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Essay 1: Required Question

Early adulthood is a time in our lives that is typically characterized between the ages of 20 and 40. It is another critical time for physical and physiological changes. Peak levels of physical functionality, emotional stability, and cognitive capacities are present throughout this time (Santrock, 2019).

The culmination of physical growth is one key physical change that takes place in early adulthood. The strength, agility, and endurance of those in this period often develop, and their sensory and motor skills also advance (Arnett, 2007).

Early adulthood is characterized physiologically by the stabilization of several biological systems, including the immunological, respiratory, and cardiovascular systems. Reduced resting heart rate, blood pressure, and increased lung capacity are the hallmarks of this stabilization (Santrock, 2019).

Body composition alterations are another important physical shift that happens throughout adolescence. It is usual for people to gradually gain more body fat while losing muscle mass. Reduced levels of physical activity and modifications to metabolic rate are the causes of this alteration (Santrock, 2019).

Early adulthood is characterized by considerable cognitive and emotional changes in addition to these physical ones. In this stage, people often have better memory, attention, and problem-solving abilities. Also, their mental stability and capacity to control their emotions and deal with stress have risen (Kail & Cavanaugh, 2016).

As a whole, early adulthood is a time of considerable physiological and physical changes that point to improved physical functioning, emotional stability, and cognitive maturity. The successful transition to later phases of development depends on these adjustments.

Essay 2: Question 2

Young adulthood, which can be defined as the years between the ages of 20 and 40, is a time when people make important lifestyle decisions. These changes typically have an impact on the rest of their lives. While some lifestyle decisions might enhance their health, others might deteriorate it. Thus, is young adulthood more accurately described as a time of unhealthy or unhealthy lifestyles?

Young adulthood can be viewed as a time when people are improving their lives for the better. Many people in this stage of development make changes to establish healthy routines like consistent exercise, a balanced diet, and enough sleep (Arnett, 2007). Many young adults also place a high priority on their mental health, seeing therapists or taking part in stress-relieving exercises like yoga or meditation. These beneficial habits can enhance general health and well-being while lowering the risk of developing chronic diseases later in life.

On the other hand, young adulthood can also be described as a time when people lead unhealthy lifestyles. For instance, a lot of young individuals practice dangerous habits including smoking, binge drinking, and drug usage (Santrock, 2019). These habits can make it more likely for people to get chronic conditions like cancer, cardiovascular disease, and respiratory ailments. Also, a lot of young adults endure high levels of stress from their jobs, their families, or their educational workload which may be detrimental to their mental and physical health (Arnett, 2007).

In conclusion, young adulthood is a time when both health-improving and health-harming habits can be found. While some people practice healthy habits that can lower their risk of developing chronic diseases and enhancing their general health, others indulge in dangerous activities that can have detrimental long-term effects. We can't group humans and make any assumptions because various factors go into why they make certain decisions. To maximize our long-term health results, people in this stage of development must give good behaviors top priority and abstain from unhealthy ones.

Essay 3: Question 5

Researchers and medical practitioners have been debating the topic of addiction for years. Addiction can be defined as the psychological and physical dependence on a substance or behavior that affects an individual's ability to control their use despite negative consequences (American Psychological Association, 2022).

The moral model and the sickness model are the two main angles from which addiction can be seen. In contrast to the moral model, which sees addiction as a moral flaw or weakness, the illness model views addiction as a chronic, recurring medical problem.

The moral model, also referred to as the behavioral model, asserts that poor decisions and a lack of self-control lead to addiction. According to this approach, addiction is seen as a moral failing, and people who struggle with addiction are frequently ostracized and held responsible for their actions. This approach makes the supposition that a person has complete control over their behavior and that overcoming addiction is a matter of willpower.

The illness model, on the other hand, sees addiction as a chronic, progressive, and relapsing medical disorder. According to this theory, addiction results in alterations in the brain that cause compulsive drug-seeking behavior notwithstanding drawbacks. This approach places more emphasis on the value of addiction rehabilitation and medical care than it does on moral evaluations.

The illness model is more frequently recognized in the scientific community, even though both models have advantages and disadvantages. According to research, addiction

causes modifications to the brain's reward system, which makes it challenging for people to restrain their drug-seeking behavior. In addition, the disease model debunks the stigma attached to addiction, encouraging a more sympathetic and understanding method of therapy.

Furthermore, there are differences between the disease and moral models of addiction concerning the origins of addiction and the proper care. The illness model sees addiction as a physical condition that necessitates medical assistance, whereas the moral model places a greater emphasis on individual accountability and self-control. Finally, the disease model is more widely acknowledged in the scientific community and encourages a more kind and successful method of treating addiction.

Essay 4: Question 7

Coercion can be described as any sexual activity that takes the form of an experience that doesn't have the full, enthusiastic agreement of all people involved. Sexual harassment, sexual assault, and rape are just a few examples of the many diverse ways that coerced sexual activity can occur. There are various effects on the victim of each of these coerced sexual activities.

Any unwanted sexual attention or approaches, whether verbal or physical, are referred to as sexual harassment. Inappropriate contact, sexual remarks or jokes, and solicitations for sexual favors are examples of this. It's more than likely for sexual harassment victims to feel depressed, anxious, and helpless as a result of their trauma. These individuals often are reluctant to report the harassment out of concern for their safety or for fear of not being believed.

Non-consensual sexual contact, such as groping, kissing, or penetration, IS sexual assault, regardless of personal opinion or feelings. Victims of this type of assault often experience severe and lasting repercussions. They could sustain physical harm, undergo emotional distress, and have a higher chance of getting post-traumatic stress disorder (PTSD). It's entirely possible for sexual assault victims to feel shame, remorse, and self-blame.

Rape involves non-consensual penetration and is the most extreme type of coerced sexual activity. It can have similar, if not more severe, repercussions to sexual assault. Rape victims may sustain physical harm, go through emotional distress, and have a higher chance of getting PTSD. Moreover, they could lose faith in other people, feel violated, and feel helpless. Most of them go off the edge and their lives are never the same.

In conclusion, there are a variety of ways that coerced sexual activity can occur, and each one can have negative effects on the victim. Recognizing that coerced sexual behavior of any kind is inappropriate and can have negative, lasting impacts on the victim is crucial. To protect the safety and wellbeing of every person, we must endeavor to prevent and treat various forms of violence.

Essay 5: Question 16

The complex phenomena of attraction are impacted by many different elements. The book "Essentials in Lifespan Development" by John Santrock asserts that several things can initially draw people to one another. Physical, social, and psychological variables can all be included in this list.

The most obvious and immediate sources of attraction are physical characteristics. Physical characteristics that people find beautiful, such as height, body shape, face symmetry, and general attractiveness, tend to attract people's attention. According to research, people like other people who are physically similar to them, such as those who have the same body type, facial traits, or even dress preferences.

Social aspects of attraction are also very important. Those that have similar interests, attitudes, and histories tend to attract people. Commonalities like interests, musical tastes, and cultural heritages can promote a feeling of familiarity and ease, which might result in attraction. Initial attraction might also be facilitated by similar interests and friends.

Perhaps the most important psychological components for long-term attraction are psychological ones. Personality qualities, emotional stability, and intellectual compatibility are a few of these. Desirable personality attributes like kindness, humor, and intelligence tend to draw people to a person. Another key consideration is emotional stability, as those who are insecure or emotionally unstable may not be as alluring to romantic partners.

Moreover, it should be noted that attraction is a complicated process influenced by several physical, social, and psychological variables. Although, while physical characteristics might be the ones that stand out the most right away, social and psychological aspects are

essential for building long-term attraction. In the end, attraction is a complex process that is particular to every person and circumstance.

Essay 6: Question 17

Love can be such a complex yet beautiful emotion and depending on the type of relationship, love may take on many different shapes. Affectionate love, romantic love, and friendship love are the three most prevalent types of love.

There are many characteristics of romantic love, however, the main ones consist of strong passionate feelings and attraction. There are frequent elements of physical attraction and the desire for a deep emotional and physical connection with the partner. The three major components that make up romantic love would be intimacy, passion, and commitment. A committed relationship cannot survive without these components.

Warmth, comfort, and intimacy are qualities that define affectionate love, often referred to as companionate love. It is frequently used to describe long-term partnerships and is founded on shared experiences, mutual respect, and trust. Unlike romantic love, companionate love does not place a significant focus on sexual desire or physical appeal. It focuses on forging strong emotional bonds and showing one another support and caring. This can be seen more within familial relationships.

A friendship is a connection between two individuals that is built on mutual respect, trust, and shared experiences or interests. It requires a strong emotional bond between the two, romance or sexual desire may not always be present, however, sometimes they can be. Friendship can be defined as a combination of intimacy, affection, and support for one another. These factors are essential for maintaining a strong and durable connection.

Essay 7: Question 24

Women's and men's growth is significantly impacted by gender-related issues. Men and women both experience developmental hurdles, however, they also have particular problems that directly connect to their gender. To encourage healthy growth and resolve the gap between the two, it is essential to comprehend each other's gender distinctions.

Gender socialization is one of the most important gender distinctions in development. This can be described as the process by which people acquire their gender-specific norms, values, and behaviors. Different signals about what it means to be feminine or masculine are frequently given to men and women depending on the cultural sources. These messages can have an impact on how they develop and live their lives. Men are frequently trained to be stoic and competitive, whilst women are frequently encouraged to be loving and empathetic.

Women and men may experience distinct developmental outcomes as a result of this. Due to cultural pressure to meet unattainable beauty standards, women may experience low self-esteem and difficulties with their bodies. In addition, they might experience sexism and prejudice at work, which would hinder their chances of moving up the corporate ladder. Contrarily, men may experience pressure to repress their feelings and serve as the main provider for their families, which can cause stress and mental health problems.

The experience of gender roles is another important component in gender and development. The expectations society has of people depending on their gender are referred to as gender roles. For instance, men are frequently expected to be providers, whilst women are

frequently expected to be caregivers. These positions have the power to influence how people view themselves and their place in society.

The development of both women and men can be significantly influenced by gender roles. The expectation that women will take care of others may restrict their possibilities for professional advancement and personal development. Men who are under pressure to provide for their families may find it difficult to combine their job and personal lives and may lose out on important family time.

Notwithstanding these difficulties, both men and women go through some developmental stages. Developing a sense of identity, forming relationships, and choosing a job path can be challenging for people of both sexes. However, depending on a person's gender, they may experience these difficulties differently.

In conclusion, gender issues are very important to the growth and development of both men and women. Gender socialization and gender norms can influence people's experiences and cause certain developmental difficulties. To encourage healthy growth and resolve the issues that both genders encounter, we must acknowledge these disparities and make progress to resolve them within our circles.

Essay 8: Question 20

The term "family life cycle" describes the progression of stages that most families experience throughout time. Changes in the family structure, roles, and interactions define these stages. Understanding the opportunities and problems that families experience at various stages of their growth depends on an understanding of the family life cycle.

There are essentially eight stages that make up the family life cycle. The first stage is referred to as "Newly Married." This stage starts when a new family unit is created through marriage. Newlyweds need to get used to living together, define roles and duties, and develop good communication skills.

The "Childbearing Stage" is the second stage. The demands of raising a baby characterize this stage, which starts with the birth of the first kid. Parents must learn to balance job and family life while adjusting to the new obligations of parenthood, and managing the stress of sleepless nights and financial pressure.

"Preschool Stage" refers to the third stage. It starts with toddlerhood and is marked by the difficulties of raising small children. Potty training, discipline, and the acquisition of language and social skills are some of the concerns that parents must address.

"Preschool Age" is the fourth stage. This period starts when kids start school and is marked by difficulties juggling job and family obligations, helping kids with their schoolwork, and figuring out the educational system.

The fifth stage, known as the "Teenage Stage," is characterized by adolescence's obstacles, such as puberty, dating, and peer pressure. Parents must negotiate these difficulties by juggling their children's demand for independence with their own need for direction and support.

The "launching stage" is the sixth stage. This phase, which starts when kids go to college or the workforce, is defined by the difficulties associated with adjusting to an empty nest. Parents may feel a sense of loss and sadness, but they also have the chance to concentrate on their relationships and other personal pursuits.

The "middle-aged stage" is the seventh stage. The difficulties of juggling job and family obligations, as well as adjusting to the physical and psychological changes of midlife, characterize this stage. In addition, parents may find themselves taking care of aging parents or dealing with their health issues.

The dreaded "Aging Stage" is the last and most terrifying stage for humans. The difficulties of retirement, deteriorating health, and loved ones' deaths define this stage. Moreover, concerns with inheritance, estate planning, and end-of-life care may affect families.

In conclusion, the family life cycle is a progression of stages that most families experience. Every stage is distinguished by particular difficulties and chances for improvement. To foster good family relationships and solve the difficulties that families encounter at various phases of development, it is essential to comprehend these stages.

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