

Chapter 11

ADOLESCENCE

Section 1: Physical Development

Section 2: Social Development

Section 3: Identity Formation

Section 4: Changes of Adolescence

Question: How do males and females change physically during adolescence, and what are the psychological effects of these changes?

PHYSICAL CHANGES IN BOTH SEXES

- Adolescent growth spurt – lasts 2-3 years and is a period of rapid growth – 8-10 inches in height
- Sexual Development – onset of *puberty* is the biological stage that leads to the ability to reproduce

Question: How do males and females change physically during adolescence, and what are the psychological effects of these changes?

PHYSICAL CHANGES IN MALES

- Testes increase the output of the hormone testosterone, which causes boys' sexual organs to grow, their voice to deepen, and hair to grow on their faces and later on their chests.
- During this period of rapid growth, boys develop broader shoulders, thicker bodies as well as develop more muscle tissue.

Question: How do males and females change physically during adolescence, and what are the psychological effects of these changes?

PHYSICAL CHANGES IN FEMALES

- Hormones from the pituitary gland stimulate the ovaries to secrete more estrogen which spurs the growth of breast tissue and supportive tissue in the hips and buttocks making the pelvic region wider and hips rounder.
- Girls also produce small amounts of androgens in the adrenal glands that stimulate pubic and underarm hair.
- First menstrual cycle usually begins between the ages of 11 to 14.

Question: What role do parents and peers play in the lives of adolescents?

PARENTS AND PEERS INFLUENCE ADOLESCENTS

- Teens spend more time with friends and less time at home
- Teens become more independent and disputes with parents arise over issues such as rules, curfew, homework, and money
- Teenagers continue to need and rely on parents and usually agree with them on issues such as moral values and educational and career goals
- Adolescents are influenced by peers because they provide friendship, support, companionship and advice

Question: What is identity formation, and what are the four categories of adolescent identity status?

IDENTITY FORMATION

Identity formation is the process of developing a sense of who one is and what one stands for.

Question: What is identity formation, and what are the four categories of adolescent identity status?

CATEGORIES OF ADOLESCENT IDENTITY STATUS

- Identity moratorium – delaying commitment
- Identity foreclosure – making an early and unwavering commitment
- Identity diffusion – soul searching or wandering without commitment
- Identity achievement – commitment made after a period of soul searching

Question: What are some of the challenges that adolescents face in today's society?

CHALLENGES OF TODAY'S ADOLESCENTS

- Dealing with eating disorders such as *Anorexia Nervosa* and *Bulimia Nervosa*
- Substance abuse
- Sexuality – how and when to express it
- Juvenile delinquency – participation in illegal activities

Question: What are some of the challenges that adolescents face in today's society?

EATING DISORDERS

- *Anorexia Nervosa* – a life-threatening disorder characterized by self-starvation and distorted body image
- *Bulimia Nervosa* – recurrent binge eating followed by dramatic measures to eliminate food such as vomiting

Question: What biological changes occur in males and females during adolescence?

