No Longer a Teen: Development in Young Adulthood

Human Growth and Development
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Theories of Biological and Cognitive Development
Theories of Development

Piaget
- Four stages of cognitive development
  - Formal operations – involves the ability to think abstractly

Perry
- Intellectual and ethical development
  - Dualism – things are right or wrong
  - Relativism – recognizing the ambiguities of life; problems may have more than one solution

Havighurst
- Developmental tasks of early adulthood
Cognitive and Ethical Development

- Formal operations
- Dualism
- Relativism
- Commitment
Biological Development

- In early adulthood, physical development finally begins to slow down
  - Females reach their full height at about age 18
  - Males reach their full height at about age 20

- Lifestyle has an impact
  - Drinking, smoking, over-eating and lack of exercise can impact the biological processes
Smoking, Alcohol and Drugs

- Annual Deaths Attributable to Cigarette Smoking—United States, 2000–2004

![Diagram showing annual deaths attributable to cigarette smoking with the following statistics:]

- Lung Cancer: 128,900 (29%)
- Ischemic Heart Disease: 126,000 (28%)
- Chronic Obstructive Pulmonary Disease: 92,900 (21%)
- Other Diagnoses: 44,000 (10%)
- Stroke: 15,900 (4%)
- Other Cancers: 35,300 (8%)

About 443,000 U.S. Deaths Attributable Each Year to Cigarette Smoking*

Image: Centers for Disease Control and Prevention
Smoking, Alcohol and Drugs

The effects of lung cancer on families

Cancer in the Family
(click on link)
Smoking, Alcohol and Drugs

- Alcohol is the most widely abused psychoactive drug (acts on the nervous system to alter states of consciousness, modify perceptions and change moods)

- The body can develop a tolerance, requiring more to reach the same high

- Alcohol is the third leading cause of lifestyle-related deaths in the United States
Take a survey on high-risk drinking behaviors:

Re-thinking Drinking
(click on link)
Drug use is highest among people in their late teens and twenties.

In 2011, 23.8 percent of 18– to 20–year–olds reported using an illicit drug in the past month.
Smoking, Alcohol and Drugs

Image: Centers for Disease Control and Prevention
Food Behaviors

- Our culture emphasizes
  - Food
  - Exercise
  - Body shape
Food Behaviors

Eating Disorders Prevention
(click on link)
Developmental Tasks of Young Adulthood (Havighurst)
Maturational Theory

Havighurst

- Selecting a mate
- 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
Selecting a Mate

- Historical events
- Race and ethnicity
- Social class
- Religion
- Region and urban/rural decisions
- Age expectation
Marriage has long been linked to life satisfaction and longer, healthier lives.
Selecting a Mate

- Make a decision knowledgeably
- Acknowledge social pressures and factors
- Acknowledge cultural pressures and factors
- Acknowledge family influences
Learning to Live with a Marriage Partner

- Caring and acceptance
- Commitment to sharing
- Not martyring
- Not manipulating

- Accepting emotional interdependence
- Acknowledging uniqueness of
Starting a Family

- What does this involve?
- What does this cost?

Cost of Raising a Child Calculator
(click on link)
Rearing Children

- Other resources include:
  - Time
  - Energy
  - Abstract resources, such as family help, social outlets or community support
Managing a Home

- Own or rent
- House or apartment
- Geographic location
- Paying bills
- Managing repairs or needs
- Other considerations
Starting a Career

What does this require?
• Level of education
• Experience
• Willingness to relocate
• Salary conditions
• Degree of interest to you
• Hours of work per week
Taking on Civic Responsibility

- Church or other faith-based involvement
- Working with schools
- Running for public office
- Being a part of civic clubs, such as Lions or Rotary
- Involvement with youth groups, such as Boy Scouts or YWCA
- Volunteering for social service agencies, such as Meals on Wheels
Societal and Cultural Influences
What Will Influence You?

- How will your family of origin home influence what your own home will be?
  - Parenting styles
  - Economics and money management
  - Work ethic
Close friendships are vital to psychological health and well-being.

Single young adults report more friendships, including cross-gender friendships, than adults at any other stage.

Perceived similar values are important to strong friendships.
Social Media

- Facebook
- Twitter
- Instagram
- Pinterest
- MySpace
- Others
Egalitarian Relationship with Parents

- Being self-supporting
- Becoming autonomous
- Moving out
- Receiving and providing emotional support
Failure to Launch

- Adult children who do not move on to live their own lives outside of the home and scope of their parents.
The transition to early adulthood is a very exciting time of life. A little thought and preparation will make it smooth and rewarding.
Questions?
References and Resources

Images:
- Microsoft Clip Art: Used with permission from Microsoft.

Journals:

Textbooks:
References and Resources

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  http://www.dol.state.ga.us/js/resume_writing.htm

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- National Eating Disorders Association (NEDA)
  http://www.nationaleatingdisorders.org/eating-disorder-prevention

- National Institute on Drug Use
  http://www.drugabuse.gov/sites/default/files/sciofaddiction.pdf

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References and Resources

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- Odessa College
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  http://www.odessa.edu/dept/psyc/wells/2308/fall/gh.htm
- United States Department of Agriculture
  With USDA’s Cost of Raising a Child Calculator, you can estimate how much it will annually cost to raise a child. This may help you plan better for overall expenses including food, or to purchase adequate life insurance.
  http://www.cnpp.usda.gov/calculatorintro.htm

YouTube™:

- Centers for Disease Control and Prevention
  Cancer in the Family. A news segment about individuals with a family member whose cigarette smoking led to a cancer diagnosis. (2013).
  http://youtu.be/9g–uhoCsZVc

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