

THEORIES OF ADOLESCENCE

ADOLESCENCE

"The democratic youth lives along day by day, gratifying the desire that occurs to him, at one time drinking and listening to the flute, at another downing water and reducing, now practicing gymnastic, and again idling and neglecting everything; and sometimes spending his time as though he were occupied in philosophy."

Plato, 428-348 BC

ADOLESCENCE



"Young men have strong desires, and tend to satisfy them indiscriminately. Of the bodily desires it is the sexual by which they are most easily swayed, and in which they show absence of self-control...They are changeable and fickle in their desires, which are violent while they last. Their impulses are keen but not deep-rooted" (Aristotle, Rhetorica, in 'The basic works of Aristotle', quoted in Muuss, 1996).

ADOLESCENCE

- ❑ Shakespeare wrote in a number of his plays about the problems of youth (ex. Fieance, Macbeth).
- ❑ Rousseau relied on a stormy metaphor in describing adolescence: "As the roaring of the waves precedes the tempest, so the murmur of rising passions announces the tumultuous change.... Keep your hand upon the helm," he advised parents, "or all is lost" (Rousseau, 1762/1962, pp. 172-173).
- ❑ 'Sturm und drang' (storm and stress) in German literature. The exemplary work of the genre was Goethe's (1774/1989) *The Sorrows of Young Werther*.
- ❑ The genre gave rise to popular use of the term "storm and stress," which G. Stanley Hall (1904) adopted a century later when writing his magnum opus on adolescent development.

ADOLESCENCE

- ❑ The 20th & 21st Centuries:
 - G. Stanley Hall's Storm-and-Stress View
 - Influenced by evolution theories (i.e. Lamarck and Darwin)
 - Adolescence: Its Psychology and Its Relations to Physiology, Anthropology, Sociology, Sex, Crime, Religion, and Education*.
- ❑ Margaret Mead's Sociocultural View
 - Coming of Age in Samoa*
- ❑ Anna Freud (1958, p. 267)
 - "To be normal during the adolescent period is by itself abnormal".



ADOLESCENCE

- ❑ Youth as a distinct life phase brought with it a body of knowledge and practice about young people's cognitive and emotional competences, and normative sequencing of their transition to adulthood.
- ❑ Socialization contexts have differentiated.
- ❑ Peer group relations have accreted more significance.

ADOLESCENCE

- Stormy metaphor reconsidered
- J. Arnett (1999, p. 324):

"People tend to see adolescence as a time of life that is more likely than other times of life to involve difficulties such as conflict with parents, mood disruptions, and risk behavior, and scholars' research supports this modified storm-and-stress view of adolescence rather than contradicting it".



TASKS

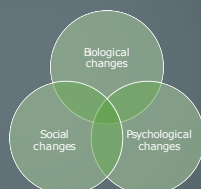
Key Task 1:

Answer the following questions: 1) What's the author main argument? 2) What are the three key elements underpinning the idea that adolescence is difficult? 3) Do you agree with the author's suggestion about the meaning of parent-adolescent conflict? 4) Do you agree or disagree with the author's main argument? Explain., and 5) Do you think that the concept of a 'stormy adolescence' is relevant today? Explain.



ADOLESCENT DEVELOPMENT

- Development: The pattern of change that begins at conception and continues through the life span (Santrock, 2011).
- Developmental processes:



PERIODS OF DEVELOPMENT

- Adolescence
 - Early adolescence
 - Late adolescence

DEVELOPMENTAL ISSUES

- Nature vs. Nurture
- Continuity vs. Discontinuity
- Early vs. Later Experience

THEORIES OF ADOLESCENT DEVELOPMENT

- Psychoanalytic Theories
 - Psychoanalytic (Freud)
 - Psychosocial Theory (Erikson)
- Cognitive Theories
 - Cognitive Developmental Theory (Piaget)
 - Sociocultural Cognitive Theory (Vygotsky)
 - Information Processing
- Kohlberg's Moral Development Theory
- Marcia's Identity Development Theory

TASKS

Key Task 2: Summarise the key assumptions of the nature of adolescence underpinning each of the theories presented in the video.

Psychoanalytic theory
Psychosocial theory
Cognitive theories
Kohlberg's Moral Development Theory
Marcia's Identity Development Theory