

Sephora Exana

Student ID: 118169

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Chapter 9

3- Early and late maturers tend to perceive themselves differently. Early maturing boys have better peer relations and see themselves more positively than their peers, but later maturing boys develop a stronger sense of identity in their thirties.

Early maturing girls are subject to more problems than their later maturing peers. They are more likely to smoke, drink, be depressed, and have an eating disorder get more male attention which leads to earlier sexual experiences. They tend to have intercourse earlier and have more unstable sexual relationships-they are also more likely to drop out of school and marry earlier.

1-Physical changes of development include a growth spurt in height, growth of pubic and underarm hair, and skin changes. Males experience growth in facial hair and deepening of their voice. Females experience breast development and begin menstruating. These pubertal changes are driven by hormones, particularly an increase in testosterone for males and estrogen for females. Adolescents experience an overall physical growth spurt. The growth proceeds from the extremities toward the torso. This is referred to as distal proximal development. First the hands grow then the arms, and finally the torso. The overall physical growth spurt results in 10-11 inches of added height and 50 to 75 pounds of increased weight and 50 begins to grow sometime after the feet have gone through their period of growth.

Psychological and psychosocial events may also influence the biological systems. Therefore, the timing and outcome of pubertal processes can be modified by psychosocial factors. The most important psychological and psychosocial changes in puberty and early adolescence are the emergence of abstract thinking, the growing ability of absorbing the perspective or viewpoints of others, an increased ability of introspection, the development of personal and sexual identity, the establishment of a system of values, increasing autonomy from family and more personal independence, greater importance of peer relationships of sometimes subcultural quality, and the emergence of skills and coping strategies to overcome problems and skills.

7- Anorexia Nervosa mainly refers to starving on purpose, to create a skeletal like body. **Bulimia Nervosa** is defined by binge eating followed by purging, resulting in average or overweight body due to the residual amount of calory.

Anorexia Nervosa and Bulimia Nervosa are two of the most common clinically recognized eating disorders identified among people, accounting for two-thirds of the individual case-affected. These people are overly attentive about getting fat, and make extreme restrictions on their dietary plans in order to avoid gaining weight. If there is a failure in maintaining their diet in the expected manner due to some reason, they get very

irritated, upset and reach a psychologically disturbed state. Although these two terms sound similar to each other.

The main difference between **Anorexia Nervosa and Bulimia Nervosa** is that Anorexia Nervosa involves starvation on purpose whereas Bulimia Nervosa is characterized by binge eating followed by purging.

10- According to Piaget's theory of the formal operations stage, the theories of the psychologist differed. Piaget's theory might conclude that children in the adolescence stage might reply to cognitive questions with abstract thinking. Children at this stage can think abstractly without having to draw pictures or symbols. Adolescents can use logical thinking abilities at the formal operations stage.

Concrete operational stage in this stage the child starts learning about conservation which means that the quantity of a thing remains the same even when you change its shape or size. Children also develop decentration during this stage. The child develops the ability to use logical thought but they can only apply it to physical objects. Piaget considered the concrete operational stage an important stage because he believed that it was a turning point during the cognitive development period of a child. It is the stage in which the logical or operational thought of a child starts developing.

Chapter 10

19- Children and adolescents have a semblance of independence. They can dress themselves, use the bathroom on their own, and even make their own food. They can also communicate with words. Adolescents usually play a great awareness of their identity. They can more about how their sexuality and gender expressed. They also might care about how their various likes and hobbies are judged by their peers. Unlike a child, an adolescent is dealing with more responsibility. Sometimes they might have to deal with include homework, friends, parents, romances, a job and what they are going to do once they graduate high school. Dealing with a group of adolescents they might be more cantankerous or moody because they tend to have a lot on their plate.

18- The role of peers is often emphasized as a key influence on initiation to and recovery from substance use addiction. Peers group play an important role in young people's lives, particularly during adolescence. Peers pressure refers to the influence that these groups can have on how an individual thinks and acts. There is an increasing body of research investigating the role of peers in adolescent initiation of drug use, maintenance of addiction, and recovery. Much of the research among adolescents has focused on the initiation of substance use.

Peers are often highly influential in convincing one another to try alcohol, tobacco, or other drugs for the first time. Peers often influence one another to try drugs. Negative peer pressure can lead adolescents to make riskier decisions or engage in more problematic behavior than they would alone or in the presence of their family.

Positive peer support empathy and encouragement toward sobriety. Drug using adolescents can influence their peers to use drug for the first time, continue using drugs, or relapse after a period of sobriety. Peers can have a positive influence at all stages of drug use, including during the process of recovery.

16- Attachment theory, as a development by Bowlby and others, posits that there is a relationship between an adolescent's attachment to caregivers and to the adolescent's ability to develop autonomy. According to McElhaney a teenager who strives for greater independence is able to achieve better personal adjustment if the teen stays connected to

parents or caregivers who encourage their teen's ability to achieve independence and to ask for support if attached to their caregivers have the confidence to achieve autonomy in certain realms while knowing that they can return to their caregivers for support and guidance if needed. Secure attachment promotes people's ability to become well-adjusted young adults who can navigate the world around them and form secure personal relationships.

Required questions

During puberty, both sexes experience a rapid increase in height and weight over about 2-3 years resulting from the simultaneous release of growth hormones, thyroid hormones, and androgens. Male experience their growth spurt about two years later than female. For girls the growth spurt begins between 8 and 13 years old (average 10-11), with adult height reached between 10 and 16 years old. Boys begin their growth spurt slightly later, usually between 10 and 16 years old average 12-13, and reach their adult height between 13-17 years old. Both nature (i.e. genes) and nurture (e.g. nutrition, medications, and medical conditions) can influence both height and weight. In puberty children get taller, heavier and stronger. There are also changes in children's sexual organs, brains, skin, and hair. Abstract things develop, they develop the ability of absorbing the perspective of viewpoints of others. Increased ability of emotions and emotional attachments, Peer pressure and also the development of personal and sexual identity.