

Early Adulthood

Chapter 11

1) Children transitioning to middle school usually start showing lesser interest in academics and they seem to lose confidence in their academic skills and abilities which is related to developmental changes and shifting interests. They become more inquisitive to know more about their bodily changes and develop more interests in their friends and their activities.

Whereas young adults transitioning to college face different kinds of emotional issues like feeling nervous and fear of the unknown that is going to happen in the college. Meeting new people, facing new challenges and new stressors can be the cause of their distress. Especially, if these young adults had to put in a lot of effort to achieve good academic results in their high school, then they are sure to have feelings of self-doubt and fear of low performance in their academics.

Though at both stages there are drastic changes that happen to the child, the cause of these changes are different. Middle school children tend to cope with the stressors with the help of teachers and parents, but for some young adults who move into colleges do not adapt well to the college life and experience academic difficulties in their first year of college which may eventually lead to dropping out.

2) Most of all my bad habits came about while I was a teenager. All I wanted to do was hang out with my friends and have a good time. I took my health for granted and didn't know how quickly it would fade with age. When you are in young adulthood you are naive, impressionable and unsure of who you are. Most people will try things like smoking, drinking and other party drugs and not realize how this social activity will soon become a habit. You make reckless decisions to impress your friends or the opposite sex. Emotionally, some of the things that you do or go through will forever change your viewpoints on the world and stunt being able to do things like trust, love, or care for another in full.

This is the time that people experience hormonal changes that create physical and social consequences. E.g. Body Image Issues and Self-Esteem Issues. Also, people

are having sex, getting STDs and having unplanned pregnancies. Eating disorders like anorexia and bulimia arise causing nutritional problems. Cognitive development can be hindered. Moral development can take a bad turn because of ego-centrism that arises.

But the biggest issue in this time period is Erik Erikson's Crisis of Identity vs. Role confusion. Struggling with these issues is what causes such bad decisions to be made regarding a healthy lifestyle in this age group.

4) Current research in exercise states that exercise programs initiated based upon regularity, maintenance and readiness are the ones that are sustainable. This includes assessing the readiness for commitment, the extent of socioeconomic support, the physical ability, pre existing conditions and the desire for maintenance. In addition to this exercise programs teamed up with an awareness session is found to be more effective in terms of long term goals.

12) There are two sides to dual-career marriage, one can encourage you to enter into it and the other can influence you not to. Talking about the positive side, a dual career marriage offers better balance in relationships. Both the partners are doing their jobs, so a feeling of equality is shared which leads to an effective communication of issues arising due to their work. The financial crisis has decreased. Moreover, these dual career couples get a better advantage of providing their offspring with a better future, education and lifestyle than those couples who have only one partner earning. Now that both the couples are working, house management of the house becomes a duty of both the couple, not only for the female counterpart. Therefore working together in harmony gives rise to better understanding of each other's problems as well as increase some rare abilities such as patience, and decrease some useless habits like laziness or ordering each other around.

The dual-career marriage has its own limitations too which relate to socialization and role expectations, work role conflicts, and family role conflicts. Many couples face difficulty in resolving role expectations. The qualities associated with the role of wife-mother (nurturance, emotionality, responsiveness to people rather than ideas) are seen to be incompatible with those qualities associated with success in the occupational sphere (independence, rationality, and assertiveness).

Chapter 12

16) One of the most important factors that attract individuals to one another is their physical appearance. Individuals are mostly attracted towards certain physical characteristics which appeal to them. However, as individuals age, they would become more attracted by the talents and knowledge of individuals because they would look for intellectual companions. There are individuals who get attracted towards the humor of other individuals. They would like others who entertain them and keep them happy. There are yet another set of individuals who get attracted towards others just because of their skills and this would mean that any individuals who get attracted towards others with their skills such as, sports, singing, dancing, acting etc.

17) Romantic love refers to the kind of feelings one has for a partner. This type of love involves physical intimacy and passion. On the other hand, affectionate love involves intimacy but is non-passionate. There is a long term component in this type of love. It is usually shared among close friends, family members or partners being together for very long. Finally, in friendship, there is intimacy but no passion and less commitment. It can serve as the foundation for other types of love.

23) Divorce is a life-changing stressor that is very unfortunate and uncalled for. Individuals both males and females, have their differences and they think separation is best for mental health and family. Divorce brings out a few positive and few negative experiences. There are some positive experiences. In some cases where there is domestic abuse, the wife feels relief when she gets a divorce. Physical assault is something that is not bearable. Some people feel happy when they are separated as it is good for their wellbeing and they can move on with life.

There are several negative experiences also. It affects the whole family in the long run. Children seeing depression is very traumatic and parents have to fight for their custody. The father and mother of the child have to share days in seeing their child. Sometimes one parent does not get the custody of the child and is totally withdrawn. The individual goes through phases of mourning, loss of someone and a lot of frustration-anger. Society in many cultures, especially collectivist cultures, do not accept divorce as a good thing. Their mindset is 'marriage forever'. Individuals in this culture feel a baggage of social pressure and as if they have done something extremely wrong. Friends, relatives, neighbors start to behave differently. Psychologically it has a huge impact. People just enter into a different phase of life and in the end, they move on with life.

24) Gender issues refers to common issues faced amongst either gender which are mostly opposite to each other. These issues can be responsible for the deviance in growth of individuals regardless of their gender. Some of these issues can be directly

generated because of stereotypical gender roles. This can be understood with an example- If a child is a boy, he may be barred from showing the emotion of sadness which leads to repressed thoughts and can lead to distress in recent or later life whereas girls are perceived to have excessive utility of this emotion and are often considered helpless when compared to boys. When the same boy is brought up being told that he's a male and should be responsible for himself and his family, the boy faces an untold pressure whereas little success by a female can be over appreciated which may lead them to settle for much lower posts in life. The same applies to the type of nutrition attained i.e. big boys need to get in shape where girls need to check their weight every once in a while.