

ADOLESCENT PSYCHOLOGY

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How do friendships change in adolescence?



Outline

- Friendships in adolescence
- Dating in adolescence
- Sex and sexuality in adolescence

Friendships in Adolescence

Friendships in adolescence

Self-disclosure

- The process in which individuals communicate to others intimate information about the experiences and feelings

Intimacy

- An emotional attachment to someone with whom one shares personal knowledge and a concern for each other's well-being



Sullivan and friendship development

- Stages of friendship development:
 - Individuals pass through a sequence of stages of **interpersonal** needs and social relationships

STAGE	SOCIAL NEED	KEY RELATIONSHIP
Infancy (0–2 years)	Tenderness	Parents
Childhood (2–6 years)	Companionship	Parents
Juvenile (6–9 years)	Acceptance	Peers
Preadolescence (9–12 years)	Intimacy	Same-sex friend ("Chum")
Early adolescence (12–16 years)	Sexuality	Romantic partner
Late adolescence (16 years–adulthood)	Integration into adult society	Significant adults

Sullivan and friendship development

Need for sexuality

- A need that emerges in response to the biological changes of puberty and the social changes of the adolescent peer group
- Need for sexuality needs to be balanced with the need for intimacy
- Individuals may try to meet these needs in one or many relationships



Erikson and friendship development

Quest for intimacy

- Erikson suggested adolescents experience the crisis of *intimacy vs. isolation*
- Focus of this stage is to form intimate relationships or one will feel lonely and isolated
- Individuals must have a strong sense of personal identity prior to developing intimate relationships



Bowlby and friendship development

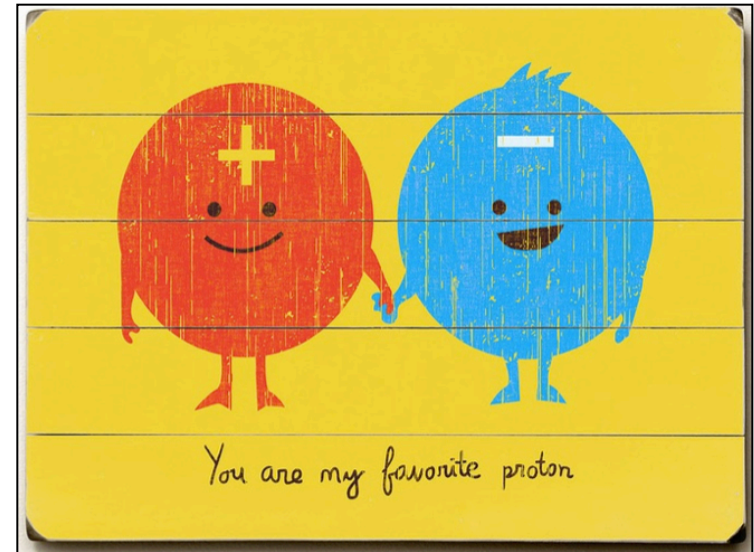
Attachment and working models

- Attachment relationships in infancy have long lasting effects
- *Working models:*
 - Implicit expectations about relationships that form in infancy and affect attitudes towards others



Who becomes your friend?

- *Do opposites attract?*
- In high school, friends tend to be similar on many factors:
 - SES
 - Age
 - Sex
 - Ethnocultural background
 - Religion
 - Academic achievement
 - Attitudes towards school
 - Antisocial behavior
 - Drug and alcohol use
 - Identity status
- *What accounts for the similarities?*



Opposite sex friends

- Close friendships between male and female pre and early adolescents are rare
- Older adolescents are more likely to have a close opposite sex friend
- Opposite sex friendships are particularly rewarding for males



Quality of friendships

Positive aspects of friendships:

- Companionship
- Intimacy
- Trust
- Loyalty
- Warmth
- Acceptance
- Support
- Guidance

Negative aspects of friendships:

- Dominance
- Conflict
- Hostility
- Rivalry
- Belittlement
- Betrayal

Quality of friendships

- High-quality vs. low-quality friendships
- The role of self-esteem
- Social anxiety and rejection sensitivity



Summary

- Friendships become important in new ways for adolescents
- Mutual trust and understanding lead to more self-disclosure which leads to more intimacy
- According to Sullivan adolescents must incorporate their need for sexuality into the process of friendship development
- High-quality friendships have many positive features while low-quality friendships have many negative features
- Each type of friendship has influences adolescents in different ways



Dating in Adolescence

Dating in adolescence

- Details about dating rituals have changed, but dating remains a key element of social relationships in adolescence
- Dating provides teens with a socially acceptable way satisfy a variety of social needs; recreation, status, socialization, companionship, sexual exploration, courtship



https://www.youtube.com/watch?v=O_BCDzJA69E

Dating in adolescence

- Different aspects of dating are more important at different times during adolescence
- Early adolescence – status and recreation are most important
- Later in adolescence – companionship and intimacy become more important
- Sequence of dating in North America
 - Hanging out in mixed gender groups
 - Going on group dates
 - Having a boyfriend/girlfriend



When does dating start?

- By the age of 15, 71% of Canadian adolescents report that they have dated
- **Early** vs. late bloomers
- Over the course of adolescence 90% of teens experience at least one romantic relationship



Is dating necessary for love?

- Cultures differ in the rituals and rules of dating
- More traditional cultures often are not as accepting of opposite sex relationships as Western cultures
- Courtship is a ritual focused on preparation for marriage

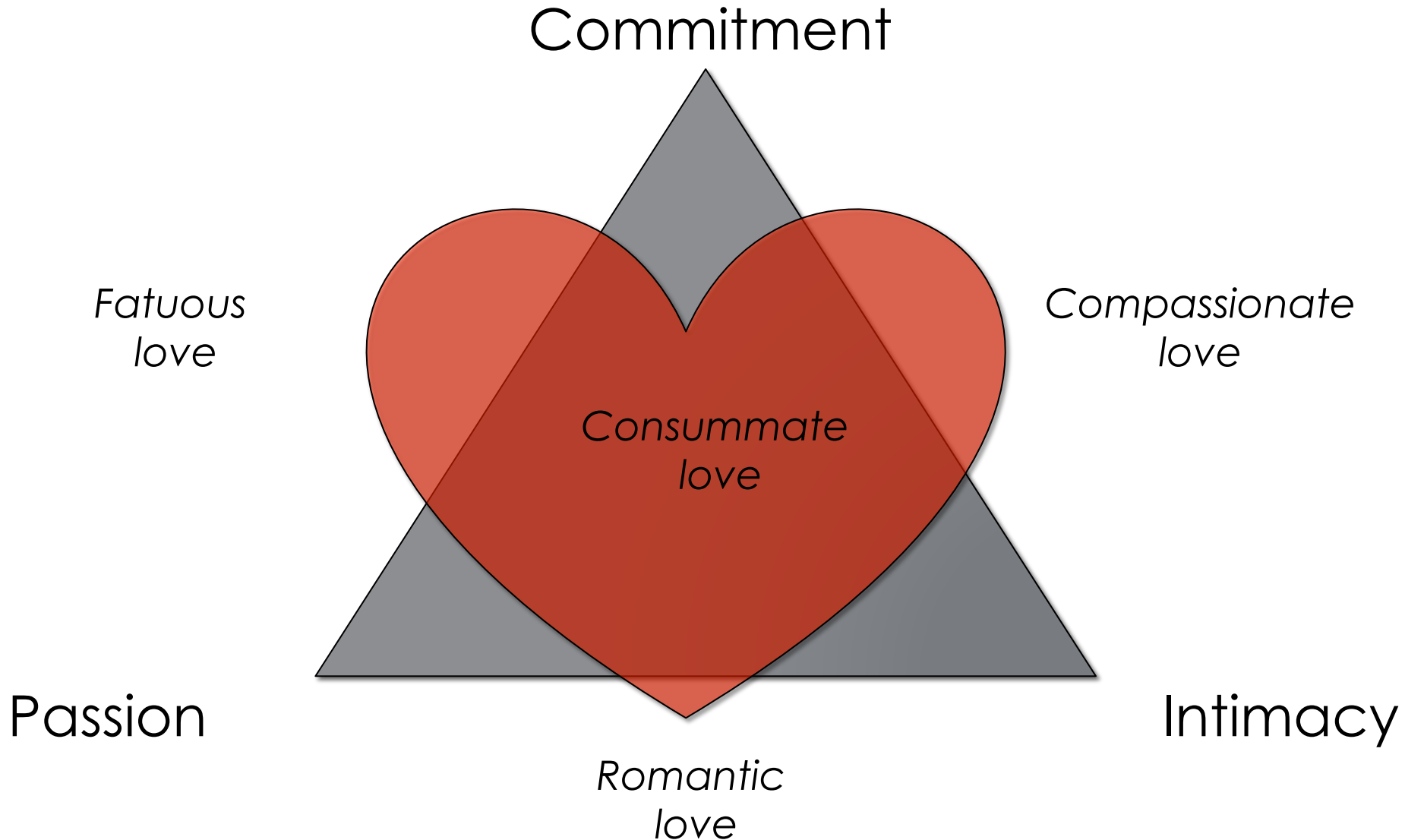


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The development of romance

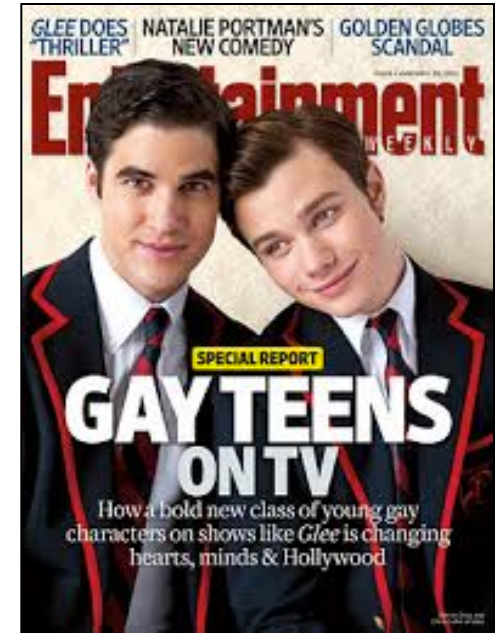
- Jennifer Connolly's four phases of romantic relationship development:
 - Initial infatuations
 - Affiliative relationships
 - Intimate relationships
 - Committed relationships

Sternberg's triangular theory



Romantic relationships of LGBT youth

- Only recently has research focused on adolescent romantic relationship of LGBT youth
- Some argue that romantic relationships are even more important for sexual-minority adolescents
- There is not one “typical” relationship course for sexual-minority adolescents
- Gender differences in sexual minority relationships



Breakups

- Major cause of depression, especially in girls
- Why are breakup in adolescence so painful?
 - Loss of status in peer group
 - Personal fable and egocentrism
 - Public knowledge of breakup
- Breakups often prove to be valuable experiences



Summary

- Romantic relationships in adolescence have greater emotional intensity compared to friendships
- In North America romance is linked to dating, which varies in function ranging from recreation to sexual exploration to courtship
- Dating progresses from socializing in mixed gender groups, going on group dates, to having a boyfriend/girlfriend
- Sternberg suggest romantic relationships are made of three components; passion, intimacy, and commitment
- Breakups are difficult for adolescents, but often are a valuable social learning experience



Sex and Sexuality in Adolescence

Culture and adolescent sexuality

Restrictive cultures

- Societies that control or forbid any sexual expression before adulthood or marriage

Semirestrictive cultures

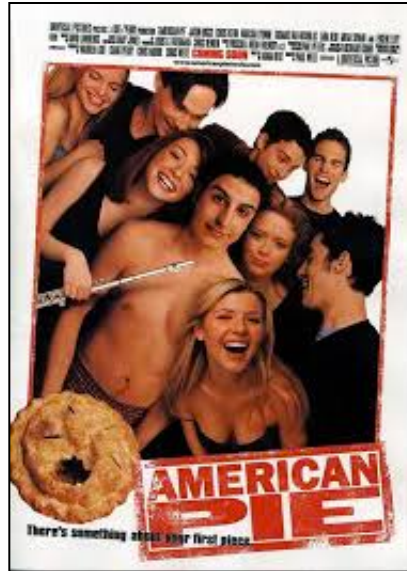
- Societies that prohibit premarital sex, but do not strictly enforce this prohibition

Permissive societies

- Societies that take it for granted that children and adolescents will be sexually active



What kind of society do we live in?

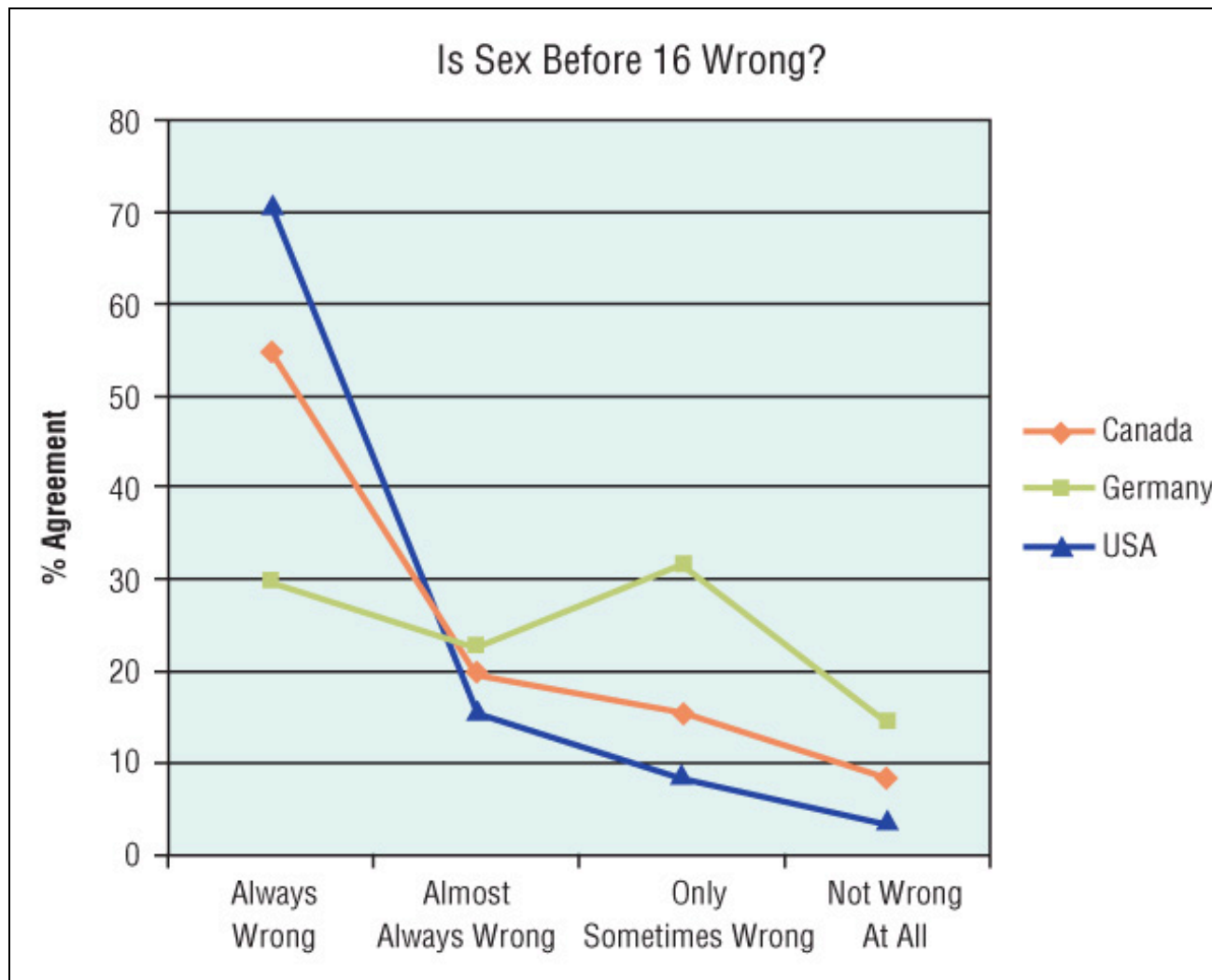


Take control. Learn more.

<p>PREVENTING PREGNANCY</p>	<p>GYT GET YOURSELF TESTED</p> <p>STDs & TESTING</p>
<p>RELATIONSHIPS</p>	<p>BLOG</p>



Attitudes towards adolescent sexuality



Sexual activity in adolescence

- **Masturbation**

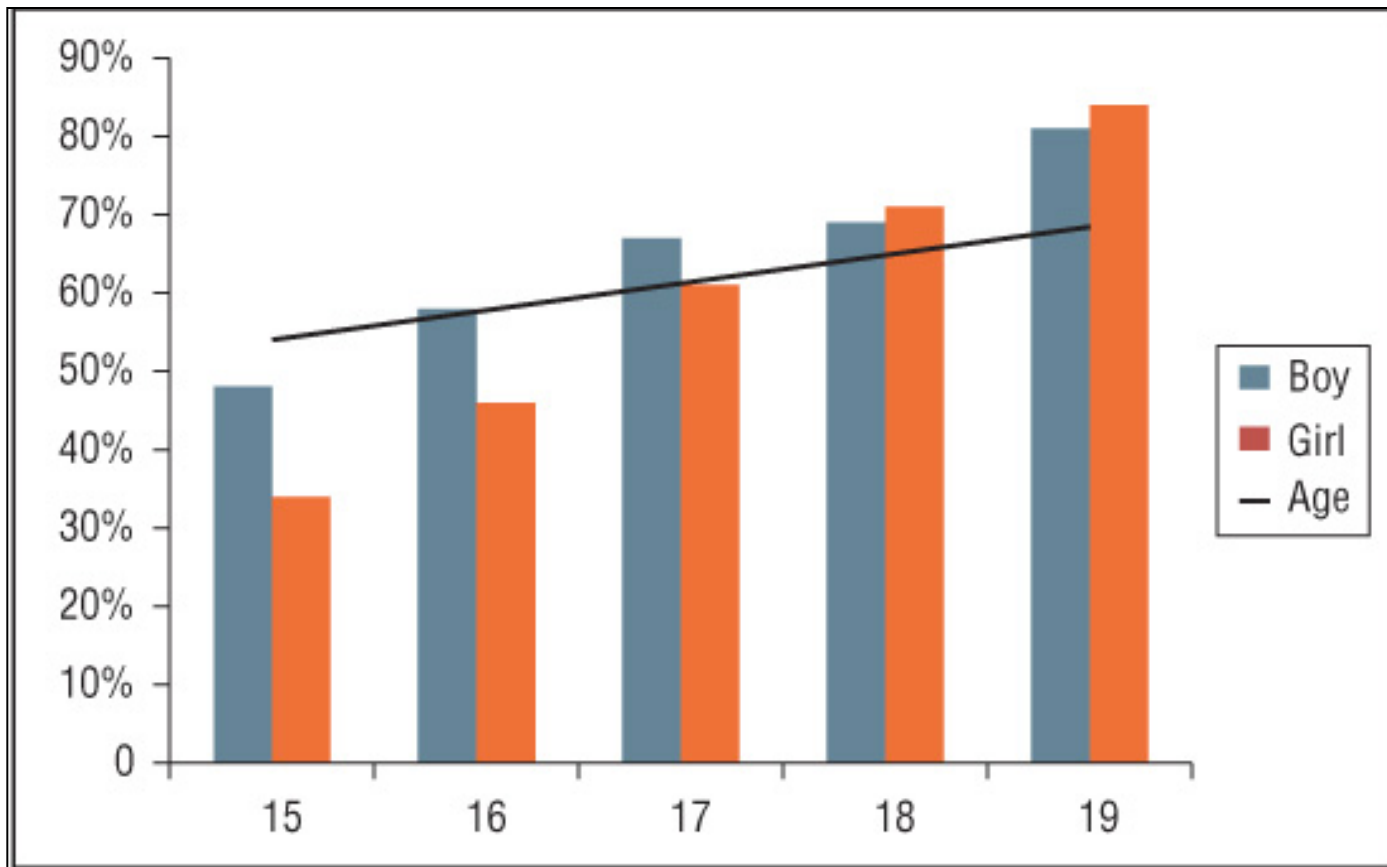
- By 19, 90% of boys report having masturbated, about half as many girls
- Traditional gender roles

- **Oral sex**

- Many teens engage in oral sex prior to, or at the same time as initiating intercourse
- Some teens report having more oral sex partners than intercourse partners
- Why more oral sex?

Sexual activity in adolescence

- Transition to intercourse



Number of Canadian youth who have had intercourse

Sex and relationships

- In North America 72% of adolescents say sex is ok in the context of a serious relationship
- 38% say it's ok if you're just friends
- What do adolescents actually do?
 - In one study, 70% report their first time being with a partner, but 25% of girls and 37% of boys reported they had sex prior to the relationship beginning or within the first month
- What factors contribute to when adolescents start having intercourse?

Attitudes towards premarital sex

SEX/LOVE

IT HAPPENED TO ME: I Waited Until My Wedding Night to Lose My Virginity and I Wish I Hadn't

At the age of 10, I took a pledge to remain a virgin until marriage.

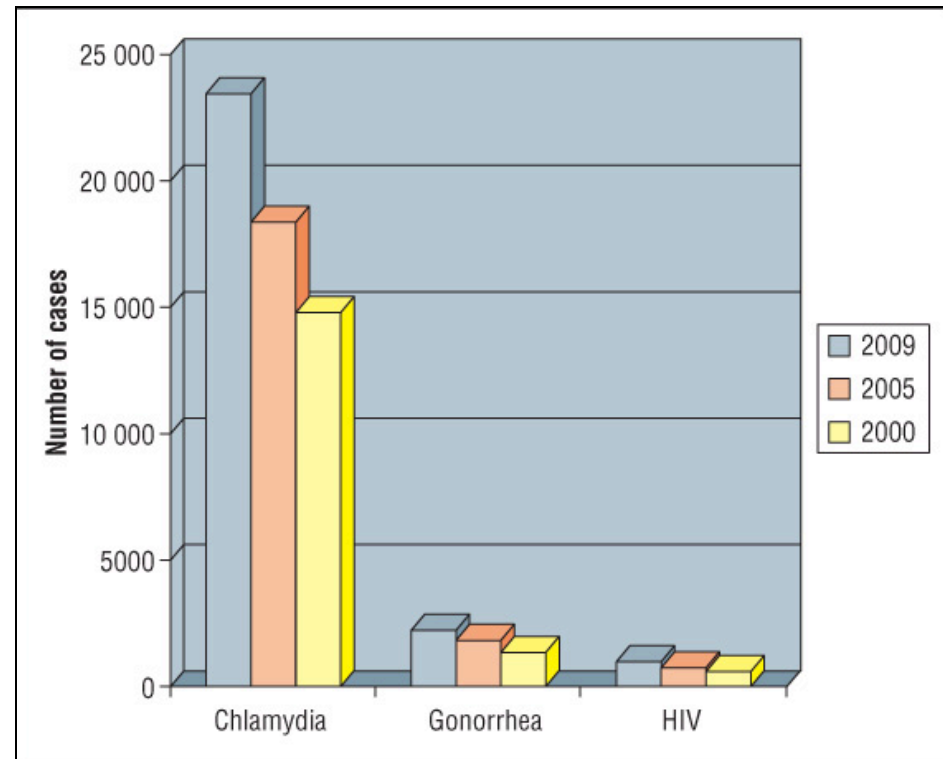


SAMANTHA PUGSLEY · AUG 1, 2014

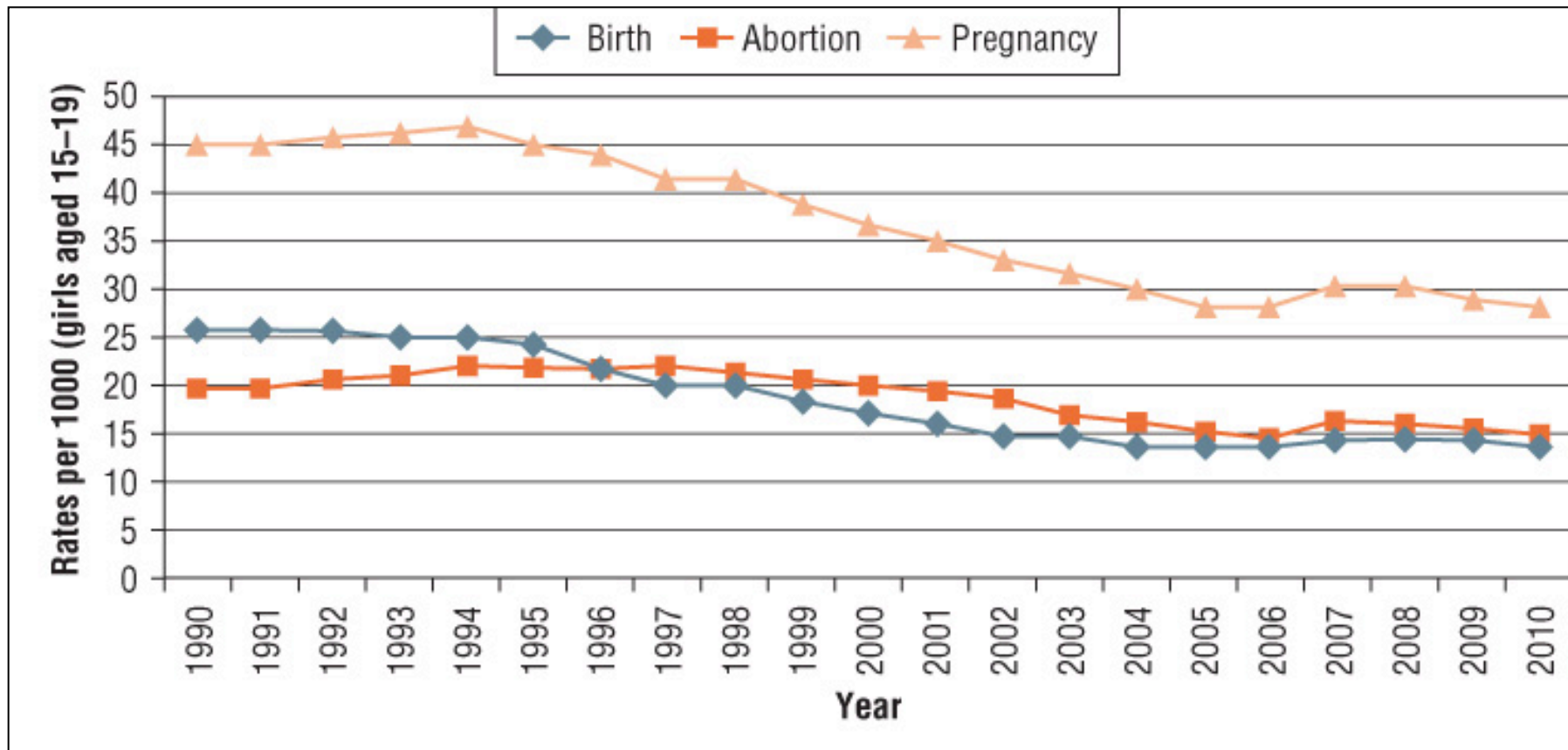
<http://www.xojane.com/sex/true-love-waits-pledge>

Risks of adolescent sex

- **Sexually transmitted infections (STIs)**
 - Lack of experience or mature judgment put adolescents at increased risk for contracting an STI
- Latency periods and lack of physical symptoms make it more likely for individuals to have an STI without knowing



Teen pregnancy



International rates of teen pregnancy

- *Why the difference?*
 - Canadian teens less sexually active?
 - Differences in contraception use?
 - Differences in contraception availability?
 - Differences in planning for sexual activity?



67.8 pregnancies per 1000 girls



27.9 pregnancies per 1000 girls

Consequences of teen pregnancy

- Negative outcomes often associated with teen pregnancy
- 50% of Canadian teens who become pregnant choose to have an abortion; 30% of American teens
 - Differences in SES and education
- Mixed research results on the psychological outcomes of having an abortion during adolescence



Summary

- Physical, hormonal, and psychological changes that occur in adolescence make sexuality a major issue for adolescence
- Cultures differ in their level of restrictiveness or permissiveness of adolescent sexuality
- Partnered sex often follows a pattern of increased sexual intimacy
- STIs and pregnancy are risks associated with adolescent sexual activity

