

## Human Development Final Exam

### Adolescence

- I. Defining and Measuring
  - Adolescence is transition between childhood and adulthood
  - A. Chronological: teens or junior high
  - B. Biological: puberty
  - C. Cultural: rites of passage (coming of age)
    1. Religious → (Confirmation, baptism)
    2. Mutilation → (Circumcise, piercing, tattoos)
    3. Walkabout

### Puberty

- Physical changes that make an individual capable of reproduction
- How it works
  - o Hypothalamus
  - o Endocrine system
  - o Pituitary Gland
    - Human Growth Hormone
    - Gonadotropins
- Primary sex characteristics (make individual capable of reproduction)
  - o Production of sperm (testes mature)
    - Spermatarche- first ejaculation
      - Occurs during masturbation (occasionally sleep)
      - 14 years
  - o Menstruation (ovaries mature and release eggs)
    - Menarche- first menstrual cycle
      - Ovaries release egg on 28 day cycle
      - First few cycles may be irregular
- Secondary sex characteristics (observable changes in physical appearance)

### Early vs. Late Puberty:

1. Males
  - a. Puberty generally a positive experience
  - b. Early developers=higher status
2. Females
  - a. Puberty generally a negative experience
  - b. Early developers= lower self esteem, poorer body image

### Menarche

#### Why is menarche beginning earlier?

- Nutrition (fattier diets)
- Health Care

#### Critical Weight Hypothesis

- Menstruation triggered by weight/fat ratio

- Delayed in very lean girls
- Amenorrhea: menstrual cycle stops when female fall below weight/fat ratio
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## Adolescence Sex

→11% of adolescents engage in anal sex with someone of the opposite sex

→ 55% males & 54% females are engaged in oral sex with someone from the opposite sex

→Each year there are 19 million STD infections

→12% all pregnancies each year occur among adolescents

- Who are males and females sleeping with?
  - Males:
    - Casual, acquaintance, dating with affection
  - Female
    - Someone loved, expected to marry
- Why the discrepancy between males and females?
  - Differing sexual scripts
    - Males- sex leads to intimacy
    - Females- intimacy leads to sex
  - Differing scripts may explain high instance of acquaintance rape
    - 1/7 college women report being raped
      - 80% by acquaintance
  - Masturbation is the most common adolescent sexual activity
    - 95% of males
    - 50% females
  - Homosexuality activity
- A. Why not use contraceptives?
  - a. Uneducated
  - b. Limited access
  - c. Invulnerable
- B. USA teen pregnancy rate highest in the world
- C. Sexual activity same as other countries

## Sources about Sex

- I. Where do teens learn about sex?
  - a. Parents (too late, awkward)
  - b. Media (music, movies, TV, magazines)
  - c. School (Sex ed)
  - d. Friends, peers (inaccurate)
- II. Consequences
  - a. Pregnancy
  - b. STD's

## Teen Pregnancy

- I. 50 % of teens report that pregnancy resulted from first sexual encounter
  - a. 80% unintended

b. 80% unmarried

## II. Sexually active teens

- i. 20% never use contraception
- ii. 40% sometimes
- iii. 40% regularly use

### Contraception

- Reduce likelihood of pregnancy
- Contraceptive do not prevent stds
- Abstinence is key

### Identity

#### What is identity?

- Answer: who am i?
- Includes: appearance, attitudes, beliefs, interest, roles, abilities, career, hopes, groups

#### Primary crisis in adolescence

- Erikson: identity vs. identity confusion
- Turbulent, full of contact

### Identity Conflict Myth

#### Adolescents:

- Often admire their parents
- Feel loved by their parents
- Ask parents for advice
- Adopt parent values

#### Differ:

- Clothes
- Music
- Tv
- Friends
- Activities

#### Disagreements occur

- Adolescents believe these are personal traits
- Parents believe these are right/wrong

### Identity Development

#### Statuses:

- 2 dimensions: exploration and commitment
- 4 different statuses
  - o Occupation
  - o Politics
  - o Religion
  - o Relationships
- Full identity means achievement in each area