

SECTION 1: PHYSICAL DEVELOPMENT

- Most people in developed countries experience a stage of emerging adulthood from their late teens to at least mid-twenties, before entering a more stable young adulthood at around age thirty

5 developmental features distinctive to emerging adulthood:

1. The age of identity explorations (Most distinctive)
2. The age of instability
3. The self-focuses age
4. The age of feeling in-between
5. The age of possibilities

- Erik Erikson (1950) first to develop the idea of identity

Social Control restraints on behavior imposed by social obligations and relationships

- Across developed countries, the most serious threat to the lives and health of adolescents and emerging adults comes from automobile driving
- In the U.S. people aged 16 - 24 have the highest rates of automobile accidents, injuries, and fatalities

What explains the higher rates of substance use among emerging adults?

- Wayne Osgood borrowed from a sociological theory that explains all deviance on the basis of propensity and opportunity
- People behave deviantly when they have a combination of sufficient propensity (sufficient motivation for behaving deviantly) along with sufficient opportunity

SECTION 2: COGNITIVE DEVELOPMENT

- In Piaget's theory, formal operations is the culmination of cognitive development
- Research indicates that cognitive development often continues in important ways during adulthood

Postformal Thinking According to some theorists, the stage of cognitive development that follows formal operations and includes advances in pragmatism and reflective judgement

Pragmatism Theory of cognitive development proposing that postformal thinking involves adapting logical thinking to the practical constraints of real-life situations

According to Gisela Labouvie-Vief....

- Cognitive development in emerging adulthood is distinguished from adolescent thinking by a greater recognition and incorporation of practical limitations to logical thinking
- In this view, adolescents exaggerate the extent to which logical thinking will be effective in real life
- In contrast, emerging adulthood brings a growing awareness of how social factors and factors specific to a given situation must be taken into account in approaching most of life's problems

Dialectical Thought according to Basseches, a kind of thinking in emerging adulthood that involves a growing awareness that problems often have no clear solution and two opposing strategies or points of view may each have some merit

- A similar theory of cognitive development

Reflective Judgment capacity to evaluate the accuracy and logical coherence of evidence and arguments, theorized to develop during emerging adulthood

- An influential theory of the development of reflective judgement in emerging adulthood was proposed by William Perry (1970/1999)
- According to Perry, adolescents and first-year college students tend to engage in dualistic thinking meaning they often see situations and issues in polarized terms - an act as either right or wrong - with no in-between
- In this sense, they lack reflective judgement.
- Reflective judgement tends to develop around age 20
- Stages of reflective judgement;
 - *Multiple thinking*
 - *Relativism* (able to recognize the legitimacy of competing points of view, while attempting to evaluate the merits of competing views)
 - *Commitment* (Commit themselves to certain points of view they believe to be the most valid, while being open to reevaluating their views if new evidence is presented to them)

- Indicated that significant gains may take place in emerging adulthood
- Gains that occur appear to be due more to education than to maturation

SECTION 3: EMOTIONAL AND SOCIAL DEVELOPMENT

Erik Erikson's Theory (theory of development 1950)

- Each stage of life has a central crisis, and in adolescence the crisis is identity versus identity confusion

Identity versus identity confusion in Erikson's theory, the crisis of adolescence, with two alternative paths, establishing a clear and definite identity, or experiencing identity confusion, which is a failure to form a stable and secure identity

- The key areas in which identity is formed are love, work, and ideology (beliefs and values)
- In Erikson's view, a failure to establish commitments in these areas by the end of adolescence reflects identity confusion
- Three elements essential to developing an identity according to Erikson
 1. Adolescents assess their own abilities and interests
 2. Adolescents reflect on the identifications they have accumulated in childhood
 3. Adolescents assess the opportunities available to them in their society
- James Marcia constructed a measure called the Identity Status Interview that classified adolescents into one of four identity statuses:

1. Diffusion - no exploration with no commitment
2. Moratorium - exploration but no commitment
3. Foreclosure - not experimented but have committed to certain choices
4. Achievement - exploration and commitment

Identity Status Model model for researching Erikson's theory of identity development, classifying identity development into four categories

Bicultural identity identity with two distinct facets, for example one for the local culture and one for the global culture, or one within one's ethnic group and one for others

- Issues of ethnic identity come to the forefront in adolescence and continue to grow in importance into emerging adulthood

Ethnic identity...

Assimilation option that involves leaving behind the ways of one's ethnic group and adopting the values and way of life of the majority culture

Marginality involves rejecting one's culture of origin but also feeling rejected by the majority culture

Separation is the approach that involves associating only with members of one's own ethnic group and rejecting the ways of the majority culture

Biculturalism involves developing a dual identity, one based in the ethnic group or origin and one based in the majority culture

- Some studies have found that adolescents who are bicultural or assimilated have higher self-esteem

Stereotype belief that others possess certain characteristics simply as a result of being a member of a particular group

- Religiosity generally declines from adolescence through emerging adulthood
- Political involvement tends to be very low among emerging adults

"*Recentering*" moving away from one's family, socially and emotionally, and toward a new love partner, in marriage or another long-term romantic partnership

Cohabitation unmarried romantic partners living together

Unemployment work status of adults who are not in school, are not working, and are looking for a job

- Unemployment is especially concentrated among Black and Latino emerging adults and among young people who drop out of high school
- Internet use was higher among emerging adults than in any other age group