

Adolescence

Unit 4 Essay

Andia Bernard

Alliance University

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Professor Maret

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1. From the point of view of developmental psychopathology, adolescence, and puberty can be seen in a new way. The most significant psychological and social changes happen during puberty and the early years of youth. These include the development of abstract thinking, the ability to see things from other people's points of view, the ability to think about oneself, the formation of a system of values, the construction of personal and sexual identity, the importance placed on peer relationships, which are sometimes subcultural, and the development of these traits. During periods of typical development, it is possible to think of these alterations as developmental tasks. It is crucial to remember that rebellion and crisis are not distinct adolescent experiences; rather, these times represent a chance for self-reflection and decision-making. Support and care are essential at this point in a child's life. Many of today's adolescents' issues are not their fault because children undergo psychological and behavioral transformations (p. 793). However, having a positive attitude toward oneself can prevent depression. Leading a healthy lifestyle and maintaining good relationships with one's parents are two ways to do this, which is essential given the physical and physiological changes during puberty.

2. The unchanging brain assumption has been disproved. During adolescence, the brain changes just like the rest of the body. Later in brain development, risk-taking brain functions like self-control, planning, and reasoning appear, along with more complex processes like sensory hunger, thirst, and sexual arousal. According to research, about twice as many synaptic connections are formed than we will ever need. The links are used to help and ensure survival. The ones that are not in use are changed or removed. A youngster must go through numerous phases of development and follow specific processes to become an adult. Early childhood is between the ages of three and eight; late childhood is between the ages of eight and twelve; and adolescence is between the ages of thirteen and eighteen. These four stages of maturity are

typically broken down into these four categories. Adolescence, which marks the second stage of life, is the time between childhood and adulthood. It often takes place throughout mental and physical development between childhood and adulthood. Adolescents undergo pubertal, social, and physical changes, which are biological changes. Measuring a person's biochemical and physical changes during this period is typically the simplest. Particularly in the past, there has been a connection between puberty and the start of adolescence. It is becoming more challenging to define adolescence precisely because puberty is often seen as the beginning of preadolescence and its extension past the teenage years. The fast-developing field focuses on the numerous changes in the adolescent brain. Social neuroscience investigates links between socioemotional processes and brain development.

3. Everyone experiences distinct stages of puberty. A youngster becomes an adult capable of having children when they reach puberty. The hypothalamus and pituitary glands, two brain regions, start to create hormones, including growth hormones, which affect the body to enable these changes. Men and women have the same hormones, but various bodily parts express them differently. There is no set age when puberty starts because everyone develops differently. Several changes accompany puberty. Boys and girls experience physical and emotional changes as they mature. Notwithstanding the differences, both develop some traits at this age. During puberty, neurotransmitter levels vary. Dopamine is present in the prefrontal brain and limbic system in early adolescence. Teenagers' reward-seeking behavior involves dopamine, and more of it may lead to increased risk-taking (p. 808). Boys typically start to mature between the ages of 10 and 15. We initially notice the lengthening of the penis and the growth of the testicles during puberty. Puberty is the time when a person's body produces the most. A four-inch or more height gain can be attained in a year. Strength, muscle growth, and body form changes are all

visible. Boys frequently develop a different voice as well. Before puberty, when the voice is high, it starts to crack as the larynx and vocal cords become longer. As the voice changes from high to low, it may crackle. Eventually, a deep, manly voice will come out of it. Boys typically initially encounter spontaneous erections at the start of puberty.

4. Maturation describes a person's growth throughout their lifespan. Some children grow more quickly than others, while others could mature more slowly. Even children of the same family endure varied stages of maturity during puberty. Boys typically develop at age 12, whereas girls do so at 11. A female entering puberty before age eight and a boy entering puberty before age nine are considered to have had early maturation. A girl is said to be late maturing if she begins to show indications of puberty at age 13 or later, and a boy is deemed to be late maturing if he begins to show signs of puberty at age 14 or later. Adolescents frequently perceive themselves differently when their physical maturation occurs earlier or later than that of their classmates. A young boy has a more optimistic perception of his success than his older counterpart, who is late in growing. Boys who mature later than earlier have a better sense of identity in their thirties. Boys who developed later had more time to consider alternatives because of their later ages (p. 803). Most teenagers feel self-conscious as they age because they see themselves as different from others. Young people frequently begin to feel inadequate or unfavorable toward themselves because they believe they fall short of peers their age. Young people often feel uncomfortable and self-conscious when they feel sexualized and useless compared to unrealistic body norms. Growth mismatches often lead to physical awkwardness. They frequently have questions because their bodies haven't undergone material changes. If they are made aware of the changes to their bodies that will soon take place before they do, it may be an excellent opportunity to prepare them for them.

5. There is a lot of work to do to reduce the number of teen pregnancies brought on by teen sexuality. Teenage pregnancy continues to be the most common cause of death in the United States. It is eight times higher in the United States than in the Netherlands. Despite being no more sexually active than their counterparts in the Netherlands, U.S. adolescents have much higher rates of sexual activity. The United States had the highest rates of youth suicide among the 21 countries, compared to Switzerland, which had the lowest rates (p. 818). Are there any explanations for the relatively high teen birth rate in the United States? Compared to Switzerland and the United Kingdom, the odds of teens giving birth in the United States are 2.5 times greater and ten times higher, respectively. Adolescent females in the U.S. have four times the likelihood of giving birth as young girls, while teenage girls in Switzerland have fifteen times the likelihood. Teenage girls frequently have children while still young, single, and unmarried. Although it is more common for children born to teenagers to have a poor economic trajectory, this does not necessarily account for their challenges in later life. Teen births do not seem to represent much of a concern, even though they do not directly impact the economy. The high teen pregnancy rate in the United States results from structural economic and social problems.

6. Teenagers frequently experience tension between their desire for independence and intense attachment to their parents during adolescence. The independence-seeking of adolescents usually incenses parents. It can be challenging for parents to balance their kids' needs for autonomy and connection (p. 885). The degree to which adolescents are attached to their caregivers impacts their capacity to develop independence. Suppose they maintain contact with their parents or other primary caregivers and use them as a source of stability. In that case, teenagers who strive for greater independence can have better personal adjustment. Teenagers are more likely to become independent and ask for help if their parents help them become

independent and stay emotionally close to them. Teenagers who feel secure and close to their caregivers tend to take on separate duties because they know they can always seek assistance. People must grow up with safe attachments that support the development of social skills and the capacity to get along with others if they mature into well-adjusted young adults. Adults may give up control in certain areas due to adolescents' desire for autonomy, which could result in decisions being made in areas they could be more experienced with. Studies show that adolescents between 16 and 20 feel more independent, and their relationships with their parents have improved (P. 885).

7. Peers are a crucial source of companionship and social support for adolescents. Teens who get along well with their peers are happier and more socially adept than those without many friends or complex interactions with them. Peer relationships and friendships alter substantially as adolescents get older. Teens form clear expectations about their friends and romantic partners. Between the ages of 15 and 16, a teen's capacity for developing relationships reaches its maximum. Adolescents' use of social media significantly impacts how they interact with their peers. Social media has replaced the traditional method of making friends in person, which was prevalent decades ago. One of the main ways that teenagers communicate with one another is through text messages (p. 896). Peer pressure is typically associated with adolescents who feel pressured by their classmates to engage in behaviors that adults find objectionable, such as breaking the law or abusing drugs. Peer pressure and other social concerns have existed for a long time and will continue to do so. All teenagers share this quality. It has both positive and harmful effects and is very powerful. Some teenagers will give in, while others will hold their ground, depending on their attitude. People care a lot about being liked and feeling like they belong, but they fear being rejected and left out. Peer pressure is often believed to relate to being

forced to behave in a way that others in one's social group are doing, whether that involves engaging in a particular behavior, accepting a specific value, or acting in a way that others expect you to be respected and accepted. Even the most driven youngster might become troublemakers due to implanted beliefs and high standards.

8. Every culture has its own rites of passage, but they all share some commonalities. The transition from adolescence to adulthood represents a change in a person's stage of life. Adolescence is revered in some cultures as the start of maturity. No matter how brief, a rite of passage entails transitioning from one culture to another. These rituals are shown in movies, plays, video games, and everyday life. Everybody has gone through the rites of acquiring a job or getting married. My rite of passage was getting my driver's license. Several tense incidents occurred along with this encounter, which aided my development as an adult. Another passage is about developing my education. Years ago, as I moved forward in my journey, those who had before treated me like an uneducated child showed me more respect and treated me like an adult because I developed knowledge, which assisted me in having mature conversations. By God's grace, I will have successfully completed another rite of passage, as this semester is swiftly ending. It has not been an easy journey, but I am thankful for the wisdom I have acquired along the way.

Reference

Santrock J. W. (2018). Essentials of life-span development (Fifth). McGraw-Hill Education