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**Chapter 11 & 12**

**Required question:**

The physiological changes people go through during the early adulthood stage of life are referred to as physical development of early adulthood. The period between adolescent and middle age known as early adulthood, last roughly from 20 to 40 years of age. (Early childhood 18 to 25). Early adulthood is the time when people reach their full height, put on muscle, gain body fat, and become fully reproductively mature.

During this stage of life, the majority of people reach their physiological functioning in terms of things like love capacity, bone density, muscle strength, reaction time and agility.

Other matured related characteristic are frequently develop during this stage. Increased levels of autonomy, committed romantic relationships, involvement in higher education, or the workforce and excepting obligations to care for others, by making contribution to a family or community or some of these characteristics.

**Chapter 11**

**Question 1:**

Both phases of transition are demanding and signify a significant change in a persons life. Both of these life events require moving up, which entails getting to know new people and taking on a lot of responsibilities. Both also cause someone to change positions from youngest to oldest. Each has distinguishing qualities, with one being regarded as being more mature than the other. However, since you frequently leave home, and no longer see your parents as frequently as you once did the transition to college can be

very different. In contrast switching from high school, moving to college frequently involves moving to a new town. Going to college also means meeting a lot of new people and frequently having to form new friendship groups. Students to transfer to college face grade a pressure to perform than those who stay in middle school.

#### **Question 4:**

Exercise help people avoid illnesses, like diabetes and heart disease, which is one of the main reasons of health professionals encourage it. Many medical professionals, advise young adult to exercise aerobically for at least 30 minutes each day. Running swimming or cycling are examples of sustained aerobic exercise that activates the heart and lungs.

According to current research and exercise program that are initiated based on consistency, readiness, and maintenance are the ones that are most likely to be sustained. This includes evaluating a persons, level of commitment readiness, the extent of their social and economic support, their physical condition, and their desire for maintenance. In addition, an exercise program combine with the awareness session is also found to be more successful in terms of long-term objectives.

#### **Question 8:**

The theory of Piaget is one strategy for understanding, adult cognitive development, the formal operational stage, according to this theory, last from adolescence to adulthood. The capacity for abstract, problem-solving, and conceptual understanding it is what distinguishes the stage.

On the other hand, Vygotsky's theory which explains our sociocultural approach to cognitive development would be the second method. He claims that no one theory can be used to understand how an individual develops, and that understanding it will require a higher level of thought, than simply comparing it to social cultural concepts.

## **Jean Piaget's approach**

- His theory is comprehensive and is the only perspective that should be view as correct.
- Children or active learners, who constructs knowledge from their environment.
- They learn through assimilation and accommodation.
- The interaction with physical and social environments is key for cognitive development.
- Development occurs in stages.

## **Lev Vygotsky's approach**

- His theory is the obvious choice for explaining how a child learns and develops.
- Children develop through an informal and formal conversation with adults.
- Complex mental activities begin as basic social activities.
- Children camper for more difficult tasks with the help of a more advanced individual.
- Play is important and allows children to stretch themselves cognitively.

## **Chapter 12**

### **Question 16:**

Physical attractiveness. Studies have shown that physical attractiveness plays a major role in romantic attraction. Other factors to consider are proximity similarity, and reciprocity. Early on in a relationship, people are more attracted to partners who they think look good physically. Some people find humor and they prefer to be entertained and kept happy by other people. Another group of people are drawn to other people solely on the basis of their abilities.

### **Question 19:**

Engaging in campus activities, maintain a relationship with loved ones at home and making use of campus resources are always that students can combat loneliness. They can start to meet people and loneliness will lesson with a little effort.

### **Question 23:**

People go through five. Typical emotions were going through a divorce. The five stages of grief are common name for them. Denial, rage, Compromise sadness, and acceptance are some of them. These naturally develop in some more complex feelings that depend on your situation and are there for different. After divorce peoples lives, can take a variety of turns in some diverse groups they become more competent and well adjusted. This is one of the characteristic of divorced adults that is most frequently observed.

### **Remaining question/ Chapter 12**

### **Question 18:**

According to the three different skills, intimacy, passion and commitment, psychologist, Robert Sternberg's theory, there are different kinds of love. It's critical to understand the relationship built on two or more elements has a higher chance of endorsing than one built on just one.

Through the course of a relationship, Sternberg, three aspects of love are likely to become more or less balance for many of us, the perfect relationship to typifies a strong dose of all three elements, which are found in consummate love. However, spending time alone does not lead to the emergence and development of intimacy, passion or commitment. Understanding these aspects of love may help couples avoid pitfalls in their relationships, work on the areas that need improvements, or recognize when it might be the right time to end a relationship.

