

# Thinking About Psychology: The Science of Mind and Behavior

Charles T. Blair-Broeker

Randal M. Ernst

# Module 05

# Adolescence

## Module 5: Adolescence

# What is Adolescence?

# Adolescence

- The period between childhood and adulthood
- From puberty (the start of sexual maturation) to independence from parents

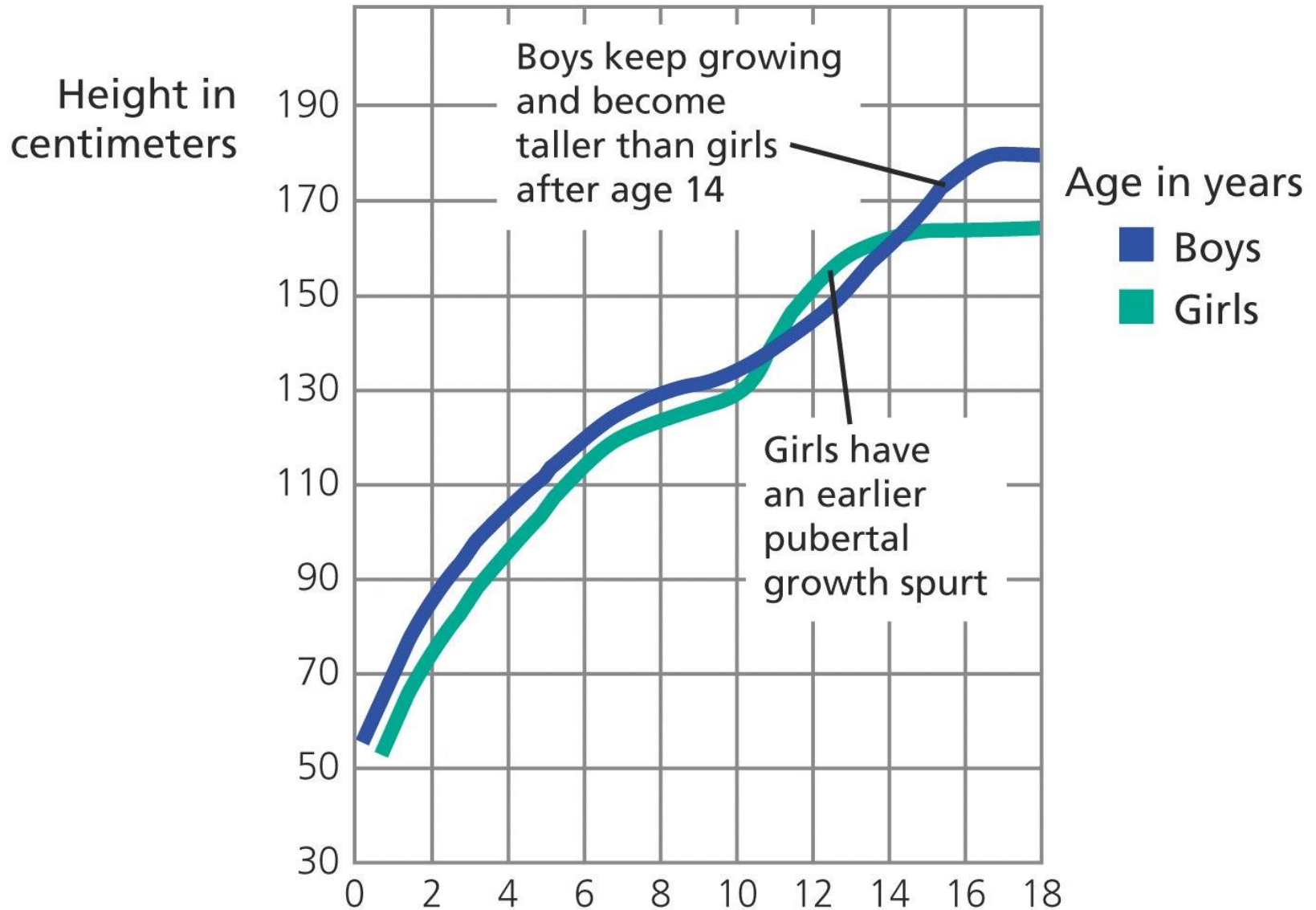
## Module 5: Adolescence

# 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



# Primary Sex Characteristics

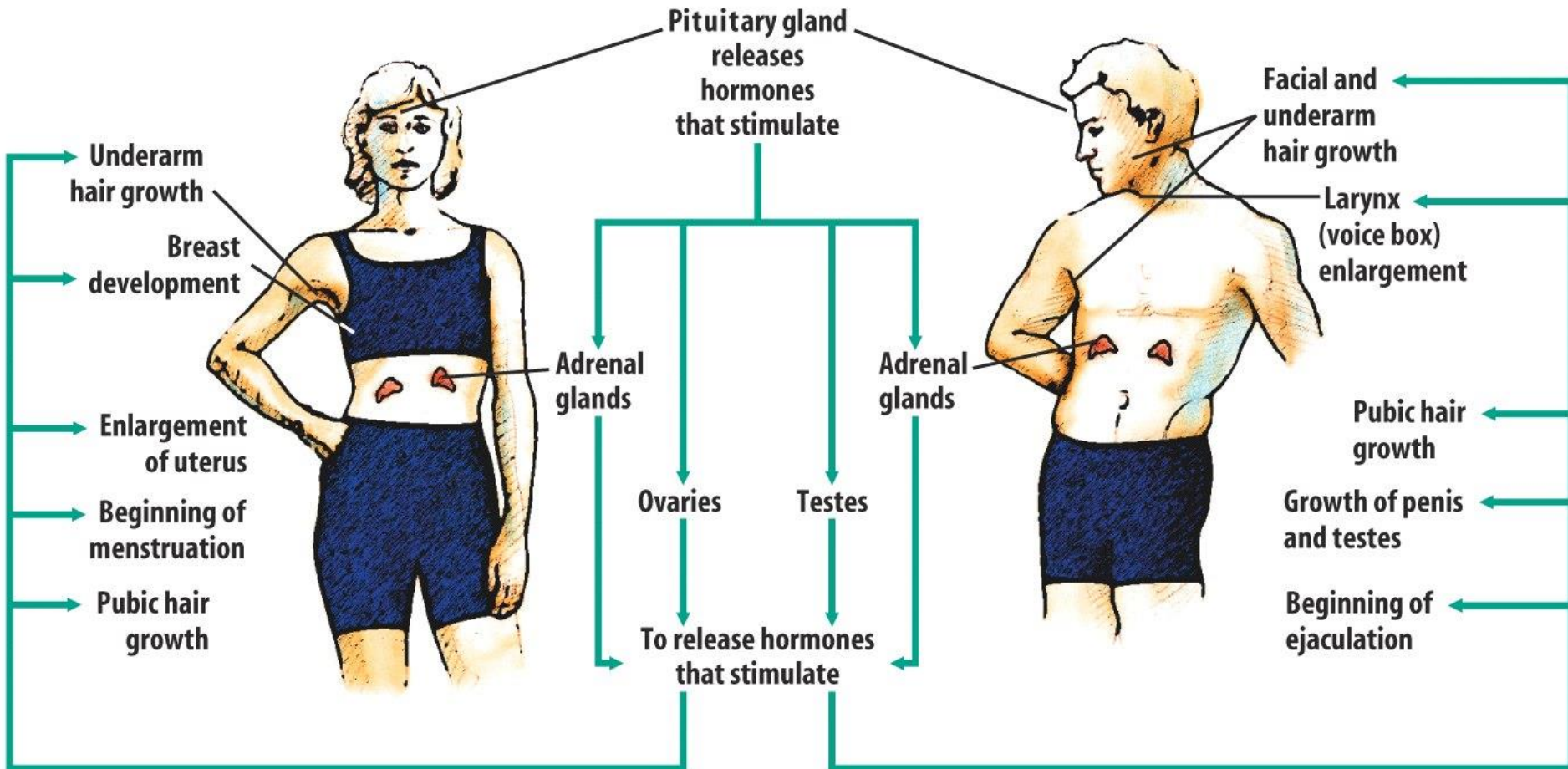
- The body structures that make sexual reproduction possible
- Ovaries in females
- Testes in males



# Secondary Sex Characteristics

- Nonreproductive sexual characteristics
- Breasts and hips in females
- Facial hair and voice changes in males

# Sexual Characteristics



# Sexual Orientation

- 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

# Sexual Orientation

- Play “Sexual Orientation and Activity”  
(3:17) Segment #25 from Psychology:  
The Human Experience

## Module 5: Adolescence

# 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



## Module 5: Adolescence

# Cognitive Development in Adolescence: Morality

# Lawrence Kohlberg

- Author of a three-stage theory on how moral reasoning develops

# 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.

## Module 5: Adolescence

# Social Development in Adolescence

# Erik Erikson

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

**TABLE 5.1** ERIKSON'S STAGES OF PSYCHOSOCIAL DEVELOPMENT

<b>IDENTITY STAGE (APPROXIMATE AGE)</b>	<b>ISSUES</b>	<b>DESCRIPTION OF TASK</b>
<i>Infancy</i> (to 1 year)	<i>Trust vs. mistrust</i>	If needs are dependably met, infants develop a sense of basic trust.
<i>Toddlerhood</i> (1 to 2 years)	<i>Autonomy vs. shame and doubt</i>	Toddlers learn to exercise will and do things for themselves, or they doubt their abilities.
<i>Preschooler</i> (3 to 5 years)	<i>Initiative vs. guilt</i>	Preschoolers learn to initiate tasks and carry out plans, or they feel guilty about efforts to be independent.
<i>Elementary school</i> (6 years to puberty)	<i>Competence vs. inferiority</i>	Children learn the pleasure of applying themselves to tasks, or they feel inferior.



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<i>Adolescence (teen years into 20s)</i>	<i>Identity vs. role confusion</i>	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.
<i>Young adulthood (20s to early 40s)</i>	<i>Intimacy vs. isolation</i>	Young adults struggle to form close relationships and to gain the capacity for intimate love, or they feel socially isolated.
<i>Middle adulthood (40s to 60s)</i>	<i>Generativity vs. stagnation</i>	The middle-aged discover a sense of contributing to the world, usually through family and work, or they may feel a lack of purpose.
<i>Late adulthood (late 60s and up)</i>	<i>Integrity vs. despair</i>	When reflecting on his or her life, the older adult may feel a sense of satisfaction or failure.

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# Erik Erikson

- Insert “Erikson’s Stages of Psychosocial Development – Trust Versus Mistrust” Video #20 from Worth’s Digital Media Archive for Psychology.
- Instructions for importing the video file can be found in the ‘Readme’ file on the CD-ROM.

## Module 5: Adolescence

# Social Development in Adolescence: Developing Identity

# Identity

- A strong, consistent sense of who and what a person is
- Identity search includes the following characteristics:
  - Experimentation
  - Rebellion
  - “Self”-ishness
  - Optimism and energy

# Discovering One's Identity

- Play “Adolescence: Independence from Parents and Identity Formation” (4:48)  
Segment #22 from Psychology: The Human Experience.

## Module 5: Adolescence

# Social Development in Adolescence: Developing Intimacy

# Intimacy

- A close, sharing, emotional, and honest relationship with other people
- To Erikson this is the primary task of early adulthood
- Not necessarily one's spouse or a sexual relationship



## Module 5: Adolescence

# Social Development in Adolescence: Independence from Family

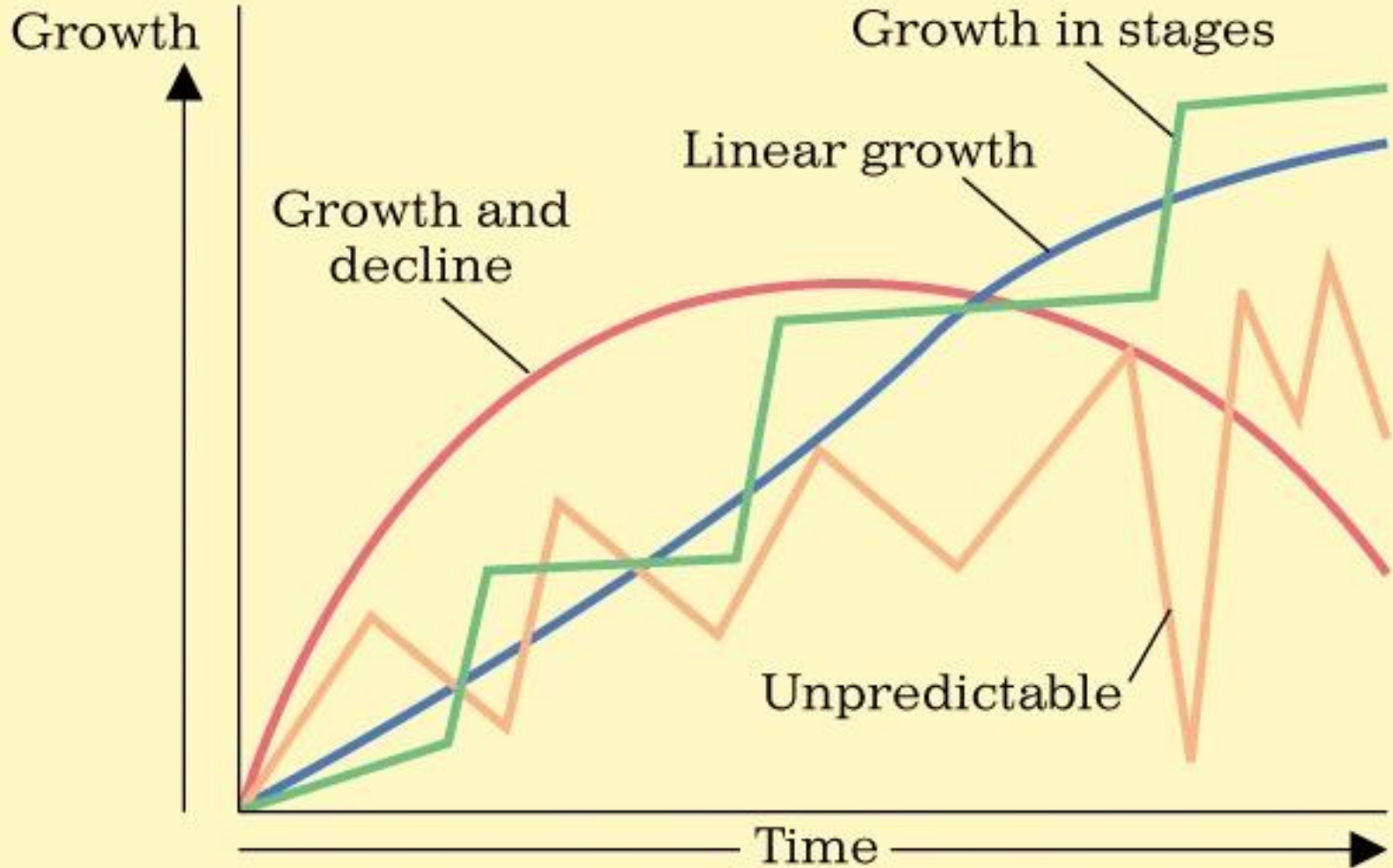
## Module 5: Adolescence

# Three Key Developmental Issues

# 1. Continuity and Stages

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

# Types of Growth Patterns



## 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

# Name of Concept

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# Name of Concept

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