

Janet Garcia
Chapters 9 & 10
03/20/2023

Required question:

Physical growth includes the development of the physical body, including the growth of the hair bones, muscle organs, and any other physical characteristic of a species. On the other hand physiological development describes how the body can increase some bodily functions.

For both girls and boys puberty typically begins between the ages of 10 and 11, It could happen sooner or later. Children become taller, heavier, and stronger during puberty. Children's brain, skin, hair, teeth, and sweat productions are also altered; as are their sexual organs.

Chapter 9

Question 7:

Anorexia nervosa - is a syndrome of self starvation that involve significant weight loss of 15% or more of ideal body weight, a strong fear of gaining weight, and a skewed perception of weight.

Bulimia nervosa - is an eating disorder, which a person regularly engages in binge eating episodes, during which they experience a loss of control over their appetite, the individual then employ various techniques, such as laxative or vomiting, (purging) to avoid gain weight. In combination with some form of inappropriate compensatory misbehavior.

Bulimia and anorexia sufferers employ techniques to prevent weight gain or loss. People with bulimia experience episodes of binge eating, followed by food purging whereas people with anorexia make completely avoid eating along with other mental health conditions, Eating disorders frequently occur.

Question 9:

Abstract thought - in contrast to earlier stages when children tend to think very specifically and concretely, the formal operational stage is when children begin to think abstractly, children start to think about potential outcomes and consequences of actions rather than just relying on past experiences, when making long-term plans, this way of thinking is crucial.

Ex: Children start to comprehend that a stands for Apple, and that things can exist, even if they aren't right in front of them.

Problem - solving - children initially solve problems through trial and error. The capacity to methodically and logically solve a problem, emerges during the formal operational stage. Children who are in the formal operational stage of cognitive development are frequently capable of organizing, and planning a problem-solving strategy quickly.

Ex: The youngster can comprehend concept of size, distance, and cause and effect.

Hypothetical- deductive reasoning - at this stage of cognitive development, Piaget thought "hypothetical deductive reasoning" as he called it, was crucial. Teenagers can now begin to consider hypothetical and abstract concepts. They frequently ruminate on hypothetical, or "what if" scenarios and questions, and they are able to consider numerous options or potential outcomes.

Ex: If a kid required to use supplies they already have at home to make a model of a solar system. When they consider several options and then choose the one that makes the most sense or is most useful.

Question 10:

Two components of Jean Piaget's theory of cognitive development are the formal operational stage and the concrete operational stage both phases serve to outline a time in each person's life during which specific stages of cognitive development occur.

The primary distinguish between the two is that a child can reason about objects if they can interact with them or see them. In the concrete operational stage, they can think logically, and without the presence of the object being thought about during the formal operational stage.

Concrete occurs between the ages 7 -11 years old formal occurs between the ages of seven until adulthood. Because of this, the formal operational stage requires more advanced cognitive growth, and eventually lead to the rest of a persons life.

Infants and toddlers in the concrete operational stage are just starting to develop simple logic. They are currently learning how to characterize objects based on their physical attributes such as size an appearance. Because they are capable of abstract, thought, and can conjure up fictitious scenarios in their minds kids in the formal operational stage different from other children. These kids can use their understanding of the past to predict the future.

Chapter 10

Question 15:

Identity diffusion - individuals who haven't yet gone through a crisis or committed to anything. Unsure of their career and ideological choices, they're also probably not going to be too interested in them.

Ex: a young person who has not yet thought about college or career options.

Identity foreclosure - this most frequently happens when parents impose commitments on their adolescence, typically in an authoritarian manner, before they have had a chance to independently explore various approaches, ideologies, and locations.

Ex: A teen may favor one sport over another because her father favors it, but she may be unable to articulate her personal preferences.

Identity moratorium - is the situation of people who are experiencing a crisis, but whose obligations are either unfulfilled or ill-defined.

Ex - individuals frequently consider a wide range of possibilities while in an identity moratorium. This can be demonstrated by going to various churches. They might go to a protestant church despite having been raised Catholic. They might do this, even though they don't have a strong commitment to any particular strategy.

Identity achievement - is the status of individuals after going through a crisis and making a commitment.

Ex: this can occur occasionally when an adult makes significant changes to their lives or careers. Businessman who decided to pursue religious locations in the middle years or example of this, as are people who quit well-paying jobs to pursue their art or much less lucrative(yet more personally fulfilling) career.

Question 18:

Teenagers gain confidence by having a sense of acceptance and value from having friends and feeling a part of a community. Teenagers also benefit from friendship by developing critical social emotional skills, like empathy for the thoughts, feelings, and well-being of others.

While it is true that adolescence are more likely to engage in risky behaviors when they are with peers than when they are by themselves, peer groups

can offer a setting, where adolescence can practice, learn, and maintain social norms fostering socio emotional competence at a time when youth are still attempting to form.

Positive influence: peer interaction teaches children how to make and maintain friendship, as well as how to collaborate, learn, and have fun as a group. Those who have healthy peer relationships are happier and more socially adopted, and those who are socially excluded or, who have tense relationships with their peers.

Negative influence: peers can be bullies or influence kids to engage in harmful behavior, doing wrong things, drink, drugs, etc. For children to learn how to behave in society peer relationships are crucial. Peer pressure that is harmful can also have an impact on mental health. You can lower ones, self-esteem and resort in Subpar academic performance, estrangement from his or her family and friends or an escalation of depression and anxiety. Teenagers might start self harming or develop suicidal thoughts if this is not addressed.

Question 19:

One basic similarities is children and teenagers both have a semblance of independence. They can prepare the only use dress themselves and use the restroom independently. They are also capable of verbal communication.

Adolescence usually display a great awareness of their identity. More importantly, to them is how the gender and sexuality are express they might also be concerned with how their peers will perceive their various of interest and pastimes.

Identity is typically one of the biggest differences between adolescent and childhood.

Adolescent may be more aware of the gender, sexuality, orientation, and likes and dislikes. Additionally, they might experience pressure to adopt a particular identity in order to blend in, stand out, or outright rebel.

Unlike a child, adolescent is responsible for more than a child does, homework, relationships with friends and parents, romance, jobs, and plans for after high school graduation are some of the issues they may have to deal with.

Remaining question/Chapter 9

Question 13:

1. Her peers, her environment, and not feeling comfortable in her own body.
2. No. Because girls are still developing up until the age of 18. Parent should make the decision for the child and doctors shouldn't allow that type of surgery until the age of 18.
3. Society and friends. Sometimes you see your friend and think you she more prettier and looks better than you and you want to look like that friend.

In my opinion, today's society, I would say social media, friends, and your environment, all plays a part of it.