

Unit 4

Chapter 9

Question #2

Physical development during puberty causes so much concern compared to other age development due to the rate of physical development being so varied and confusing at this stage of puberty. It can also feel uncomfortable during this time for some individuals. Puberty can be a source of pride or embarrassment during adolescence. Girls begin to grow hair in their armpits. Their hips grow wider, and they grow taller. The breasts enlarge, and their menstrual cycle begins. Pubic hair is also increasing. All these changes are overwhelming.

Regarding boys, their concerns differed, but their feelings about puberty were similar. At first, their penis and testicles grow. Then, they begin to grow pubic hair as well. Facial hair starts to grow. Some sprout up in height and increase in weight. Their voices start to change, sounding more manly. They begin to masturbate, experiencing their first ejaculation, or they may have a wet dream. The changes are tremendous and scary to some who have not been told and educated about puberty.

Question #3

Early maturing boys saw themselves in a more positive light. They tended to have more successful peer relationships than late-maturing boys. However, studies show that late-maturing boys in their thirties developed a stronger sense of identity than early-maturing boys. Recent studies confirm that during adolescence, it is much more beneficial to be an early-maturing rather than a late-maturing boy. In contrast, studies found that early maturation increases girls' exposure to several issues. Girls who mature early are more likely to smoke, drink, be depressed, have an eating disorder, struggle for early independence from their parents, have older friends,

and their bodies are likely to attract older males. This leads to dating and having earlier sexual experiences. Researchers found that early-maturing girls had higher rates of depression and antisocial behavior than middle-aged adults, mainly because their difficulties began in adolescence and did not lessen over time. It was also discovered that early-maturing girls tend to engage in sexual intercourse early and have more unstable sexual relationships. Other studies found that early maturation in girls had a stable higher level of depression. Another finding in early maturation amongst girls is their more likely to be involved in physical and verbal abuse in dating. Furthermore, early-maturing girls are less likely to graduate from high school, and they marry early.

Question #7

Anorexia nervosa is an endless quest to be thin through starving oneself. However, with bulimia, the person eats food but will induce vomiting to avoid gaining weight. Both disorders are preoccupied with weight gain and their image. There are four main characteristics of anorexia: the first is that weight is less than 85 percent of what is considered normal for their age and height; the second is a desperate fear of gain weight. The third is a distorted perception of their body shape. The last one is that they lack menstruation. They are obsessed with weight and compulsive exercise. Even though the anorexic is very thin, they still perceive themselves as fat. With Anorexia, they have control over restricting their eating bulimics do not. Bulimics consistently follow a binge-and-purge cycle. A bulimic will sometimes overeat and then engage in self-induced vomiting. Some will use laxatives in addition to vomiting. Most people who are bulimic are always occupied with food. They fear becoming overweight, are depressed and anxious, and have distorted views of themselves. Bulimics and anorexics are perfectionists.

Question #9

Formal operational thought is abstract. Adolescents can conjure up made-up situations and abstract propositional and hypothetical events while trying to reason about them logically. At this stage, the abstract quality of thinking is evident in the adolescent's verbal problem-solving capability. In addition, adolescent thought increases the tendency to think about the idea.

The abstract nature of formal operational thought is full of idealism and possibilities.

Adolescents speculate about ideal characteristics and qualities they desire in themselves and others. This often leads adolescents to compare themselves with others to excellent standards. In addition, their thoughts are often fantasies about future endeavors.

Adolescents also think more logically, likely solving problems through trial and error. As a result, they begin to feel more like scientists, devising plans to solve the issues and systematically testing solutions. This type of problem-solving requires hypothetical-deductive reasoning. Thus, formal operational thinkers develop hypotheses about solving the issues and systematically deduce the best path to solve the problem.

Chapter 10

Question #15

James Marcia's four identity statuses are Identity diffusion, identity foreclosure, identity moratorium, and identity achievement. Identity diffusion is the status of individuals who have not yet experienced a crisis or made any commitments. My son Anthony is in this place in his life. He has not yet decided on whether to go to college or not. He is decisive and not as motivated as his peer.

Identity foreclosure is the status of individuals who have committed but have not experienced a crisis. This occurs most often when parents hand down commitments to their adolescents, usually in an authoritarian way, before adolescents have had a chance to explore different approaches, ideologies, and vocations on their own. Unfortunately, this happens a lot with teens. An example is a teen who plays football because their dad played the sport, but if asked why they played the sport, they would not be able to tell you why.

Identity moratorium is the status of individuals during a crisis whose commitments are either absent or only vaguely defined. An example might be a person growing up in a Catholic church but deciding to visit other churches not committed to anyone's religion.

Identity achievement is the status of individuals who have undergone a crisis and have made a commitment. An example would be a person working at a prestigious law firm and very successful but does not feel fulfilled, so they leave their lucrative firm and pursue building homes that will help the homeless.

Question #16

Adolescents who strive for greater autonomy are found to be better adjusted personally and use their attachment to their parents as a secure relationship and support. Also, parents who encourage self-sufficiency and independence in adolescents and at the same time remain attached to them inevitably increase independence in adolescents, and they feel supported. Because of this relationship between adolescents and their parents, children and adolescents securely attached to their parents can always turn to them if they ever need their support.

Question #21

A rite of passage is a ritual or a ceremony that marks and celebrates an individual's transition from one status to another. A rite of passage in my life began very young. I was in second grade, and I received my first communion. In my religion, this gave me the right to receive the body and blood of Jesus Christ. Marriage was another rite of passage that was very important to me. My favorite was becoming a mom. Giving birth was the most sacred rite I will ever experience. When I became a mom, I felt like I had heaven in my arms.

Question #22

If I faced someone attempting suicide, I would encourage the person to call the suicide hotline. I would advocate for them to get their needed treatment and assist them in getting the help. I would urge the person to communicate with me but not patronize them. I would be respectful while acknowledging the person's feelings. I would not be judgmental in any way. I would not keep their suicide a secret and not promise to do so. However, I would reassure them that things will get better. If I had the opportunity, I would remove dangerous items from the person's home. Lastly, I would never leave a person alone.