ESSENTIALS OF LIFE-SPAN DEVELOPMENT

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SOCIOEMOTIONAL DEVELOPMENT IN ADOLESCENCE

CHAPTER OUTLINE

- Identity

- Families

- Peers

- Culture and adolescent development

- Adolescent problems

IDENTITY

- Identity is a self-portrait composed of many pieces
  - Vocation/career
  - Political views
  - Religious beliefs
  - Relationship
  - Achievement/intellectual
  - Sexual
  - Cultural/ethnic
  - Interests
  - Personality
  - Physical

IDENTITY

- Erikson's stages – Identity versus identity confusion
  - Psychosocial moratorium - Gap between childhood security and adult autonomy
    - Relatively free from responsibility, able to try on new identities
    - Experimentation with different roles and personalities
  - Adolescents who cope with conflicting identities emerge with a new sense of self

IDENTITY

- Marcia's 4 statuses of identity:
  - Identity crisis
  - Identity diffusion
  - Identity foreclosure
  - Identity moratorium
- Identity does not remain stable throughout life
  - "MAMA" - Repeated cycles of moratorium to achievement
- Key changes in identity are more likely to take place in emerging adulthood than in adolescence

FIGURE 10.1 - MARCIA'S FOUR STATUSES OF IDENTITY

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	Identity Status			
Position on Occupation and Ideology	**Identity Diffusion**	**Identity Foreclosure**	**Identity Moratorium**	**Identity Achievement**
Crisis	Absent	Absent	Present	Present
Commitment	Absent	Present	Absent	Present

IDENTITY

- **Ethnic identity**: Enduring aspect of the self that includes:
  - Sense of membership in an ethnic group
  - Attitudes and feelings related to that membership
- Many adolescents develop a bicultural identity
  - Identify in some ways with their ethnic group and in other ways with majority culture
  - May consciously confront their ethnicity for the first time as adolescents
- Positive ethnic identity is related to positive outcomes for ethnic minority adolescents

FAMILIES

- Parental monitoring and management
  - Managerial roles of parents, supervising adolescents' choice of:
    - Social settings
    - Activities
    - Friends
    - Academic efforts
  - Low parental monitoring is associated with negative mental health outcomes, predicts delinquency and substance use
  - When parents engage in positive parenting practices, adolescents are more likely to disclose information

FAMILIES

- Autonomy and attachment
  - Adolescents' competing needs for autonomy and control, independence and connection
  - Push for autonomy
    - May puzzle and anger many parents
    - Ability to attain autonomy is acquired through appropriate adult reactions to desire for control
    - Adolescents gradually acquire ability to make mature decisions on their own
    - Boys are granted more autonomy than girls
  - Role of attachment
    - Securely attached adolescents are less likely to have emotional difficulties and to engage in problem behaviors

FAMILIES

- Parent-adolescent conflict
  - Increases in early adolescence, does not reach tumultuous proportions
  - Remains somewhat stable during the high school years
    - Lessens as adolescent reaches 17 to 20 years of age
  - Everyday conflicts serve a positive developmental function
  - Old model of parent-adolescent relationships:
    - Adolescents detach themselves from parents, move into a world of autonomy apart from parents
  - New model:
    - Parents as important attachment figures and support systems while adolescents explore a wider, more complex social world

FIGURE 10.2 - OLD AND NEW MODELS OF PARENT-ADOLESCENT RELATIONSHIPS

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Old Model

Autonomy, detachment from parents; parent and peer worlds are isolated

Intense, stressful conflict throughout adolescence; parent-adolescent relationships are filled with storm and stress on virtually a daily basis

New Model

Attachment and autonomy; parents are important support systems and attachment figures; adolescent-parent and adolescent-peer worlds have some important connections
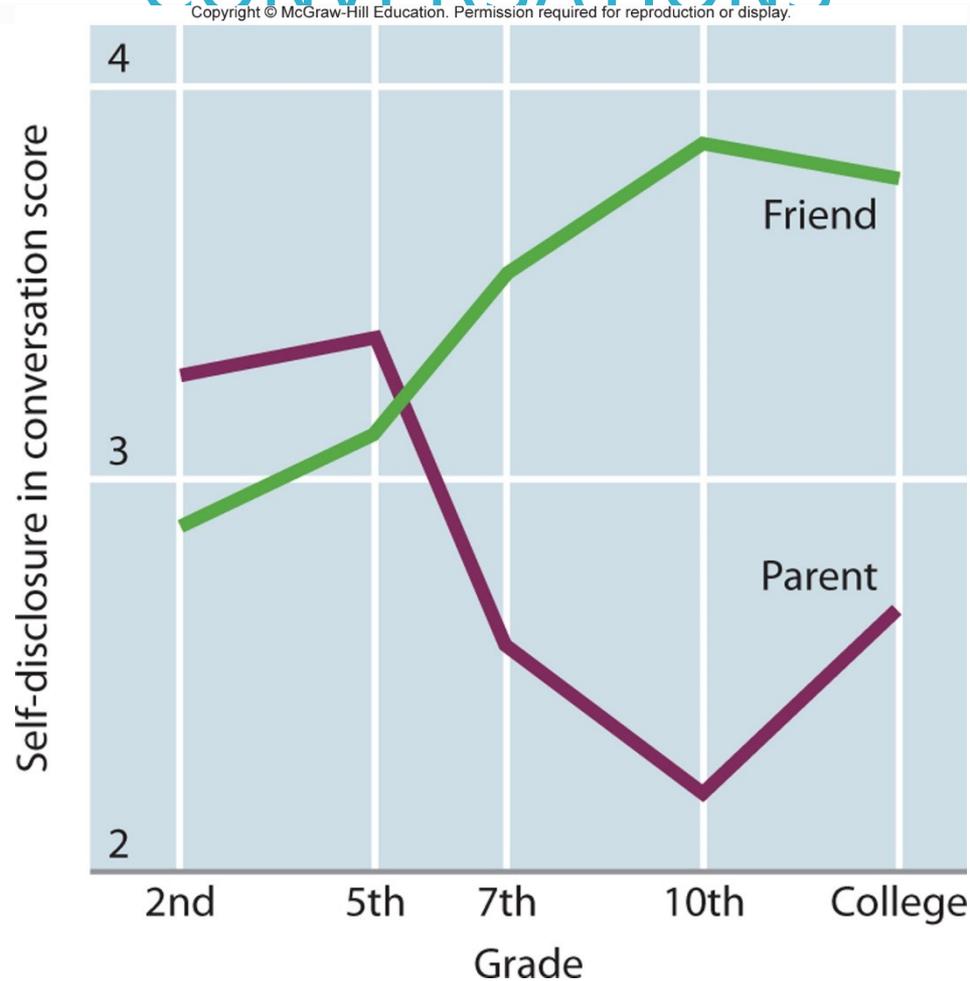
Moderate parent-adolescent conflict is common and can serve a positive developmental function; conflict greater in early adolescence

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PEERS

- Friendships
  - Most teens prefer a smaller number of friendships that are more intense and more intimate
  - Friends become increasingly important in meeting social needs:
    - Need for tenderness (secure attachment)
    - Companionship
    - Social acceptance
    - Intimacy
    - Sexual relations
  - Positive friendships are related to a host of positive outcomes

FIGURE 10.3 - DEVELOPMENTAL CHANGES IN SELF-DISCLOSING CONVERSATIONS

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PEERS

- Peer pressure
  - Young adolescents conform more to peer standards than children do
- Cliques and crowds
  - **Cliques**: Small groups averaging 5 or 6 individuals
    - Usually same age and sex
    - Engage in similar activities
  - **Crowds**: Larger than cliques and less personal
    - Membership based on reputation
    - May not spend much time together

PEERS

- Dating and romantic relationships
    - Three stages of romantic relationships:
        - Ages 11-13: Entry into romantic attractions and affiliations
        - Ages 14-16: Exploring romantic relationships
        - Ages 17-19: Consolidating dyadic romantic bonds
    - Variations on three stages include early and late bloomers

PEERS

- Dating for gay/lesbian youth
  - May date other-sex peers, which can help clarify their sexual orientation or disguise it from others
  - Many have same-sex experiences with peers who are "experimenting"
- Sociocultural contexts and dating
  - Values, beliefs, and traditions dictate the age at which dating begins
- Dating and adjustment
  - Romantic experiences linked with measures of adolescent adjustment

CULTURE AND ADOLESCENT DEVELOPMENT

- Cross-cultural comparisons
  - Traditions and changes in adolescence around the globe
    - Health
    - Gender
    - Family
    - Peers
- **Rites of passage:** ceremony that marks an individual's transition from one status to another
  - Focus on transition to adult status

CULTURE AND ADOLESCENT DEVELOPMENT

- Ethnicity
  - Immigration
    - High rates of immigration contributing to the growth of U.S. ethnic minorities
    - Immigrants experience stressors uncommon to longtime residents
      - Language barriers
      - Dislocations and separations from support networks
      - Dual struggle to preserve identity and acculturate
      - Changes in SES status
      - Undocumented status

CULTURE AND ADOLESCENT DEVELOPMENT

- Adolescent media use has increased dramatically in the past decade
  - Media multitasking
  - Mobile media
  - Digitally-mediated communication
    - Email
    - Text/instant messaging
    - Social networking sites
    - Chat rooms
    - Video/photosharing
    - Multiplayer online games
    - Virtual worlds

ADOLESCENT PROBLEMS

- **Juvenile delinquency**
  - Adolescent who breaks the law or engages in illegal behavior
  - Males more likely to engage in delinquency than females
  - Rates among minority groups and lower-SES youth are especially high
  - Causes of delinquency
    - Lower class culture
    - Parents less skilled in discouraging antisocial behavior
    - Siblings and delinquent peers

ADOLESCENT PROBLEMS

- Depression and suicide
  - Rates of major depressive disorder range from 15-20% of adolescents
  - Factors contributing to depression
    - Genes
    - Gender differences
    - Certain family factors
    - Poor peer relationships
  - Combination of drug therapy and cognitive behavioral theory effective in treating adolescent depression

ADOLESCENT PROBLEMS

- Suicide
  - 3rd leading cause of death in 10- to 19-year-olds in the U.S.
  - More adolescents contemplate or attempt it unsuccessfully than actually commit it
  - Females are more likely to attempt suicide, but males are more likely to succeed
  - Suicidal adolescents often have depressive symptoms

THE INTERRELATION OF PROBLEMS AND SUCCESSFUL PREVENTION/INTERVENTION PROGRAMS

- Four problems that affect the most adolescents:
  - Drug abuse
  - Juvenile delinquency
  - Sexual problems
  - School-related problems
- Problem behaviors are often interrelated
  - Adolescents at highest risk experience multiple problems

THE INTERRELATION OF PROBLEMS AND SUCCESSFUL PREVENTION/INTERVENTION PROGRAMS

- Successful intervention programs include:
  - Intensive individualized attention
  - Community-wide multiagency collaborative approaches
  - Early identification and intervention