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PSY 244_ Human Growth and Development (OA)

Unit 4 Essay

Required Question

Children in early adolescence are marked by the beginning of the puberty, that the sexuality of girl and boy are become obviously maturing. The puberty is the brain-neuroendocrine taken replace in process to result in the rapid changes of the body of early adolescence in male and female. When teenagers enter puberty, the secretion of sex hormones will increase, which will cause a series of changes in the body and begin to grow rapidly; secondary sexual characteristics will also appear, resulting in significant physiological differences between men and women. For men, the physical changes as grow hair as beard, voice changes, Gradual enlargement and growth of testicles and penis and broaden shoulder and large growth in height and weight. For women, breast enlarge, hairs grow in the private area of the body, and the ovaries begin to mature and produce mature eggs; the endometrium changes and sheds periodically, forming menstruation. Before age 14, girl generally weights more than boy, and mature and growth more than most boys at the period, then soon, the boys surpass girls in the height and weight. The puberty growth spurt for girls is around 9 year old and around 11 year-old for boys. Hormonal changes are playing the role in part of the puberty growth and it is the chemical substance that is delivering and spread through the blood cells in the body. It is to note that the variation of timing of puberty in adolescence is influenced by the variety of factors, such as nutrition, stress, environment conditions, health. Girls' puberty is taken place around the age 9 until 15, while boys start around age 10 and latest till 17.

The brain development during the adolescence is still in studies, while the understanding of how the maturation of the brain development that is able to process and function more complex task, in terms of feeling, sensing, and sexual. The structure of brain rapidly changing during adolescence, that the corpus callosum in between the right and left hemispheres is thickening resulting the ability to process information in continue to improve. And the continuously developing prefrontal cortex, located in the front of the brain, is associated with advances in reasoning and decision making. That is, many of the brain maturation during adolescence are associated with the development of social neuroscience, that is linked of the physiological development and the social emotional development. That is, adolescent are experiencing the emotion arousal while the decision making and reasoning that associated to prefrontal cortex is yet to be developed enough to handle the emotional state of this period.

Chapter 9

Questions 6.

The substance and drug use is increasing in the early 1990, while the USA has the highest rate of drug use compare to other developed countries.

Parents are playing an important role in adolescent's life, that parents who are attentive and caring to their daily life can prevent them from doing the wrong action. Parents who are involved in the life of their children, the children are being monitored and cared from doing the wrong behavior. Hence, the family is an important place for children to imitate, learn and

develop socially. When parents have poor discipline, frequent disputes and conflicts, or make their children feel neglected, teenagers are more likely to involve in substance use. Teenagers who often have conflicting relationships with their families are also more likely to use illicit drugs. In addition, when parents and siblings themselves smoke, drink or use illegal drugs, it will increase the accessibility of teenagers to obtain illicit drugs, and it is easier for teenagers to mimic.

Also, adolescents is strongly influenced by the peers and environment they are with, that when peers use tobacco, alcohol, or illegal drugs, it will prompt adolescents to start using illicit drugs to gain peer approval. That is, the significant others in adolescence mainly influence adolescents' illicit drug use behaviors are very often from their peers and friends.

Questions 7.

The common feature of anorexia and bulimia cases is excessive concern about body image and weight, and even distorted thoughts about body image. Both are the eating disorders that seriously interfere the daily life, for the over concern about their food intake.

Anorexia is a physical and mental disease of eating disorders. Patients will have cognitive impairments in their body perception. Even if they are underweight, they still feel that they are not thin enough. They excrete food through excessive dieting and inappropriate weight loss, which is a mental illness. Anorexia is more common in young women, mostly between the ages of 10 and 30, as adolescents start to notice their body and may compare themselves to their peers. People with anorexia nervosa may constantly reduce their food intake, and some even rely on drugs to lose weight. If they can't control their appetite, they may even try to induce vomiting

after eating and drinking. Most anorexic patients also experience hypothermia, hypotension, menstruation paused, irregular heartbeat, dehydration, and other symptoms due to long-term starvation. In severe cases, they may be fatal.

While Anorexia is the eating disorder that strictly controls their food intake, while bulimia eating disorder, which also known as bulimia nervosa is a medical term used to describe the behavior of uncontrollable and constant eating, and they are no able to constrain they desire to eat. Bulimia nervosa are experience large amount of food intake and may try to self-induce afterward. People with bulimia nervosa are often in the pattern of binge and purge periodically, and they are worried about being overweight. It is hard to be notice for people with bulimia eating disorder that they are often weight fall in the normal ranges, and often occur in women.

Questions 9.

Piaget divides children's cognitive development into four stages, and the formal operational stage is the fourth stage of cognitive development, this stage occurs around age 11 and involves more abstract thinking.

The important characteristics of formal operational thinking are its ability to formulate hypotheses about events and explain them to form a logical hypothesis and explanation. They are able to take consideration of possibilities and ponder of their thought, and the develop the way to form and solve problems. ThatThat is to say, children at this stage are able to perform hypothetical-deductive reasoning, form abstract thinking, and systematically solve a solution or understanding based on assumptions.

For instance, children in formal operational stage can do simple math and calculation in their head, and they can image what would have happened of certain consequences if they did something was not allowed. They can also hypothesize an idea or science's theory by pondering about why and how the thing works the way it is. Also, they will be able to perspective-taking and think about how others' side of the points of view and notice the reason behind the actions of others, and how their action can affect others as well.

Questions 13.

Hayley is 13 year-old, and this is the age where they care so much about how others look at them.

Children entering adolescence are going through a stage of psychological development in which self-identity and roles are in search. There are many internal conflicts and contradictions in their thought and behaviors. They want to become independent, but they still urgently need a sense of security and belonging that they want to fit in their social world. That is, Hayley wants be accepted and pleasing to their peers, and her perception of the perfect body that she learned from the society, and the environment I different from what she sees herself in the mirror. Hayley's eagerness to be as "normal" and "beautiful" from the standard that she observed from the others and the media world.

Hayley is only 13 year-old, and I think it is still too young to make such decisions. It seems to me that she is in need of mental care where the psychological issues are behind why and how she see her self. That is, her self-image and self-esteem is in the unhealthy state, where the mental health should be the in aim to deal with her anxiety about her appearance.

There are many factors to influence how one's self-esteem form, and it is very often from their environment and how they raise from their parents or caregivers. From childhood, parents are playing an important role in how children get the ease of self-concept, and while they are entering into the social experiences with other peers, they learn about how others look at them. Adolescents often cares so much about their appearance, such as clothing, hairstyle, their body shape and so on, while it reflects that they are very concerned about what kind of impression they make on others.

Chapter 10

Questions 15.

Marcia have developed the four statues of identity from the theory of Erikson's identity development, and these four identities are as following:

- Identity diffusion: no exploration and no commitment, while it is the most innocent but also the least mature state. It may be that they haven't experienced an identity crisis, and they have no concern about their occupational choices. Yet, they probably are not anxious of it at this status.
- Identity foreclosure: this is the status where a commitment to a specific goal or value has been made, but not enough exploration has been done along the way. For example, a college student choose a major as their parents asked, and is not yet taking thought about what they really want or to become in the future yet.

- Identity moratorium: this is the stage where one is still in the exploratory stage and has not yet made a commitment to it. People of this status are to actively seek solutions to the identity crisis through continuous experimentation and exploration, that this status may bring about the large amount of anxiety.
- Identity achievement: this status indicates that a person has developed a commitment to the results of one's own exploration, usually after going through a period of identity crisis. A college student may later find out his real passion of teaching, and decided to transfer his major to education.

Questions 16.

Adolescents in this period sometimes want to be adults and enjoy the rights and independence of adults, and sometimes they want to lean on their parents as a child, wanting to be dependent and protected. They are desire to fit in among peers, searching for their identity and understand their self-worth, that their autonomy is to display as their ability to be responsible for their action.

Parents with children at this stage is in the constant weighing of how much to involve in their decision making and actions, that they may experience the conflict with their teenagers. It is important for the parents to provide guidance along the way while giving them the opportunity to be responsible for their action and making reasonable decisions.

Research has found that positive relationships with others are associated with secure attachment during adolescence, and securely attached individuals are likely to have fewer emotional problems and substance dependence later in life. That is, the connection with their parents can

promote the well-being of their psychological security and development that leading to positive relationship with others.

Questions 24.

If I am in the situation in which someone has have suicidal thought, I would consider that as the signal for help and want to make sure I can prevent that suicidal individual to get the help he or she need.

I believe that suicide is one of the most common symptoms of people with severed depression, that the support of these suicidal individuals including open to their expression of emotion, and ensure their safety. Listening to their thought and encourage them to talk about how they feel at the moment, and it is ok to let their emotion expression through crying.

It is important not to neglect their moment of expressing their despair and hopelessness, that the attentive listening is helpful for them to release their negative emotion. It seems to me that it is also important not to say the thing like "You think too much," "Don't think so much!" and so on.

I would also want to make sure the safety of the person who have the suicidal thought, by getting to know if the person lives alone or with someone, and supervise the conditions and situation of the person. I may reach for professional help if it is needed in accordance to his or her condition.