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Human and Growth Development: PSY 244

April 2, 2023

Unit 5: Essay Questions

Required Question: Some of the physiological and physical changes that happen in early adulthood development that they will begin to explore their identity and exploring through love and work. In early adulthood instability in work, school, and love is experienced. They also become more self-focused in that they are more aware of who they are and their actions. Most experience the feeling of being in-between meaning some may not feel like an adult or don't view themselves as an adult. Lastly, they experience the age of possibilities, they can look for new ways to improve their self-image.

1. The transition to middle school is similar to the transition to college in that they bring on more added stress for various of things. In both these transitions, the environment is new and unfamiliar; students might find it difficult to adjust to the new environment and the new freedom or rules. Students will begin to feel more independent in these transitions because they may have discovered a newfound freedom, and their self-image may also adjust to fit a narrative they've imagined for themselves.
2. It depends on the adult on whether the lifestyle is health-improving or health-impairing based on how they were raised with their parents. If their parents had healthy lifestyle habits or if they lived in poverty then did this child grow up with eating disorders and

mental illnesses. The environment also played a significant factor in those lifestyles because it influenced what is available to them especially now as young adults.

3. Some advice I would give to someone who is thinking of losing weight, is to make sure they have a true passion for it because I feel that to change your body and your bad habits you must first learn to love yourself. I feel that you should work on your mental health first so that you are in the right headspace to work on your physical self. I also believe that the weight-loss program should be within your limits to complete and that you should take your time trying to complete it. According to the text having healthy lifestyle habits can improve your weight, health, and bodily functions.

Chapter 12:

17. The difference between romantic love which involves romantic and sexual interactions and desirable intentions for another individual; affectionate love is more passionate but expressional because you can have desirable or sexual feelings but to be affectionate means to have compassion and extra consideration. Friendship is somewhat a less intimate relationship meaning you have a certain level of love, compassion, and consideration all in one but the relationship is still open for new feelings to develop.

18. I would explain Sternberg's triarchic theory of love to a friend by explaining that theory is about the different types of love you can experience in different relationships. Sometimes that love can be impactful in both a negative and positive way, meaning that you can experience a love full of passion but no commitment or something holding it in place, you can have intimate and committed love but there's no passion, etc. These different types of love help form certain types of relationships they are what we use to define these relationships.

19. College students can do meditation, go for walks/ jogs, read self-help books, attend social meetings, find different hobbies that they enjoy or are interested in. These different activities can get the blood flowing and pump your heart with adrenaline and give you doses of dopamine.

This can also help lessen the feeling of being lonely, it also teaches them to be more social.

23. The experience of someone who is going through a divorce is that they are experiencing a number of emotions all at one and sometimes one at a time. They may at first experience sadness because they are losing something that was once important or dear to them, then they go through the anger phase and try to find something to blame, they even may try to take their anger out on their child or parent depending on who is being impacted. Some might find it hard to be productive while dealing with this, they may experience depression or forms of PTSD, etc. Lastly, they will finally find contentment in the whole situation once they have had time to heal and understand why all of that needed to happen and they allowed themselves to experience those emotions and found ways to let go of them in a healthy manner.