

## Human Development

### Chapter 14 – Young Adulthood: Personality and Sociocultural Development

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Love and work are involved in development during young adulthood.

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#### Continuity and Change

Stable personality is typically not achieved until the later part of young adulthood.

Personality is not set in concrete. Abrupt changes in family, work, and social life, can influence personality at any point of the lifespan.

#### Self, Family, and Work

For fathers, a more positive work experience can have a positive effect on parenting style.

#### The Personal Self

Maslow's approach was less about stages and more about needs which must be met in order to achieve before a person can reach true potential –*Self-actualization*.

*Humanistic psychology* – The view that humans actively make choices and seek to fulfill positive personal and social goals.

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Domains of Self – adult development that involves dynamic interactions among the self as an individual, a family member, and a worker which take place within the context of community and culture.

Maslow's Hierarchy of Needs – A collection of needs/drives/desires that must be met for a person to achieve full potential. No one is more important than another, but lower needs are required before higher ones can be addressed.

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*Conditions of worth* – external values of what is worthwhile that are often impossible to fulfill.

*Unconditional positive regard* – Rogers proposition that we should warmly accept another person as a worthwhile human being, without reservations or conditions.

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#### Self as a Family Member

Louis Hoffman's four aspects

1. *Emotional independence* – less dependence on parents for social/psychological support.
2. *Attitudinal independence* – development of attitudes, values, and beliefs that may be different from the parents
3. *Functional independence* – ability to take care of financial and other day-to-day problems of living
4. *Conflictual independence* – ability to separate from parents without feelings of guilt or betrayal

Young adults who are unable to complete the separation process – especially conflictual – are more likely to develop psychological adjustment problems.

#### Self as Worker

Work can serve different function for individuals. It can be;

- Just a job / a means of survival / to provide money
- A chance to be creative and productive
- An addiction

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*Intrinsic factors of work* – satisfaction workers obtain from doing the work in and of itself.

*Extrinsic factors of work* – satisfaction in the form of pay, status, and other rewards for work.

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Friendships can be an important extrinsic factor particularly for low skill, low ceiling jobs and can provide emotional support.

Extrinsic factors can also affect health. High job demands combined with unclear supervision can lead to stress related illnesses.

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#### Forming Close Relationships

Adult Friendships

Close friends are

- People we can trust and rely in times of difficulty
- Always ready to help
- Whom we enjoy spending time with

Close friendships are characterized by positive emotional attachment, need fulfillment, and interdependence – characteristics closely akin to those of love.

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#### Sternberg's Triangular Theory of Love

Three components of Sternberg's theory

1. *Intimacy* – sense of being connected or bound to the loved one. Sharing may be most important in converting dating to marriage.
2. *Passion* – physical attraction, arousal, sexual behavior
3. *Decision/commitment* – being in love and making the commitment to maintain it.

Combinations:

- *Romantic Love* – Intimacy + Passion
- *Fatuous Love* – Passion + Commitment
- *Companionate Love* – Intimacy + Commitment
- *Consummate Love* – Intimacy + Commitment + Passion

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#### Couple Formation and Development

Arland Thorntan found weakening in norms requiring couples to marry, remain married, have children, monogamy within marriage, and role separation.

Most people still choose traditional family lifestyle with children.

#### Marital Choice

Freud speculated that choice was a transference of love toward opposite sex parent.

Richard Center's *instrumental theory of mate selection* dealt with gratification of needs but some needs are more important than others and some are more appropriate to men than women.

Murstein's *stimulus-value-role theory* says people want to get the best possible deal.

McGoldrick's *family system perspective* emphasizes development of a new structure of boundaries and relationships, as well as a process of getting to know each other.

### **Marriage**

90% of men and women will marry at some point in their lives.

Many cultures only approve of sexual intimacy within marriage but this varies considerably.

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Arab cultures are very strict, primarily with post-pubescent women. And the families, not the participants, conduct the courtship.

Courtship in the US is more flexible but the community may still frown on unusual marriages (mixed, gay, polygamy, etc.)

### **Alternatives to Formal Marriage**

Co-habitation may or may not be similar to marriage.

Cohabitation increased eightfold from 1970 to 1996.(523,000 to 3,958,000)

For under 25 yr., cohabitation increased 15-fold from 1970 to 1996 (55,000 to 816,000)

64% of cohabiting couples do not have children.

Most cohabitators are young adults. 59% are 25 to 44.

1/3 of all cohabiting couples eventually marry if they can.

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Cohabitation requires many of the same communication and negotiating skills as marriage.

Both men and women cohabitators are more likely to have affairs outside the relationship.

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### **Parenthood and Adult Development**

Parenthood and the birth of a child introduce many physical and psychological stresses.

### **The Family Life Cycle**

Birchler milestones

1. Leaves the family of origin
2. Marriage adjustments
3. Birth of the first child

Other milestones

- Entry of first child in school
- Birth of last child
- Departure of last child
- Death of spouse

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### **The Transition to Parenthood**

Effects of transition on specific domains of personal and family life

- Changes in identity and inner life
- Shifts in roles and relationships within marriage
- Shifts in generational roles and relationships
- Changing roles and relationships outside the family
- New parenting roles and relationships

The arrival of the first child usually constitutes a transition rather than a crisis.

Most women do not experience post-partum depression but rather 2-3 days of milder "baby blues".

Social support, especially from the father is crucial to the new mother.

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### **Coping with Children's Developmental Stages**

Each critical period in the child's development produces or reactivates a critical period in the parents.

Galinsky's six stages of parenthood

1. Image-making stage – conception to birth
2. Nurturing stage – birth to about 2 yr.
3. Authority stage – roughly 2 to 5 yr.
4. Interpretive stage – middle childhood
5. Interdependence stage – teenage years
6. Departure stage – when grown children leave home

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### **Coping with Single Parenthood**

Between the 1960s and 1970s, divorce increased greatly, traditionally children are awarded to the mothers, and more births to unwed mothers.

### **Single Mother Families**

In 1998, 32.8% of all births were to unmarried mothers. For black women, the rates was 69.1%

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Single mother homes are more numerous and more often below poverty level in black families.

Single women head 58% of all black families with children under 18.

Black and Hispanic families are more likely to live in multigenerational households.

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### **Single Father Families**

10% of fathers now gain full custody of their children and another 16% have joint custody.

They experience many of the same problems and tensions as mothers but are often better off financially.

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### **Gay and Lesbian Families**

Families with same-sex parents are relatively new and little research has been conducted. There appears to be little detrimental effect as compared with heterosexual families.

Children may actually become more tolerant of others.

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**The Occupational Cycle**

## **Chapter Not Complete**