

**exercise in early adulthood**      Exercise at every stage in life protects against serious illness. It also reduces blood pressure, strengthens the heart and lungs and makes depression, osteoporosis, heart disease and even some cancers less likely. More intense exercise is ideal.

**anorexia nervosa**      A serious eating disorder where a person restricts eating to the point of emaciation and possible starvation. Most victims are high achieving females in early puberty or early adulthood.

**bulimia nervosa** An eating disorder in which the person, usually female, engages in repeatedly in episodes of binge eating followed by purging through induced vomiting or the use of laxatives.

**drug abuse**      The ingestion of a drug to the extent that it impairs the user's biological or psychological well being. Emerging adults have the highest rates of heavy drinking, illicit drug use, and pill popping. Disapproval of drug use is lower during emerging adulthood than at any other age.

**drug addiction** a condition of drug dependence in which the absence of the given drug in the individual's system produces a drive—physiological, psychological, or both to ingest more of the drug.

**postformal thought**      Follows Piaget's fourth stage of formal operational thought. Characterized by problem finding and not just problem solving. Adults take a more flexible and comprehensive approach in which they consider various aspects of a situation beforehand. Adults accept and adapt to the contradictions and inconsistencies of everyday experience, becoming less playful and more practical.

**subjective thought**      Thinking that is strongly influenced by personal qualities of the individual thinker, such as past experiences, cultural assumptions and one's goals for the future.

**objective thought**      Thinking that is not influenced by the thinker's personal qualities, but involves facts and numbers that are universally considered true and valid.

**dialectical thought**      Is said to be the most advanced cognitive process, characterized by the ability to consider a thesis and its antithesis simultaneously and thus arrive at a synthesis; makes possible an ongoing awareness of pros and cons.

**cognitive flexibility**      ability to predict, plan, and combine objective and subjective mental processes; avoids retreating into emotions or intellect—reflects on options and picks best course of actions.

**effects of college**      College is used to secure better jobs and to learn specific skills. Statistics confirm the economic value of college. People who go to college are said to be healthier and sustain healthier relationships. College seems to improve verbal and quantitative abilities, knowledge of specific subject areas, skills in various professions, reasoning and reflection. Some research claims that thinking becomes more clear and reflective with each year of schooling. College is a social structure that is dedicated to fostering cognitive thought.

**stereotype threat**      the possibility that one's appearance or behavior will be misread to conform to another person's oversimplified, prejudiced attitudes.

**Fowler's theory of faith stage one**      initiative-projective faith; faith is magical, imaginative and filled with fantasy, especially about the power of God.

Fowler's theory of faith stage two      mythic-literal faith; individuals take the myths and stories of religion literally, meaning that they believe in the power of symbols. Taking God as someone who rewards for good behavior and punish bad.

Fowler's theory of faith stage three      synthetic-conventional faith; is a conformist stage where faith is conventional, reflecting concerns about other people and favoring "what feels right" over what makes intellectual sense.

Fowler's theory of faith stage four      individual-reflective faith; faith is characterized by intellectual detachment from the values of the culture and from the approval of others.

Fowler's theory of faith stage five      conjunctive faith; faith incorporates both powerful unconscious ideas (such as the power of prayer and the love of God) and rational conscious values (worth of life compared to a life in poverty).

Fowler's theory of faith stage six universalizing faith; people at this stage have powerful vision of universal compassion, justice, and love that compels them to live their lives in a way that many other people think either saintly or foolish.

intimacy vs. isolation      the sixth stage of Erikson's eight stages of development. Adults seek someone with whom to share their lives in an enduring and self-sacrificing commitment. Without such commitment, they risk profound aloneness and isolation.

gateways to attraction      the various qualities, such as appearance and proximity that are prerequisites for the formation of close friendships and intimate relationships. (physical attractiveness, apparent availability, frequent exposure, and absence of exclusion criteria.

Sternberg's dimensions of love      Describes three distinct aspects of love—passion, intimacy, and commitment. The presence or absence of those characteristics gives rise to seven different forms of love: liking, infatuation, empty love, romantic love, fatuous love, compassionate love, consummate love. Consummate love is the ideal love because it contains all three aspects of love—passion, intimacy, and commitment.

cohabitation      an arrangement in which a man and a woman live together in a committed sexual relationship but are not formally married.

heterosexuality      sexual attraction and behavior directed to the other sex

homogamy      Defined by developmentalist as marriage between individuals who tend to be dissimilar with respect of such variables as attitudes, interests, goals, socioeconomic status, religion, ethnic background and local origin.

heterogamy      defined by developmentalist as marriage between individuals who tend to be dissimilar with respect to such variables as attitudes, interests, goals, socioeconomic status, religion, ethnic background and local origin.

diathesis-stress model      the view that mental disorders, such as schizophrenia, are produced by the interaction of a genetic vulnerability with stressful environmental factors and life events.

social exchange theory the view that social behavior is a process of exchange aimed at maximizing the benefits one receives and minimizing the costs one pays.