

**Early Adulthood**

Unit 5 Essay

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1. Early adults are people between the ages of twenty and forty and belong to age-related life phases. Throughout this stage, people seek to develop their identities and lead responsible lifestyles as they journey from late youth to adulthood. They create personalities, achieve autonomy, and integrate into communities. During childhood and adolescence, human bodies experience tremendous growth and development. Changes follow physical changes in the brain and body. We frequently see this suddenly faster transition to maturity as the most significant shift, even though steady changes in body function happen slowly throughout early adulthood. Early adulthood is when the cardiovascular system experiences one of the most extensive modifications. The heart becomes less effective at pumping blood because of tightened muscles and hard arterial walls. For most people, reaching maturity can be a protracted and challenging process. Between the ages of 18 and 25, people are in the "developing adult" period. At this point, professional paths start to take shape. Lifestyle selection is a step in this process. These young adults do not have many societal responsibilities because they have much spare time and are more concerned with their own needs. It is interesting to think about what developing adults will face. Younger folks are more likely to have college degrees. Economic independence, which might take years to achieve, is one of several markers of adulthood. College students who need to support themselves financially often go back to live with their parents (Pgs. 943–47).

2. Transitioning to high school and college excites students since it ushers in a new life chapter. Both branches start with a serious attempt to understand new ideas. Students receive a distinction that reflects their accomplishments from high school to college. Both experiences have prepared the pupils for the next phase of their lives. Students' perceptions shift as they journey from high school to college. Sometimes, middle schoolers who are switching to college

go through psychological breakdowns. In all scenarios, new educators and curricula are expected. There are high expectations for learners from middle school to college.

In contrast to high school, when a child is still under the care of their parents, moving from high school to college represents an individual's transition into maturity. Students face more performance pressure as they transition. Transitioning from high school to college is essential to many people's lives. Numerous parallels can be drawn between the two changes. Students often must move from one school to another during the transition period. Choosing classes is an exciting process for students. As a result, teen parents are less involved with their children. Because of this, children have more chances to learn about different ways of life and values and are less dependent on their parents. Despite its challenges, the transition can be positive and negative simultaneously. Depression and stress are examples of such factors. Students are overwhelmed by 12% and anxious by 34.5% (Pgs. 950–51).

3. My efforts to lose weight: I've been trying to lose weight all my adult life. Throughout my adult life, I have been on a weight loss journey. Several things have interfered with my attempts to shed weight. Changes to my food, exercise routine, and other aspects of my life that affect my weight are a few of them. I've altered my diet, exercise regimen, and lifestyle to accommodate these adjustments. With the assistance of tools and advice, I could stay on course. I know what to avoid doing. I've already discussed weight loss techniques with my doctor, so I can assist someone just starting their program, which depends on several factors. The first step in any weight-loss program is commitment. Dedication allows for time savings. Healthy habits must take precedence over unhealthy ones as new habits. For instance, in the past, I frequently ate too quickly when considering my eating patterns alone. I had to change these bad habits, so I

made it a point to invite a coworker to lunch each week. I also discovered it was beneficial to rest my fork after each bite.

4. To ensure that one consumes a healthy, balanced diet, planning meals is essential. Also, it's important to let the participants know that exercise can help them reduce weight and keep it under control. Exercise is good for your body and health but also enables one to lose weight. Exercise benefits the body and brain by maintaining a fit and healthy physique. Also included in this week's chapter is a discussion of obesity. It is also linked to several ailments, such as diabetes, heart disease, and hypertension. It has been proven that mental health issues like depression are correlated with being overweight or obese. Studies have proven that astonishingly durable training and increased exercise levels are related to weight loss. A diet plan and regular exercise for 30 minutes a day help adults lose weight more successfully (p. 959).

Developmental psychology seeks to comprehend how children progress in their cognitive, social, and linguistic development. We know psychology today due to the pioneering research of early childhood development theorists. Jean Piaget's ideas about children's growth and learning have significantly impacted modern child psychology, early childhood education, and play therapy. Piaget is a crucial figure in psychology and cognitive development. Cognitive development is a mental process in a person's brain. It has to do with how we remember, think, and perceive. The way that a youngster feels changes as they grow. The capacity to remember, solve problems, and make decisions is a hallmark of cognitive development throughout childhood, adolescence, and adulthood. According to Piaget, adolescents and adults have similar thinking patterns. As adolescents reach ages 11 to 1, he predicted, they will enter the formal operational stage, which is logical, abstract, and idealistic, as opposed to ages 7 to 11. The knowledge of young adults is greater than that of adolescents. The level of sophistication in their thinking increases (pgs. 975-

76). Individuals often consolidate formal operational thinking. The problem-solving process encourages young adults to reflect deeply on their work, relationships, and other factors. How Piaget constructed and processed information was called cognitive frameworks. A child goes through many stages of cognitive development (p. 979).

5. From birth to death, progression, intelligence, social skills, and emotions are a few ways people grow from children to adults. These modifications take place the way God intended them to. Developmental psychologists investigate distinctions between individuals of particular ages based on whether they appear to grow progressively or suddenly. Spending time with my children and observing their growth has given me perspective as a mother. For instance, my son's gradual weight gain when he was approximately two years old worried me, but the doctor assured me he was well and would grow. She was correct; he transformed a tiny acorn into a massive oak. He has developed remarkably over the years. Adult social and emotional development is about figuring out how to deal with our feelings around others and how to use them in everyday life. Research shows that a person's first twenty years significantly affect how they turn out as adults (p. 1007). When a child is born, as they grow, they begin to develop physical changes to their bodies, cognitive thinking and worldview, and psychosocial personality and social skills traits. It is possible to express continuity against discontinuity as the contrast between continuous and discontinuous development. In my opinion, growth is steady, ongoing, and cumulative, just like climbing a mountain. Outcomes are frequently compared to an upward journey with distinct phases.

6. Man does not do well to be alone; the Creator has always declared. God intended for us to develop close bonds with one another when He created humans. Even while Adam and God shared an intimate relationship (Genesis 2:18, NIV), God knew that Adam lacked other kinds of

intimacy, which another person could only provide. God has implanted the need for human intimacy within each of us. That doesn't imply that God can't complete and fulfill anyone's heart; it just means He has given us the desire within. Relationships between people are essential to life because people depend on each other. Mutual attraction originates from a man's and a woman's attraction. People have a solid need to fit in with others and make connections that last. Physical attraction, companionship, and the beginnings of a more personal relationship mark the beginning of a girl-boy or man-woman relationship. I believe this notion is critical when discussing feelings of attraction toward another person, regardless of how each view what is and is not attractive. Those who feel confident in their relationships and have no trouble connecting with others have favorable opinions of their partnerships. Their interactions with others do not stress them out. An estimated 60 to 80% of adults report being content and feeling comfortable in their relationships. At this formative stage, young adults must engage in activities promoting intimacy, dedication, independence, and freedom (p. 1013). Friendships have the potential to develop into romantic partnerships due to sexual attraction and infatuation. Numerous other feelings are intertwined with romantic love, including love, passion, and love. Sexual desire is necessary for romantic relationships (p. 1051).

7. There are certain aspects of single life. Because they are unfamiliar with their way of life and mindset, many individuals condemn the single life. We can understand singles more fully if we consider these factors. Let me start by outlining the benefits of being single. After all, one is only responsible for themselves. They could come and go as they pleased, with no one to answer to. Though being single can be fun, sometimes it may become lonely. Today's society has a population segment that is rapidly expanding. Typically, this group is made fun of and ignored. They need to be more frequently understood and valued. Today, there are more single people

than married people. Several types of single people have experienced annulment, divorce, or widowhood. Younger individuals today frequently hide their participation in relationships. Teens, regardless of the kind of relationship, are attractive. Failure happens to most people at some point, even when young. Therefore, some people decide to be single rather than locate a new mate. Many factors influence people's decisions to remain single. They use these factors to get others to concentrate on their objectives, like education or jobs. In recent decades, there have been more singles. 44.9% of Americans are 18 or older and have never been married, according to a 2017 poll. For example, developing close relationships and overcoming loneliness might be difficult for single people. The bias against single people can be seen in everything from their benefits at work to how they are treated financially (p. 1025). Due to certain prejudices, single adults are frequently viewed as aberrant. Those who are single, for instance, are miserable. If you're single, your children will struggle; thus, getting married is necessary for their happiness.

8. Despite the decline in divorce rates, the United States continues to have the highest divorce rate in the world. As a result of their divorce, many people feel hopeless, anxious, and even have suicidal thoughts. There is proof that some adult divorcees develop alcoholism (p. 1039). Someone going through a divorce may experience severe financial, emotional, and physical effects. People are likely to feel various emotions when going through a divorce. Guilt, worry, despair, fear, or grief are all possible emotions. Those who have kids frequently struggle to decide how they will co-parent. They may find it challenging to be single once more. Children affected by divorce may find it difficult to adjust. Having to spend time in two homes might be difficult for a child. Counselors can offer advice to help clients acclimatize to the new normal after a divorce. After a divorce, they can assist clients in settling matters like child custody, housing arrangements, and financial commitments, in addition to helping them cope with any

problems they may encounter. Divorce proceedings can be protracted and challenging. The time between a divorce and the ultimate settlement may be many months. Divorce, in addition to the tense legal process, may be emotionally exhausting. Someone's physical and mental health may suffer due to the stress of a divorce. With the aid of a counselor, it is possible to develop coping skills that will simplify managing the stresses of the divorce. According to research, there is a higher rate of cardiovascular disease and death among divorced adults. The methods and results of divorce vary according to gender as well. Most often, women file for divorce first when they feel that something is wrong in a partnership. Also, divorce has a more significant, detrimental financial impact on women than men. Women typically handle divorce better emotionally and view it as a second chance to find happiness (p. 1039).

## **Reference**

Santrock, J. W. (2018). *Essentials of life-span development* (Fifth). McGraw-Hill Education