



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Trawsnewid Addysg, Trawsnewid Bywydau
Transforming Education, Transforming Lives

Thema 7 – Oedolaeth sy'n ymddangos a thrawsnewidiadau

Theme 7 – Emerging adulthood and transitions

Deilliannau Dysgu

Learning Outcomes

- Esbonio sut y gall trawsnewidiadau allweddol mewn oedolaeth sy'n ymddangos ddylanwadu ar les a datblygiad hunaniaeth
- Defnyddio damcaniaethau datblygiadol i archwilio a gwerthuso profiadau oedolion ifanc yn ystod trawsnewidiadau bywyd sylweddol
- Explain how key transitions in emerging adulthood can influence wellbeing and identity development
- Use developmental theories to explore and evaluate the experiences of young adults during significant life transitions

Beth yw trawsnewidiad?

What is a transition?

‘the process or a period of changing from one state or condition to another’
(Oxford University Press, 2026)

Gweithgaredd Meddwl-Pâr-Rhannu

Think-Pair-Share activity

Pa drawsnewidiadau bywyd mawr ydych chi wedi'u profi neu'n disgwyl eu profi rhwng 18-30 oed?

What major life transitions have you experienced or expect to experience between the ages of 18-30?

Mathau Types

Normadol

Digwyddiadau bywyd disgwyledig

- Gadael yr ysgol
- Dechrau prifysgol
- Mynd i mewn i gyflogaeth
- Ffurio perthnasoedd

Normative

Expected life events

- Leaving school
- Starting university
- Entering employment
- Forming relationships

(Lee, 2025)

Mathau Types

Annormadol

Digwyddiadau annisgwyl

- Colli swydd
- Salwch
- Profedigaeth

Non-Normative

Unexpected events

- Job loss
- Illness
- Bereavement

(Lee, 2025)

Pam maen nhw'n bwysig?

Why do they matter?

Effaith gadarnhaol ar les

- Twf personol
- Mwy o hyder
- Perthnasoedd newydd
- Annibyniaeth

Positive impact on well-being

- Personal growth
- Increased confidence
- New relationships
- Independence

Pam maen nhw'n bwysig?

Why do they matter?

Effaith negyddol ar les

- Straen
- Ansicrwydd
- Pryder
- Pwysau ariannol
- Unigrwydd

Negative impact on well-being

- Stress
- Uncertainty
- Anxiety
- Financial pressures
- Loneliness

Trafodwch

Discuss

A all trawsnewidiadau cadarnhaol achosi straen o hyd?
Can positive transitions still cause stress?

Arnett (2000) a oedolaeth sy'n ymddangos

Arnett (2000) and Emerging Adulthood

Cynigiodd Jeffrey Arnett (2000) fod tua 18-29 oed yn cynrychioli cyfnod datblygiadol gwahanol:

‘Emerging adulthood: A period between adolescence and full adulthood characterised by exploration and instability’

(Arnett, 2000)

[Emerging adulthood: A theory of development from the late teens through the twenties](#)

Arnett (2000) a oedolaeth sy'n ymddangos

Arnett (2000) and Emerging Adulthood

Jeffrey Arnett (2000) proposed that ages approximately 18-29 represent a distinct developmental stage:

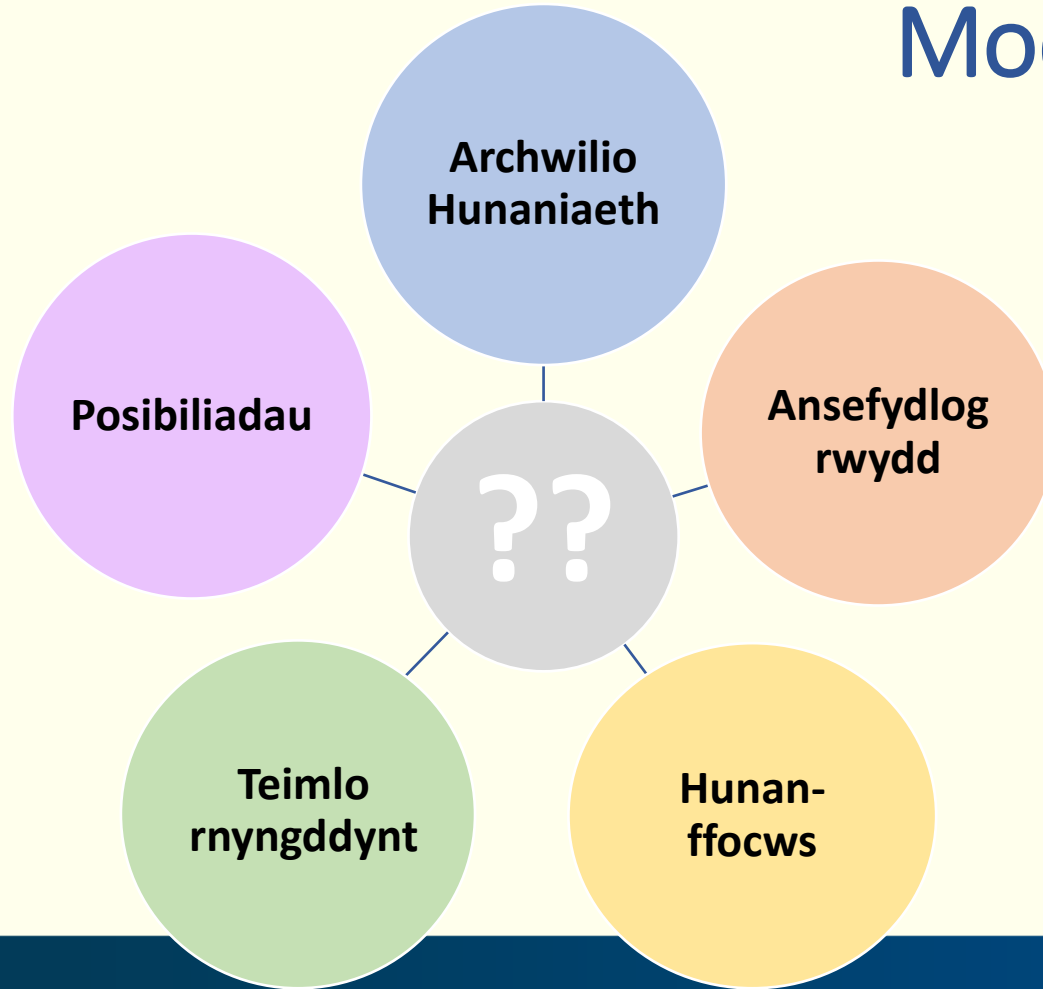
‘Emerging adulthood: A period between adolescence and full adulthood characterised by exploration and instability’

(Arnett, 2000)

Emerging adulthood: A theory of development from the late teens through the twenties

Pum Nodwedd Emerging adulthood- Model Arnett

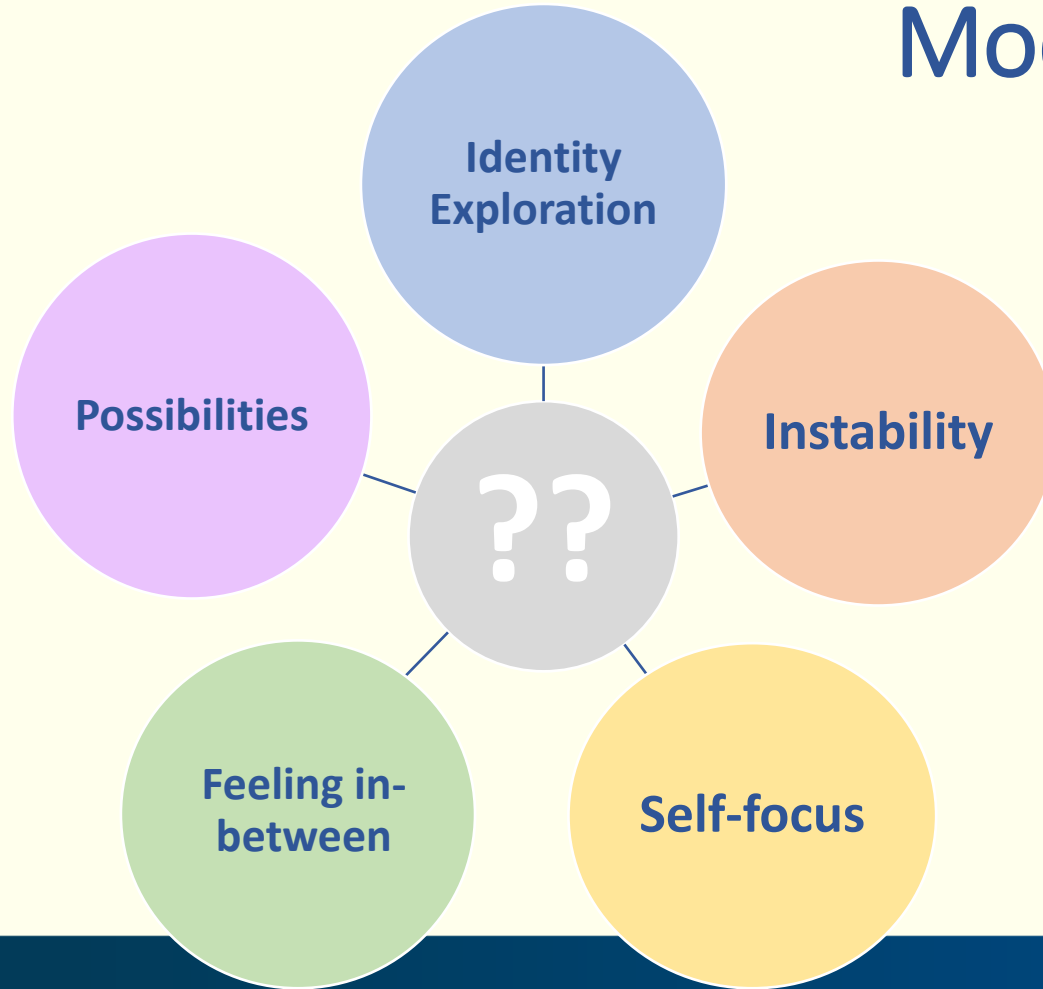
The Five Features of Emerging Adulthood - Arnett's Model



- Archwilio Hunaniaeth
- Ansefydlogrwydd
- Hunanffocws
- Teimlo rhyngddynt
- Posibiliadau

Pum Nodwedd Emerging adulthood- Model Arnett

The Five Features of Emerging Adulthood - Arnett's Model



- Identity Exploration
- Instability
- Self-Focus
- Feeling in-between
- Possibilities

Beirniadaeth negyddol

Negative critique

- Rhagfarn ddiwylliannol y Gorllewin
- Rhagdybiaethau unigolaidd
- Rhagfarn economaidd-gymdeithasol a chydraddoldeb
- Oedran amheus
- Gorbwyslais ar ddewis unigol
- Efallai na fydd datblygiad yn llinol
- Braint gymdeithasol
- Western cultural bias
- Individualistic assumptions
- Socio-economic bias and equality
- Questionable age
- Overemphasis on individual choice
- Development may not be linear
- Social privilege

Beirniadaeth positif

Positive critique

- Yn cydnabod y trawsnewidiad i fod yn oedolyn
- Cydnabod archwilio hunaniaeth
- Adlewyrchu newidiafau cymdeithasol
- Tynnu sylw at ansefydlogrwydd
- Pwysleisio asiantaeth
- Defnyddiol ar gyfer deall llesiant
- Heriau ffiniau oedran anhyblyg
- Recognises the transition to adulthood
- Acknowledges identity exploration
- Reflects social change
- Highlights instability
- Emphasizes agency
- Useful for understanding well-being
- Challenges rigid age boundaries

Trawsnewidiad 1 - Gadael Addysg

Transition 1 - Leaving Education

Canlyniadau cadarnhaol posibl:

- Cyflawniad
- Annibyniaeth
- Cyfleoedd newydd

Heriau posibl:

- Colli trefn
- Ansicrwydd gyrfa
- Pryderon ariannol
- Llai o rwydweithiau cymdeithasol

Possible positive outcomes:

- Achievement
- Independence
- New opportunities

Potential challenges:

- Loss of routine
- Career uncertainty
- Financial concerns
- Reduced social networks

Llesiant graddedigion

Graduate well-being

Mae graddedigion yn adrodd yn gyffredin:

- Pryder am gyflogaeth
- Syndrom imposter
- Pwysau i lwyddo
- Cymhariaeth â chyfoedion

Mae ffactorau amddiffynnol yn cynnwys:

- Cefnogaeth gymdeithasol gref
- Arweiniad gyrfa
- Disgwyliadau realistig

Graduates commonly report:

- Anxiety about employment
- Imposter syndrome
- Pressure to succeed
- Comparison with peers

Protective factors include:

- Strong social support
- Career guidance
- Realistic expectations

Trafodwch

Discuss

Pa bryderon y gallai graddedigion eu hwynebu ar ôl y brifysgol?

Pa bryderon sydd gennych chi am orffen prifysgol?

What concerns might graduates face after university?

What concerns do you have about finishing university?

Trawsnewidiad 2 - Cyflogaeth

Transition 2 - Employment

Mae cyflogaeth yn dylanwadu ar les trwy;

Effeithiau Cadarnhaol

- Ffurio hunaniaeth
- Diogelwch ariannol
- Cysylltiadau cymdeithasol
- Pwrpas a chyflawniad

Effeithiau Negyddol

- Straen yn y gweithle
- Ansicrwydd swyddi
- Anghydbwysedd rhwng bywyd a gwaith

Employment influences wellbeing through;

Positive Effects

- Identity formation
- Financial security
- Social connections
- Purpose and achievement

Negative Effects

- Workplace stress
- Job insecurity
- Work-life imbalance

Case Study Discussion - Emily

Case Study Discussion - Emily

Swydd Gyntaf Emily

Mae Emily yn graddio ac yn symud i ddinas newydd.

Nid yw hi'n adnabod unrhyw un yn lleol

Mae ganddi gyfrifoldebau ariannol

Mae hi'n teimlo pwysau cyson i berfformio

Cwestiynau:

Pa heriau lles allai Emily eu hwynebu?

Pa ddamcaniaethau sy'n helpu i esbonio ei phrofiad?

Pa gefnogaeth allai ei helpu?

Case Study Discussion - Emily

Case Study Discussion - Emily

Emily's First Job

Emily graduates and moves to a new city.

She doesn't know anybody locally

She has financial responsibilities

She feels constant pressure to perform

Questions:

What wellbeing challenges might Emily face?

Which theories help explain her experience?

What support could assist her?

Trawsnewidiad 3 – Annibyniaeth

Transition 3 - Independence

Dod yn Annibynnol

- Mae enghreifftiau'n cynnwys:
- Rheoli cyllid
- Byw ar eich pen eich hun
- Talu biliau
- Gwneud penderfyniadau ymreolaethol

Becoming Independent

- Examples include:
- Managing finances
- Living alone
- Paying bills
- Making autonomous decisions

Annibyniaeth

Independence

Buddion:

- Hyder
- Cyfrifoldeb
- Twf personol

Heriau:

- Unigrwydd
- Straen ariannol
- Mwy o bwysau

Benefits:

- Confidence
- Responsibility
- Personal growth

Challenges:

- Loneliness
- Financial strain
- Increased pressure

Trawsnewidiad 4 – Perthnasoedd Esblygu

Transition 4 – Evolving Relationships

Mae oedolion sy'n dod i'r amlwg yn aml yn cynnwys:

- Partneriaethau rhamantaidd
- Cyfeillgarwch newydd
- Newidiadau mewn perthnasoedd teuluol

Gall perthnasoedd ddylanwadu'n gryf ar les trwy:

- Cymorth emosiynol
- Datblygu hunaniaeth
- Ymdeimlad o berthyn

Trawsnewidiad 4 – Perthnasoedd Esblygu

Transition 4 – Evolving Relationships

Emerging adulthood often includes:

Romantic partnerships

New friendships

Changes in family relationships

Relationships can strongly influence wellbeing through:

Emotional support

Identity development

Sense of belonging

Camau Datblygiad Seicogymdeithasol Erikson (1950)

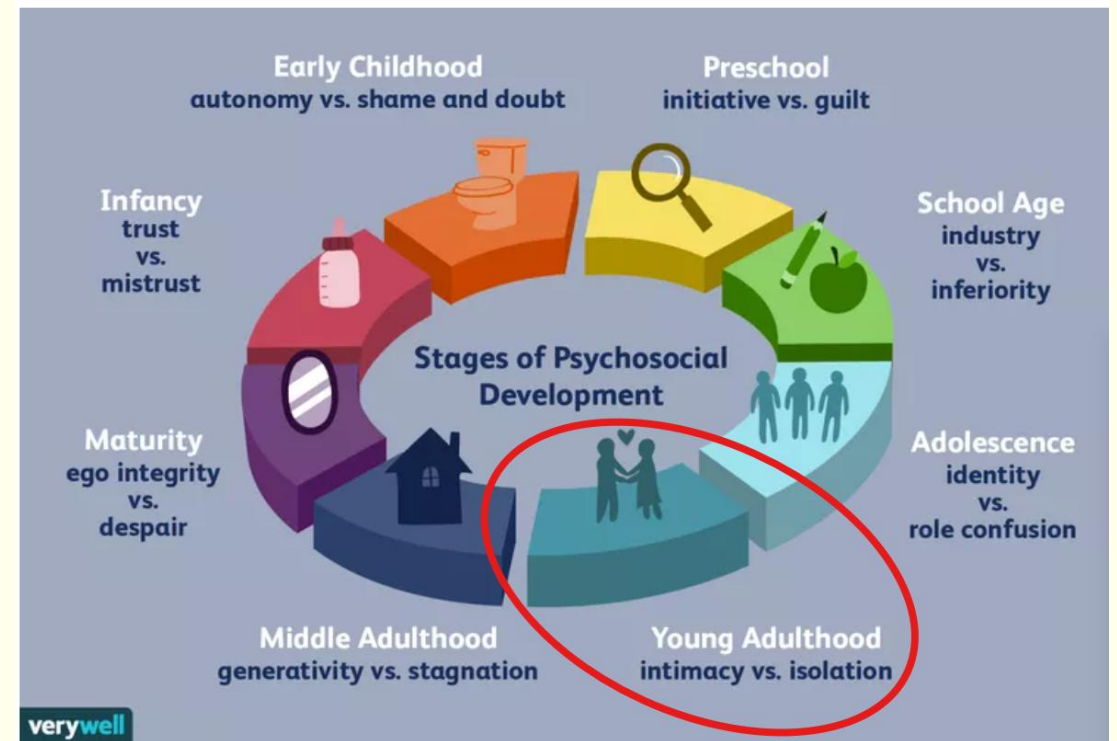
Erikson's Stages of Psychosocial Development (1950)

Oedolyn Ifanc

Agosatrwydd vs Ynysu =
Cariad

Young adult

Intimacy vs Isolation =
Love



Gweithgaredd Myfyriol – Trafodaeth grŵp bach

Reflective Activity - Small group discussion

Meddyliwch am ddamcaniaeth Erikson

Sut y gallai normau cyfredol fel

- Cyfryngau cymdeithasol
- Gweithio o bell a
- Newid strwythurau teuluol

effeithio ar allu oedolion ifanc i ddatblygu agosatrwydd?

Gweithgaredd Myfyriol – Trafodaeth grŵp bach

Reflective Activity - Small group discussion

Think about Erikson's theory

How might current norms such as

- Social media
- Remote working and
- Changing family structures

affect a young adults' ability to develop intimacy?

Trawsnewidiad 5 – Datblygu Hunaniaeth

Transition 5 – Identity Development

Pwy ydw i? - Mae hunaniaeth yn parhau i ddatblygu trwy gydol oedolaeth sy'n ymddangos

Ymhlith y cwestiynau sy'n cael eu harchwilio yn aml mae:

Pa yrfa sy'n addas i mi?

Beth yw fy ngwerthoedd?

Pa berthnasoedd ydw i eisiau?

Pa ffordd o fyw ydw i eisiau?

Mae datblygu hunaniaeth yn gysylltiedig â lles.

Trawsnewidiad 5 – Datblygu Hunaniaeth

Transition 5 – Identity Development

Who am I? - Identity continues developing throughout emerging adulthood

Questions often explored include:

What career suits me?

What are my values?

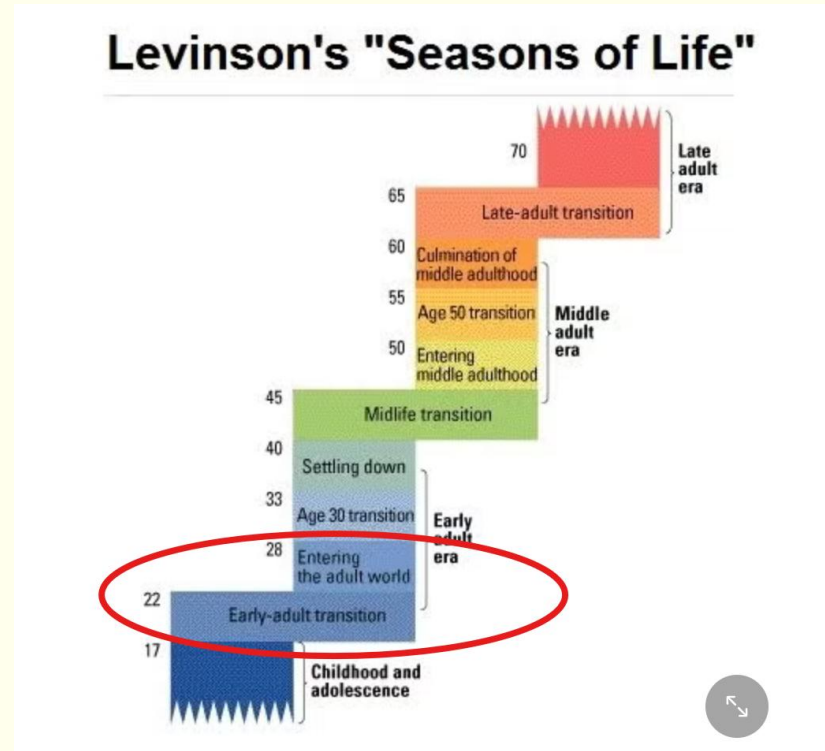
What relationships do I want?

What lifestyle do I want?

Identity development is closely linked to wellbeing.

Levinson's 'Life course' Theory (1978)

Damcaniaeth 'Cwrs bywyd' Levinson (1978)



Gweithgaredd

Activity

Beth sy'n ffurfio eich strwythur bywyd chi? Wrth defnyddio DA, creu cynrychiolaeth weledol i'w gynrychioli ar gyfer trafodaeth. Efallai yr hoffech gynnwys astudio, cyflogaeth, teulu, bywyd cymdeithasol, hobiau, nodau yn y dyfodol ac ati.

What makes up your life structure? Using AI, create a visual representation to represent it for discussion. You may want to include study, employment, family, social life, hobbies, future goals etc.

Fy mhywyd i My Life

1. STUDY

- ✓ I am currently studying for my PhD with UWTSD
- ✓ Passionate about research, learning and making a difference.



2. EMPLOYMENT

- ✓ Early Years Lecturer and Programme Manager
- ✓ Early Years and Childhood Education and Society course
- ✓ Proud to be part of UWTSD and shaping the future.



3. FAMILY

- ✓ I have a wonderful family
- ✓ Husband
- ✓ 29 year old step daughter
- ✓ Son who is 20
- ✓ Daughter who is 18 – all independent
- ✓ Also have a sausage dog called Dash and a cat called Thunder



My Life Journey

Inspired by
Levinson's Life
Theory Stages

4. SOCIAL LIFE

- ✓ Time with family
- ✓ Bingo nights
- ✓ Dog walks
- ✓ Painting & creativity
- ✓ All types of games
- ✓ Pokémon GO



5. HOBBIES

- ✓ Films
- ✓ Binge watching Netflix series
- ✓ Swansea City football season ticket
- ✓ Harry Potter
- ✓ Disney
- ✓ Collecting Jellycats



6. FUTURE GOALS

- ✓ Complete my PhD
- ✓ Re-new my wedding vows in Disneyland Paris
- ✓ Buy a bigger house in the country



Grateful
for today
Excited for
tomorrow

Learning, growing, making memories and living life with the people (and pets) I love



Systemau Ecolegol Bronfenbrenner

Bronfenbrenner Ecological Systems

- Nid yw trawsnewidiadau yn digwydd ar wahân
- Mae llesiant yn cael ei siapio gan systemau amgylcheddol
- Transitions do not occur in isolation
- Well-being is shaped by environmental systems

Systemau Ecolegol Bronfenbrenner (1977)

Bronfenbrenner Ecological Systems (1977)

Dylanwadau Ecolegol

- Microsystem - Teulu, ffrindiau, partneriaid
- Mesosystem - Rhyngweithio rhwng prifysgol, teulu a gweithle
- Exosystem - Cyfleoedd cyflogaeth, tai
- Macrosystem - Gwerthoedd diwylliannol, amodau economaidd
- Chronosystem - Trawsnewidiadau bywyd a digwyddiadau hanesyddol

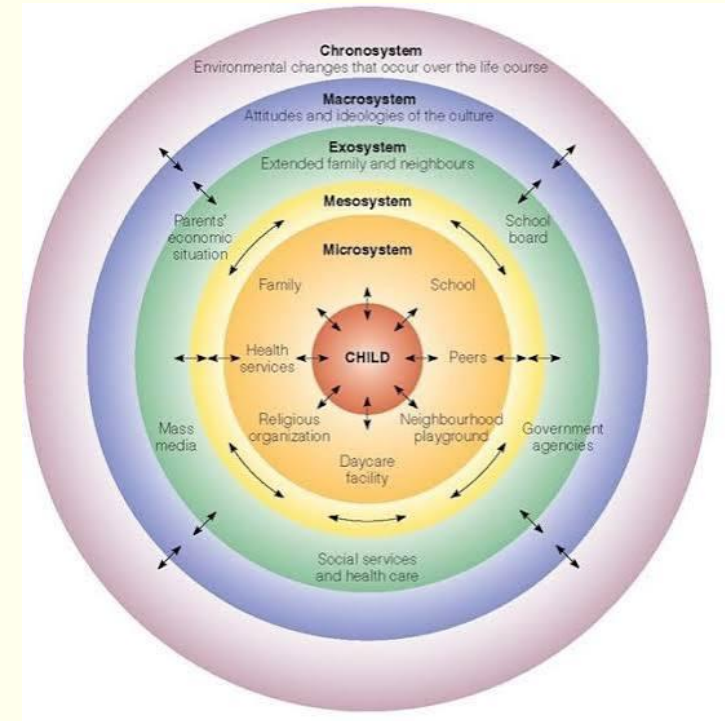
Ecological Influences

- Microsystem - Family, friends, partners
- Mesosystem - Interactions between university, family and workplace
- Exosystem - Employment opportunities, housing
- Macrosystem - Cultural values, economic conditions
- Chronosystem - Life transitions and historical events

Trafodwch Discuss

O ystyried theori
Bronfenbrenner, sut y gallai
costau byw effeithio ar
oedolion ifanc - Trafod?

Considering Bronfenbrenner's
theory, how might the cost of
living impact young adults -
Discuss?



(Source: Simply Psychology, 2026)

Tasg – Astudiaeth dan arweiniad

Task – Guided Study

Gan defnyddiwch y taflen
astudiaeth dan arweiniaeth - Creu
map o'ch trawsnewidiadau
disgwyliedig neu brofiadol rhwng
18-30 oed – 20 funud

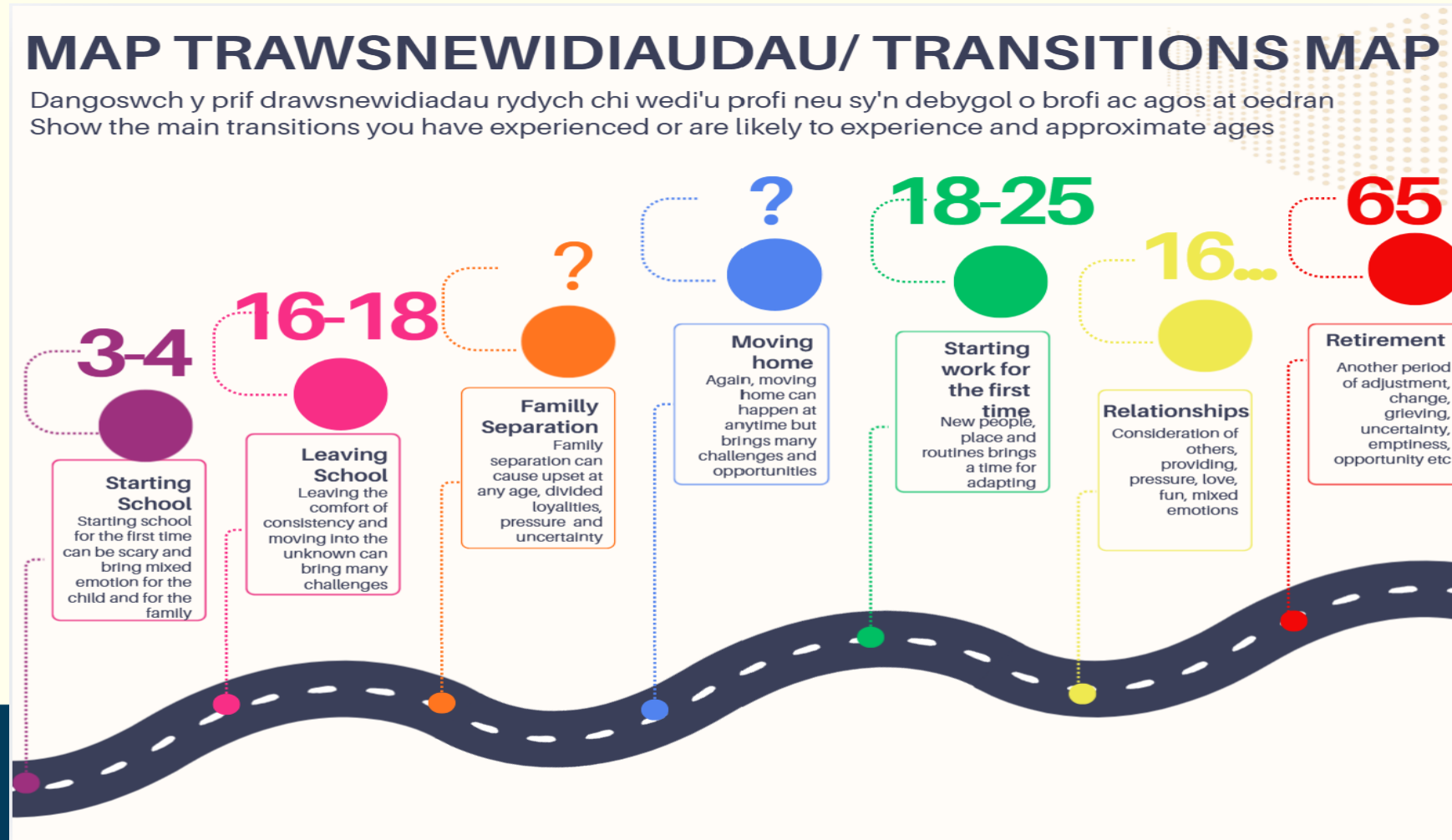
Using the guided study sheet -
create a map of your anticipated
or experienced transitions
between ages **18-30** – 20 minutes

Tasg – Esiampl

Esiample o fap hyd oes

Task – Example

Example of a lifespan map



Trafodaeth

Discussion

Cwestiynau:

- Pa drawsnewidiadau a oedd yn ymddangos fwyaf arwyddocaol?
- Pa un a achosodd yr ansicrwydd mwyaf?
- Pa gefnogaeth a nodwyd?
- A oedd profiadau yn debyg neu'n wahanol ar draws y grŵp?
- Cysylltwch eich esboniadau nôl i ddamcaniaeth

Questions:

- Which transitions appeared most significant?
- Which caused the greatest uncertainty?
- What supports were identified?
- Were experiences similar or different across the group?
- Link responses back to theory.

Cymorth Iles yn ystod trawsnewidiadau

Wellbeing Support During Transitions

Cefnogi Oedolion Ifanc

Cymorth y Brifysgol

- Tiwtoriaid personol
- Gwasanaethau cwnsela
- Timau Iles
- Canllawiau ariannol
- Cymorth gan gymheiriaid

Supporting Young Adults

University Support

- Personal tutors
- Counselling services
- Wellbeing teams
- Financial guidance
- Peer support

Cymorth Iles yn ystod trawsnewidiadau

Wellbeing Support During Transitions

Cefnogi Oedolion Ifanc

Cymorth Cyflogaeth

- Gwasanaethau gyrfaedd
- Cynlluniau graddedigion
- Rhaglenni mentora
- Rhwydweithiau proffesiynol

Supporting Young Adults

Employment Support

- Careers services
- Graduate schemes
- Mentoring programmes
- Professional networks

Cyswllt i'r Aseiniad

Link to Assignment

Fel rhan o'ch aseiniad, gallech ddewis canolbwyntio ar 'oedolaeth sy'n ynddangos' fel cyfnod neu trawsnewidaid penodol, defnyddio'r wybodaeth ac ymchwil annibynnol

As part of your assignment, you could choose to focus on 'emerging adulthood' as a period or specific transitions, use the information and independent research

Myfyrio Ymadael – ‘Papur 1 funud’

Exit Reflection – ‘1 minute paper’

Cyn gadael, ysgrifennwch:

- Un peth wnaethoch chi ei ddysgu heddiw
- Un cwestiwn sydd gennych o hyd
- Un pontio rydych chi'n credu sydd â'r effaith fwyaf ar les a pham

Before leaving, write:

- One thing you learned today
- One question you still have
- One transition that you believe has the greatest impact on wellbeing and why

References

Arnett, J. (2000) 'Emerging Adulthood: A Theory of Development From the Late Teens Through the Twenties', *American Psychologist*, 55 (5), pp. 469-480.
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