

Jenna Gillespie

Human Growth & Development

Stephen Maret

4 April 2023

Unit 5

Required Question:

In early adulthood people become more interested in their physical appearance and to live a healthy life on their own. For some this is crucial and may lead to people being extremely under or overweight. This is when athletes peak, muscle and strength are at its best and body fat tissue increases. Psychologically this is when most people are trying to find their identity and purpose in life. Sexual relationships and platonic relationships become more relevant.

1.

In both these transitions a person goes from the oldest and most powerful standing on campus to the youngest and least influential. From my personal experience and most others I would say that entering college was a more impactful transition in my life rather than middle school. In middle school I moved to a new location but almost all of my friends went to the same middle school as me. The actual schooling part was slightly different because we transitioned from one class all day long to changing between different classes every few hours. Though for college I moved across the country, I didn't know anyone here and my class style changed again from classes at apparatus hours and mostly online classes. In this transition going from being a senior on campus, fairly well known and many friends to a whole new world was difficult. I would agree that this transition can lead to some struggles such as depression and anxiety.

11.

I am currently pressuring a career in nursing which is what I am majoring in. I realized years ago that I wanted a career that focused on helping and interacting with others whether that was mentally or physically and I chose a career that lets me do both. My plan is to go through a nursing program for the next three years and then get a job in either a specialized children's hospital or become a travel nurse. I am considering the possibility of going to medical school after nursing school to become a physician or physician's assistant.

12.

Coming from a dual-re-emerge household I have definitely seen discouraging factors. While other kids had stay at home moms that would pick them up from school every day I would have to go to daycare programs after school and even in the summer. My parents worked different hours every day and me and my siblings had many after school activities which led us to spending a lot of time with adults other than our parents. We didn't eat dinner as a family every night and didn't have a routine time to go to bed and wake up in the morning.

13.

David's eating is ordered from trying to make his body fit the social standard of men's bodies that he believed. Anorexia to me is seen more as a mindstate than a physical state. Someone who to most would seem overweight can be anorexic because they disapprove of the way they look and are significantly and unhealthily restricting their diet. I think within the past 50 years social media has played a big role in how eating disorders have significantly increased. We have access to see what society says we should look like right in the palm of our hands. More women are anorexic than men and I think this is because the expectation is for women to be as skinny as possible while for men the image is to be seen as larger and more muscular.

17.

Romantic love or passionate love is a strong sexual and infatuation component. This would be between a significant other. Affectionate love or companionate love is an individual's desire. This would explain the kind of love most have with their parents or siblings and is not that continuous. Friendship is defined as a state of mutual trust and support between two parties. This is a relationship that could be a few months or last years.

22.

The life of a single adult is regulated according to them, mainly focused on their life goals, gives them an opportunity to travel and doesn't have to include others in their day to day schedule. Those who are single adults may have hard times forming intimate relationships and can feel lonely. Society focuses on those who are not single adults and sets a stereotype against those who are not married by an "ideal" age. Without having a family or relationship to share about they may have a hard time relating to others in their lives who may.

26.

Society has become so focused on how a person looks over everything else and those who have a physical disorder could be more affected by it. In this case the two disorders the therapist said that stood out to me were Obsessive compulsive disorder and borderline split personality disorder. She continually thought she looked imperfect though she resembled today's current beauty standard. I think when social media first arose these issues became more apparent but as we continue to grow as a society we are using different platforms and spreading awareness to those who need it, loving how they look. A lot that I have seen more recently have been on finding clothes that fit you and not trying to fit into the clothes.