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## Unit 5 Essays

### Required Question

The transition into young adulthood is a long process and occurs from eighteen years of age to twenty-five years of age. During the prime of young adulthood, individuals reach their peak performance; meaning individuals can perform athletic activities at their best capability. Towards the end of young adulthood, around the age of thirty, muscle tone and strength start to decline. Towards the end of young adulthood physical abilities start to decline. Sensory systems also go through changes as the lens of the eyes starts to lose elasticity and become less able to focus on nearsighted objects. Also, in mid-young adulthood fatty tissue increases. Health habits, good and bad, start to develop in young adulthood which has a greater effect in adulthood. That being said regarding development some young adults engage in healthy behaviors like exercising regularly, eating breakfast, getting 7-8 hours of sleep, and eating healthy food options, which enhances health in adulthood, and some young adults engage in unhealthy behavior such as excessive smoking/drinking, substance abuse, excessive eating, and not getting enough sleep that worsens health in adulthood.

Chapter 11 Q8.

In regards to Piaget's view, he theorized that adolescents and young adults think relatively the same as they both enter the same final stage of cognitive development, better known as formal operational thought. In contrast, Piaget also believed that young adults are more advanced in the thinking process, as they possess more knowledge than adolescents. Piaget believed that as young adults emerge they start to increase their knowledge and understanding in specific areas. Some researchers disagree with Piaget concerning the refinement of formal operational thinking in individuals. These researchers believe that adolescents begin to hypothesize about intellectual problems, but become more sophisticated in their thinking as young adults. A different approach to cognitive thinking in young adults is Postformal thought. It has been theorized that Piaget's formal operational stage declines in young adults, and is replaced with a new stage of cognitive development which is postformal thought. Postformal thought is reflective, relativistic, and contextual, meaning that postformal thought encourages problem-solving and reflective thinking that becomes more complex, and less contextual. Postformal thought is also provisional, meaning that it's an ongoing process of searching for truth and conclusions. Postformal thought allows young adults to think more realistically and allows them to understand thinking can't always be abstract. Postformal thought also allows young adults to realize that thinking is often influenced by emotions, which can sometimes obscure the reality of certain situations.

Chapter 11 Q10.

In young adults, in their late teens, and early twenties career determination and decision-making have become more serious, as young adults start to explore different career paths and further start focusing on what career they want to settle into. By young adults' early and mid-twenties, many young adults have completed their training and have obtained an occupation. Throughout the latter half of young adulthood, young adults are focused on climbing the ranks and establishing their careers in their chosen occupations. Phyllis Moen came up with one theory for career development. He described the process as including aspects such as cultural beliefs that promote the idea that hard work and long hours correlate with status, wealth, security, and happiness. This theory is characterized by young adults trying to achieve the “American dream”, by climbing through the ranks in their occupation. However, this career theory is hard to achieve for certain ethnic minority individuals, women, and the uneducated population of young adults. This career theory has also been hard to achieve, due to the global outsourcing of jobs, widespread layoffs, and inflation. Another theory for career development is one created by William Damon, in his book, *The Path to Purpose: Helping our Children Find Their Calling in life*. In this book Damon emphasizes that lack of purpose is the missing component in young adults' achievement and career development; Damon goes on to theorize that young adults engaging in risky behavior put them at risk of not finding their life purpose or calling. Recent research has supported Damon's theory, with one study concluding that one's life purpose predicted an emerging adult's well-being; and another study showing that a high sense of one's purpose led to a longer life.

Chapter 11 Q11.

In regards to the development of my career plan; I believe I started to gain interest in what career field I wanted to pursue around middle school. I started to gain interest in pursuing a career in the medical field, I remember being influenced by my mother from watching her work in the hospital setting as a pediatric orthopedic surgeon. Around this time I remember wanting to be an anesthesiologist, mainly because I thought it was cool to put people to sleep, and also because of how highly paid anesthesiologists are. As I approached high school my aspirations to be an anesthesiologist quickly faded as I did more research on the occupation, and found out how much schooling is required and also how much math is involved. Once I reached my sophomore year in high school I chose to be a part of the healthcare academy at my high school to further my knowledge in healthcare occupations. It was after that year that I decided I wanted to pursue a career in pharmacy, so I joined my high school pharmacy tech program with Walgreens. During my junior year, I shadowed and worked in Walgreens to gain experience on the duties and responsibilities of a pharmacy technician, while also observing the responsibilities of a lead pharmacist. At the end of my Senior year, I sat for the PTCB exam and passed it, and gained my state license at the end of the summer. During this time I realized that I didn't want to continue on the pharmacy track and become a pharmacist; because I didn't feel like it was what God was calling me to do, and I felt as if there was a more fulfilling occupation out there for me. Fast forward to now, I finally found my purpose occupation-wise, and have decided to pursue a career in occupational therapy. I've already started to take the prerequisite courses to gain acceptance into an occupational

therapy school of my choice, and I also plan on shadowing an occupational therapist this summer to gain my required observation hours.

### Chapter 12 Q17.

Romantic love is also known as passionate love and encompasses components of sexuality, and infatuation, this type of love is heavily present at the beginning of love relationships. Various emotions are categorized by romantic love, with some of those emotions being: passion, fear, anger, sexual desire, joy, and jealousy. Such strong emotions in romantic love relationships can lead to issues like depression. One recent study conducted by researchers has concluded that heightened romantic love in young adults was linked to stronger depression and anxiety symptoms, but also better sleep quality. Affectionate love is another component of relationships between people in general and is commonly known as companionate love. Affectionate love is the type of love that happens when one person develops a longing to have the other person near them and possesses a deep caring & affection for the person. Affectionate love also occurs in romantic relationships, as strong feelings of passion and desire start to fade over time, and start to be replaced by Affection. Friendship is described as the foundation for any type of relationship to emerge; whether it be romantic, affectionate, or consummate love. Friendships also play an important role in development across the lifespan, as we develop, learn, and grow from shared encounters and experiences with the people around us. Furthermore, adulthood brings new opportunities for friendships to blossom; as young adults branch off from home, and start to establish their own identities.

Chapter 12 Q22.349

The stereotype of Single adults being abnormal is far from reality, as in recent years being a single adult is becoming more common and popularized. In fact, in 2017 44.9% of U.S. adults 18 years of age and older had never been married. Cohabitation is one of the biggest factors contributing to rising rates in single adults. Forming intimate/meaningful relationships, feelings of loneliness, and finding marriage-oriented people; are some of the challenges faced by single adults. One researcher, Bella DePaulo, proposes the argument that society possesses a large-scale bias against unmarried adults; with the bias being reflected in missed job opportunities and deep social and financial prejudices. Although there are some disadvantages and prejudices that come with being a single adult; there are many advantages and perks to being a single adult. Some advantages of being a single adult include: having time to make important life decisions without influence or pressure from a partner; having time to gather resources to meet certain life goals; freedom to make self-based decisions and pursue one's interests and hobbies, opportunities to travel; explore new surroundings and activities, and enjoy a sense of privacy and independence. One interesting trend regarding single adults in this current generation is that singles are taking longer to commit to love and marriage; this hesitance of commitment stems from, singles wanting to know as much information about their potential companions before investing time, money, and effort to form a meaningful partnership.

Chapter 12 Q23

Divorce trends in recent years have shown a steady decrease, but the United States still has one of the highest divorce rates in the world. It's been recognized that some groups of individuals are at a higher risk for divorce than others. Some factors that increase the chance of divorce in these individuals are youthful marriage, low educational level, low income, not having a religious denomination, having parents that have experienced divorce, and having children before marriage. It has also been found that certain traits and characteristics of an individual's partner can contribute to the likelihood of divorce. Some common characteristics in partners that can contribute to divorce are alcoholism, psychological problems, domestic violence, infidelity, and inadequate division of house chores. According to research if a divorce is going to occur it's going to happen early on in the marriage, approximately between the fifth and tenth years of marriage. Some common causes of divorce are arguments, partners growing apart, adultery, lack of respect, and domestic violence. Challenges are present for both individuals after divorce; with more severe effects being: depression, suicide, anxiety, substance abuse/alcoholism. In recent research, divorced men and women have stated they have experienced feelings of loneliness, diminished self-esteem, and anxiety about the present and future state of their lives, and they also expressed trouble with forming new intimate relationships. One important concept of divorce is that there is a gender difference in the process and outcome of a divorce. Researchers have concluded that Women are more likely to sense problems in a marriage and are more likely to advocate for a divorce than men are. It has

also been found that women cope better with divorce, and see divorce as a second chance at love.

### Chapter 12 Q23

The ever-evolving social norms, responsibilities, equality of women and men in marriage, and high expectations of what marriage should look like have produced marriages that are unstable and fragile in integrity. In regards to longevity and satisfaction of the newer generation of marriages, men have reported higher marital satisfaction, than women. An important factor that influences the outcomes of longevity in marriages is education. A recent survey conducted by Copen, Daniels & Mosher, found that women and men with bachelor's degrees were more likely to put off marriage, but were more likely to eventually get married and stay married for more than 20 years. The average age for marriage in men in the U.S. is 29-30, and the average for women is 27-28, these are the highest ages for marriage in the history of the U.S. The reason for young adults waiting longer to get married is caused by them weighing the importance and severity of marriage. This is leading young adults to establish their careers and financial stability; in hopes of increasing the likelihood that when they get married their marriages will last. A recent study conducted by Geiger & Livingston, explored why young adults decided to get married. Some prominent reasons for marriage were: love, lifelong commitment, companionship, and having children.

Works Cited

Santrock, John W. *Essentials of Life-Span Development*. McGraw-Hill Education, 2022.