

Adolescence – Chapter 6 - Adolescence is the developmental stage between childhood and adulthood.

Physical Maturation

Physical growth – boys grow 4.1 inches / year and girls grow 3.5 inches / year.

ANOREXIA NERVOSA is a severe eating disorder in which individuals refuse to eat while denying that their behavior and appearance, which may become skeletal, are out of the ordinary. This disorder primarily affects white women. These women are often intelligent, successful, attractive, and affluent homes.

BULIMIA is an eating disorder characterized by binges on large quantities of food, followed by purges of the food through vomiting or the use of laxatives. A chemical imbalance results from constant vomiting or diarrhea. This can have serious effects, including heart failure. Eating disorders are products of both biological and environmental causes so treatment involves multiple approaches: psychotherapy, cognitive-behavioral techniques, dietary modifications, and stress management.

Puberty – the period during which the sexual organs mature

Menarche – the onset of menstruation

Primary sexual characteristics – characteristics associated with the development of the organs and structures of the body that directly relate to reproduction

Secondary sexual characteristics – the visible signs of sexual maturity that do not directly involve the sex organs

Early maturation – Early maturation for boys is a plus. They tend to be more successful athlete because of their size. Boys who mature early have difficulties in school and are apt to become involved in delinquency and substance abuse.

Early maturing girls may endure ridicule from their less mature classmates. More liberal countries make early maturation easier on girls.

Late maturation – worse for boys than for girls. Late maturing boys grow up to be assertive and insightful. Late maturing girls suffer fewer emotional problems than early maturing girls.

Cognitive Development

Piaget Stage in Adolescence - formal operational stage: the period at which people develop the ability to think abstractly, around age 12

Egocentrism - a state of self-absorption in which the world is viewed from one's own point of view

Personal Fable - the view held by some adolescents that what happens to them is unique, exceptional, and shared by no one else

Imaginary Audience - an adolescent's belief that his or her own behavior is a primary focus of others' attention and concern

Identity in Adolescence

Self-Esteem – girls tend to have lower self-esteem. Higher socioeconomic status leads to higher self-esteem.

Self-Concept - broadens during adolescence to include both one's own assessment of who you are and also includes others' views. The view of self becomes more organized and coherent. Adolescents can look at themselves in terms of traits and can see multiple aspects of themselves (which can be confusing at first). During adolescence, teens become increasingly accurate in understanding who they are (they develop their self-concept). The increase in self-concept does not mean that they like themselves any better (self-esteem may still be low).

Erikson Stage - identity-versus-identity-confusion stage: the period during which teenagers seek to determine what is unique and distinctive about themselves

Stage	Approximate Age	Positive Outcomes	Negative Outcomes
1. Trust versus mistrust	Birth–1.5 years	Feelings of trust from others' support	Fear and concern regarding others
2. Autonomy versus shame and doubt	1.5–3 years	Self-sufficiency if exploration is encouraged	Doubts about self; lack of independence
3. Initiative versus guilt	3–6 years	Discovery of ways to initiate actions	Guilt from actions and thoughts
4. Industry versus inferiority	6–12 years	Development of sense of competence	Feelings of inferiority; little sense of mastery
5. Identity versus identity confusion	Adolescence	Awareness of uniqueness of self; knowledge of roles	Inability to identify appropriate roles in life
6. Intimacy versus isolation	Early adulthood	Development of loving, sexual relationships and close friendships	Fear of relationships with others
7. Generativity versus stagnation	Middle adulthood	Sense of contribution to continuity of life	Trivialization of one's activities
8. Ego-integrity versus despair	Late adulthood	Sense of unity in life's accomplishments	Regret over lost opportunities of life

Moratorium – a period during which they take time off from the upcoming responsibilities of adulthood to explore various roles and possibilities. For example, many college students take a semester or year off to travel, work, or find another way to examine their priorities.

ILLEGAL DRUGS: How common is illegal drug use during adolescence? Very common. For instance, the most recent annual survey of nearly 50,000 U.S. students shows that almost **50%** of high school seniors and almost **20%** of eighth-graders report having used marijuana within the past year. Although marijuana usage (as well as use of other drugs) has *declined* over the last few years, the data on drug use still represents substantial adolescent involvement. Drug use has declined from a peak of 15 percent for 8th-graders and 23 percent for 10th-graders in 1996, and 26 percent for 12th-graders in 1997, to 8 percent of 8th-graders, 17 percent of 10th-graders, and 22 percent of 12th-graders reported use in the past 30 days in 2006

ALCOHOL: Use and abuse of **alcohol** in adolescents and college students is high:

- 76% of *high school* students reported having consumed an alcoholic drink in the past year
- 75+% of *college* students reported having consumed at least one alcoholic drink during the last 30 days
- 40+% have had 5+ drinks in the last 2 weeks
- 16% drink 16 or more drinks each week!

Brain Development

Prefrontal Cortex – allows people to think, evaluate, and make complex judgments in a uniquely human way. It underlies the increasingly complex intellectual achievements that are possible during adolescence. The pre-frontal cortex is biologically immature in adolescents which explains why they lack impulse control.

Ethgender – influence of race and gender

James Marcia – suggests that identity can be seen in terms of which of two characteristics—crisis or commitment—is present or absent. Crisis is a period in which an adolescent consciously chooses between various alternatives and makes decisions. Commitment is psychological investment in a course of action or an ideology.

Identity achievement the status of adolescents who commit to a particular identity following a period of crisis during which they consider various alternatives

Identity foreclosure the status of adolescents who prematurely commit to an identity without adequately exploring alternatives.

Moratorium the status of adolescents who may have explored various identity alternatives to some degree, but have not yet committed themselves

identity diffusion the status of adolescents who consider various identity alternatives, but never commit to one or never even consider identity options in any conscious way

		Commitment	
		Present	Absent
CRISIS/EXPLORATION	PRESENT	Identity achievement "I enjoyed working at an advertising company the last two summers, so I plan to go into advertising."	Moratorium "I'm taking a job at my mom's bookstore until I figure out what I really want to do."
	ABSENT	Identity foreclosure "My dad says I'm good with kids and would be a good teacher, so I guess that's what I'll do."	Identity diffusion "Frankly, I have no idea what I'm going to do."

Secular Trend – a pattern of change occurring over several generation

Empathy - Cognitive empathy is the ability to understand other people's perspective, and it plays an important role in problem solving and in avoiding conflict. Affective empathy is the related ability to understand what other people are feeling, enabling us to respond to others appropriately.

Depression – only 3% of adolescents experience full blown depression. Girls experience depression more than boys.

Suicide in Adolescence – tripled in the last 30 years. 1 teenage suicide occurs every 90 minutes. 12.2 suicides per 100,000 adolescents per year. Higher for boys than for girls. The reason for an increase in suicide is the increase in adolescent stress, social inhibition, and perfectionism.

AUTONOMY - independence and a sense of control over their lives

Early Adulthood Unit – Chapter 7 (20 – 40 y/o)

Physical Health and Exercise in Early Adulthood

Physical development and maturation are complete. Most people are at the peak of their physical capabilities. The senses are as sharp as they will ever be.

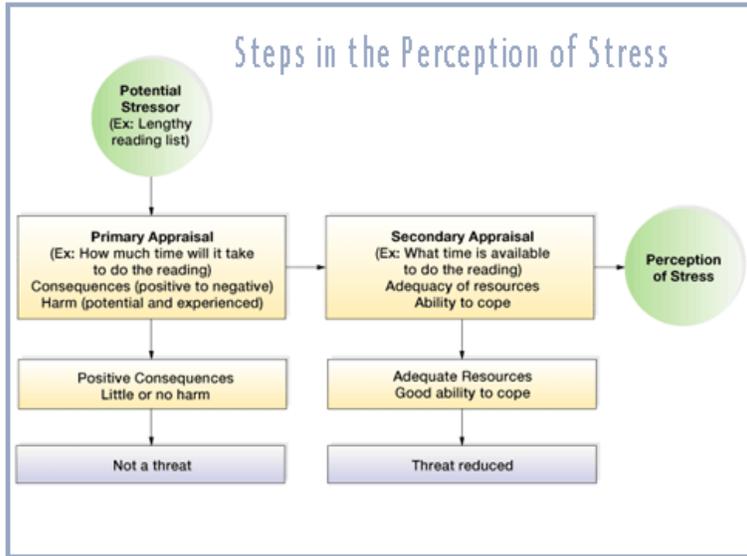
Obesity – 20 percent or more above the average weight for a person of a given height. 1/3 of adults are obese and 1 in 20 have extreme obesity.

Disabilities – a condition that substantially limits a major life activity such as walking or vision. People with disabilities are in large part an undereducated and underemployed minority group. Fewer than 10 percent of people with major handicaps have finished high school, fewer than 25 percent of disabled men and 15 percent of disabled women work full-time, and unemployment rates are high.

Psychoneuroimmunology – the study of the relationship among the brain, the immune system, and psychological factors.

Senescence – the natural physical decline brought about by aging

Causes of death in early adulthood - accidents, AIDS, cancer, heart disease, and suicide



Stress and Coping in Early Adulthood

Stress – the physical and emotional response to events that threaten or challenge us.

Coping – the effort to control, reduce, or learn to tolerate the threats that lead to stress. Defensive coping involves unconscious strategies that distort or deny the true nature of a situation.

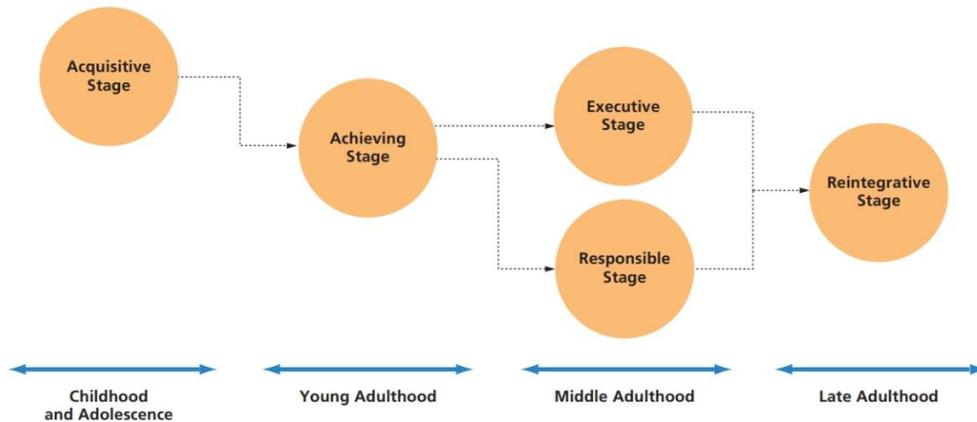
Primary Appraisal – the assessment of an event to determine whether its implications are positive, negative, or neutral.

Secondary Appraisal – the assessment of whether one's coping abilities and resources are adequate to overcome the harm, threat, or challenge posed by the potential stressor.

Social Support – assistance and comfort supplied by others. Turning to others can provide both emotional support (in the form of a shoulder to cry on) and practical, tangible support (such as a temporary loan).

Figure 7-5 Schaie's Stages of Adult Development

SOURCE: Based on Schaie, 1977-1978.



Cognitive Development in Early Adulthood

Post-formal thought – thinking that acknowledges that adult predicaments must sometimes be solved in relativistic terms

Schaie's Stages of Adult Thinking

Acquisitive stage – the first stage of cognitive development, encompassing all of childhood and adolescence.

Achieving stage: the point reached by

young adults in which intelligence is applied to specific situations involving the attainment of long term goals regarding careers, family, and societal contributions

Responsible stage – the stage where the major concerns of middle-aged adults relate to their personal situations, including protecting and nourishing their spouses, families, and careers

Executive stage – the period in middle adulthood when people take a broader perspective than previously, including concerns about the world

Reintegrative stage – the period of late adulthood during which the focus is on tasks that have personal meaning

Robert Sternberg's Triarchic Theory of Intelligence - Sternberg's theory that intelligence is made up of three major components: componential, experiential, and contextual

Componential - aspect involves the mental components used to solve problems (e.g., selecting and using formulas, choosing problem-solving strategies, and in general making use of what has been learned in the past).

Experiential – component refers to the relationship between intelligence, prior experience, and the ability to cope with new situations. This is the insightful aspect of intelligence, which allows people to relate what they already know to a new situation and facts never before encountered.

Contextual – component of intelligence takes account of the demands of everyday, real-world environments. For instance, the contextual component is involved in adapting to on-the-job professional demands

Erikson's Stage of Development in young adulthood - intimacy-versus-isolation stage according to Erikson, the period of post adolescence into the early 30s that focuses on developing close, intimate relationships with others

- Adults with *secure attachment* readily enter into relationships and feel happy and confident about the future of the relationship (half of all adults).
- Adults who have *avoidant attachment* tend to be less invested in relationships, have higher break-up rates, and often feel lonely (one-quarter of all adults).
- Adults who have *anxious-avoidant attachment* tend to become overly invested in relationships, have repeated break-ups with the same partner, and have relatively low self-esteem (20 percent of adults)

Sternberg's Triangular Theory of Love - intimacy, passion, and decision/commitment.

Intimacy component according to Sternberg the component of love that encompasses feelings of closeness, affection, and connectedness

Passion component according to Sternberg the component of love that comprises the motivational drives relating to sex, physical closeness, and romance

Decision/commitment component according to Sternberg the third aspect of love that embodies both the initial cognition that one loves another person and the longer-term determination to maintain that love

Eight combinations of love

Type of Love	Component			Example
	Intimacy	Passion	Decision/Commitment	
Nonlove	Absent	Absent	Absent	The way you might feel about the person who takes your ticket at the movies.
Liking	Present	Absent	Absent	Good friends who have lunch together at least once or twice a week.
Infatuated love	Absent	Present	Absent	A "fling" or short-term relationship based only on sexual attraction.
Empty love	Absent	Absent	Present	An arranged marriage or a couple who have decided to stay married "for the sake of the children."
Romantic love	Present	Present	Absent	A couple who have been happily dating a few months, but have not made any plans for a future together.
Companionate love	Present	Absent	Present	A couple who enjoy each other's company and their relationship, although they no longer feel much sexual interest in each other.
Fatuous love	Absent	Present	Present	A couple who decides to move in together after knowing each other for only 2 weeks.
Consummate love	Present	Present	Present	A loving, sexually vibrant, long-term relationship.

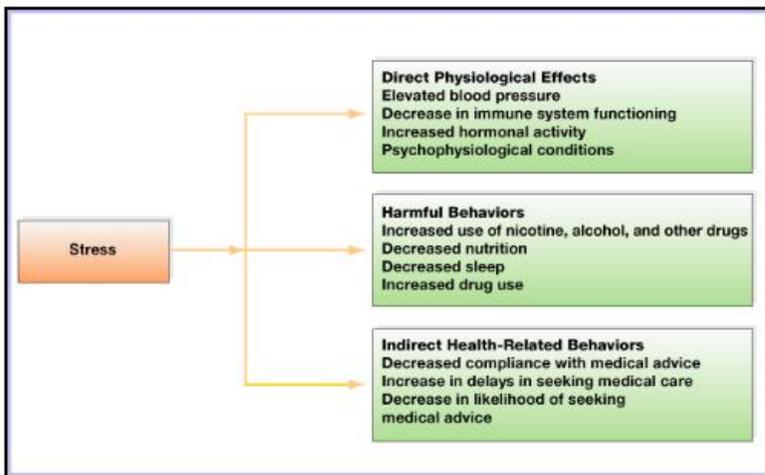
Middle Adulthood Unit – Chapter 8 (40 – 65 y/0)

Physical Development in Middle Age

Settling – process in which the bones attached to the spinal column become less dense.

OSTEOPOROSIS, a condition in which the bones become brittle, fragile, and thin. Osteoporosis is brought about by a lack of calcium in the body, and lack of exercise.

Loss of strength – Strength gradually decreases, particularly in the back and leg muscles. By age 60, people average a 10 percent loss of their maximum strength. Still, such a loss is relatively minor, and most people are easily able to compensate for it



Auditory – Hearing declines in acuity in midlife, though the changes tend to be less evident than those affecting vision. Presbycusis loss of the ability to hear sounds of high frequency.

Vision – Starting at around age 40, visual acuity—the ability to discern fine spatial detail in both close and distant objects—begins to decline. The shape of the eye’s lens changes, and its elasticity deteriorates, which makes it harder to focus images sharply onto the retina. The lens becomes less transparent, so less light passes through the eye.

Causes of illness – Type A personality. Obesity can cause diabetes. High blood pressure leads to hypertension which is a silent killer.

FEMALE CLIMACTERIC, the transition from being able to bear children to being unable to do so.

Menopause – the cessation of menstruation

Andropause – a condition that is associated with the decrease in the male hormone testosterone. It is unlike menopause in that the decrease in testosterone and the development of symptoms is more gradual than what occurs in women.

MALE CLIMACTERIC, the period of physical and psychological change relating to the male reproductive system that occurs during late middle age.

Personality types and heart disease – Type A men have twice the rate of coronary heart disease and a greater number of fatal heart attacks and 5 times as many heart problems as Type B men.

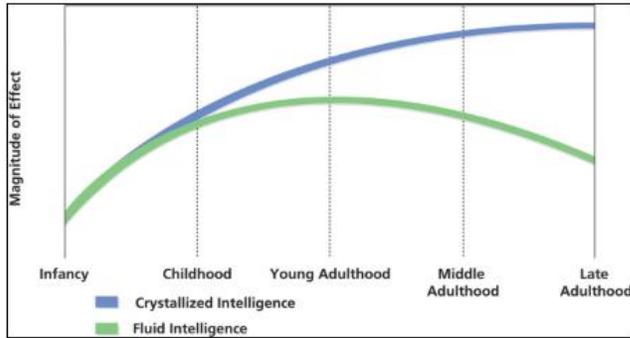
Cognitive Development in Middle Adulthood

Fluid intelligence – reflects the ability to solve and reason about novel problems

Crystallized intelligence – the accumulation of information, skills, and strategies that people have learned through experience and that they can apply in problem-solving situations.

Types of memory – sensory memory, short-term memory (also called working memory), and long-term memory.

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Sensory memory is an initial, momentary storage of information. Information is recorded by the sensory system as a raw, meaningless stimulus.

Short-term memory, which holds it for 15 to 25 seconds. If the information is rehearsed

Long-term memory, where it is stored on a relatively permanent basis.

Memory Aids

Schemas – organized bodies of information stored in memory

Mnemonics – formal strategies for organizing material in ways that make it more likely to be remembered

Selective Optimization – the process by which people concentrate on particular skill areas to compensate for losses in other areas

Expertise – the acquisition of skill or knowledge in a particular area

Erikson's Stage in Middle Adulthood – generativity-versus-stagnation according to Erikson, the stage during middle adulthood in which people consider their contributions to family and society

- Generativity is guiding and encouraging future generations.
- Generativity may be leaving a lasting contribution to the world through creative or artistic output.
- Generativity means looking beyond oneself to the continuation of one's life through others.
- Stagnation means people focus on the triviality of their life, and feel they have made only a limited contribution to the world, that their presence has counted for little.

Big Five Personality Traits

Neuroticism (degree of moodiness, anxiousness, self-criticism)

Extraversion (how outgoing or shy a person is)

Openness (curiosity and interest in new experiences)

Agreeableness (how easygoing and helpful a person is)

Conscientiousness (degree of being organized and responsible)

Late Adulthood Unit – Chapter 9

Demographics of late adulthood

Young old – between 65 and 74 – **healthy and active.**

Old old – between 75 and 84 – **some health problems and difficulties with daily activities.**

Oldest old – 85 and older – **frail and in need of care.**

Ageism – prejudice and discrimination directed at older people. Many attitude studies find that older adults are viewed more negatively than younger ones on a variety of traits, particularly those relating to general competence and attractiveness.

Primary Aging – aging that involves universal and irreversible changes that, because of genetic programming, occur as people get older

Secondary Aging – changes in physical and cognitive functioning that are as a result of illness, health habits, and other individual differences, but are not the result of increased age itself and are not inevitable

Aging Theories

Peripheral Slowing Hypothesis – the theory that suggests that overall processing speed declines in the peripheral nervous system with increasing age

Generalized Slowing Hypothesis – the theory that processing in all parts of the nervous system, including the brain, is less efficient as we age

Genetic programming Theories of Aging – suggest that our body's DNA genetic code contains a built-in time limit for the reproduction of human cells

Wear-and-Tear Theories of Aging - the theory that the mechanical functions of the body simply wear out with age

- **VISION:** Lens becomes less transparent and the pupils shrink. The optic nerve becomes less efficient. Distant objects become less acute. More light is needed to see and it takes longer to adjust to a change from light to darkness and vice versa. Driving at night becomes difficult. Reading becomes more of a strain and eye strain occurs more easily.
- **CATARACTS,** cloudy or opaque areas of the lens of the eye that interfere with passing light, frequently develop. Cataracts can be surgically removed.
- **GLAUCOMA** occurs when the pressure in the fluid of the eye increases, either because the fluid cannot drain properly or because too much fluid is produced. Glaucoma can be corrected with drugs or surgery. It must be detected early enough.
- The most common cause of blindness in people over the age of 60 is **AGE-RELATED MACULAR DEGENERATION (AMD)** which affects the macula, a yellowish area of the eye located near the retina at which visual perception is most acute.
- **HEARING:** 30% of adults between 65 and 74 have some hearing loss; 50% of adults between over 75 have hearing loss. High frequencies are the hardest to hear. Hearing aids would be helpful 75% of the time but only 20% of people wear them. They are imperfect and amplify all sounds so it is difficult to discern conversations. There is a stigma attached to wearing a hearing aid. Because they cannot hear, some people withdraw from society because they feel left out and lonely.
- **TASTE AND SMELL:** Both senses become less discriminating in old age. This is due to a decline in taste buds on the tongue and to the shrinking of olfactory bulbs in the brain which reduces the ability to smell. People eat less and get poor nutrition. Older people may oversalt their food and develop hypertension, or high blood pressure.

Telomeres – are tiny, protective areas of DNA at the tip of chromosomes, grow shorter. When a cell's telomere has just about disappeared, the cell stops replicating, making it susceptible to damage and producing signs of aging.

Free Radicals – electrically charged molecules or atoms that are produced by the cells of the body. Because of their electrical charge, free radicals may cause negative effects on other cells of the body. A great deal of research suggests that oxygen-free radicals may be implicated in a number of age-related problems, including cancer, heart disease, and diabetes

Episodic – which relate to specific life experiences, such as when you first visited New York City.

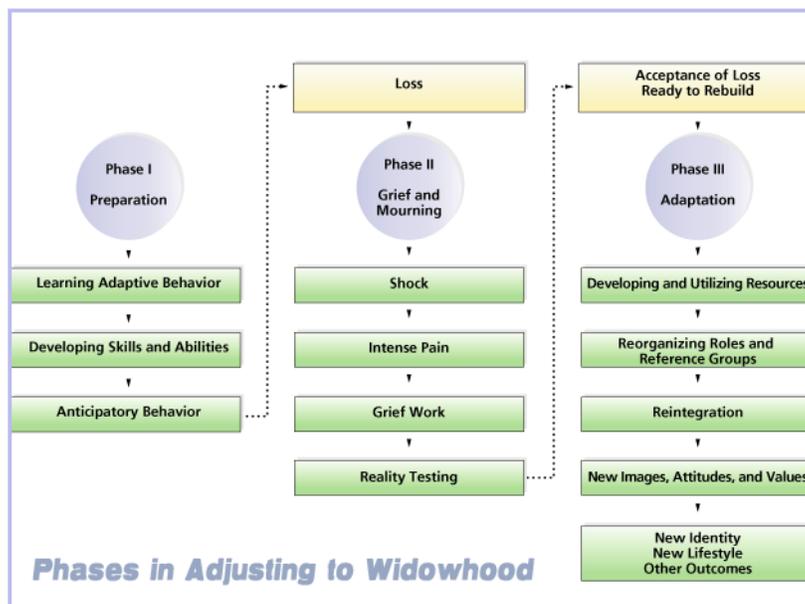
Semantic – general knowledge and facts, such as the capital of North Dakota

Implicit Memories – memories about which people are not consciously aware, such as how to ride a bike

Learned Helplessness – a belief that one has no control over one's environment

Erikson Stage in Late Adulthood – ego-integrity-versus-despair stage Erikson's final stage of life, characterized by a process of looking back over one's life, evaluating it, and coming to terms with it

- **INTEGRITY** comes when people feel they have realized and fulfilled the possibilities that have come their way. People who are successful in this stage of development feel a sense of accomplishment and satisfaction with their lives. They have few regrets.
- **DESPAIR** occurs when people feel dissatisfied with their life, and experience gloom, unhappiness, depression, anger, or the feeling that they have failed.



Death & Dying – Chapter 10

Life Review – the point in life in which people examine and evaluate their lives

Wisdom – expert knowledge in the practical aspects of life.

Disengagement Theory – the period in late adulthood that marks a gradual withdrawal from the world on physical, psychological, and social levels.

Activity Theory – the theory suggesting that successful aging occurs when people maintain the interests, activities, and social interactions with which they were involved during middle age

Social Support – available from family and friends all influence the course of dying and one's responses to it. Bereaved people who lack social support from family, friends, or a connection to some other group, religious or otherwise, are more likely to experience feelings of loneliness, and therefore are more at risk.

Do Not Resuscitate Orders – The letters “DNR” on a patient's medical chart have a simple and clear meaning: “Do Not Resuscitate.” DNR means that no extraordinary means are to be taken to keep a patient alive. For terminally ill patients, “DNR” may mean the difference between dying immediately or living additional days, months, or even years, kept alive only by the most extreme, invasive, and even painful medical procedures.

Living Wills – legal documents designating what medical treatments people want or do not want if they cannot express their wishes

Children and death – Children do not really begin to develop a concept of death until around age 5. Children's misunderstanding of death can have devastating emotional consequences. Children may believe they are somehow responsible for a person's death. They may assume their bad behavior caused the death. They may also think that if the dead person really wanted to, she or he could return.

Most frequent cause of death in

Childhood – accidents. Specifically, automobile accidents.

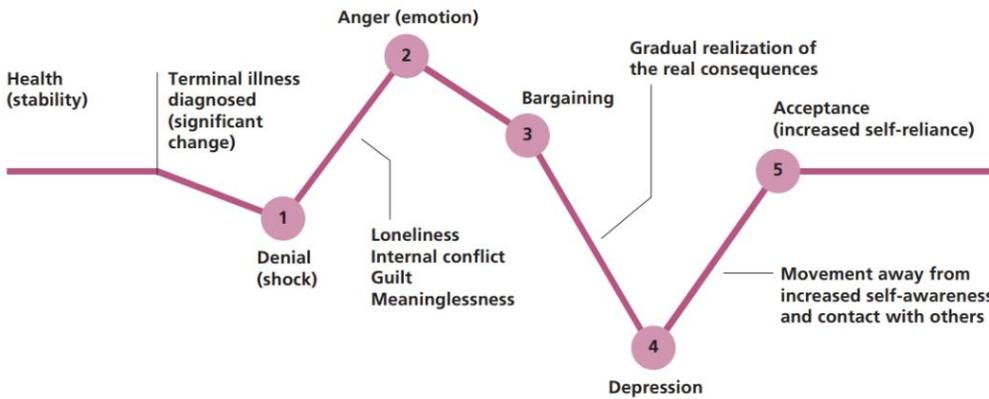
Adolescence – Accidents, homicide, suicide.

Early adulthood – car accidents, AIDS, cancer, heart disease, and suicide.

Middle adulthood – Heart disease and cancer

Figure 10-1 Moving Toward the End of Life

The steps toward death, according to Kübler-Ross (1975). Do you think there are cultural differences in the steps?



Kubler-Ross's Stages

Denial – people resist the idea that they are going to die.

Anger – After denial, people may express anger. They may be angry at everyone: people in good health, spouses and family members, caregivers, children.

Bargaining – dying people try to negotiate their way out of death.

Depression – In reactive depression, the sadness is based on events that have already occurred: the loss of dignity with many medical procedures, the end of a job, or the

knowledge that they will never return home. In preparatory depression, people feel sadness over future losses. They know that death will end their relationships and that they will never see future generations. The reality of death is inescapable in this stage, and it brings profound sadness over the unalter-able conclusion of one's life.

Acceptance – People who have developed acceptance are fully aware that death is impending.