Chapter 4
Adolescence

Physical and Sexual Development

Adolescence is seen in our society as a time of preparation for entry into adulthood. There are many initiation rites—ceremonies or rituals in which an individual is admitted to new status or accepted into a new position—that mark this occasion.

Theories of Adolescence

- G. Stanley Hall viewed adolescence as a time of great “storm and stress,” where the teen is a marginal being, confused, troubled, and highly frustrated.
- Margaret Mead found that teens in other societies seemed to enjoy adolescence.
- Many studies tend to support Mead’s conclusion and view adolescence as a less stressful time than previously thought.
- According to Robert Havighurst, there are challenges that a teenager must face:
  - Accepting one’s physical makeup and acquiring a masculine or feminine gender role.
  - Developing relations with age-mates of both sexes.
  - Becoming emotionally independent of parents and other adults.
  - Achieving the assurance that one will become economically independent.
  - Deciding on, preparing for, and entering a vocation.
  - Developing the cognitive skills and concepts necessary for social competence.
  - Understanding and achieving socially responsible behavior.
  - Preparing for marriage and family.
  - Acquiring values that are harmonious and appropriate.
• The pattern of development an adolescent displays depends on factors such as:
  
  The individual’s adjustment in
  • The level of adjustment of his or her parents and peers.
  • The changes that occur during adolescence.

Physical Development

• Puberty—sexual maturation; the end of childhood and the point when reproduction is first possible.
  • Between 10 and 17, a girl has her first menarche, or the first menstrual period.
  • Between 12 and 13, boys experience their first spermarche.

This period of adolescent growth can be awkward due to

• Individual differences in growth greatly affect the personality of young adolescents.
  • Boys who mature more quickly tend to have
  • Girls who mature more quickly tend to be

Sexual Development

• Adolescence is a time when an individual develops attitudes about sex and expectations about the gender role he or she will fill.

• The questions many people ask themselves regarding sex:
  • What is the role of family, religion and government in providing information and guidance about sex?
  • How can we solve the problem of
  • How can we stop the spread of sexually transmitted diseases and AIDS?

• is the choice to avoid harmful behaviors such as premarital sex and the use of drugs and alcohol. And it’s a REALLY good idea!!!!!!!
Section 2
Personal Development

Cognitive Development

- During adolescence, the thinking patterns characteristic of adults emerge.
  - Consideration of abstract principles
  - —examining one’s own motives and thoughts—becomes possible.
  - An adolescent may deal with emotional feelings through rationalization.

- The change in thinking pattern is usually accompanied by changes in personality and social interaction.

- Adolescents tend to

- Some problems adolescents develop due to immaturity and abstract thought processes: (shocking, I know…)
  - Finding fault with
  - Argumentativeness
  - Apparent hypocrisy
  - Self-consciousness

Moral Development

- Reaching higher levels of thinking, such as Kohlberg’s involves the ability to abstract. During the adolescent years, individuals gain the capacity for

- Only about adolescents, however, show higher levels of moral reasoning.
Identity Development

Erik Erikson’s view of

- Building an identity is a task that is unique to adolescence.
- They must become a unique individual with a valued sense of self in society.

- Contributing factors include:
  - Physiological changes
  - Awakening sexual desires
  - Thinking about the past and future
  - The desire to feel
  - The need to organize
  - Role confusion

- Identity forms when adolescents are comfortable with:
  - An occupation
  - A set of values to believe in and live by
  - Their sexual identity

- James Marcia distinguished four attempts to achieve a sense of identity:
  - Identity achievement
  - Identity foreclosure
  - Identity confusion
  - Identity diffusion

- Social Learning View:
  - A.C. Peterson—crisis is not the normal state of affairs for adolescents
  - Albert Bandura—
Margaret Mead—human development is a continuous process as opposed to radical changes at certain points in life

Section 3
Social Development

The Role of the Family
One of the principal developmental tasks for adolescents is becoming independent of their
• Some parents don’t want the child to leave.
• The might also worry about whether or not he or she will succeed.

The Role of Peers
Many teenagers belong to peer groups
These are usually determined by social class lines, personality, and

• Functions or peer groups:
  They fulfill the need for
  They give the adolescent a way of

• Drawbacks of peer groups:
  • They can create a fear of being disliked.
  • They

  Teenagers tend to share the same views as their parents on marriage,

• Adolescents tend to choose friends with to those of their parents.

Difficulties During Adolescence

• Mental illness and suicide are among adolescents, but the rates have been high at times.
• may lead adolescents to do (stupid) things with their peers that they would not do alone.
• Juveniles were involved in 15% of all violent crime arrests and 29% of all property crime arrests in 2003.
Teenage depression is fairly widespread.

Causes of:
- The loss of a loved one.
- Breakdown of the family unit.

- Depressed teenagers usually show their feelings through anger and rebellion as opposed to sadness.
- Communicating with someone you think may be depressed is key.

- Many teenagers and young adults are affected by eating disorders such as:
  - Anorexia nervosa
  - Bulimia nervosa

- This may result from a feeling of alienation or a need for approval from others.

![Diagram of Anorexia Nervosa and Bulimia Nervosa](Image)
Section 4
Gender Roles and Differences

Gender Roles

• Gender identity—the sex group (masculine or feminine) to which an individual biologically belongs.
• Gender role—the set of behaviors that society considers appropriate for each sex.

• Gender roles vary depending on the society and can change over time within that society.
• Gender stereotype—an oversimplified or distorted generalization about the characteristics of men and women.
• Psychologist Sandra Bern believes that people should accept new roles.

• Differences between male and female personalities include:
  – Males are more confident than females, especially in academic areas or in tasks stereotyped as masculine.
  – Females are more verbally aggressive, while males are more physically aggressive.
  – Men are actually more talkative and interrupt women more while they are talking.
  – Women talk more when they have the power in a relationship.
  – Women use more hedges, disclaimers, and tag questions.
  – Women show submission and warmth, while men display more dominance and status.

There are very few cognitive gender differences between males and females.

Origins of Gender Differences

• Most psychologists agree that nature and nurture interact to influence gender differences.

• Biological Theory
  • Based on the role of anatomy, hormones, and brain organization.
  • Differences in gender are the result of behaviors that evolved from early men and women in
• Psychoanalytical Theory
  • A child identifies with a parent of the same sex, and gender identity results.

• Social Learning Theory
  – Emphasizes the role of processes on how we perceive, organize, and use information.
  – Children learn their gender roles by

• Cognitive-Developmental Theory
  • Children acquire gender roles by with their environment and thinking about those experiences.
  • A child must first see himself or herself as male or female, and then begin to around this concept.
  • Gender schema

Changing Gender Roles

• The roles of men and women are changing, but many inequalities still exist.
  – Women do not advance as quickly as men.
  – Women occupy lower levels of leadership positions.

Reasons:
  – Companies may discriminate—many women interrupt their career to have children.
  – Men and women have different levels of ambition due to societal teachings.