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Psychology 110

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Lecture Series: Chapter 9 Human Development II:** Pages: 24  
Adolescence, Adulthood, and Aging

TEXT: Baron, Robert A. (2001). *Psychology* (Fifth Edition). Boston, MA: Allyn and Bacon.

**Principal Features**

**Introduction**

[Page Reference]

" ... one of psychology's grand themes (is) *stability versus change*." (330)

**Adolescence: Between Child and Adult**

Complete the following:

"Adolescence has traditionally been viewed as beginning with the onset of **puberty**, .....

**Physical Development during Adolescence**

[Evidence] Physical development of boys during adolescence.

(330-331)

## **Physical Development during Adolescence**

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(Continued)

[Page Reference]

[Evidence] Physical development of girls during adolescence.

(331)

"Gender differences also exist with respect to the effects of early sexual maturity."

[Evidence] Effects of early sexual maturity in boys and girls.

(331-332)

## **Cognitive Development during Adolescence**

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" ... adolescents' *theory of mind*—their understanding of how they and others think—continues to change and develop."

Question: What's the meaning of the following statement?

"(Young) children take ... a *realistic approach* to knowledge."

## Cognitive Development during Adolescence

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(Continued)

[Page Reference]

Question: What is the meaning of the following statements?

" ... (late) adolescents ... adopt an approach described as *dogmatism-skepticism* ... (to knowledge)."

" ... some adolescents (adopt) an approach described as *postskeptical rationalism*."

(332-333)

## Social and Emotional Development during Adolescence

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### EMOTIONAL CHANGES: THE UPS AND DOWNS OF EVERYDAY LIFE

"It is widely believed that adolescents are wildly emotional ... "

[Evidence] Emotional changes in adolescents.

(333)

## PARENTING STYLES AND THEIR EFFECTS ON ADOLESCENTS

[Page Reference]

"Growing evidence suggests that while there is no single 'best' parenting style, some broad patterns or styles of parenting have more beneficial effects than others."

Complete the following:

"Two key dimensions seem to underlie differences in parenting styles. One had to do with **parental demandingness**—the extent to which parents are ... (334)

"A second dimension is that of **parental responsiveness**—the extent to which parents are ...

"(Parental demandingness and parental responsiveness are the) two key dimensions (that) seem to underlie differences in parenting styles."

"*Authoritarian parents* are high in ...

"*Authoritative parents* ... are high in ...

"*Permissive parents* are high in ...

" ... *rejecting/neglecting* parents are low in both ...

" ... these contrasting styles have strong and lasting effects."

## PARENTING STYLES AND THEIR EFFECTS ON ADOLESCENTS (Continued)

[Page Reference]

[Evidence] Styles of parenting.

(334)

## SOCIAL DEVELOPMENT: FRIENDSHIPS AND THE QUEST FOR IDENTITY

"*Friendships*, primarily with members of their own gender, but also with members of the other gender, become increasingly important."

[Evidence] Friendships.

(334-335)

## ERIKSON'S EIGHT STAGES OF LIFE

"(Erik) Erikson's theory deals with development across the entire life span ... (it is) a *stage* theory: It suggests that all human beings pass through specific stages or phases of development."

"... Erikson is concerned primarily with social rather than cognitive development ... (he) believed that each stage of life is marked by a specific crisis or conflict between competing tendencies."

## ERIKSON'S EIGHT STAGES OF LIFE (Continued)

[Page Reference]

Question: What, according to Erik Erikson, happens to individuals as they negotiate each of these hurdles of social development?

- *Trust versus mistrust.* (335)

- *Autonomy versus shame and doubt.*

- *Initiative versus guilt.*

**ERIKSON'S EIGHT STAGES OF LIFE** (Continued)

[Page Reference]

- *Industry versus inferiority.*

(335)

- *Identity versus role confusion.*

(336-337)

"Many psychologists other than Erikson have focused on the importance of forming a clear personal identity. For instance, (James) Marcia suggests that adolescents can be categorized in terms of whether they have explored alternative selves and whether they have actually chosen one."

[Concept] James Marcia's notion of ego-identity.

(337)

## LIVING IN TWO WORLDS: IDENTITY FORMATION AMONG BICULTURAL ADOLESCENTS

[Page Reference]

"What about adolescents whose parents are immigrants or whose parents come from two different ethnic or cultural groups?"

[Evidence] Identity formation among bicultural adolescents.

(337)

## **Adolescence in the New Millennium: A Generation at Risk?**

"... many experts believe that today's adolescents face a unique set of dangers."

[Evidence] Adolescents at risk.

(338-339)

## DIVORCED, PARENT-ABSENT, AND BLENDED FAMILIES

[Page Reference]

"The effects of divorce on adolescents' **of** well-being depend on many different factors ... "

[Evidence] Effects of divorce on adolescents.

(339)

## DYSFUNCTIONAL FAMILIES: THE INTIMATE ENEMY

"Many teenagers find themselves in what are known as **dysfunctional families** ... "

[Examples] Dysfunctional families.

(341)

## **ADOLESCENT PERSONALITY: ANOTHER FACTOR THAT PREDICTS FUTURE PROBLEMS**

[Page Reference]

"Growing evidence suggest that certain adolescents are at high risk for being rejected by their peers and for engaging in various kinds of anti-social behavior."

[Evidence] Behaviors that predict problems in adolescence.

(341-342)

## **OVERCOMING THE ODDS: RESILIENT ADOLESCENTS**

" ... studies of children and adolescents who, despite their exposure to truly devastating conditions, develop into competent, confident, healthy, adults."

[Evidence] Factors contributing to adolescent resilience.

(342-343)

### **Contrasting Views of Adult Development: Stage Theories versus the Contextual Approach**

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#### **STAGE THEORIES: DEVELOPMENT AS THE RESULT OF INNER BLUEPRINTS**

"During adulthood, (Erik) Erikson suggests, we pass through three major crises."

Question: What, according to Erik Erikson, happens to individuals as they negotiate each of these hurdles of social development?

- *Intimacy versus isolation.* (344)

- *Generativity versus self-absorption.*

- *Integrity versus despair.*

## CONTEXTUAL APPROACHES: DEVELOPMENT IN RESPONSE TO THE ENVIRONMENT

[Page Reference]

"Contextual theories of development ... suggest that because life events and conditions may vary from culture to culture and over time, adult development must be viewed against this backdrop of social and historical factors."

"A notable example of such contextual theories is Urie Bronfenbrenner's **ecological systems theory**."

[Concept] Urie Bronfenbrenner's ecological systems theory.

(345)

Question: What's the meaning of the following statement?

"All societies have ... **social age clocks** ... "

(345-346)

## CONTEXTUAL APPROACHES: DEVELOPMENT IN RESPONSE TO THE ENVIRONMENT (Continued)

[Page Reference]

Question: What's the meaning of the following statement?

"In Western societies in recent years, there has been a blurring of social clock ... "

(346)

### ARE WE STRONGLY SHAPED BY THE EVENTS OF OUR YOUTH?

"Do events in our society that occur when we are young play a special role in our later development?"

[Evidence] The intersection of life stage and social events.

(346-347)

## **Physical Change during Our Adult Years**

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### PHYSICAL CHANGE DURING EARLY ADULTHOOD

Physical growth is usually complete by the time people leave their teens; but for some parts of the body, the process of aging actually begins long before this time."

**PHYSICAL CHANGE DURING EARLY ADULTHOOD** (Continued)

[Page Reference]

[Evidence] Physical change during adulthood.

(348)

**PHYSICAL CHANGE DURING MIDLIFE**

"By the time they are in their forties, most people are all too aware of the age-related changes occurring in their bodies."

[Evidence] Physical change during midlife.

(348-349)

## PHYSICAL CHANGES IN LATER LIFE

[Page Reference]

"What picture emerges from research concerning ... physical changes in later life?"

[Evidence] Physical changes in later life.

(349-351)

## Cognitive Change during Adulthood

" ... our cognitive functioning changes with age is more complex than you might at first guess."

## AGING AND MEMORY

[Page Reference]

Question: What is the impact of aging on memory?

[Evidence] Impact of aging on memory.

(351-352)

## AGING AND INTELLIGENCE: DECLINE OR STABILITY

Question: What is the impact of aging on intelligence?

(352)

**AGING AND INTELLIGENCE: DECLINE OR STABILITY** (Continued)

[Page Reference]

[Evidence] Age related changes in intelligence.

(352-353)

Question: What is the difference between **crystallized intelligence** and **fluid intelligence**?

(353-354)

## AGING AND CREATIVITY

[Page Reference]

Question: Does creativity change with age?

(354)

[Evidence] Aging and intelligence.

(354-355)

## **Social and Emotional Development during Adulthood**

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"How important are friends during our adult years?"

Do our emotional reactions change as we grow older?

"... what changes and transitions do we experience with the passing years."

## FRIENDSHIPS: THE CONVOY MODEL

[Page Reference]

" ... being part of what psychologists term a **social network**—a group of people with whom one interacts regularly (friends, neighbors, relatives)—can be very beneficial as we age."

"(The) **convoy model** of adult social networks seems to offer an accurate description of the pattern of our friendships throughout much of our lives."

[Evidence] Convoy model.

(355-356)

## EMOTIONAL EXPERIENCES, DO WE FEEL EMOTIONS LESS INTENSELY AS WE AGE?

"Older people are often viewed as being calmer than younger ones. Does this imply that they experience a reduced range of emotions?"

[Evidence] Emotional experiences and aging.

(356)

## LEVINSON'S STAGES OF ADULT LIFE

[Page Reference]

" ... a crucial aspect of (Daniel) Levinson's theory (is) a concept he terms the **life structure**."

Question: What is Daniel Levinson's concept of **life structure**? (356)

"According to Levinson, individuals have different life structures at different times during their adult years and move from one to another through *transition periods* lasting about five years."

Note Daniel Levinson's description of adult development as individuals move through distinct eras of life, each separated from the next by a turbulent transition period.

- *Preadult era*

- *Early adulthood*

- *Age thirty transition* (356-357)

## LEVINSON'S STAGES OF ADULT LIFE (Continued)

[Page Reference]

- **Midlife transition**

(357)

- **Late-adult transition**

(357-358)

## LEVINSON'S THEORY: IS IT ACCURATE?

Question: What have been the criticisms of Daniel Levinson's theory of adult development?

(358)

## LEVINSON'S THEORY: IS IT ACCURATE? (Continued)

[Page Reference]

"To deal with the issue of gender, Levinson conducted further research on a sample of forty-five women ages thirty-five to forty-five."

"(He) reported that the women in his sample went through the same sequence of eras and periods, and at roughly the same ages, as men."

[Evidence] The seasons of a woman's life.

(358-359)

## Aging, Death, and Bereavement

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### Theories of Aging: Contrasting Views about Why We Grow Old

STOCHASTIC THEORIES: "GROWING OLD IS THE RESULT OF LIVING."

Question: What are the **stochastic theories**, also known as **wear-and-tear theories of aging**? (359-360)

## PROGRAMMED THEORIES

[Page Reference]

Question: What are the **programmed theories of aging**?

(360)

## Meeting Death: Facing the End of Life

Question: What are the several kinds of death?

(361-362)

" ... how do persons confronted with their own impending death react? Perhaps the most famous study on this subject was conducted by Elizabeth Kübler-Ross. She studied terminally ill cancer patients and, on the basis of extensive interviews with them, concluded that they pass through five distinct stages."

[Concept] Elizabeth Kübler -Ross on death and dying.

(362)

## LEGAL ISSUES RELATING TO DEATH: LIVING WILLS AND DURABLE POWERS OF ATTORNEY FOR HEALTH CARE

[Page Reference]

Question: What is a *living will*?

(363)

Question: What is a *durable power of attorney for health care*?

### **Bereavement: Coming to Terms with the Death of Loved Ones**

"Because bereavement is an experience most adults have, it has been studied in detail by psychologists. This research suggests that bereavement is a process in which individuals move through a series of discrete stages."

[Evidence] Stages of bereavement.

(363-364)

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