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PSY 244

04 April 2023

Unit 5 Essay Questions

Chapter 11

Required Questions:

The significant physical and physiological changes that occur in the early adulthood developmental period can include exploring which career path they want to follow, what they want their identity to be, and which lifestyle they want to adopt. Some other key features that are very significant in emerging into adulthood are identity exploration, instability, self-focused, feeling in-between, and the age of possibilities are all key factors in adulthood. Some physical changes that occur in early adulthood are at age 19 and 26 is usually when individuals reach their peak in their performance. However, even though some reach their peak at this age many unfortunately begin to decline in physical performance and our muscles tone and strength tend to decline during this time. When it comes to our sensory systems there is not much change in early adulthood compared to the stages before but there are some changes when it comes to our eyes in this stage of development. When it comes to our hearing it stays constant for the most part but then begins to decline later on in adulthood. Lastly, usually in the late twenties is when an individual's body fatty tissue increases.

1. I think that the transition to middle school and the transition to college are so drastically different that it seems kind of difficult to compare the two since it is a whole other level. Of course we all know it is definitely a big change and very stressful for an individual

transitioning to both middle school and college. The similarities between the two is that people will always meet new people which is stressful and can be very intimidating for many individuals such as myself. Another similarity is that both the transition from middle school and the transition from college both come with its own challenges and set of responsibilities and of course college has a lot more responsibilities than middle school does. The biggest difference of course is that in middle school you have to depend on a teacher or an adult with basically everything and in college you depend on yourself for everything. Another big difference is that in middle school all children are home living with their parents so they have that support system however in college many people leave home and live off independently and basically lose this close support system. There are definitely many more huge differences and similarities but these are the ones that stuck out to me the most and that were the most obvious ones.

2. I believe that young adulthood is better characterized as a period of health-impairing lifestyles. The reason why I believe this is a period of health-impairing lifestyle is because as young adults people usually start to try new things like smoking, drinking, drugs, etc. Basically at this stage of life young adults are clueless and don't really prioritize their health or take it seriously. Emotionally as well I believe that it changes drastically as young adults and certain decisions we make as young adults can affect us for the rest of our lives. Going along with making poor choices and decisions, this is also a stage in life where young adults are going through so many hormonal changes which includes having sex, getting STDs, low self-esteem, body image problems, eating disorders, etc. I think that many times people don't even realize what they are doing in their young adulthood is going to affect them for their entire life. Thankfully for me

personally , I was always very fearful of trying new things or doing anything bad really that would impair my health so now thankfully I don't have any of these consequences to face in adulthood. However, some years ago I would eat whatever I wanted without really worrying about nutrition but now I have a new perspective and I really do prioritize my health as an adult.

3. The advice that I would give someone who is considering a weight-loss program is to not only focus on dietary diets but to also focus on moving their bodies and exercising. In my opinion, in today's world we want results fast and we usually do not want to put in the work. Also unfortunately many if not most of the dietary diets are very toxic and don't really help at all in the long run. If I really cared for someone in their health I would tell them to really focus on doing their research and learn about nutrition and how each food can benefit our health. I would also tell them it is important to balance food and exercise but also not to take things too far. Many times people who diet and exercise push their bodies to their limits and end up exhausting themselves out, so my advice would be to eat intentionally and to just listen to your body. I really believe that this will help a person not only to lose weight but to also live a healthy lifestyle and have a positive image on dieting (food) and exercise.

Chapter 12

19. Before I answer this question, I decided to pick this since I am currently in this situation and it is a question that I relate to the most. I believe that a college student can do many things in order to reduce their feelings of loneliness which includes involving themselves in campus activities, study groups, clubs, sports, and basically anything that involves an activity

with other people. Another thing that a college student can do in order to reduce their feeling of loneliness is to stay in touch with the people they love at home like a family member, a close friend, a boyfriend or girlfriend, etc. One thing that I think is important and something that I feel many people don't do is to make friends on campus and then hang out with them outside of school. This can include going out for coffee, watching a movie, going shopping, etc. basically having a relationship with others outside of campus as well. I do feel like a hypocrite at times because this is an area where I am not great at, especially since becoming a fully online student. I definitely do feel this loneliness but I also don't really do anything to change that which I probably should.

21. There are many benefits and also many implications when it comes to marriage in both women and men. There are many implications listed in the textbook but as a married woman I can definitely give my input on some of the implications that come with marriage. When it comes to marital satisfaction, women usually feel less satisfaction than men. Usually marital satisfaction and also marital conflict has a much greater impact and effect on a woman and her mental health than for a man. This I can definitely attest to because in my marriage when we would have some sort of conflict it would always affect me more mentally than my husband and this honestly makes it even worse because we want them to feel the same way we are feeling. Many changes in marriage like certain changes in life can definitely impact and have consequences in the marital status and in both the womens and mens health. Again there are many implications that come with marriage but I think the most important thing is to have a good relationship and communication in order to conquer these implications and to have a good marriage.

22. This is an interesting question especially for me since I never experienced being an adult and single. I started to date my husband when I was only 15 years old until now so I definitely do not relate in this area but I do have many close friends who are single and in their adulthood so I think I get the picture. Usually a single adult is either studying at a college and working part time or maybe even full time in order to pay their monthly bills. Single adults I believe can be one out of two options which is either not doing anything with their life and just basically enjoying the single life or they are focused on studying, working, and spending time with friends and families. One difference between a single adult compared to a married adult is that they go out way more often in order to meet new people. This goes into the many stereotypes that come with being a single adult like obnoxious, loud, does not have their life together, unlikable, lazy, loves to party, etc. These are stereotypes that I have heard many times from other people and I do not believe it is true at all, of course to an extent. For some people this could be true but for others it couldn't be farther from the truth. I feel like in today's society people are being a lot more content with being single and are really focusing more on their own personal growth. I also believe that it is much more acceptable now to be an adult and single than it was years ago.

23. Everyone's divorce experience is different and I know this because I have seen many divorce cases and each one is unique but there are some common experiences that each divorce shares with each other. Denial I think is a huge, typical experience of people who go through a divorce and usually happens in the beginning of the divorce where people really don't believe that this could be happening to them. With denial some people even try to ignore it but there always comes a time where it can no longer be ignored and you will have to face the reality of divorce. Another typical experience that people go through in divorce is a lot of anger and

resentment towards each other. This is a huge one and the one that we usually see portrayed in movies and TV shows. This really depends on how the divorce went about and if it ended on good terms or not because anger usually comes when the marriage ends badly. We also see a lot of anger and resentment when it comes to marriage ending because of cheating. Infidelity, legal issues, etc. Unfortunately when it comes to divorce a lot of people go through depression and basically lose themselves completely. This happens especially if a marriage lasted for many years and you basically need to start from scratch. I have seen so many people lose themselves and become depressed because of their divorce and it is heartbreaking. There are many more experiences that an individual goes through in a divorce but again every divorce case and experience is different from each other.