

# Adolescence



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# Puberty / Sexual Characteristics

- **Adolescence** - the transition period from childhood to adulthood, extending from puberty to independence
- **Puberty**- the period of sexual maturation during which a person becomes capable of reproducing
- **Primary sexual characteristics** - the reproductive organs and external genitalia develop dramatically.
- **Secondary sexual characteristics** - non reproductive traits. Breasts and hips for girls. Facial hair and deepened voice for boys. Pubic and underarm hair for both.

# More Definitions

- **Life expectancy** - is a statistical measure of the average time an organism is expected to live, based on the year of their birth, their current age and other demographic factors including gender.
- **Menarche** - the first menstruation period for girls. Around age 12
- **Ejaculation** - the action of ejecting semen from the body.
- **Maturation** - The action or process of maturing and the process of developing the mind or body.

# Lawrence Kohlberg

**Kohlberg**- American psychologist best known for his theory of stages of moral development. He was a professor at the University of Chicago and at the Graduate School of Education at Harvard University.

**Preconventional morality- 9 and under** At the preconventional level, we don't have a personal code of morality. Instead, our moral code is shaped by the standards of adults and the consequences of following or breaking their rules

**Conventional Mortality- Most Adults and Adolescents** At the conventional level , we begin to internalize the moral standards of valued adult role models.

**Postconventional Morality**- Individual judgment is based on self-chosen principles, and moral reasoning is based on individual rights and justice. According to Kohlberg this level of moral reasoning is as far as most people get.

# Erik Erikson

- **Erik Erikson** was a **German-born American developmental psychologist**.
- Primarily influenced by Sigmund Freud.
- Erikson focused mainly on **psychological stages** and **ego development**.
- He states that ego develops after one solves a social crisis.



# Psychological Stages of Development Pt. 1/3

Psychological stages of development is a psychoanalytic theory created by Erik Erikson that identifies a series of eight stages, in which a healthy individual should pass through from infancy to late adulthood.

- 1. Trust vs. Mistrust** - infant is uncertain about the world in which they live. To resolve these feelings of uncertainty the infant looks towards their primary caregiver for stability and consistency of care.
- 2. Autonomy vs. Shame and Doubt** - children become more confident and secure in their own ability to survive in the world
- 3. Initiative vs. Guilt** - A healthy balance between initiative and guilt is important. Success in this stage will lead to the virtue of purpose.

# Stages of Psychological Development Pt. 2

**4. Industry (Competence) vs. Inferiority** - Children aged five to twelve begin to learn, read, and write. This is a stage when their friends and peers significantly impact the way they develop their personality. If or when the child is restricted by parents and teachers, they tend to feel inferior to them.

**5. Identity vs. Role Development** - During the time period of adolescence (age 12 - 18), children become more independent. They feel the need to fit into society and learn the roles they “fit” into.

**6. Intimacy vs. Isolation** - Throughout young adulthood (18 - 40), people partake in getting more intimate with each other. They begin to strive for a relationship/commitment. Straying from this commitment can lead to loneliness, depression, etc.

# Stages of Psychological Development Pt. 3

**7. Generativity vs. Stagnation** - At ages 40 to 65, we start to settle down and develop careers, a family, and a sense of being part of a bigger picture. We give back to society by raising children, and being involved in the community and work.

**8. Ego Integrity vs. Despair** - If we see our lives as unproductive, feel guilt about our past, or feel that we did not accomplish our life goals, we become dissatisfied with life and develop despair, often leading to depression and hopelessness. Success in this stage will lead to the virtue of wisdom. Wisdom enables a person to look back on their life with a sense of closure and completeness, and also accept death without fear.



# Stages of Psychological development Pt. 3

Stage	Psychosocial Crisis	Basic Virtue	Age
1	Trust vs. mistrust	Hope	Infancy ( 0 to1 ½)
2	Autonomy vs. shame	Will	Early Childhood ( 1 ½ to3)
3	Initiative vs. guilt	Purpose	Play Age ( 3 to 5)
4	Industry vs. inferiority	Competency	School Age ( 5 to 12)
5	Ego identity vs. Role Confusion	Fidelity	Adolescence (12 to 18)
6	Intimacy vs. isolation	Love	Young Adult ( 18 to 40)
7	Generativity vs. stagnation	Care	Adult hood( 40 to 65)
8	Ego integrity vs. despair	Wisdom	Maturity ( 65+)

# Sources

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