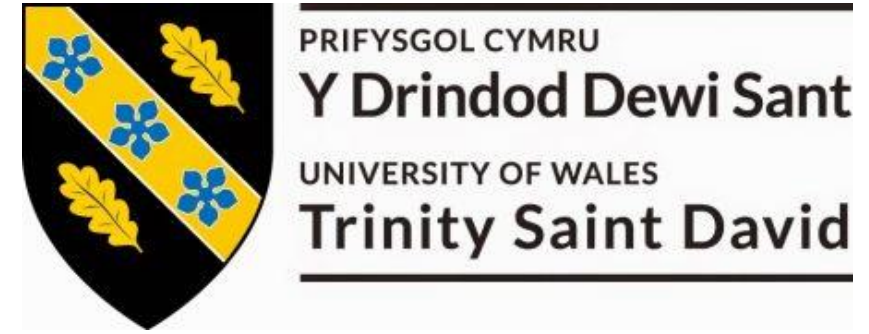


Psychology in Health and Social Care BMHP4003



Adolescence



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Module: BMHP4003



By: R. Rao, Feb 2020

INTRODUCTION

- Adolescence (Aissatu)
- Stages of Adolescence (Aissatu)
- Cognitive Development (Saiyar)
- Emotional Development (Yoana)
- Behavior Patterns in Adolescence (Claudia)
- The Life Stage Erik Erikson Adolescence Theory (Latoya)
- Evolution of Erikson Theory (Claudia)
- Conclusion (Yoana)



By: Katie S, Jan 2018



Adolescence

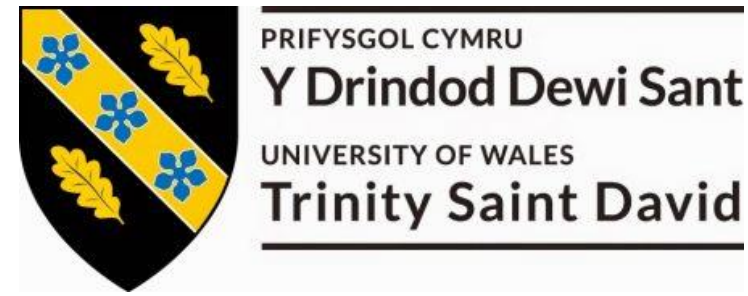
By: K. Cherry March 2020

- **Adolescence** is a crucial period in the developmental years. In psychologist Erik Erikson's theory of psychosocial development, the fifth stage of ego is identity versus confusion. This stage occurs between the ages of 12 and 18 years old during adolescence. Adolescents explore their independence and build a sense of self at this stage.
- According to Erik Erikson Theory, adolescence is a stage of identity versus role confusion. this is a stage that adolescents question many things in their lives:
- Does God exist?
- Does spirituality exist?
- Do I want to identify as a boy/girl/neither?



By: Nusha Ashjaee, 3 Jun 2021

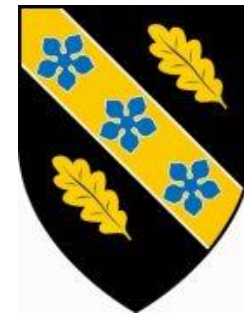
Adolescence Development Stages



Early Adolescence (Ages 10-13) During this ages stage,, physical and emotional changes, Increased ability to compete; achievement in school helps to define one's self-concept. This may make them feel anxious or depressed, and they may display more independence.

Middle Adolescence (Ages 14-17) Once your child reaches the age of 14 or 15, they may start having crushes and be thinking about sex, Your child will likely start demanding more privacy at this stage of their life as they start to figure out who they are and claim their independence as much as they are able.

Late Adolescence (ages 18-21...beyond) Once your child reaches the age of 18, they become a legal adult, but that doesn't mean they become mature. be available as a guide for your child when they need it. When you have built a strong relationship based on trust, unconditional support, love, and acceptance, they will still be able to approach you for advice and questions.



Cognitive Development

Cognitive development is the growth of a child's ability to think and reason. This growth develops differently from age 11-13 to 12-18. In this period children from 11-13 develops the ability to think in a concrete way, but the age groups of 12-18, they develop to think more complex.

Social and emotional development: Children from age 11-13 try their best to fit into the community that they have been raised into. They feel awkward and worries about being normal. During this age children are also moody, but in a positive way they also have the desire for indecency.

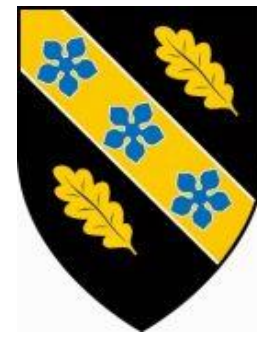
On the other hand, children from age 14-19 starts to develop having feelings of love and passion. They continue the adjustment of changing body and worries about being normal. They become more passionate to make new friends, but popularity can be an important issue for them.



Adolescent Brain Cognitive Development
Teen Brains. Today's Science. Brighter Future.

Sarah Cocchimiglio, Feb 2021

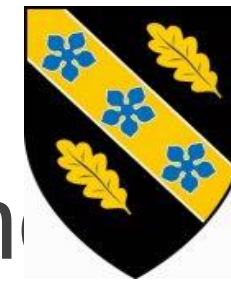




Emotional Development

At this age, many teens become interested in romantic and sexual relationships. They may have doubts about their sexual identity and seek to explore it, which can be challenging if they lack peer, family, or community support that can be caused due to the fact that they are looking for their independence and push people always. Teenagers tend to feel more negative emotions during the adolescence phase and usually for girls that period of time lasts longer than boys those emotions can be triggered by arguments with parent siblings etc as it makes them feel as their independence self-esteem or confidence has been affected. As many adolescents have more conflicts with their they may spend less time with relatives and more time with friends as they might feel more understood and comfortable around their peers. They are hyperaware of their appearance which might affect their self-esteem and the way they view them selves, and peer pressure is likely to be at its peak at this age as that's when kids are In high school and most of them try to fit I and find their friend group.





Behavioral patterns in adolescence

- The puberty changes start in middle childhood until adult stage
- The child begins to develop the first sign of puberty around ages 8-13 years old .
- They develop physical ,emotional and behavior changes:
- The body start to look more mature and strong
- The brain begin to developed complex emotions, deep thinking and intense feelings as: Anxiety, frustration, anger , sadness, etc.
- They are more curious to experience the first enjoying romance and sexual arousal.
- The adolescent may experience different types of relationships : romantic, sexual or they are treated differently by social group or family.

Behavioural Patterns in Adolescence Boys/ Girls

The adolescents are more sensitive, they need more support, attention and sometimes it's hard for them to understand their feelings and emotions as:

- Feeling over sensitive
- looking for a identity.
- Feeling uncertain.
- Conflicting thoughts.
- mood swings,
- getting sexual feelings.



By: Carl E, May 2017

The Life Stage Erik Erikson Adolescence Theory

During adolescence stage children begin to explore their independency and a true perspective of who they are.

It's important that children feel encourage by their loved ones and friends around them whilst exploring their identity will feel a true self recognition towards themselves in guiding themselves through the journey of self-discovery.

To those who haven't discover their true self identify will feel insecure and unsatisfied with the outcome of their journey and future.

What is identity?

When psychologist such as Erik Erikson talks about identity they refer to beliefs, ideals and values of a person that's helps mold a person behavior. Successfully completing these stages will help lead to fidelity which Erickson had explained to help a person to gain the ability to live by society's standards and expectations

Erikson's Theory of Development

Erikson's Stages of Psychosocial Development

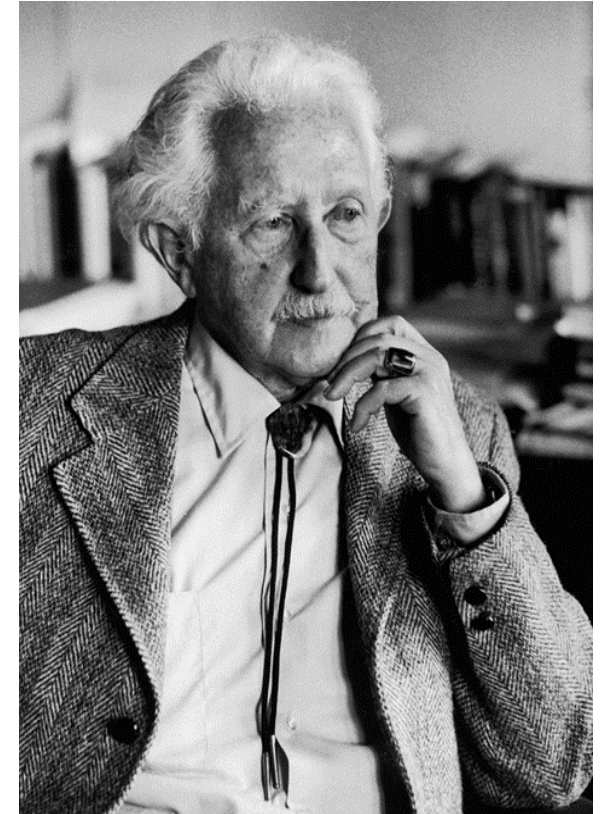
Approximate Age	Psycho Social Crisis
Infant - 18 months	Trust vs. Mistrust
18 months - 3 years	Autonomy vs. Shame & Doubt
3 - 5 years	Initiative vs. Guilt
5 -13 years	Industry vs. Inferiority
13 -21 years	Identity vs. Role Confusion
21- 39 years	Intimacy vs. Isolation
40 - 65 years	Generativity vs. Stagnation
65 and older	Ego Integrity vs. Despair

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Blogspot.com Sep 2014

Erickson stages of development

- Who is Erickson? Erick Erickson was an ego psychologist who was known to develop the most popular theories of development Theory stages
- This stage takes place during adolescence years this stage focuses on social development and the changes of attitudes being to develop and prosper during these years.
- This is the stage where people begin to develop their own identity which includes their personality and the way they respond in different situations.
- They begin to develop a sense of self and personal identity during this stage they begin to explore the ability to stay true to themselves and not change who they are to suit other people's perspectives of them. If they do not stay true to themselves, they fail to become their true self and disguise their true identity which leads to a state of confusion.



Evaluation of Erikson Theory

Strengths

- The development of ego identity is one of the main components of Erikson's psychosocial stage theory. As a result of social interaction, we develop a conscious sense of self which constantly changes due to new experiences and information that we acquire. According to Erikson, identity is a fundamental organizing principle that develops continuously throughout a lifetime.

Weakness

- Children who are not permitted to explore and try on multiple identities may develop role confusion, as Erikson defined it, which can lead to the following:
- Uncertainty about who you are and where you belong
- Changing jobs or relationships frequently
- Disappointed and perplexed about your life's direction

CONCLUSION

Adolescence is the only stage of human development that generates such rapid and dramatic change, aside from childhood. During adolescence, a child physically matures into an adult. In four to five years, the average youngster grows a foot taller, adopting adult size, shape, and reproductive status. How is it possible for such drastic changes to occur in such a short period of time? What processes does the body employ to initiate, regulate, and time these shifts?

As well as the emotional developments which has its highs and lows that when a human develops their sexual interests as well as their independence self-esteem and builds confidence. And is by far one of the most important stage of human development as in this stage we show who we are individually.

QUESTIONS?



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