

Welcome to

ADULTHOOD

POPULATION: 4.4 BILLION

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Physical development

- Physical development- involves developing control over the body, particularly muscles and physical coordination.
- Physical development is the process that begins in infancy and continues into adolescence concentrating on gross and fine motor skills. Gross and fine motor skills are things such as picking up small objects, holding a spoon, using the small muscles of the fingers, toes, ankles, elbow, lips, wrist and tongue.



Cognitive Development

- Cognitive Development is a field of study that involves *information processing, perceptual skill, and language learning* within the development of the adult's brain.
- Cognition changes throughout your life, reaching a peak around the age of 35, and then slowly declining into your late adulthood
- In your early adulthood, your cognitive state begins to properly stabilize
- In the middle of adulthood, two types of intelligence form- crystallized and fluid. *Crystallized* is accumulated knowledge, while *fluid* is basic information-processing and declines early on.



Social Development

- Social Development- prioritizing human needs in the growth and progression of society.
- During this stage, they are allowed to make certain decisions on their own.
- Adolescents are likely to start experimenting with their behavior and may engage in activities that help them discover their roles and identities.
- This stage is also marked by the need for adolescents to 'fit in' to a particular norm or type due to peer pressure, in the process of discovering themselves.



Vocabulary

Generativity vs. stagnation:

- Generativity refers to creating and accomplishing things that make the world a better place
- Stagnation refers to failure to find a way to contribute
- It's a stage that occurs during middle adulthood when adults tend to create or nurture things

Authoritarian Parenting Style:

- Parents who use this parenting style have very high expectations of their kids, strict rules, are very demanding, and utilize punishment.

Vocabulary

Authoritative parenting style:

- Parents who use this style have high expectations for their kids but support them, have fair discipline, and listen to their kids.

Dementia:

- A non curable disease which causes Memory loss.

Crystallized intelligence:

- The ability to use knowledge learned and experience.

Social clock:

- When some cultures have a certain time where an event should occur.

Lawrence Kohlberg

Preconventional morality:

- When you don't have your own sense of morality yet you use your parents standards of it instead

Conventional morality:

- We begin to use the morals of our role models

Postconventional morality:

- We choose our own morals

Intimacy vs Isolation

- As we reach young adulthood, we begin to, or at least try to form intimate relationships. The central virtue of this stage is love through romantic relationships, though friendships can be important as well.
- Those who succeed in this stage will develop the psychological skills necessary to form strong, healthy relationships with both lovers and family, while those who fail will struggle with such things and be lonely.

“Will I be loved?”

Stage 8: Maturity

Integrity vs Despair

- There is a saying that the only guaranteed things in life are death and taxes. The former is true, and one must accept it one of two ways.
- Integrity: as this person ages, they reflect on what they accomplished during life and accept what they have not. They think beyond their own lives and accept death as an “unavoidable reality”.

Despair

- If someone ages without coming to terms with their life, they will despair. A person who despairs is unable to accept what they did or did not do during life and because of that, comes to fear death.

Video:

https://www.youtube.com/watch?v=G_Z3lmidmrY

Parenting styles

- Parents generally discipline and control their kids in one of three ways; authoritarian, authoritatively, or permissively.

	Supportive Parent is accepting and child-centered	Unsupportive Parent is rejecting and parent-centered
Demanding Parent expects much of child	Authoritative Parenting Relationship is reciprocal, responsive; high in bidirectional communication	Authoritarian Parenting Relationship is controlling, power-assertive; high in unidirectional communication
Undemanding Parent expects little of child	Permissive Parenting Relationship is indulgent; low in control attempts	Rejecting-Neglecting Parenting Relationship is rejecting or neglecting; uninvolved

Permissive parenting

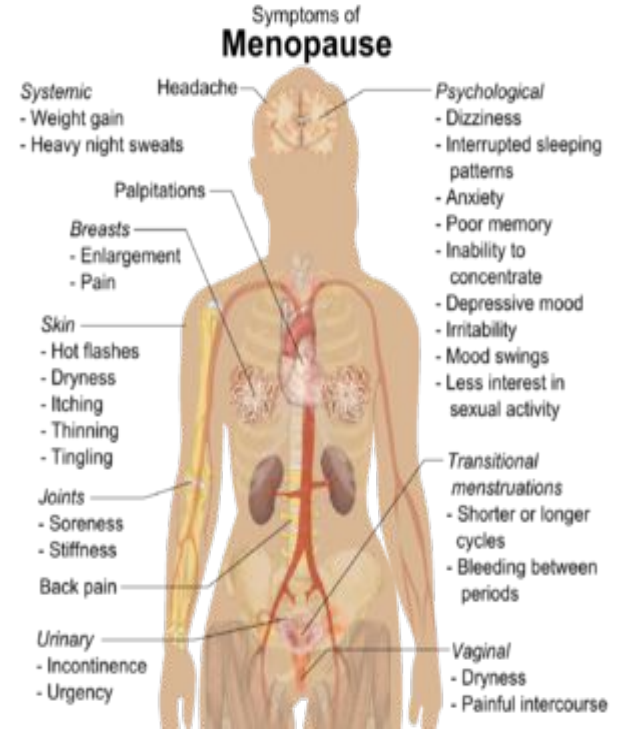
- Permissive parents are characterized by low demands, but high interaction rates. They are often more like a friend than a parent as they do not enforce rules as strictly as authoritative or authoritarian parents. As a result, their children tend to struggle with self-control, regulation, and doing the right thing.

An example would be Dawn's mom from "She's Too Young".



Menopause

- Natural decline in production of female reproductive hormones (eggs) when woman reaches 40s and 50s.
- It typically occurs 12 months after your last menstrual cycle and signals the end of menstruation (and fertility); some symptoms are hot flashes, decreased sleep quality, anxiety, and reduced energy.



Alzheimer's Disease

A progressive, incurable disease that causes brain cell death and degeneration, eventually leading to dementia.

- Dementia is the loss of cognitive and mental function
- Symptoms of Alzheimer's typically start in the mid-60s
- Discovered by Alois Alzheimer in 1906.
- Seems to be characterized by abnormally high concentrations of protein in certain areas of the brain.
- Damage starts at Hippocampus, the part of the brain associated w/ memories

Fluid Intelligence

- Intelligence was first broken into 2 categories by psychologist Raymond Cattell.

Fluid intelligence is the ability to “solve new problems, use logic in new situations, and identify patterns.” Once information interacts with fluid intelligence, it then becomes known as crystallized intelligence.

5 Stages of Grief/Despair

1. Denial - The first of the five stages. It helps us cope with the initial difficulty of the loss by, as the name suggests, denying and pushing our feelings away. Denial combined with shock helps us survive the loss.
2. Anger - As denial fades, all the feelings we feel surface as anger that may be unreasonably projected at people/things who don't deserve it.
3. Bargaining - followed by the feelings of helplessness, is a need to regain control. People may make a deal with their God, or wonder how things would have been different "if they had only...".
4. Depression - Involves feelings of sadness and regret (perhaps they regret not spending more time with a loved one). Beyond death, someone in this stage might regret not appreciating something while they still had it.
5. Acceptance - not everyone reaches this stage, but those who do often exhibit symptoms of withdrawal from everyday life and may appear peaceful. It is not a period of happiness but should be distinguished from the previous 4 stages.

Conventional Morality

- Authority is internalized but not questioned and reasoning is based on the norms of the group to which the person belongs. We follow rules even though they may not always be enforced; at this stage people know the difference between right and wrong without being told.

Quiz

1. What is permissive parenting?
2. What is the definition of dementia?
3. When do the symptoms of alzheimer's disease usually start?
4. Once information interacts with fluid intelligence, it then becomes known as what?



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