

Esterlyna Hicks

Stephen Maret

Human Growth and Development

March 21, 2023

Required Question

It is not easy to identify when a boy or a girl has entered adolescent, the task of determining when an adolescent enters adulthood is even more difficult. Emerging adulthood is a term that refers to the transition from adolescent to adulthood. Is a period of time that ranges from 18 to 25 years of age, and is where the adolescent is trying to figure out what and how they want to be as individual for the rest of their life. In this paper I'm are going to discuss one of physiological changes that occur while an adolescent is emerging to adulthood.

One of the physiological changes that take place in adulthood is heath. Adolescents that engaged in bad eating patterns when they are younger, are not as heathy when they reach adulthood. Adulthood is a stage of exploration where the individual frequently engages in bad eating patterns, drug use, unprotected sexual activity, etc., leading to health problems. Also, when adolescent enters adulthood and start to face adult's responsibilities such as college, job, etc., they have less time to do physical activities, practice a sport or to take care of their health. All of these changes can greatly affect the physical health of an adult if proper actions aren't taken.

Question #2

The Adolescence is a tough age not only for the child but also for the family and close friends. The adolescent faces a lot of challenges about what he or she is going through, and also the parents worry thinking about how the adolescent will turn out. In this paper I'm going to mention some of the physical change's adolescents go through while transitioning to adulthood.

Some of the physical changes in girls include the formation of breast buds withing age 12 to 18 or earlier. Pubic hair, armpit hair, leg hair starts to grow about age 9 or 10 and reach adult pattern at about 13 to 14 years of age. The beginning of menstrual period occurs around two years after breast buds and hair appear. The average age a girl starts to menstruate is around age 12, and the growth spurt pick around age 11 and slows around age 16

Some of the physical change boys go through include the growth of their testicles, scrotum, and penis that can start as early as age 9. By the age of 17 or 18 their genitals are usually at their adult size and shape. Pubic hair as well as armpit, leg, chest hair, and facial hair also beings to grow in that age.

The development of the brain mainly proceeds from basic to more complex functions. The adolescent starts to eat and drink more, usually sensation-seeking, risk-taking, and sex. At this age there are a lot of synaptic activities and the connections we made in our brain are strengthened or replace depending on how much or how frequent we like and do something.

Question #4

Adolescence and early childhood are stages of life when the individual is going through a lot of physical and physiological changes. It is a stage of life in which they want to discover many things including sexuality. At that age a lot of adolescent become pregnant because the do not have enough knowledge about sexuality or ow to protect themselves. It is important to teach adolescents about the consequences of engaging in early sexual activities. This can end up in unwanted pregnancies and infectious transmitted diseases such as HIV. Sexual intercourse should be started at a mature age because it involves maturity and a lot of responsibilities.

When an adolescent become sexually active, they o not have the capacity to think of the consequences. They do not thing that they can get pregnant or contract diseases. It is important for parent to monitor

and educate the adolescent about sex. Being a parent demand a lot of responsibilities, that is why an adolescent is not ready to engage in sexual activity. It needs more maturity.

Question #6

Drug use in adolescence it is something more common than what we think. There are many reasons for which an adolescent would start to use illicit substances. In this essay I'm going to mention three reasons why adolescents would start using drugs.

One of the reasons an adolescent would start using drugs, whether they are marijuana, cigarettes, alcohol, cocaine, etc., is when they see someone at home doing it. When the adolescent is being model that kind of conduct it is more likely they will imitate that behavior.

Some researchers have found that when parents supervise their children's whereabouts and are involved in their life, children are less likely to engage in drug use and delinquency. When a parent does not pay enough attention to their children's actions this can result in the adolescent engaging in bad behaviors. Friendship plays an important role in initiating a drug use conduct and parents must be aware of the kind of friends the adolescent has. Adolescent can start using drugs because their friends do so. Friendship has a very strong influence in adolescents, they feel compel to do what their friends are doing, if one of the smokes, the rest are going to do the same.

Question #7

In this paper I'm going to talk about two eating disorders called anorexia nervosa and bulimia nervosa. Anorexia nervosa is an eating disorder that involves the relentless pursuit of thinness. This is a very serious disorder that can lead to death because the individual is not eating well. They fear o gain weight and starve themselves to hanger. The anorexic is always weighing themselves, doing a lot of exercises, and they never are thin enough.

Bulimia nervosa is an eating disorder in which the individual constantly follows a binge- and-purge eating pattern. That means that the individual eats a lot of food than engage in self-induced vomiting or the use of laxatives. Some of the reasons an individual can develop bulimia or anorexia nervosa include problem with family functioning, biology. Also, gene is involved is involved in these disorders. Anorexia and bulimia nervosa are linked with major depression and anxiety and individuals from low-income family are more likely to develop this disorder. These two-eating disorder can be successfully treated with family therapy and cognitive behavior therapy.

Question #16

Attachment is describing as an emotional bond between a child and the parent. It is a state where the child feels secure and comfortable with the parent or caregiver. Secure attachment not only allows the child to be emotionally healthy, but also to have better relationship with others. Adolescents also benefit from a secure attachment. In a research review, the most consistent outcomes of secure attachment in adolescence involved positive peer relations and development of the adolescent's capacity to regulate emotions. Researchers also found that securely attached adolescents are less likely than those who are insecurely attached to have emotional difficulties and engage in problem behaviors such as juvenile delinquency and drug abuse. Those who were securely attached had lower rates of addiction to alcohol and cigarettes than their counterpart.

Autonomy means that an individual has the capacity to think, make decisions, and act on his or her own. This is a challenging time for parents and caregivers since the adolescent is starting to make his or her own decisions. Parents fear that the adolescent won't make the right decision and want to still keep control over the adolescent. This can cause conflicts withing them. It is important for the parent to know how important is for the individual to gain their own autonomy. At the onset of adolescence, the average individuals do not have the knowledge to make appropriate or mature decisions in all areas of

their lives. As the adolescent pushes for autonomy, the parent should allow them to make decisions in those areas where the adolescent can. Also, the parent should continue guiding the adolescent in those areas where the adolescent knowledge is more limited. Gradually the adolescent will acquire more experience to make reasonable decisions. In sum, the push for autonomy and attachment are important aspects in parent-adolescent relationship and is linked to a wide range of positive outcomes for adolescents.

Question #18

Friendship plays an important part in shaping the development of children and adolescents. Everyone, said psychoanalytic Sullivan, has basic social needs such as the need of tenderness, playful companionship, social acceptance, intimacy, and sexual relations. Whether or not these needs are fulfilled largely determines our emotional well-being. For example, if the need for playful companionship goes unmet, then we become bored and depressed. If the need for social acceptance is not met, we suffer a diminished sense of self-worth. During adolescence friends become increasingly important in meeting social needs. If this need goes unmet, they experience loneliness and a reduce sense of self-worth.

Friendship is increasingly important for the adolescent when meeting social needs. The ups and downs with experiences with friends shape the adolescent's wellbeing. Although having friends can be a devolvement advantage, not all friendships are alike and the quality of friendship is very important. It is a developmental disadvantage to have coercive, conflict-ridden, and poor-quality friendship. Having friends who engage in delinquent behavior is associated with early onset and more persistent delinquency. Adolescents usually learn to smoke or drink from their best friend. Friendship is necessary for a healthy social development but the quality of the friendship is the more importance.

Question #20

I read that experiencing healthy dating relationships does have benefits to adolescent's development. Knowing how to establish and maintain healthy romantic relationships can help adolescents grow. Healthy dating during the teenage years can be an essential way to develop social skills, learn about other people, and grow emotionally. These relationships also can play a role in supporting youth's ability to develop positive relationships in other areas, including: in school, with employers, and with partners during adulthood. Adolescents tend to become more interested in dating around their mid-teens and become more involved in dating relationships during high school. Although dating does increase during this time, it is also normal for adolescents not to be in a relationship. Nearly two-thirds of teens ages 13-17 have not been in a dating or romantic relationship. Thirty-five percent of teens ages 13-17 have some experience with romantic relationships, and 19 percent are currently in a relationship. Older teens ages 15-17 are more likely than younger teens to have experience with romantic relationships (Lenhart et al., 2015).

The sociocultural context exerts a powerful influence in adolescent's dating patterns. This influence may be seen in differences in dating patterns among ethnic groups within the United States. Also, religious beliefs, and traditions often dictate the age at which dating begins, how much freedom is allowed, whether dates must be chaperoned by adults or parents, and the roles of males and females in dating.