ADOLESCENCE AND ADULTHOOD
• Adolescence generally occurs between the ages of 11 and 20.
• Most attention is paid to the first half of this stage of development.
• Adolescence is a time of transitioning from childhood to adulthood in each area of development.
ADOLESCENCE: PHYSICAL DEVELOPMENT

- **Females:**
  - Gain up to 40 pounds
  - Grow up to 10 inches
  - Begin to menstruate
  - Develop secondary sexual characteristics

- **Males:**
  - Grow much taller and develop muscle mass
  - Reproductive organs mature
  - Develop secondary sexual characteristics
LESSON 1 DEVELOPMENT

- Adolescents develop better critical thinking skills, which enable them to interpret and evaluate information.

- They become idealistic about the world around them. However, they may also become more critical when the world does not live up to their ideals.
Adolescence is a challenging and confusing time for many young people. They seek to establish their identities.

• They are self-conscious and often influenced by the thought that everyone is watching them.

• They are often and easily embarrassed.
ADOLESCENCE: SOCIAL DEVELOPMENT

- Adolescents love to socialize with their friends.
- They each develop their own sense of morals and values largely based on what their parents have taught them.
- They also develop an awareness and interest in the opposite sex.
ADOLESCENT HEALTH ISSUES

- Feelings of inadequacy are often displayed in the form of **eating disorders**, such as anorexia nervosa and bulimia.

- Some adolescents turn to **chemical substances** for stress relief, because of peer pressure, or to escape from problems.

- **Suicide** is a leading cause of death in adolescence.
EARLY ADULTHOOD

- Early adulthood generally occurs between the ages of 20 and 40.
- During this time, adults continue to develop and change physically and intellectually.
- They also continue to change socially and emotionally. However, at this point in life, these two areas become difficult to distinguish.
EARLY ADULTHOOD: PHYSICAL DEVELOPMENT

• Early in this stage:
  ▫ In prime physical condition
  ▫ Typically stronger and faster

• Later in this stage:
  ▫ Body need to be stretched and warmed up to prevent injury
  ▫ Metabolism slows down
  ▫ Decline in vision and hearing
  ▫ Hair begins to thin and gray
  ▫ Women may have fertility problems
EARLY ADULTHOOD: INTELLECTUAL DEVELOPMENT

• People typically settle in a career and develop expertise in that field.
• Creativity tends to increase.
• Later in this stage, people are better able to manage many responsibilities at one time and to balance work and home life.
LESSON 2– EARLY ADULTHOOD: EMOTIONAL AND SOCIAL DEVELOPMENT

- Adults develop an image of themselves in relation to the adult world around them.
- Adults develop values, skills, and credentials in the workplace.
- They acquire fulfilling adult friendships and work contacts.
- They might get married and have children.
MIDDLE ADULTHOOD

- Middle adulthood generally occurs between the ages of 40 and 60.
- They continue to develop and change physically and intellectually.
- They also continue to change socially and emotionally. As in early adulthood, at this point in life, these two areas are difficult to distinguish.
MIDDLE ADULTHOOD: PHYSICAL DEVELOPMENT

- People typically experience some high-frequency hearing loss, declining vision, and loss of lean body mass.
- The hair continues to thin and gray and weight gain occurs. Skin begins to wrinkle and sag due to loss of elasticity.
- Disks in the spinal column begin to collapse, which could result in shrinking as much as an inch in height.
- In women, menopause occurs.
Middle adults experience an increase in problem-solving abilities and expertise.

However, there are decreases in the ability to:
- Remember large quantities of information
- Retrieve information from memory
- Multi-task
MIDDLE ADULTHOOD: EMOTIONAL AND SOCIAL DEVELOPMENT

• Middle adults become concerned about the next generation and have a desire to guide and connect with it.

• Self-acceptance is at its best.

• Some people retire.

• Family relationships change:
  ▫ Children become independent.
  ▫ Parents begin to age and need assistance.
  ▫ Sibling relationships become more satisfying.
Late adulthood generally occurs between the ages of 60 and 80.

During this time, adults continue to develop and change physically and intellectually.

They also continue to change socially and emotionally. However, at this point in life, these two areas become difficult to distinguish.
LESSON 4- LATE ADULTHOOD: PHYSICAL DEVELOPMENT

• The body continues to decline:
  ▫ Vision and hearing decline.
  ▫ Senses of taste, smell, and touch become less sharp.
  ▫ The immune system ages.
  ▫ Bone mass continues to diminish.

• Neurons die at a faster rate. However, the brain compensates with new synapses.
LATE ADULTHOOD: INTELLECTUAL DEVELOPMENT

- Late adults continue to experience a decline in their ability to recall from their memories.
- Finding the right words and organizing them into speech become increasingly challenging.
- Although late adulthood includes the continued decline of some functions, people in this stage of life are at their most wise.
Late Adulthood: Emotional and Social Development

- People at this stage may be widowed. If they are not widowed, they are probably more satisfied with their marriages than in the past.
- Their relationships with siblings become even stronger.
- They may become grandparents or great-grandparents.
- Their faith and spirituality may become more important.
- They also have an increased interest in politics and are more likely to vote.