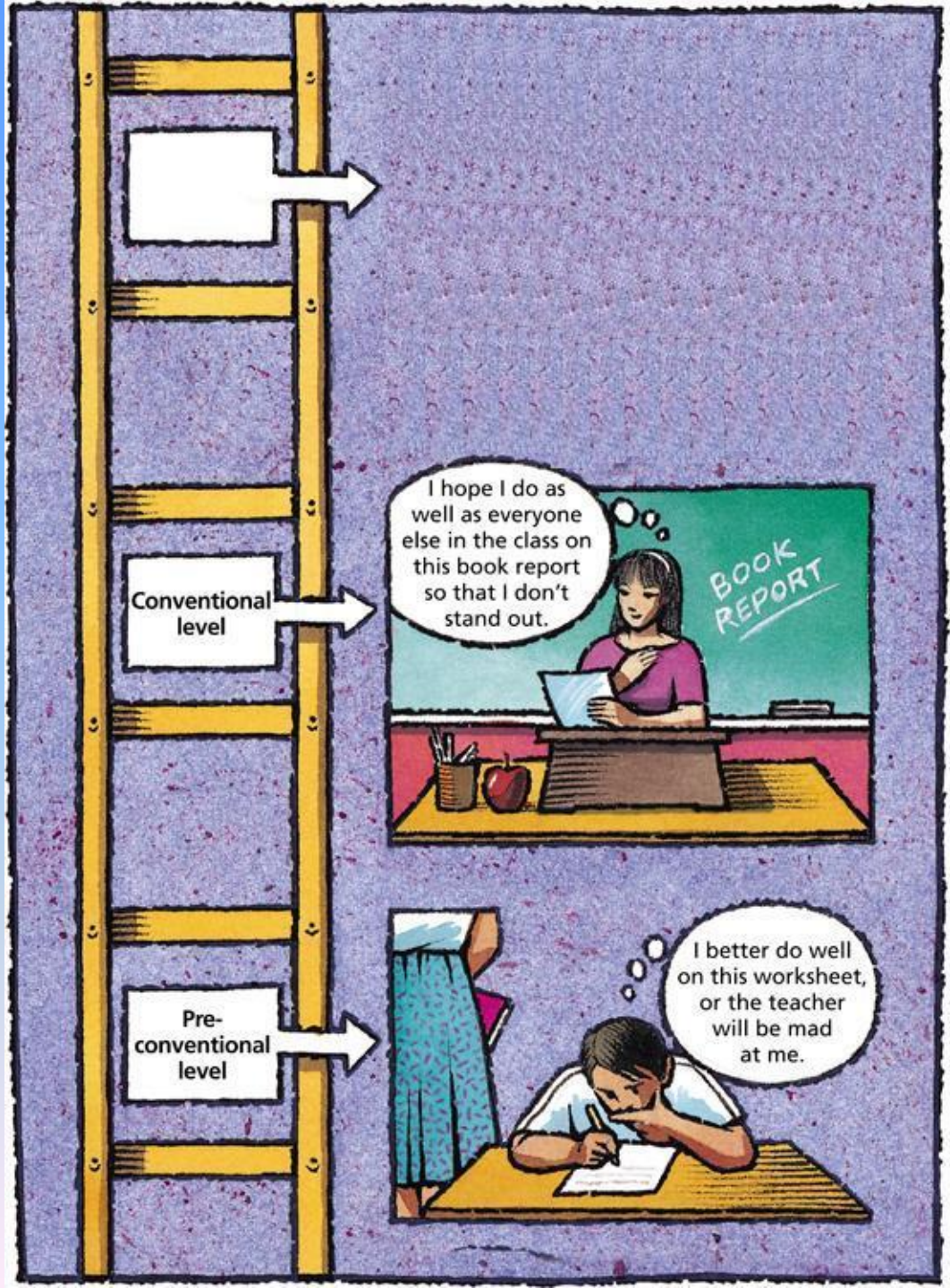
- Most adults do not reach this level.

Lawrence Kohlberg

Moral Development
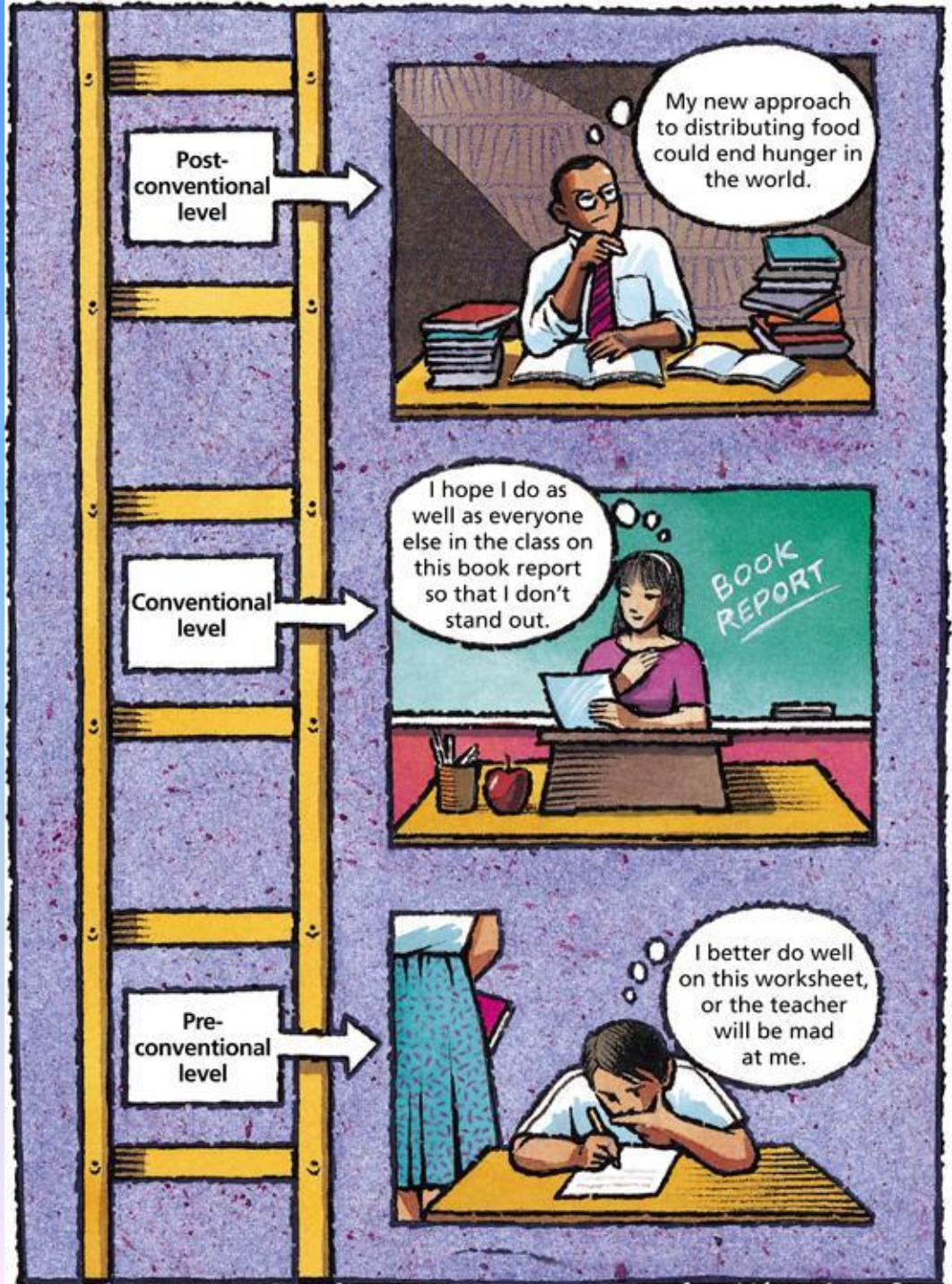
Lawrence Kohlberg

Moral Development

Lawrence Kohlberg

Moral Development

Social Development in Adolescence

Erik Erikson

- Created an 8-stage theory of social development
- Each stage has its own psychosocial, developmental task.

Table 15.1

Erikson's Stages of Psychosocial Development

Stage (Approximate Age)	Issues	Description of Task
Infancy (to 1 year)	Trust vs. mistrust	If needs are dependably met, infants develop a sense of basic trust.
Toddlerhood (1 to 2 years)	Autonomy vs. shame and doubt	Toddlers learn and do things for themselves, or they doubt their abilities.
Preschooler (3 to 5 years)	Initiative vs. guilt	Preschoolers learn to initiate tasks and carry out plans, or they feel guilty about efforts to be independent.
Elementary school (6 years to puberty)	Competence vs. inferiority	Children learn the pleasure of applying themselves to tasks, or they feel inferior.

Table 15.1

Erikson's Stages of Psychosocial Development

Stage (Approximate Age)	Issues	Description of Task
Adolescence (teen years into twenties)	Identity vs. role confusion	Teenagers work at refining a sense of self by testing roles and then integrating them to form a single identity, or they become confused about who they are.
Young adulthood (twenties to early forties)	Intimacy vs. isolation	Young adults struggle to form close relationships and to gain the capacity for intimate love, or they feel socially isolated.
Middle adulthood (forties to sixties)	Generativity vs. stagnation	Middle-aged people discover a sense of contributing to the world, usually through family and work, or they may feel a lack of purpose.
Late adulthood (late sixties and older)	Integrity vs. despair	When reflecting on his life, the older adult may feel a sense of satisfaction or failure.

Table 15.1

Erikson's Stages of Psychosocial Development

Stage (Approximate Age)	Issues	Description of Task
Infancy (to 1 year)	Trust vs. mistrust	If needs are dependably met, infants develop a sense of basic trust.
Toddlerhood (1 to 2 years)	Autonomy vs. shame and doubt	Toddlers learn and do things for themselves, or they doubt their abilities.
Preschooler (3 to 5 years)	Initiative vs. guilt	Preschoolers learn to initiate tasks and carry out plans, or they feel guilty about efforts to be independent.
Elementary school (6 years to puberty)	Competence vs. inferiority	Children learn the pleasure of applying themselves to tasks, or they feel inferior.
Adolescence (teen years into twenties)	Identity vs. role confusion	Teenagers work at refining a sense of self by testing roles and then integrating them to form a single identity, or they become confused about who they are.
Young adulthood (twenties to early forties)	Intimacy vs. isolation	Young adults struggle to form close relationships and to gain the capacity for intimate love, or they feel socially isolated.
Middle adulthood (forties to sixties)	Generativity vs. stagnation	Middle-aged people discover a sense of contributing to the world, usually through family and work, or they may feel a lack of purpose.
Late adulthood (late sixties and older)	Integrity vs. despair	When reflecting on his life, the older adult may feel a sense of satisfaction or failure.

Social Development in Adolescence: Developing Identity

Identity

- One's sense of self

- According to Erikson, an adolescence task is to solidify a sense of self by testing and integrating various roles

- A strong, consistent sense of who and what a person is

Developing Identity

- Identity search includes the following characteristics:
  - Experimentation
  - Rebellion
  - "Self"-ishness
  - Optimism and energy

Social Development in Adolescence: Developing Intimacy

Intimacy

- In Erikson's theory, the ability to form close, loving, open relationships

- To Erikson this is the primary task of early adulthood

- Not necessarily one's spouse or a sexual relationship

Social Development in Adolescence: Independence from Family

Three Key Developmental Issues

1. Continuity and Stages

- How much of behavior is continuous and how much follows a more stage like development?

2. Stability and Change

- Which developmental traits remain stable over time, and which change?

3. Nature and Nurture

- How much of our behavior is due to nature and how much is due to nurture?

- How do nature and nurture interact in development?

The End