

Adolescence

Chr:

- Transition to and preparation for adulthood
- A stage of knowing who we are, shoulder responsibilities, gain autonomy slowly
- Restless, conflict > a process of finding self-identity
- Seeking social approval, succumb to peer pressure

Physical development

poor phy health Poor nutrition; Lack of exercise; Inadequate sleep. Accidents—mostly automobiles. Exp. w substances, Substance abuses due to addiction, or they develop Tolerance and need higher dose to feel the effect.

poor mental health suicide, depression, self-esteem and self-image. ED- anorexia nervosa, bulimia nervosa, binge-purge, societal pressure, girls, puberty variations.

Variations in phy dev indiv. factors influencing rate and timing of puberty. Non-normative puberty psych impacts.

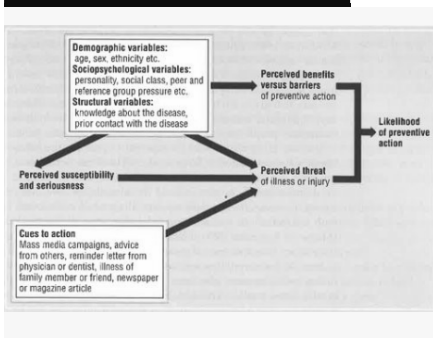
Physical development (cont)

early dev BOYS. early - positive self-image, responsibility, confidence, leadership-social stat, satisfaction, as treated as adult sooner. -ve involvement with peers > bhv outcomes. GIRLS. early -sexual precocity enhances opposite-sex popularity. premature dating> sexual exp with older males. W/O cog+emo maturity> expose to STI and teenage preg. ED, underage subst. abuse, dep & anX.

late dev BOYS. Low self-esteem, social rejectn. Assertive, insight, less peer pressure. GIRLS. lower peer status. +ve: gr8 body esteem more like the beauty standrd.

-ve bhv outcomes can be avoided with age-appropriate social groups, strong family ties and religious values

Health Belief Model



COG DEV

Piaget: formal operational thought 12-15 y. n manipul mental manipulations using internal representations. feelings about moral matters

Combinatorial Hypoductive: hypotheti-co-ded-uctive reasoning

Propositional Reasoning: horizontal de calage. sequential acquisition. conserve volume before weight. dep on indiv.

MORAL DEV

Moral Reasoning justificatn for for decision changes in moral or ethical behaviour, and changing feelings about moral matters

Elkind's Egocentrism (Build upon Piaget,) *Classic needulum, problem, adolescent weights egocen-and trism string.* **imaginary audience** describes teenagers' preoccupation with the reactions of others. new-found perspective-taking ability, often fail to differentiate between how they feel about themselves and how others feel about them, confusing the two points of view. **Personal fable** is a notion that the adolescent's own life embodies a special story that is both heroic and completely unique

Kohlberg's MD (Build upon Piaget.)

'Heinz scenario', must choose between disobeying the law and stealing a life-saving drug from a chemist who has impossibly overpriced it, and keeping within the law and allowing his wife to die. *preconventional, conventional, postconventional*



By honeybee1997

Not published yet.
Last updated 25th May, 2023.
Page 1 of 1.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>