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Psychology Capstone: PSY 470

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Unit 4 Discussion Questions:

Required question: Some of the physiological and physical changes that occur during adolescents are that they go through puberty, where they experience growth spurts and hormonal changes.

They begin to experience more intricate emotions that may seem confusing because they may not understand why they're feeling that way. Mentally they begin to mature in their attitude and start to establish an image for themselves. They may experience bullying or may change friend groups often, and some might perceive themselves depending on when they went through puberty.

1. Some major physiological change that occurs during puberty for adolescents is that they are more preoccupied with their bodies, and they begin to develop images of what their bodies are like. Experiencing gender differences also characterizes adolescents' perceptions of their bodies. They begin to struggle with trying to fit society's view of the perfect body and being that girls store more body fat than boys, they tend to have a more negative image of themselves and tend to struggle more with low self-esteem.
2. Puberty is much concerning because you can't really tell when puberty ends or finishes. You can pinpoint someone going through puberty by identifying the different characteristics of puberty, and comparing it to the person based on their actions but there isn't a way to tell if they've finished or even started. Every person is different and experiences things differently.

3. In early mature for boys studies show that they have a positive or negative view of themselves or they may develop a significant vulnerability to certain problems like smoking, drinking, depression, having older friends, etc. Those that mature at a later time may develop a firm self-image for themselves but growing up will have a hard time forming and keeping relationships because they may need a solid self-image. They are probably still lacking in brain development being that they are still immature. Early and late maturing mostly differ between boys and girls because some things can affect them differently. Though some girls that go through early maturing may experience a lot of negative emotions about themselves they may still develop a positive self-image, and the same can be said about boys.

Chapter 10:

15. The four identity statuses are identity diffusion where the person hasn't experienced a crisis nor have they made any commitments. Then it's the identity foreclosure where the person has made a commitment but hasn't experienced a crisis. Next is the identity moratorium the individual is in the middle of a crisis but they either have absent commitments or are vaguely defined them. Lastly is identity achievement in which the person has experienced a crisis and has made a commitment.

16. The relationship between autonomy and attachment is that while one develops the other gains control. Most parents will deal with their child being defiant or rebellious, they will find themselves trying to gain control, but what most parents don't realize is that a child's defiance can be very powerful. Along with that comes the child's attachment to the parent. If the child has a weak attachment to the parent then they are more than likely to be defiant for long periods of

time. Whereas if the parent developed a strong attachment with the child then the child will rather talk about their emotions and engage in conversation rather than start an argument.

17. The difference between the old and new model of a parent- adolescent relationship is that in the old model, it believes that when a teenager gets older they begin to detach from their parent and that the conflict that comes with it is too difficult to deal with or to try and resolve, where as the new model has a more positive view on it. I feel that both are pretty accurate because they both are a possibility with adolescent-parent relationships, it really depends on the child and the parent.

18. Some of the roles peers have on adolescents is that when starting to make new friends the adolescent will look for smaller groups that are more intimate and meaningful. These types of friendships have a chance to grow and deepen the relationship, but sometimes those relationships will become too attached and they will break off or become too dependent on each other so it's hard to form new relationships. They also experience peer pressure into doing things or activities that may affect them as they get older. Some children will even get bullied to peer pressure others. Lastly, dating and romantic relationships have a major influence on adolescents because relationships bring focus to a lot of developmental emotions that one may not have experienced yet. Depending on at-home influence some children will be better equip to deal with those emotions.