# Beyond adolescence

# COGNITIVE & EMOTIONAL CHANGES

# 

# Changes in cognitive speed

#### 20 to \_\_\_\_\_\_\_\_ cognitive skills remain relatively \_\_\_\_\_\_\_\_\_\_\_\_\_

#### 40 to 80, general slowing of some cognitive processes

#### late 50’s slowing in processing speed

#### late 50’s slowing in perceptual; speed

### Changes in memory

#### 40’s and continuing into old age, most people complain about not remembering things

## Personality and social development

### refers to how a person develops a sense of self or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, develops relationships with others, and develops the skills useful in social interactions

## \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ identity or self-identity

### refers to how we describe ourselves and includes our values, goals, traits, perceptions, interests, and motivations

## Development of self-esteem

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### how much we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and how much we value our self-worth, importance, attractiveness, and social competence

### High self-esteem-develop and maintain high levels

#### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of adolescents develop and maintain a strong sense of self-esteem through junior high school

#### do well in school, develop rewarding friendships, participate in social activities, and are described as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, assertive, emotionally warm, and unwilling to give up if frustrated

## Development of self-esteem

### Low self-esteem-develop and maintain low levels

#### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ develop and maintain a chronically low self-esteem through junior high school

#### have continuing personal and social problems (shy, lonely, depressed), which have been present for some time and contribute to low self-esteem

### Reversals-reverse levels

#### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ show dramatic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ self-esteem, either from high to low or low to high

## Development of self-esteem

### Forces shaping self-esteem

#### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

##### are dependent upon the ability to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ others

##### are more likely to be the ones showing declining or low self-esteem

#### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

##### are dependent upon \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which means not letting stress or anxiety make them look bad

##### are more likely to show increasing or high levels of self-esteem

## Adulthood: Erikson’s Psychosocial Stages

### Stage 5: Identity versus role confusion

#### adolescence (12-20)

#### adolescents need to leave behind the carefree, irresponsible, and impulsive behaviors of childhood and develop the more purposeful, planned, and responsible behaviors of adulthood

#### if successful, develop a healthy and confident sense of identity

#### if unsuccessful, experience role confusion,

#### results in having low-self esteem and becoming unstable or socially withdrawn

## Adulthood: Erikson’s Psychosocial Stages

### Stage 6: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### young adulthood (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

#### young adulthood is a time for finding \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by developing loving and meaningful relationships

#### can find intimacy in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### negative side, without intimacy, we will have a painful feeling of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and our relationships will be impersonal

## Adulthood: Erikson’s Psychosocial Stages

### Stage 7: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### middle adulthood (40-65)

#### time for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ develop worthwhile lives

#### positive: achieve \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ through raising our own children

#### also by mentoring at work and helping others

#### negative: lack of involvement leads to a feeling of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, of having done nothing for the younger generation

## Adulthood: Erikson’s Psychosocial Stages

### Stage 8: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### late adulthood (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

#### time for reflecting on and reviewing how we met previous challenges and lived our lives

#### positive side: if we can look back and feel content about how we lived and what we accomplished, we will have a feeling of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### negative side: if we reflect and see a series of crises, problems, and bad experiences, we will have a feeling of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# GENDER ROLES, LOVE & RELATIONSHIP

## Definition: Gender Roles

### Gender \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ behaviors, attitudes, values, and personality traits that society says are how males and females are to think and behave

### U.S. gender roles

#### female gender role includes being caring, insecure, helpful, emotional, social, and shy

#### male gender role includes being arrogant, self-confident, aggressive, ambitious, not emotional, and dominant

## Definition: Gender Roles

### Worldwide gender roles

#### male gender roles include being ambitious, dominant, and independent

#### female gender roles include being submissive, affectionate, and emotional

#### differences in gender roles are clearly defined because society (family, peers, bosses, and colleagues) encourages and rewards behaviors and thoughts that match expected gender roles and discriminate against those that do not fit

## Gender roles: development and function

### Evolutionary Psychology Theory

#### emphasizes genetic and biological forces and says that current gender differences are a continuation of the behaviors that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ men and women who adapted these different behaviors in their attempts to survive the problems of their time

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Theory

#### emphasizes social and cultural influences and states that gender differences between males and females arise from different \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Kinds of love

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_love

#### involves continuously thinking about the loved one and is accompanied by warm sexual feelings and powerful emotional reactions

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ love

#### involves having trusting and tender feelings for someone whose life is closely bound up with one’s own

## Kinds of love

### Triangular theory of love

#### Passion

##### feeling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and attracted to someone

#### Intimacy

##### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and connected to someone

##### develops through sharing and communicating

#### Commitment

##### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the feelings of love and to actively maintain the relationship

# PHYSICAL CHANGES: AGING

## Kinds of aging

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ aging

#### gradual and natural slowing of our physical and psychological processes from middle through late adulthood

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_l aging

#### caused by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, physiological problems, or diseases, such as Alzheimer’s

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### study of aging

## Sexual changes with aging: women

### physical symptoms

#### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, some sleep disturbance, and dryness of the vagina, which results from a decrease and eventual stoppage in the secretion of estrogen

### psychological symptoms

#### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, anxiety, and anger

### sexual activities

#### women who experienced sexual activity as fulfilling and enriching before menopause will likely continue to enjoy sexual activity after menopause and into late adulthood

## Sexual changes with aging: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### older men may require more time and stimulation to have an erection

#### healthy men usually have no difficulty in becoming sexually aroused or reaching orgasm

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ problems

#### Some men see their decreased sexual abilities as a threat to their self-esteem