



# **DEVELOPMENTAL STAGES**

## **in Middle and Late Adolescence**

### **chapter 3**

# **adolescence**

**early**

**10-13  
years old**

**middle**

**14-16  
years old**

**late**

**17-20  
years old**

# **Stages of Development of Adolescents**

## **by Robert Havighurst**

**physical**

**cognitive**

**psychological/emotional**

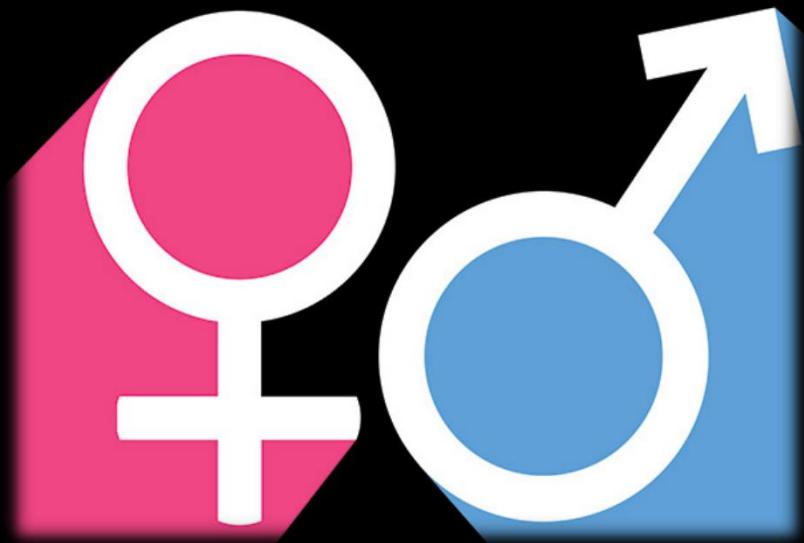
**social**

**spiritual/moral**

# Physical Changes and their Implications

It is when an individual experiences hair growth in certain areas of the body, change of voice for the boys, widening of hips and breast growth for the girls, among other changes.

**Puberty** refers to the changes that the adolescent experiences during sexual maturation.



# Physical Changes

*Testosterone* is an androgen that is strongly associated in the physical maturation of boys.

- changes in height
- deepening of voice
- development of genitals
- sexual desires



# Physical Changes

*Estradiol* is an estrogen that is strongly associated in the physical development of girls.

- widening of hips
- breast and uterine development



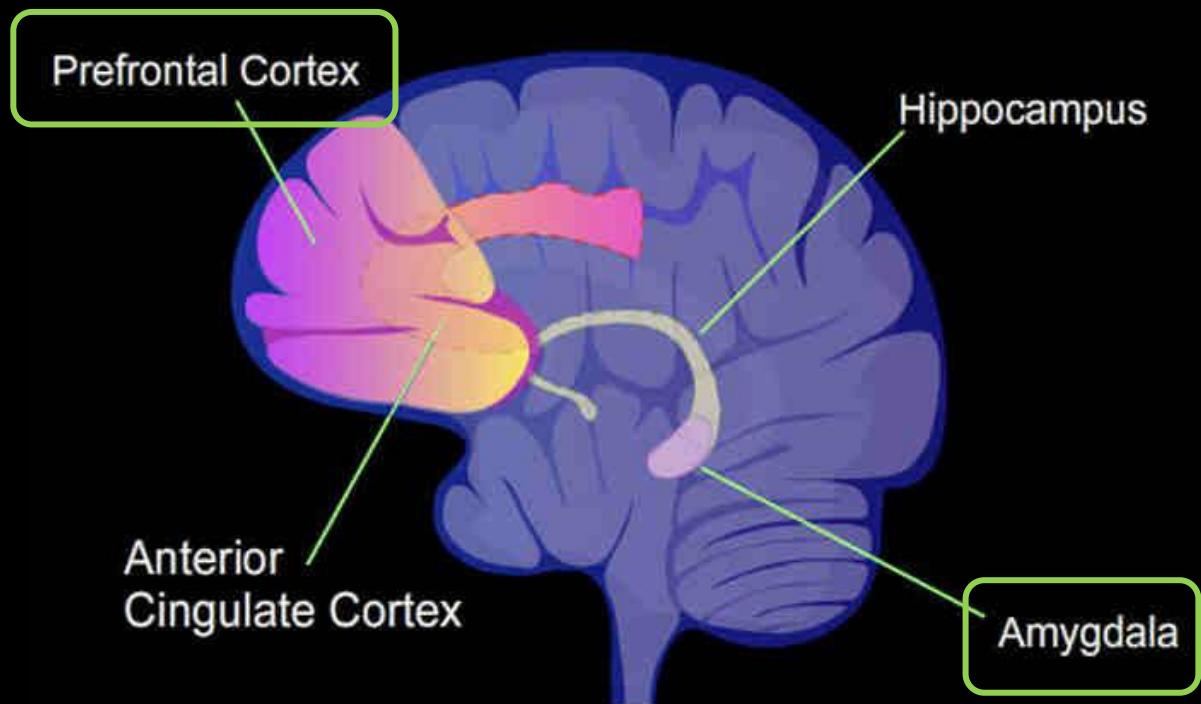
This may be so because **physical attractiveness** is one of the major concerns of teenagers as their social experiences underline its importance.



# Cognitive Changes and Their Implications

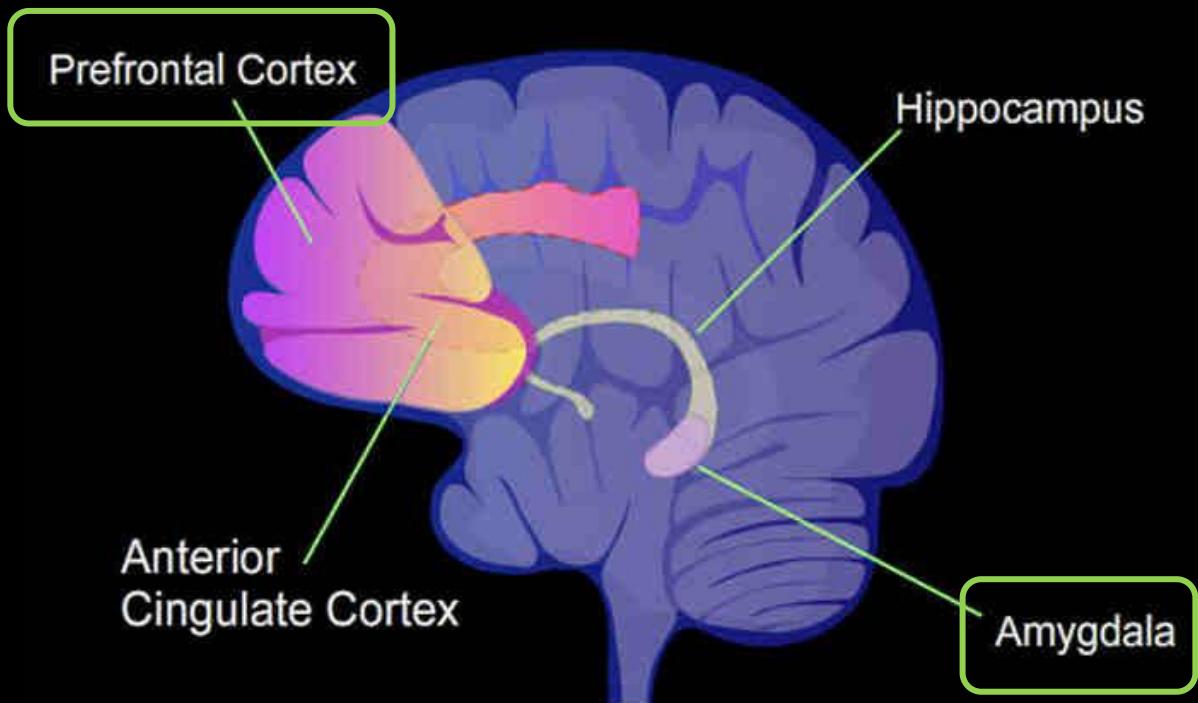
*Prefrontal cortex* is involved in decision-making, reasoning, and controlling one's emotions.

*Amygdala* is the seat of your emotions such as anger, sadness, and happiness.



# Cognitive Changes and Their Implications

While your *amygdala* is already fully developed to recognize your emotions, your *prefrontal cortex* is not yet adequately mature to reason and understand your experiences objectively and may fail to control intense emotions.



# Emotional Changes and Their Implications

As a transition period, adolescence has often been described as a period of “*storm and stress*”.

Teenagers experience a lot of emotional ups and downs.



# Emotional Changes and Their Implications

Emotional maturity should be achieved by the end of adolescence.

One indicator that you have finally attained emotional maturity is when you know how to express your emotions in a socially acceptable manner.



# Social Changes during Adolescence

Peer acceptance becomes very important.

If not handled well, your **need for belongingness** may lead to your conforming to the standards of your peers without considering the consequences.

**Peer pressure** refers to the expectation that you comply with the norms of your peer group.



# Social Changes during Adolescence

As adolescents progress through the years of this stage, **social insight** improves.

You become more capable of judging members of the opposite sex objectively.

To successfully make social adjustments, you need to enhance your social skills.

To cope well with social pressures, know your boundaries and maintain self-reliance.

# Moral/Spiritual Changes and Their Implications

According to Kohlberg, adolescents should have attained the postconventional reasoning or have developed **moral reasoning** based on the universal human rights.

When faced with a moral dilemma, adolescents must be able to stand on what their personal conscience dictates them to do.



# Moral/Spiritual Changes and Their Implications

Example situation:

In Europe, a woman was near death from a special kind of cancer. There was one drug that the doctors thought might save her. It was a form of radium that a druggist in the same town had recently discovered. the drug was expensive to make, but the druggist was charging ten times what the drug cost him to make. He paid \$400 for the radium and charged \$4,000 for a small dose of the drug. The sick woman's husband, Heinz, went to everyone he knew to borrow the money and tried every legal means, but he could only get together about \$2,000, which is half of what it cost. He told the druggist that his wife was dying, and asked him to sell it cheaper or let him pay later. But the druggist said, "No, I discovered the drug and I'm going to make money from it." So, having tried every legal means, Heinz gets desperate and considers breaking into the man's store to steal the drug for his wife.

# Moral/Spiritual Changes and Their Implications

Questions:

1. Should Heinz steal the drug? Why or why not?
2. If Heinz doesn't love his wife, should he steal the drug for her? Does it make a difference in what Heinz should do whether or not he loves his wife?
3. Is it important for people to do everything they can to save another's life?
4. It is against the law for Heinz to steal. Does that make it morally wrong?

# Moral/Spiritual Changes and Their Implications

During this stage, you come to critically think about how the world is usually ran by adults, and you want to validate established norms by experimenting on them yourself.

You want to build your own **moral codes** (e.g. personal or social codes; religious views), which you will use as bases in judging what is right and what is wrong.

# MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW



## SELF-ACTUALIZATION

MORALITY, CREATIVITY, SPONTANEITY, PROBLEM SOLVING, LACK OF PREJUDICE, ACCEPTANCE OF FACTS

## ESTEEM

SELF-ESTEEM, CONFIDENCE, ACHIEVEMENT, RESPECT OF OTHERS, RESPECT BY OTHERS

## LOVE/BELONGING

FRIENDSHIP, FAMILY

## SAFETY

SECURITY OF BODY, OF EMPLOYMENT, OF RESOURCES, OF MORALITY, OF THE FAMILY, OF HEALTH, OF PROPERTY

## PHYSIOLOGICAL

BREATHING, FOOD, WATER, HOMEOSTASIS

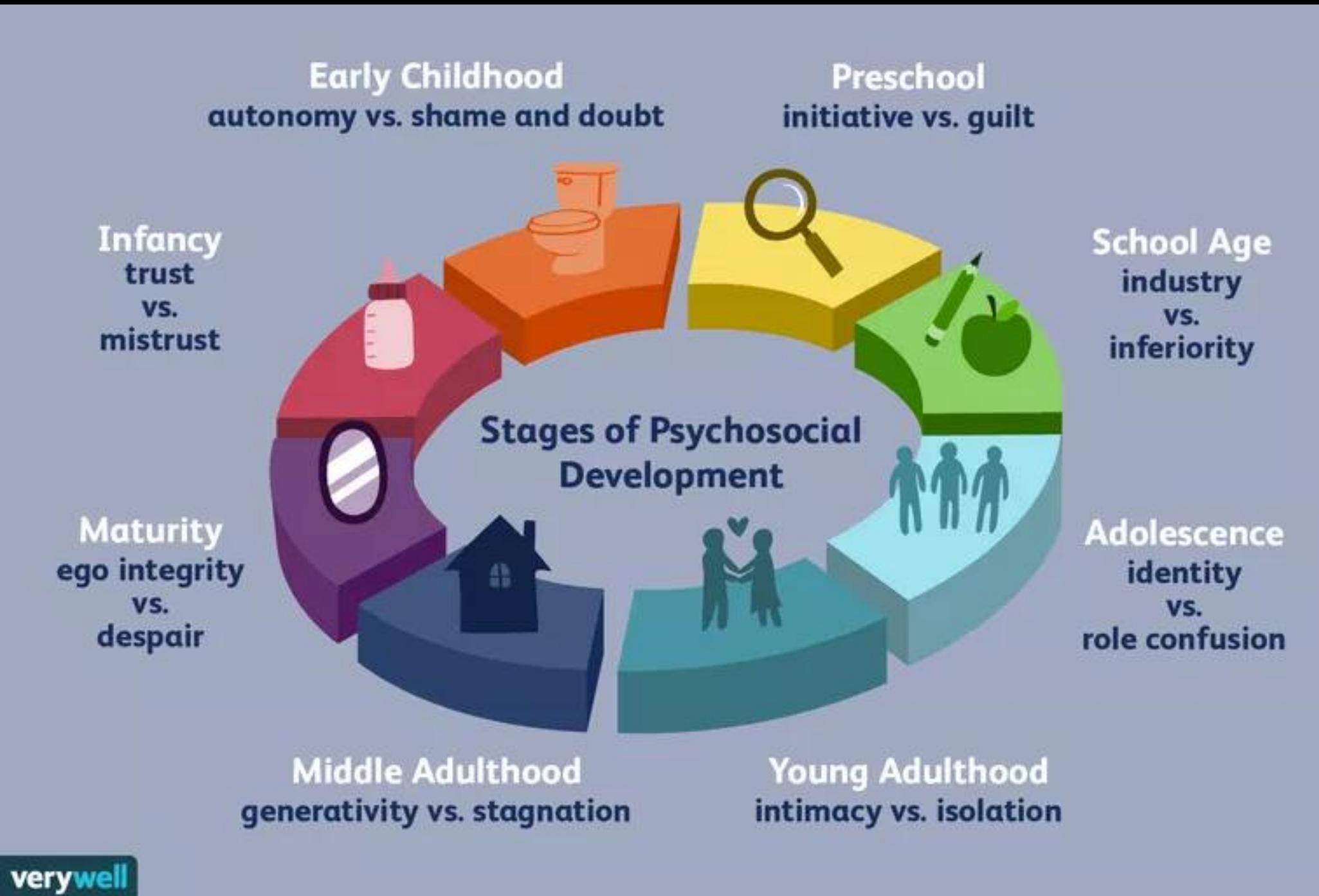
Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, Motivation and Personality.

**Self-Actualization** - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.

# Erik Erikson: Psychosocial Stages of Development

Erikson's theory described the impact of social experience across the whole lifespan. Erikson was interested in how social interaction and relationships played a role in the development and growth of human beings.





# Finding Identity: Erik Erikson's Theory of Human Development

## **Identity**      **vs**

- Identity means essentially how people see themselves in relation to their world. It's a sense of self or individuality in the context of life and what lies ahead.

## **Role Confusion**

- Role Confusion is the negative perspective - meaning that people cannot see clearly or at all who they are and how they can relate positively with their environment

# Erik Erikson's Theory of Psychosocial Development (1959)

## **Identity**      **vs**      **Role Confusion**

- Young people struggle to belong and to be accepted and affirmed, and yet also to become individual.
- It is a big dilemma aside from all the other distractions and confusions experienced at this life stage.



# **DEVELOPMENTAL TASKS**

## **and responsibilities of an adolescent**

### **chapter 3**

# 1

The adolescent must adjust to a new physical sense of self.



The adolescent must develop a personal sense of identity.

# 2



The adolescent must adjust to increased cognitive demands in school.

The adolescent must develop expanded verbal skills.

The adolescent must adjust to new intellectual abilities.

# 3

The adolescent must establish emotional and psychological independence from their parents.



The adolescent must establish adult vocational goals.

# 4

The adolescent must learn to manage sexuality.



The adolescent must develop stable and productive peer relationships.

# 5

The adolescent must develop increased impulse control and behavior maturity.



The adolescent must adopt a personal value system.

# Adolescent Social Development: Key Features (American Psychological Association, 2002)

## EARLY ADOLESCENCE (Ages 9-13)

- Social world refocused from family to peers
- Same-sex peer groups
- Enhanced desire for conformity and acceptance by peers

## MIDDLE ADOLESCENCE (Ages 14-16)

- One-on-one friendships and romantic relationships replacing peer group focus
- Gender-mixed peer groups
- Start of dating
- Tolerance for individual differences

## LATE ADOLESCENCE (Ages 17-19)

- Developing of serious and intimate relationships

# Adolescent Social Development: Key Features (American Psychological Association, 2002)

## EARLY ADOLESCENCE (Ages 9-13)

- Conflict between adolescents and their respective parents
- Family closeness as the most important protective factor against high-risk behavior

## MIDDLE ADOLESCENCE (Ages 14-16)

## LATE ADOLESCENCE (Ages 17-19)

- Family influence in balance with peer influence