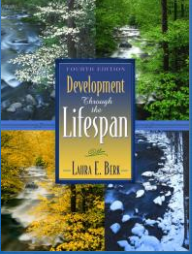


## Development Through the Lifespan



### Chapter 13

#### Physical and Cognitive Development in Early Adulthood

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## Emerging Adulthood

- Slower than in past to reach milestones of adulthood
- Prolonged identity development
  - More education
  - Later career entry
- Less available for low SES



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## Theories of Changes in Thinking in Early Adulthood

- Piaget – postformal thought
- Perry – epistemic cognition
- Labouvie-Vief –
  - Pragmatic thought
  - Cognitive-affective complexity



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## Development of Epistemic Cognition

1. Dualistic thinking
2. Relativistic thinking
3. Commitment within relativistic thinking



- Challenges
  - Opportunities to reflect
  - Peers
- All help development

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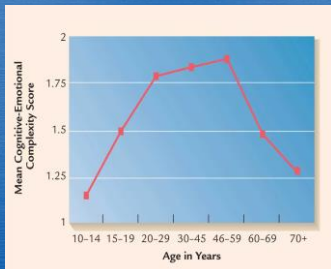
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## Cognitive-Emotional Complexity Across Adulthood



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## Expertise and Creativity

- Expertise = acquisition of extensive knowledge in a field
  - Takes many years
  - Affects information processing
- Effects on creativity
  - Problem finding
  - 10-year rule
  - Creativity usually rises in early adulthood

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## The College Experience

- Formative, influential “developmental testing ground”
- Exposure to new ideas, beliefs, demands leads to cognitive growth, new thinking patterns
  - Relativistic thinking
  - Increased self-understanding
- Depends on participation in campus life



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## Periods of Vocational Development

- Fantasy period
- Tentative period
- Realistic period
  - Exploration
  - Crystallization



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## Personality Types and Vocational Choice

- Investigative
- Social
- Realistic
- Artistic
- Conventional
- Enterprising



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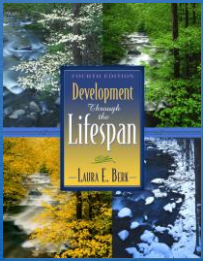
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**Development Through the Lifespan**



**Chapter 14**  
**Emotional and Social Development in Early Adulthood**

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**Erikson's Theory: Intimacy versus Isolation**

**Intimacy**

- Making a permanent commitment to intimate partner
- Involves giving up some newfound independence, redefining identity
- Strong identity helps
- Affects friendships, work

**Isolation**

- Loneliness, self-absorption
- Hesitate to form close ties
- Fear of losing identity
  - Compete
  - Reject differences
  - Threatened by closeness

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**Levinson's Early Adult Season**

- **Early adult transition**
  - Dream
  - Mentor
- **Early adulthood life structure**
  - Men: "settling down"
  - Women: continued instability, more roles
- **Age 30 transition**
  - Reevaluate life structure
  - Often focus on underdeveloped aspects



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## Vaillant's Adaptation to Life



- 20s – intimacy concerns
- 30s – career consolidation
- 40s – generative
- 50s-60s – “keepers of meaning”
- 70s – spiritual and reflective

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## Social Clock



- Age-graded expectations for life events
- Less rigid than in earlier generations
- Following a social clock lends confidence, contributes to social stability
- Distress if not following or falling behind

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## Childhood Attachment and Adult Romantic Relationships

Attachment History	Working Model	Adult Relationships
Secure	Comfortable with intimacy; unafraid of abandonment	Trust, happiness, friendship
Avoidant	Stress independence, mistrust, anxiety about closeness	Jealousy, emotional distance, little physical pleasure
Resistant	Seek quick love, complete merging	Jealousy, desperation, emotional highs & lows

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## Triangular Theory of Love

- Three components:
  - Intimacy
  - Passion
  - Commitment
- Passionate love early; companionate love later
  - Passion gradually fades while intimacy, commitment grow
- Cultural differences



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## Friendships in Early Adulthood

- Friends usually similar age, sex, SES
- Common interests, experiences, needs
  - Add to pleasure of friendship
- Enhance self-esteem, make life more interesting
- Trust, intimacy, loyalty continue important
- Siblings often friends



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## Gender and Friendship

### Same-Sex Friendships

- Gender differences
  - Women's more intimate
- Individual differences
  - Longer friendships more intimate
  - Single people more intimate with friends

### Other-Sex Friendships

- Fewer, shorter-lasting than same-sex
  - Educated, employed women have most
- Benefits to both genders
  - Men: opportunity for expression
  - Women: new views
- Sexual attraction must be considered

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## Family Life Cycle

- Early adulthood
  - Leaving home
  - Joining families in marriage
  - Parenthood
- Middle adulthood
  - Launching children
- Late adulthood
  - Retirement
  - Death of spouse



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## Leaving Home

- Average age decreasing
  - 50% of 18- to 25-year-olds live with parent
  - Depart for education earlier, marriage later
  - Too early long-term disadvantage
- Many return briefly
- SES, ethnicity affect ability, interest in leaving
- Family relationships can improve



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## Trends in Marriage

- Marrying later
- More cohabiting before marriage
- Fewer marriages
  - Staying single, cohabiting, not remarrying
  - But North Americans still pro-marriage
- Legalization of same-sex marriage in some places
- More religious and ethnically mixed marriages



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## Transition to Parenthood

- Many profound changes
- Roles often become more traditional
  - Roles get less traditional with second birth
- Marriage can be strained
  - Problems before children predict problems after
  - Sharing care predicts happiness
- Later parenthood eases transition
  - Couple's groups, paid leave help, too



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## Parenting

- Powerful source of adult development
- With young children
  - Best parents work together as coparenting team
  - Challenges: few social supports; hard to find child care
- With adolescents
  - Brings sharp changes
  - Challenges: negotiation of roles, dip in marital satisfaction



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