

In this essay i will be paraphrasing a section from the book Psychology: The science of mind and behaviour.

The changes accompanying puberty can be challenging and psychologically taxing to the individual concerned (Coleman and hendry, 1990. as cited in Gross, 2010). “Puberty begins when the seminal vesicles and prostate gland enlarge in the male, and the ovaries enlarge in the female” (Gross, 2010. P. 578). These changes, both physical and psychological, are almost the same with each individual, but will occur at different stages during puberty. In some females menstruation can begin earlier than expected before the body has had a chance to change things such as a growth spurt or breast changes (Alsaker, 1996. as cited in Gross, 2010). Accompanied with the many bodily changes adolescents will also be confronted by their own image and will try to change their appearance to meet the high standards of their culture in order to feel accepted, which can lead to health problems due to weight loss (Davies and Furnham, 1986. as cited in Gross, 2010). Females have a much harder time than males during puberty due to the bodily changes being more in favour for boys than girls. For example, a female during puberty will be moving further away from the western ideal look of a thin supermodel, this is due to a increase of fat the body produces due to hormonal changes. Males however will only gain from the changes as they will become much stronger and have higher endurance (Simmons and Blyth, 1987. as cited in Gross, 2010). Males who enter puberty late and females who enter early are the most at risk of not meeting the ideal cultural look therefore are more at risk of feeling out of place and rejected by other people.(Bergevin et al, 2003. as cited in Gross, 2010). Females are entering puberty a lot earlier than they used to, in the last 150 years the western societies puberty starting age has dropped by about 5 years (Macleod, 2007. as cited in Gross, 2010). The timing of puberty is usually more important than growing up as the individual will begin being self critical of their body and overall image (Alsaker, 1996. as cited in Gross, 2010). A different perspective which is more psychological is the developmental readiness hypothesis (DRH) (Simmons and Blyth, 1987. As cited in gross, 2010). This perspective explains that if males or females enter puberty too early, not enough time would have been spent on the development of an ego during latency, this affects early maturing females more than males, once again leaving females with a disadvantage psychologically as well as physically. Another theory is the deviancy hypothesis which explains that females who enter puberty early are more avoidant of social encounters as they do not feel comfortable with their physical image (wichstrom, 1998. as cited in Gross, 2010).

Gross, R. (2010). *Psychology: The science of mind and behaviour*. London: Hodder

Education.

In this essay i will be summarising 3 journal articles.

Article 1. How to write a good abstract for a scientific paper or conference presentation.

This paper explains how to write a good abstract, primarily aimed at young researchers, but may be beneficial to the more experienced author. The paper explains in great detail the different methods that can be taken to create a effective abstract. It explains with examples how to structure a abstract with different parts such as the background, methods and results. The paper also shows what makes a abstract poorly written by adding unnecessary content. This paper explains the purpose of an abstract and the importance of having a good abstract as it is the first paragraph a person sees when reading your work. This article was made to help and guide young researchers to write a good abstract should they need it.

Andrade, C. (2011) How to write a good abstract for a scientific paper or conference

presentation. Indian Journal of psychiatry, 53(2), 172-175. Doi:
[[10.4103/0019-5545.82558](https://doi.org/10.4103/0019-5545.82558)]

Article 2. The role of narcissism in health-risk and health-protective behaviors.

This research was done to find out the link between narcissism and health-risk or health-protective behaviours. 365 undergraduate students were given a set of questionnaires to answer in order to measure narcissism, health behaviour measurement overview, health risk-behaviours, and health-protective behaviours. The results of the study showed that narcissism scores showed that males scored higher than females. The health-risk behaviour results showed narcissism was predictive in weekend alcohol use, marijuana use, and risky driving behaviours. The results of health-protective behaviours showed narcissism was positively associated with having healthy eating habits and physical activity. This study showed evidence of the relationship between narcissism, health-risk behaviours and health-protective behaviours, but in order to gain a better understanding further research would be needed.

Hill, M. H. (2016) The role of narcissism in health-risk and health-protective behaviours.

Journal of health psychology, 21(9), 2021-2032. Doi:

<https://doi.org/10.1177/1359105315569858>

Article 3. Using the Theory of Planned Behavior to Predict Gambling Behavior.

Gambling is considered a big public health concern, in order to get a better understanding a study was conducted on 785 students using a classroom-based survey. The reason the study took place was to get measure the value of the theory of planned behaviour model for predicting gambling behavior. (TPB; Ajzen & Fishbein, 1980. As cited in Psychology of Addictive Behaviors, 2010. Vol. 24, No. 1, 89 –97). The purpose for this is because predicting gambling behaviour provides a solid foundation for the TPB model to be examined for applicability. The results from the study support the applicability in the TPB model for explaining gambling behaviour. The TPB model was much better at predicting gambling frequency than past-year gambling in this sample of college students. The study was a success and could be used to calculate gambling frequency, subsequently decreasing how frequently one gambles.

Martin, J. R., Nelson, S., LaPlante, D., Usdan, S., Umstattd, R. M., Perko, M., ... Shaffer, H.

(2010). Using the Theory of Planned Behavior to Predict Gambling Behavior.

Psychology of Addictive Behaviors, 24 (1). 89-97. Doi: 10.1037/a0018452

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people affected by their own or a family member's cancer diagnosis. *Health Expectations*, 20(3), 459-470.

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