

Esterlyna Hicks

Stephen Maret

Human Growth and Development

April 04, 2023

Required Question:

It is not easy to say when a girl or a boy enters adolescence. The task of determining when an individual becomes an adult is even more difficult. For most individuals, becoming an adult involves a lengthy transition period. The transition from adolescence to adulthood has been referred to as emerging adulthood, which occurs from approximately 18 to 25 years of age. Experimentation and exploration characterize the emerging adulthood. At this point in their development, many individuals are still exploring with career path they want to follow, what they want their identity to be, and which lifestyle they want to adopt.

According to Jeffrey Arnett, the five key features that characterized emerging adulthood include:

Identity exploration, especially in love and work. Emerging adulthood is the time during which key changes in identity take place for many individuals.

Instability. Residential changes peak during early adulthood, a time during which there also is often instability in love, work and education.

Self-focus. According to Arnett, emerging adults are self-focus in the sense that they have little in the way of social obligations, little in the way of duty and commitment to others, which leaves them with a great deal of autonomy in running their own lives.

Feeling in between. Many emerging adults don't consider themselves adolescent or full-fledged adults.

The age of possibilities, a time when individuals have an opportunity to transform their lives.

Question 1

Going from high school to college is an important aspect of the transition to adulthood. Just as the transition from elementary school to middle or junior high school involves change and physical stress, so does the transition from high school to college. The two transitions have many parallels. Going from being a senior in high school to being a freshman in high school replays to top-dog phenomenon of transferring from the oldest and most powerful group to the youngest and least powerful group of students that occurred as adolescence began.

For many students, the transition from high school to college involves movement to a larger, more impersonal school structure; interaction with peer from more diverse geographical and sometimes more diverse ethnic background; an increased focus on achievement and its assessments. Like the transition from elementary to middle or junior high school to college can involve positive features. Students are more likely to feel grown up, have more subject from which to select, have more time to spend with peer, have more opportunity to explore different lifestyle and values, enjoy greater independence from parenteral monitoring, and be challenged intellectually by academic work.

Question 2

Emerging adults have more than twice the mortality rate of adolescents especially males. Although emerging adults have a higher death rate than adolescents, emerging adults have fewer colds and respiratory problems than they did when they were children. Although most college students know how to prevent illness and promote health, they don't fare very well when it comes to applying this information to themselves. In many cases, emerging adults are not as healthy as they seem. A longitudinal study revealed that the worst health habits were engaged in during adolescence increased during emerging adulthood.

Inactivity, poor food choices, obesity, substance abuse, lack of reproductive health care, and insufficient health care access worsen in emerging adulthood. However as with any period of development, there are clusters of emerging adults who are engaging in health enhancing behaviors while others are engaging in health damaging behaviors. I don't think that young adulthood is characterized as a period of health improving, but as a health impairing lifestyle.

Question 3

Being overweight or obese is linked to increase risk of hypertension, diabetes, and cardiovascular disease. Overweight and obesity are also associated with mental health problems, such as depression challenges. One thing we know about losing weight is that the most effective programs include exercise. Researcher have found that higher levels of physical activity, especially endurance training, are linked to weight loss maintenance. In a study, adults found that exercising for 30 minutes a day, planning meals, and weighing themselves daily were the strategies used more often by successful dieters than unsuccessful dieters.

A longitudinal study from adolescent found that likelihood of maintaining a healthy weight was linked to having higher body satisfaction, avoiding unhealthy weight control behaviors such as skipping meals, and not engaging in highly restrictive dieting. Social support for healthy eating and physical activities were linked to healthy weight maintenance while having close relationship with individuals who were dieting reduce the likelihood of maintaining a healthy weight. This are the advices I would give to someone who is planning to engage in a weight-loss program.

Question 11

Back in my country, when you reach the last two years of high school, you'd have make a decision and select in which area (nursing, accounting, administration) you want to finish in, and if you pass, you will get a technical diploma in the are you studied. I decided to go for the technical nursing program and was

lucky enough to find a job at a medical center right after I finished high school as a technical nurse. Since then, my career has started. I've been working in the medical field since I was about nineteen years of age and also continued with my education in college.

Few years ago, I decided to move to the United States where my life changed enormously. Now in this new country I kind of had to start all over. My professional certifications weren't valid here and I had to go back to college and start from the beginning. Over the years I was offered a job in a hospital as a Nurses' assistant and I was happy to go back and do what I like doing. Right now, I'm in school working hard to finish my Nursing degree. Nursing has been always the career I like and I pray God I'll be able to finish and put in practice what I've learned.

Question 17

Friendship is defined as a relationship of mutual affection between two people. While true friendship is rare and something to be treasured and valued, fake friends are quite toxic and should be avoided.

Researchers are finding that friendship plays an important role in development throughout the life span.

Most women and men have a best friend that they have known for more than ten years. Adulthood brings opportunities for new friendship, for example when the individual moves to a different location, they may establish new friendship in their neighborhood or at work.

A romantic love is a feeling of love for, or a strong attraction toward another person, and the courtship behavior undertaken by an individual to express those overall feelings and resultant emotions. Some friendship evolves into romantic love which is also called passionate love or eros. Romantic love has strong components of sexuality and infatuation. It often predominates in the early part of a love relationship. Males show higher avoidance and lower anxiety about romantic love than females do.

Affectionate love is defined as having great affection or love; warmly attached.

Question 22

Recent decade has seen a dramatic rise in the percentage of single adults. The increasing number of single adults reflects rising rates of cohabitation and a trend to postponing marriage. The United States has a lower percentage of single adults than many other countries such as Great Britain, Germany, and Japan. The fastest growth in adopting a single adult lifestyle is occurring in rapidly developing countries such as China, India, and Brazil. Common challenges faced by single adults may include forming intimate relationship with other adults, confronting loneliness, and finding a niche in a society that is marriage-oriented.

Advantages of being single adult may include having time to make decision about one's life course, time to develop personal resources to meet goals, freedom to make autonomous decisions, and pursue one's own schedule and interest, opportunities to explore new places and try out new experiences and privacy. In a national survey, single adults, fast sex and slow love characterized their responses. In terms of fast sex, 66 percent of U.S. single reported having had a one-night stand, 34 percent had sex had sex with someone before their first date, and 54 percent had experienced an uncommitted, secretive friends-with-benefit.

Question 23

Researchers have not been able to pin down a specific age that is the best time to marry so that the marriage will be less likely to end in divorce. However, if a divorce is going to occur, it usually takes place early in a marriage, most often between the fifth and tenth years of marriage. A recent study in Great Britain found no differences in the causes of breakdown in marriages and cohabitation.

After a marriage dissolves, both partners experience challenges. Divorced adults have higher rates of depression, anxiety, physical illness, suicide, motor vehicle accidents, alcoholism, and mortality. Studies have found that individuals who were divorced had a higher risk of having alcohol use disorder. Also,

both divorced women and divorced men complain of loneliness, diminished self-esteem, anxiety about the unknown in their lives, and difficulty in forming satisfactory new intimate relationship. Divorced men and women are more likely to commit suicide than their married counterparts. A recent study concluded that divorced adults have a higher rate of adverse cardiovascular events, including death due to cardiovascular diseases, than their married counterparts. Women are more likely to sense that something is wrong with the marriage and are more likely to seek for a divorce than men do. Women also show better emotional adjustment and are more likely to perceive divorce as a second chance.