

## Psychology 2301

Fall 2013

### Study guide exam 3

The following terms and definition will be covered on the third exam.

1. Parenting styles
  - Based on 2 dimensions: control (restrictive vs. permissive) and emotional support/warmth (supportive or indifferent)
2. Diana Baumrind and parenting styles
  - 2 dimensions allow for 4 categories
  - Believed
    - Authoritative to be best
    - Warmth/support = positive outcomes [key dimension of secure attachment]
3. Authoritative, authoritarian, permissive, uninvolved parenting styles
  - Authoritative: restrictive & warm
    - Democratic – control by reasoning; balance authority. Kids have a voice
    - Kids are well liked by friends and teachers, socially and in school. Better grades, self-reliant, socially independent
  - Authoritarian: restrictive & cold
    - Not trying to be friends
    - Kids are anxious, aggressive, lower teacher ratings for social skills and grades
  - Permissive: permissive & warm
    - Kids and parents are friends, kids learn their own restrictions
    - Kids are aimless, aggressive, rebellious, self-centered
  - Uninvolved/Indifferent: permissive & cold
    - Don't engage or set restrictions
    - Kids are bad in school, early depression, anxiousness, non-compliant
4. Theories of gender development.... Freudian psychoanalytic, Gender Schema theory, etc.
  - Freud Psychoanalytic
    - Phallic stage – roots of gender development
    - Boys identify with father
    - Girls don't fear like boys – bond with mother
    - \*\*identification
  - Gender Schema Theory – Martin
    - Age 2 ½ - 3 kids develop gender identity motivated to develop gender schemas – organized knowledge of what is gender appropriate
    - Schemas for boys, girls, and both
    - Own gender schema incorporates generalized schemas
    - Ambiguous information is distorted – girl playing with boys toy is seen as a boy (stereotypes)
  - Social Learning Theory
    - Parents reward children for gender appropriate behavior by age 2
    - Direct instruction – more reinforcement for appropriate gender stereotypical behaviors
    - Observational learning – kids observe & imitate; initially take in both boy and girl behaviors but by ages 5-7 have exclusive behavior for gender
5. Gender identity
  - Ability to recognize self as boy or girl
  - Boys – instrumental traits such as active, aggressive, dominant, ambitious, outspoken
  - Females – expressive traits such as kind, considerate, emotional, sensitive, passive
6. Gender constancy
  - Gender regardless of context and situations

- The understanding that gender is a component of the self that is not altered by external appearance
7. Significant physical development middle childhood
    - Ages 6 – 12
    - Grow 2-3 inches/ year and ~6 lbs.
    - Large motor coordination – faster and stronger
    - Fine motor coordination – writing and drawing improves
    - Musical instruments
    - Girls @ 94% adult height by age 12; boys at 84% adult height
    - Girls – slightly more fat and less muscle – better coordinated yet weaker
  8. Major areas of brain growth middle childhood
    - By age 5, master basic grammar and phonology
    - Add 5-10,000 words per year between ages 6-12
    - Improve syntax with adjectives and adverbs
  9. Association areas of brain
    - Pituitary gland – determines rate of physical maturation, signals other glands to secrete
      - General growth hormone, thyroid stimulation hormone, and other activating hormones
    - Two major growth spurts in the brain during middle childhood – both involve development of new synapses as well as increases in the thickness of the cerebral cortex
      - 1<sup>st</sup> – between ages 6 and 8
        - Primarily in sensory and motor areas
        - Fine-motor skills and hand-eye coordination
      - 2<sup>nd</sup> – between ages 10 and 12
        - Frontal lobes develop that govern logic and planning
  10. Health and wellness...head injuries and excessive weight gain, BMI, obesity
    - Wide range of head injuries
      - Bike and car accidents – most common
      - Bike helmet reduces risk by 85%
      - Usually no long term effects
    - Asthma – leading cause of school absence
      - Chronic lung disease – ages 5-7
      - Caused by hypersensitivity to allergens
      - Bronchiole tube swelling, mucus, air blockage
      - Identify causes, how to avoid and administer medicine
      - As lung capacity increases, attacks decrease
    - Excessive weight gain
      - More in a year than expected from overeating and poor diet
      - Decreased activity and increased availability of high calorie convenience foods
  11. Piaget...concrete operational stage, decentration, reversibility
    - Concrete operational stage
      - Kids develop powerful set of new concepts
      - Increase logical and systematic nature of thinking
      - Understand ball of clay is same mass regardless of shape
    - Decentration
      - Capacity to consider multiple factors
      - Conservation task improves
      - Understand tall/skinny glass and fat/short are same volume
    - Reversibility
      - The understanding that both physical actions and mental operations can be reversed
  12. Adolescence
    - Growth spurt – rapid height and weight changes; proportions change

- Typically starts around age 10 ½ for girls, peaks at age 12, slows around 13 – 13 ½
- Boys typically behind 2-3 years; begin around 13, peak about 14, and stop around 15-16
- Puberty – sexual maturity
  - Girls around age 11
    - Breast buds and pubic hair – as early as 8
    - Uterus develops with muscles to accommodate fetus & ovulation begins
    - Average menstruation within 6 months of 13<sup>th</sup> birthday
  - Boys around age 11-11 ½
    - Scrotum and testes enlarge, pubic hair
    - Penis development complete 14-15 years old
    - Early maturing as early as 12
- 13. Hormones and development of sex organs
  - Thyroxine – thyroid gland
  - Adrenal androgen – development of secondary sex characteristics in girls
  - Testosterone – crucial in formation of male genitals
  - Estrogen – development of menstrual cycle and breasts in girls
- 14. Early signs of puberty females and males
  - Females – negative body image
  - Boys – occupy leadership roles and are more academically and economically successful in adulthood
  - Substance use for both
- 15. Menarche
  - The beginning of menstrual cycles
- 16. Early and late maturing males and females
  - Early maturing males do best – poised, confident, leaders, athletic, popular
    - Late maturing boys are unsure of self, socially insecure, catch up later in life and are more innovative and adaptive
  - Early maturing girls are less self-confident, less outgoing/popular
  - Best for girls to be on time
- 17. Illicit drug use in adolescence
  - US has highest rate of drug use among industrialized
  - 2008 – 18% HS students tried drug other than alcohol
  - Alcohol – most common; 60% have at least 1 drink/month
  - 30% drink 5+ drinks when drinking
  - 35% college students – heavy drinkers
  - Alcoholism – top 10 causes of death
- 18. Anorexia nervosa
  - Eating disorder characterized by self-starvation
- 19. Depression
  - Girls twice as likely as boys
  - Increased by divorce, death, loss of job, move, change in school, lack of sleep
- 20. Piaget....formal operations
  - Entirely new form of thought between ages 12-16
  - Adolescents learn to reason logically about abstract concepts
    - Systematic problem solving
    - Hypothetico-deductive reasoning
    - Create hypothesis and test
- 21. Inductive and deductive logic
  - Inductive logic: a type of reasoning in which general principles are inferred from specific experiences