Lifespan Development

Psychosocial Development in Adolescence

Agenda/Outline

- Parent-teen conflict – the “Generation Gap”
- Marcia’s Identity statuses
- Adolescent psychopathology

Parent-Teen Conflict

- Generation Gap?
  - Popular advice for parents of teens
    - Emphasizes non-normative development
  - Scientific writings
    - Focus on conflict
  - Research indicates
    - Very little emotional distance between teens and parents
  - Emotional relationship - examples
  - Intergenerational values
**Generation Gap Fact or Fiction?**

- Exists in matters of personal taste
- Transitory preferences, not values shaped over time
- Parent-Child Disagreements
- Generally mundane issues
- Different perspectives on issues
- Parents - matters of right or wrong
- Teens - personal choice

**Erikson: Identity versus Identity Diffusion (Role Confusion)**

- Identity results from mutual recognition between young person and society
- Forges an identity, but at the same time, society identifies the adolescent.
- As alternatives increase, establishing a sense of identity is more difficult
- Likelihood of prolonged identity crisis is greater today than in the past

**James Marcia’s Identity Statuses**

- Made commitments?
- Exploration?

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Identity Statuses

- **Identity achievement**
  - has explored alternatives, committed to a clearly formulated set of self-chosen values and goals, feel sense of sameness through time, and of knowing where they are going

- **Moratorium**
  - "delay or holding pattern," no definite commitment, in process of exploration-gathering information and trying out activities

Identity Statuses (cont.)

- **Identity foreclosure**
  - committed to values and goals without exploring alternatives, accept a ready-made identity from authority figures

- **Identity diffusion**
  - lack clear direction, uncommitted to values and goals, not actively trying to reach them, may have never explored alternatives

Marcia’s Identity Statuses

- **Initial instability**
- **College facilitates exploration**
- **Immediate work after H.S. can speed process**
- **Negative Identity**
Adolescent Psychopathology

- Randomly selected sample of high school students n=1,710 at point of entry and 1,508 at 1-yr follow-up
- Western Oregon, Eugene area
- Representative sample
- Clinical interview
- Very expensive study

One year incidence of mental disorders in adolescents


Prevalence rates of mental disorders in adolescence

General findings

- almost 10% - current psychiatric disorder
- nearly 40% had experienced disorder during lifetime
- females experienced greater incidence
- most common: depression, anxiety disorders, substance abuse, and disruptive behavior disorders
- indicates need for stronger prevention efforts