

Lifespan Psychology: Chapter 11

Physical and Cognitive Development in
Adolescence

How Should We Define Adolescence?

■ When Does Adolescence Start?

- Biopsychosocial interactions
 - Biology
 - Psychology
 - Sociology

Theories of Adolescence

- **Anna Freud's Psychological Theory**
 - Restoration of delicate balance between the ego and the id
 - Renewed Oedipal conflict
- **Erik Erikson's Psychosocial Theory**
 - Generativity vs. Stagnation
- **John Hill's Biopsychosocial Theory**
 - Biological factors
 - Psychological factors
 - Social factors

Physical Development

- **Your Reproductive System**
- **When does Puberty Start?**
 - Not one major event, but set of events
 - Hormonal balance
 - Menarche
- **When Does Puberty Start?**
 - Menarche begins on average at 12.5 years of age
- **Attitudes Toward Menarche**

Physical Development

- **Effects of Timing on Puberty**
- **The Secular Trend**
 - Family relationships are associated with starting puberty later
- **Body Image and Eating Disorders**
 - Gender, puberty and weight all impact body image
 - Anorexia
 - Bulimia

Physical Development

- **The Role of Stress**
 - 30% of college students feel overwhelmed by all they have to do
 - More teenagers and college students are working during the school year

Cognitive Development

■ Variables in Cognitive Development: Piaget

- Formal operational stage (11+ years): groups of concrete operations are combined to become formal operations
- Concrete to abstract thinking

■ Emotions and Brain Development

- Reticular activating system (RAS) protects the brain from being overwhelmed by extraneous data
- Only allows in new or important data

Cognitive Development

■ Adolescent Egocentrism

- Imaginary audience
- Personal fable

■ Critical Thinking

- Convergent thinking: one answer
 - Ex: $12 \times 13 = 156$
- Divergent thinking: more than one answer
 - Ex: What would happen if...?

■ Creative Thinking

- Giftedness
- I.Q.

Cognitive Development

■ Mental Health Issues

- Having distressing, turbulent, unpredictable thoughts may be normal in a adolescent
- Family environment may perpetuate adolescent depression and antisocial behavior

■ Mental Health Issues

- Most common mental health problems among adolescents
 - Anxiety disorders
 - Depression
 - ADHD
