

## Unit 3- Developmental needs and Tasks of Young Adult

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- ▶ **Growth:** Is physical change and increase in size. It can be measured quantitatively. Indicators of growth are height, weight, bone size, bone density etc.
- ▶ **Development:** is an increase in complexity of function and skill progression. It is the capacity and skill of a person to adapt to the environment. Thus, development is the behavioral aspect of growth. E.g. ability to talk, walk etc.  
Or
- ▶ Development is progressive acquisition of various skills (abilities) such as head support, speaking, learning, expressing the feelings and relating with other people.

| Growth  | Development   |
|---|---|
| <p>1. An increase in size, length, height and weight</p> <p>2. Growth is one of the part of developmental process.</p> <p>3. Growth does not continue throughout life.</p> <p>4. Changes produced by growth can be quantified and observable in nature.</p> | <p>1. Change in quality or character.</p> <p>2. Wider &amp; comprehensive term. Refers to overall change in individual.</p> <p>3. Development is a continuous process. It goes from womb to tomb.</p> <p>4. Developmental changes are assessed through keen observation in behavioral situation</p> |

- ▶ Children and adolescence are the periods for growing up; adulthood is the time for settling down.
- ▶ The changes in young adulthood relate more to socio-cultural forces and expectations and to value and cognitive changes than to physical development. The young adult generally has more contact with people of different ages than previously.

- ▶ The young adult is expected to enter new roles of responsibility at work, at home, and in society and to develop values, attitudes, and interests in keeping with these roles. The young adult may have difficulty simultaneously handling work, school, marriage, home, and childrearing. He or she may work primarily at one of these tasks at a time, neglecting the others, which then adds to the difficulties.

### Physiologic concept and physical characteristics

- ▶ Although body and mind changes continue through life, most physical and mental structures have completed growth when the person reaches young adulthood.
- ▶ Changes that occur during adult life are different from those in childhood; they occur more slowly and in smaller increments. Young adulthood is the life era when most people are in their peak for strength, energy, and endurance.
- ▶ Changes occur in different body systems.

### Musculoskeletal system

- Normally, posture is erect.
- The vertebral column may continue to grow in some individuals until the 30s, adding another 3 to 5 mm to their height.
- Breadth proportions (e.g., hips and shoulders) may continue to mature into the mid-twenties.
- Another few millimeters may be added to the width of the head, facial diameter, hands, and legs by surface deposition of bone.

- Bone density begin to loss by the late young adulthood.(40yrs.)
- The rate of bone mass loss is statistically greater and faster in women than in men.
- With increasing age, the cartilage in all joints has a more limited ability to regenerate itself.

### Skin

- The skin of the young adult is smooth, and skin turgor is tight.
- Acne usually disappears because sex hormones have less influence on secretions of oils from sebaceous glands of the skin.
- In late young adulthood the skin begins to lose moisture, becoming more dry and wrinkled.
- Smile lines and lines at the corners of the eyes are usually noticeable.

### Cardiovascular system

- Heart and circulatory changes occur gradually depending on exercise and diet pattern.
- During young adulthood, the total blood volume is 70 to 85 ml/kg of body weight.
- Maximum cardiac output is achieved and peaks between 20 to 30 yrs. of age.
- The male heart weights an average of 10 oz. and the female's an average of 8 oz.
- Heart rate averages 72 beats per minute;

- The blood pressure gradually increases, reaching 100 to 120 mm of Hg systolic and 60 to 80 mm Hg diastolic.
- Heart and blood vessels are fully mature and cholesterol level increases but arteries start to become less elastic.
- Hemorrhoids and varicose vein may be the health problems especially in child bearing women.

### Respiratory system

- A man's lung function reaches its peak at about 25 yrs.; a woman's peak is at about 20 yrs.
- Since birth, the lungs have increased in weight 20 times in young adulthood.
- Breathing becomes slower and deeper, 12 to 20 breaths per minute.
- The maximum breathing capacity decreases between ages 30 and 60.

### Gastrointestinal System

- ▶ The digestive organs function smoothly during this period of life.
- ▶ Stomach capacity is 2000 to 3000 ml.
- ▶ The amount of ptyalin decreases after 20 yrs. of age and digestive juices decrease after 30 years of age.

- ▶ Dental maturity is achieved in the early twenties with emergence of the last four molars (wisdom teeth).
- ▶ Some people must have their wisdom teeth removed because they become impacted and cause pain.

### Neurologic System

- ▶ The brain continues to grow into adolescence and young adulthood and reaches its maximum weight and size during adulthood.
- ▶ Mature patterns of brain wave activity do not appear until age 20; maturation continues to age 30.
- ▶ Visual and auditory sensory perceptions are at their peak.

### Endocrine system

- ▶ Adrenal secretion of cortisol decrease approximately 30% during adulthood.
- ▶ Because plasma cortisol levels remain constant in young adulthood the person maintains good response to stress.
- ▶ Basal metabolic rate is at maximum functional capacity at age 30 and then decreases gradually at 2-4% after 30 years.
- ▶ The blood level of thyroxin T4 ( tetriiodothyronine) falls approximately 15% over the adult life span.

### Reproductive system

#### The Healthy Female Reproductive System

- ▶ In healthy women menstruation is well established and regular by this time.
- ▶ Female organs are fully matured; the uterus reaches maximum weight by age 30. The woman is well equipped for childbearing.
- ▶ The optimum period for reproduction is between 20 and 30 years of age.

- ▶ Many of the dangers associated with adolescent pregnancy or pregnancy in the late thirties or early forties are not present.
- ▶ The vagina is acidic from menarche to menopause; its surface is moist from fluid secreted by the vaginal epithelium.
- ▶ Female breasts reach maturity in the twenties.

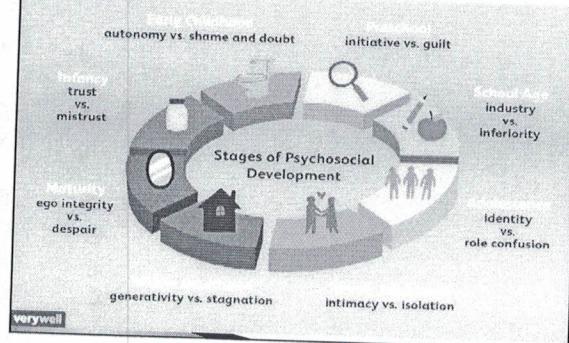
### Male reproductive system

- Sexual maturity for men is usually reached in the teens, but their sexual drive remains high through young adulthood.
- In adult men, testosterone production reaches its maximum daily output during the twenties.

### Urinary System

- The kidneys play a dominant role in maintaining physiological homeostasis.
- The ability to maintain stability of body fluids is greater during early childhood, and is least stable at both ends of human life span.

### Psychosocial Development



- In contrast to minimal physical changes, psychosocial development of young adult is great.
- Young adult faces number of new experiences and changes in lifestyle as they progress toward maturity.
- They have to make choice about education, occupation, marriage etc.
- The multiple role of adulthood (worker/owner, husband/wife, daughter/son) may also create stress as a result of a role conflict.

- During this period he/she refines life's goals and relationships.
- Young adult gives more attention to his carrier or occupation and wants to improve his socio-economic status.
- Different types of psychosocial development occurs in this stage.

### Psychosocial Development

- Cognitive development
- Emotional development
- Self-concept and body image
- Moral and spiritual development
- Adaptive mechanisms
- Family relationship

### 1) Cognitive development

- It refers to the manner in which the person learns to think, reason and use language. Cognition is the ability to think, reason and make decisions.
- Different learning abilities are required in different stages of life. Youth is the time of acquisition, adulthood is the time for achievement, middle age is time for responsibility and old age is the time for reintegration.
- According to Erikson theory ,the basis of adult cognitive performance is laid during the school age.

- Young adult develop a habit of rational thinking. They gain experience through different areas such as formal and informal education.
- Cognitive structures complete before 20s,Adulthood thought is analytical, logical reasoning and imagination.
- Thinking and learning are problem centered, not just subject centered.

- They are aware that most problems have more than one cause and more than one answer and some solutions will work better than others. They are able to comprehend and become more specialized and focused in particular areas of interest. Meditation and other insight-oriented practices facilitate becoming a post formal thinker.

- Unlike our physical abilities, which peak in our mid-20s and then begin a slow decline, our cognitive abilities remain relatively steady throughout early and middle adulthood. Research has found that adults who engage in mentally and physically stimulating activities experience less cognitive decline in later adult years and have a reduced incidence of mild cognitive impairment and dementia (Hertzog, Kramer, Wilson, & Lindenberger, 2009; Larson et al., 2006; Podewils et al., 2005).

### 2) Emotional Development

- Emotional development in young adulthood is an ongoing, dynamic process.
- Young adulthood is a time when there is increased clarity and consistency of personality, a stabilization of self and identity, established preferences of interests and activities, increased coping ability, less defensiveness, decrease in youthful illusions, fantasy, and impulsiveness, more responsiveness to and responsibility for self and others, more giving than taking, and more appreciation.

### Characteristics of young adult related to emotional development:

- Increased clarity and consistency of personality.
- Increased coping ability, less defensive, giving more appreciation to others, sacrifices freedom and challenge to develop empathy.
- Decrease in fantasy, impulsiveness and more responsiveness to self and others.
- Develop expanded resources for happiness.

Following are the ways to control emotion:

- Develop sense of humour
- Confrontation, denial ,self control
- optimistic/ positive reappraisal.
- Understand own limitation/realization
- More hobbies helpful to control emotion.
- Adopt philosophy of life to deal with reality human life.

### 3) Moral and spiritual Development

- Moral development is the development of individual sense of justice.
- It involves learning what ought to be and what ought not to be done.
- The term moral means "relating to right and wrong". Moral development is the controlling freedom of a person according to rules and norms of the society.

- The term morality refers to the requirement necessary for people to live together in society. Moral development is the pattern of change in moral behaviour with age. Moral development is positively linked with **empathy**. The young adult may either be in conventional or post conventional level of moral development.

#### Lawrence Kohlberg's three level moral development

##### i) Pre-conventional

As the first stage in moral development, **pre-conventional morality** is essentially the approach to right and wrong taken by children. Children often make moral decisions based on how it will impact them. When they make good decisions, or don't make bad decisions, it is less about principles or values and more about some sort of reinforcement they receive.

- In pre-conventional morality there is an individual consequences in determining right and wrong.
- Person is responded to cultural levels of good and bad, right and wrong.
- Externally established rules determine right and wrong actions.

##### Conventional

- At the conventional level (most adolescents and adults), we begin to internalize the moral standards of valued adult role models.
- It is based on the norms of the group to which the person belongs.
- Person blindly accepts rules and convention because of their importance in maintaining a functioning society. Rules are seen as being the same for everyone, and obeying rules is seen as valuable and important.

- ▶ Person is concerned with maintaining expectations and rules of the family, group, society or nation.
- ▶ Conventional morality is characterized by an acceptance of society's conventions concerning right and wrong. At this level an individual obeys rules and follows society's norms even when there are no consequences for obedience or disobedience.
- ▶ Individuals are receptive to approval or disapproval from others as it reflects society's views. They try to be a "good boy" or "good girl" to live up to these expectations.

#### **Post conventional level**

- ▶ Young adult who have mastered the previous stage of moral development now enter the post conventional level. When individuals perceive conflict in society's rules and laws ,they judge according to their own principles.
- ▶ Men often use an 'ethic of justice in terms of moral problems.Women in contrast, often define moral problems in terms of obligation to care and to avoid hurt.

- ▶ At the post-conventional level, person have learned that there is a difference between what is right and wrong from a moral perspective, and what is right and wrong according to the rules.
- ▶ He or she lives according to principle that is universally agreed and that the person consider appropriate for life.
- ▶ There are two stages in this level and the majority of people pass beyond these steps.

#### ▶ Stage 1

The person adheres to the legal viewpoint of societies and laws can be changed as person's need change.  
He/she is able to develop universal principles about justice, equality, human right etc.

#### *Stage 2*

In stage 2, the person is able to incorporate injustice, pain , and death as an integral part of existence.

### **Spiritual Development**

- ▶ The spiritual component of growth and development refers to individual's understanding of their relationship with the universe and their perceptions about the direction and meaning of life.
- ▶ The spiritual awakening often experienced during adolescence, may now take on a more mature aspect as the young adult.

#### **Characterizing the young adult related to spiritual development**

- ▶ Serving others with joy
- ▶ Others-centered with humility( humbleness)
- ▶ Sacrificing for others

**The Spiritual Young Adult's Needs**

- A place to learn to serve and grow.
- Ongoing relationships that offer encouragement and accountability.
- Help for establishing boundaries.
- Guidance regarding appropriate expectations of people they will serve.
- Skills training.

**4) Self-concept and body image**

► Self concept and body image depends upon person's perception of self: physically, emotionally and socially, based on reaction of others that have been internalized. How the person behaves depend on whether he/she feels positively or negatively.

**Self concept has three different components:**

- The view you have of yourself (self image)
- How much value you place on yourself (self esteem or self-worth)
- What you wish you were really like (ideal self)

**Body Image**

- Body image, a part of self-concept, is a mental picture of the body's appearance integrated into the brain.
- Body image includes the surface, internal, and postural picture of the body and values, attitudes, emotions, and personality reactions of the person in relation to the body.
- In the adult there is close interdependence between body image and personality. Any disturbances to the body image influences total self concept.

**Factors that influences the body image**

- Parental and social reaction to the person's body.
- The person's interpretation of others reaction to him/her.
- The anatomical appearance and physiological functions of the body.
- Attitudes and emotions toward familiarity to the body.
- Internal drive, dependency needs, motivational state of an individual.

- Objects attach to the body such as clothing, wig, false eye, prosthesis.
- The activities which the body performs in various roles, occupations or recreation.

**Body image in the adult is a social creation:**

- ▶ Normality is judged by appearance and ways of using the body are prescribed by society. Approval and acceptance are given for normal appearance and proper behavior. Both positive and negative experiences and relationships can affect your body image. Healthy body image ties into healthy self-esteem, or how satisfied you are with yourself and how much you think you are worth as an individual.

**Body image changes in Illness**

- ▶ Disturbances in the person's body image are seen after loss of a body function, structure, or quality- teeth, hair, vision, breast, that necessitate adjustment of the person's body image.
- ▶ Because the body image provides a base for identity, almost any changes in body structure or function is experienced as a threat.

- ▶ We nurses will encounter many young adults with body image distortions or changes as a result of accidental or war injuries, disease, weight gain or loss, pregnancy, or identity problems.
- ▶ We can make a significant contribution to the health of this person for the remainder of life by giving assistance through physical care, listening, counseling, teaching, and working with people important to his or her life.

**Nursing intervention to help the person with a threat to change body image**

- ▶ Encourage him /her to talk about feelings in relation to changed body function or structure.
- ▶ Assist him/her to become reacquainted (familiar) with self by looking at the injured or loosed part of the body without giving any pressure.
- ▶ Provide opportunity for gaining information about changed body parts including its strength and limitations.

- ▶ Provide opportunity to learn mastery of the body and daily care as indicated e.g. care of stoma.
- ▶ Give recognition to the person for what he /she can do. Avoid criticism or nonverbal reaction of disgust or shame.
- ▶ Help them to see self as a whole person in spite of losses or changes.
- ▶ Help them to talk about unresolved experiences distortions (malformation) or fears in relation to the body image.

**5)Adaptive Mechanisms**

The young adult seeks stability while he or she is adapting new or changing events. When the young adult is physically and emotionally healthy, total functioning is smooth. Adaptation to environment, satisfaction of needs, and social interaction proceed relatively effortlessly and with minimum discomfort.

- ▶ Bad things happen. And the human brain is especially adapt at making sure that we keep track of these events. This is an adaptive mechanism important for survival.
- ▶ As humans, when we are stressed, we find a way to cope. This helps survive.

- ▶ He/she can tolerate frustration of needs and is capable of making choices that seem best for total equilibrium. The person is emotionally mature for this life stage.
- ▶ In coping with stress in the environment, the young adult uses any of the adaptive mechanisms. Use of the mechanisms, such as denial and regression, becomes abnormal or maladaptive only when the person uses the same mechanism of behavior too frequently, in too many situations, or for too long a duration.

### **Prevention of maladaptation**

- ▶ **Support:** Talking about a stressful event with a supportive person can be an effective way to manage stress. Seeking external support instead of self-isolating and internalizing the effects of stress can greatly reduce the negative effects of a difficult situation.
- ▶ **Relaxation:** Any number of relaxing activities can help people cope with stress. Relaxing activities may include practicing meditation, progressive muscle relaxation or other calming techniques, sitting in nature, or listening to soft music.

- ▶ **Problem-solving:** This coping mechanism involves identifying a problem that is causing stress and then developing and putting into action some potential solutions for effectively managing it.
- ▶ **Humour:** Making light of a stressful situation may help people maintain perspective and prevent the situation from becoming overwhelming.
- ▶ **Physical activity:** Exercise can serve as a natural and healthy form of stress relief. Running, yoga, swimming, walking, dance, team sports, and many other types of physical activity can help people cope with stress and the after-effects of traumatic events.

- ▶ **Escape:** To cope with anxiety or stress, some people may withdraw from friends and become socially isolated. They may absorb themselves in a solitary activity such as watching television, reading, or spending time online.
- ▶ **Self-soothing:** Some self-soothing behaviours are healthy in moderation but may turn into an unhealthy addiction if it becomes a habit to use them to self-soothe. Some examples of unhealthy self-soothing could include overeating, binge drinking, or excessive use of internet or video games.

- ▶ **Numbing:** Some self-soothing behaviours may become numbing behaviours. When a person engages in numbing behaviour, they are often aware of what they are doing and may seek out an activity that will help them drown out or override their distress. People may seek to numb their stress by eating junk food, excessive alcohol use, or using drugs.

### Negative impact of maladaptation

- ▶ **Compulsions and risk-taking:** Stress can cause some people to seek risk-taking behaviours such as gambling, unsafe sex, experimenting with drugs, theft, or reckless driving.
- ▶ **Self-harm:** People may engage in self-harming behaviours to cope with extreme stress or trauma.

### Coping mechanisms and mental health

- ▶ The use of effective coping skills can often help improve mental and emotional well-being. People who are able to adjust to stressful or traumatic situations through productive coping mechanisms may be less likely to experience anxiety, depression, and other mental health concerns as a result of painful or challenging events.

- ▶ People who find themselves defaulting to maladaptive coping mechanisms and/or experience difficulty utilizing effective coping strategies may eventually see a negative impact on mental and emotional well-being.
- ▶ Those who have a difficult time knowing how to cope with anxiety, stress, or anger may fall into the habit of relying on a maladaptive coping mechanism.

- ▶ Consuming alcohol can often help people feel less stressed in the immediate moment, for example, but if a person comes to rely on alcohol, or any other substance, in the face of challenging situations, they may eventually become dependent on the substance over time.

### 6) Family relationship

- Family is the first institution in the human society; it is the only relationship that provides security and support without any rewards in return. The effectiveness of family functioning in conditioning the children's personality and social development has an outstanding importance.
- The family interactions play an important role in the development of an individual. These interactions and interpersonal relationships are seen between parents, parent and child, siblings, and other relative or person living in the household. The healthy functioning of these interaction patterns enhances mental health of the individual.

- ▶ This is the time of increased expenses for education and wedding, establishing family and homes as well as helping the offspring. The major family goals of this period is reorganization of the family.
- ▶ Young adult need to establish family and help their parents to run the family. They also have to support for their young offspring for education, wedding, and family settlement. Parent should take the compensatory roles by encouragement, reassurance and appreciation to the young adult.

- In western society the young adult is expected to be independent from the parent's home and care. Sometimes the young adult does not leave the parents' home as quickly as parents would like.
- With the increasing number of separations and divorces, tight job market, and increasing apartment rental rates, the young adult child may move back home, sometimes with children. Emancipation from parents may not occur for years.

► Some parents delay this emancipation process because of their own needs to hold onto their offspring. For emancipation to occur, the parents must trust their off-spring, and the offspring must feel the parents' concern, support, and confidence in his or her ability to work things through.

- In contradiction to our society; the parents want their young adult child to remain with them. They want their children complete their developmental task like marriage, job and parenthood in same house i.e. they prefer to live in joint family. In our society it is believed that young adults are the care giver of their parents in need.

#### **Some things we may see in families building positive relationships include:**

- each person in the family is valued and respected
- two-way communication exists
- each family member makes an effort to understand and trust the other's point of view
- family members check in with each other, especially when making important decisions
- adults share responsibility, where possible, for caring roles.

- Some factors that help build strong and caring family relationships include:**
- making relationships a priority
  - communicating effectively
  - working together as a family
  - providing support for each other

#### **Developmental Task**

A developmental task is one that arises predictably and consistently at or about a certain period in the life of the individual (Havighurst). It refers to any physical, social, intellectual and emotional ability or achievement needed to be acquired at each developmental stage of life. E.g. walking which precedes the development of sense of autonomy in the toddler period.

The concept of developmental tasks assumes that human development in modern societies is characterized by a long series of tasks that individuals have to learn throughout their lives. Some of these tasks are located in childhood and adolescence, whereas others arise during adulthood and old age.

Successful achievement of a certain task is expected to lead to happiness and to success with later tasks. While failure may result in unhappiness in the individual disapproval by the society and difficulty with later tasks.

According to Havighurst, developmental tasks arise from three different sources:

- Physical maturation: e.g. learning to walk
- Socio-structural and cultural forces: Such influences are based on, for instance, laws (e.g. minimum age for marriage) and culturally shared expectations of development (e.g. age norms), determining the age range in which specific developmental tasks have to be mastered.

c. Personal values and aspirations: These personal factors result from the interaction between ontogenetic and environmental factors and play an active role in the emergence of specific developmental tasks e.g. choosing a certain occupational pathway.

## **Developmental task of young adult**

Developmental task of young adult includes:

- Selecting a mate
- Achieving a masculine or feminine social role
- Learning to live with a marriage partner
- Starting a family
- Rearing children
- Managing a home
- Getting started in an occupation
- Taking on civic responsibility
- Finding a congenial social group

Havighurst (1972) describes some of the developmental tasks of young adults. These include:

- Achieving autonomy: trying to establish oneself as an independent person with a life of one's own
- Establishing identity: more firmly establishing likes, dislikes, preferences, and philosophies
- Developing emotional stability: becoming more stable emotionally which is considered a sign of maturing
- Establishing a career: deciding on and pursuing a career or at least an initial career direction and pursuing an education
- Finding intimacy: forming first close, long-term relationships

- Becoming part of a group or community: young adults may, for the first time, become involved with various groups in the community. They may begin voting or volunteering to be part of civic organizations (scouts, church groups, etc.). This is especially true for those who participate in organizations as parents.
- Establishing a residence and learning how to manage a household: learning how to budget and keep a home maintained.
- Becoming a parent and rearing children: learning how to manage a household with children.
- Making marital or relationship adjustments and learning to parent.

## **Developmental Crisis**

According to Erik Erikson the developmental crisis of the young adults is "intimacy versus isolation". Intimacy is the ability to be close with others as a friend, a lover, and as a participants in society. It includes not only the love between two lovers/ husband and wife, but the love between friends, co-workers and the love of one's neighbor as well.

Intimacy is reaching out and using the self to form a commitment to an intense lasting relationship with another person or institution. In an intimate experience, there is mutual trust, sharing of feeling, obligations and cooperation. The physical satisfaction and psychological security of another are more important than one's own. Intimacy is a situation involving two people which permits acceptance of all aspects of the other and a collaboration in which the person adjusts behavior to the other's behavior needs in pursuit of mutual satisfaction.

According to Erikson in the wake of the adolescent emphasis upon identity formation the young adult emerging from the search for and insistence on identity is eager and willing to fuse his identity with that of others. Once people have established their identities, they are ready for intimacy i.e. the capacity to commit to long-term concrete affiliations and partnerships. They become capable of forming intimate reciprocal relationships (e.g. through close friendships or marriage) and willingly make the sacrifices and compromises that such relationships require.

Erikson believes young adults are sometimes isolated due to intimacy. If people cannot form these intimate relationship- perhaps because of their own needs- a sense of isolation may result: arousing feelings of darkness and angst. Young adults are afraid of rejections such as being turned down or their partners breaking up with them. They are familiar with pain and to some them rejection is so painful that their egos can not bear it. So avoidance of intimate experience because of a fear of ego-loss may lead to a deep sense of isolation and consequent self-absorption.

### Lifestyle of young adult

- ▶ Socio-cultural patterns
- ▶ Change of family dynamic
- ▶ Age of marriage
- ▶ Singlehood
- ▶ Family planning
- ▶ Leadership responsibilities

### Socio-cultural patterns

- ▶ The term "sociocultural" embraces two concepts: society and culture. A society is a number of interdependent organisms of the same species. A culture is the learned behaviors that are shared by the members of a society, together with the material products of such behaviors. The words "society" and "culture" are fused together to form the word "sociocultural".
- ▶ Youth culture is the way young adults live, and the norms, values, and practices they share. Culture is the shared symbolic systems, and processes of maintaining and transforming those systems. Youth culture differs from the culture of older generations.

- ▶ Youth is the most socially active part of the population. Inheriting the degree of social development, the young population forms an image of the future and should be treated as potential for innovation, the role of which must be considered in all aspects of life
- ▶ The transition to adulthood may be a significant experience in human development in most societies. The pursuit of educational and occupational opportunities, the development of new social relationships and the acquisition of social and financial status may represent major aspects of this experience, accompanied often by feelings of achievement as well as stress. Adjustments to these new experiences may be more exciting and challenging in a society which itself is undergoing dramatic changes.

### Change of family dynamic

- Family dynamics are the patterns of relating, or interactions, between family members. Each family system and its dynamics are unique, although there are some common patterns.
- All families have some helpful and some unhelpful dynamics.
- Even where there is little or no present contact with family, a young person will have been influenced by dynamics in earlier years. Family dynamics often have a strong influence on the way young people see themselves, others and the world, and influence their relationships, behaviors and their wellbeing.

- Family dynamics include family alignments, hierarchies, roles, ascribed characteristics and patterns of interactions within a family.
- Change in family dynamics includes role, hierarchies, characteristic change etc.
- Marriage, children, mutual right and obligations, family relationship etc.
- Also need to identify patterns that are problematic due to change in family dynamic. E.g. conflicts, communication, family problem

### Age of marriage

- The meaning of marriage is the socially accepted way for two people in love to be intimate. Marriage is endorsed in some form by all cultures in all periods of history because it formalizes and symbolizes the importance of family. Marriage is more than getting a piece of paper.
- Marriage gives:
  - Sexuality right
  - Birth and rearing children rights
  - Domestic and economic/ property rights

- The legal minimum age of marriage is at 20 or 18 with parental consent.
- Usually marriage made when male and female are ready to accept physically and mentally to take the role of parenthood, and settlement of family.

### Singlehood

- Singlehood means remaining unmarried or staying alone. The causes of singlehood are following:
- Religious cause: Monk, Aani, Jhuma, Nuns
- Family Responsibility: caring for younger sibling
- Many prefer to remain single as they pursue prolonged higher education and strive to become established in their occupational field.
- Some find that remaining single is free of relationship and life styles.

### Family Planning

- Family planning wasn't practiced until in early 1960s to control family number. Many temporary methods as well as permanent are available for male and female these days.
- Some couple delay child bearing until they pursue his/her education, carrier or profession. The couple may choose to start business to become financially established.

## Leadership responsibilities

- ▶ Leadership is about learning to lead yourself, as well as leading others and learning to lead yourself is the basis for leading others.
- ▶ Leadership is regarded as a dynamic procedure, which can be developed by means of appropriate interventions.
- ▶ Young people gain skills and knowledge necessary to lead civic engagement, education reform and community organizing activities.

- ▶ **Civic engagement** "is a process in which people take collective action to address issues of public concern."
- ▶ Citizens acting to protect public values or make a change or difference in the community are common types of civic engagement.
- ▶ Civic engagement includes communities working together in both political and non-political actions. The goal of civic engagement is to address public concerns and promote the quality of the community.

- ▶ **Education Reform** is the name given to the goal of changing public education. The one constant for all forms of education reform includes the idea that small changes in education will have large social returns in citizen health, wealth and well-being. Many reformers focused on reforming society by reforming education on more scientific, humanistic, pragmatic or democratic principles

- ▶ **Community organizing** is a process where people who live in proximity to each other come together into an organization that acts in their shared self-interest.
- ▶ Community organizers generally assume that social change necessarily involves conflict and social struggle in order to generate collective power for the powerless. A goal of organizing is the development of a strong and healthy, organized, local democracy bringing community members together across differences to fight together for the interests of the community.