

# Theories of Adolescent Development

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**\* Developmental Task: Once completed lead to personal growth and moving forward in the life journey.**



# Life Cycle of Adolescence

- \* Where do adolescents fall on the life cycle? What are some developmental tasks are faced by teenagers?

# Life Cycle of Adolescence

- Establishing independence from parents
  - Planning direction in one's life
  - Acquiring appropriate education
  - Experiencing love and sexual feelings
- Becoming involved in relationships that may lead to marriage



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# Life Cycle of Adolescence

- Accepting masculine or feminine physique
- Developing healthy relationships with peers of both sexes
- Developing socially responsible behaviour



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# Cognitive Development

- \* Piaget characterized cognitive development as the mental activities associated with knowing, remembering, and communicating



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Age Range	Stage
0-2	Sensorimotor: Experience world through senses
2-7	Pre operational: Intuition stronger than reasoning
7-11	Concrete Operational: Logical thinking
12 to adulthood	Formal Operational: Abstract reasoning



# Cognitive Development

- \* Based on this theory, adolescence is where teens start developing views of their own.
- \* Reasoning allows goal establishment



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# Psychosocial Development

- \* Erik Erikson emphasized continued development throughout the life cycle.
- \* Each stage poses challenges to overcome



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Life Stage	Stage
Infancy	Trust vs Mistrust
1-3	Autonomy vs Shame
3-5	Initiative vs Guilt
6-10	Industry vs Inferiority
10-20	Identity vs Identity Confusion
20-30	Intimacy vs Isolation
40-50	Generativity vs Stagnation
60 and beyond	Integrity vs Despair

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# Identity vs Identity Confusion

- \* Teenagers are discovering who they are and are being confronted with adult roles and decisions.
- \* Forcing a path can cause identity confusion.



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# Moral Development

- \* Lawrence Kohlberg developed a theory to help describe the moral development of an individual



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# Test Your Moral Development

- \* In Europe, a woman was near death from cancer. There was one drug that doctors may think would save her. It was a form of radium that a druggist in the same town had recently developed. The drug was expensive to make, but the druggist was charging ten times what the drug costs them to make. He paid \$200 for the radium and charged \$2000 for a small dose. The sick woman's husband, Heinz, went to everyone he knew to borrow money, but he could only get together \$1000, which was half the cost. He told the druggist that his wife was dying and asked him to sell it cheaper or let him pay later. But the druggist said "No, I discovered the drug and I am going to make money from it." So, Heinz became desperate and broke into the man's store to steal the drug.
- \* Should Heinz have stolen the drug?
- \* Did the druggist have the right to charge so much for the drug?

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<p><b>Level 3: Post conventional Reasoning</b></p> <ul style="list-style-type: none"> <li>-Individual Rights (Human rights above law)</li> <li>-Ethical Principles (Choose conscience at personal risk)</li> </ul>	<p>Person developed moral judgement, even at a threat to their well being</p>



# Dominant Values

- \* Edward Spranger studied the transition of adolescence
- \* Determined that this is the life stage in which individuals develop dominant value direction



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# Dominant Values

- \* **Dominant value direction: lasting values that shape the world view an individual carries into adulthood**



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# Dominant Values

- \* Three basic characteristics of behavior:
- \* Teenagers undergo a rebirth, upon maturity look at themselves as a new person.

# Dominant Values

- \* Three basic characteristics of behavior:
- \* Teenagers gradually come to acquire and accept cultural values through slow personal development

# Dominant Values

- \* Three basic characteristics of behavior:
- \* Teenagers are an active participant in personal growth, attempt self-improvement

# Gradual Change Theory

- \* Leta Stetter attacks Hall's idea of storm and stress, emphasizing calm development.



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# Gradual Change Theory

- \* Refutes that life has separate stages, and instead thinks of development as a fluid journey.

# Question

- \* As you near the end of your adolescent years, was your journey more 'storm and stress' or 'fluid journey'?



# Field Theory of Adolescence

- \* Kurt Lewin attempts to separate individual behaviour from youth as a whole, difficult because teenage years are marked with group behaviour



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# Field Theory of Adolescence

- \* Theorizes that while children and adult's are sure of their role in a group, adolescents aren't sure where they fit