

Exam 1 Study Guide

**\*Note: this is a guide it is not intended to be an exhaustive list of exam topics. Make sure to read all assigned chapters and view all videos/lectures.**

Chapter 1

- Approaches to studying adolescents
  - **Eclectic Approach: an approach that is interdisciplinary, emphasizing not one aspect of adolescent development but all of them, recognizing that no single discipline has a monopoly on the truth.**
  - **Biological Approach: focuses on the process of sexual maturation and physical growth that takes during puberty, i**
    1. **Involving that maturation and functions of the male and female organs**
    2. **Development of secondary sexual characteristics**
    3. **Neurological Development**
    4. **The growth trends in height, weight, and body composition that takes place during adolescence.**
  - **Cognitive Approach: deals with both the qualitative changes that takes place in the way adolescents think and reason and the quantitative changes that take place in attention, memory and intelligence.**
  - **Psychosexual Approach: deals with the development of emotions and of the self, including the development of self-concept, gender role and identity.**
  - **Social Approach: are concerned with the ways teenagers interact with members of their families, peers, sibling relationship, and parenting styles.**
- Major adolescent cohorts and how society shaped their characteristics, views, etc.
  - **Cohort: a group of individuals who are born at approximately the same time and who share traits because they experienced the same historical events.**
  - **Different generations sometimes take on a predominant characteristic, many cohorts since the beginning of the twentieth century.**
- Employment
  - o General employment patterns
    - **High school students who work have been rising rapidly and steadily. Adolescents are devoting too much time to their jobs and not enough school, most “waste” the money they earn creating a spending patterns**
    - **Consumer industry has responded by directing marketing and products their way**
  - o Adolescents from low income families
    - **Adolescents in those families feel rejected, are more likely to be nonjoiners in school activities, are seldom elected to positions of prestige and often seek status through antisocial behavior.**
- Evolving family
  - o General patterns (marriage, childrearing, etc.)

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- **Adolescents are more likely to remain single for quite a few more years than either their parents or grandparents.**
  - **Gap median age of marriage for men and women has narrowed substantially**
- **Reasons of delay marriage= increase in permissiveness toward premarital sex, more need/opportunity for education, decreased negative attitudes toward singlehood and an increase in non marital cohabitation.**
- **Those who do marry are having fewer children. Most families have become more democratic and child centered**
  
- o Changes in family dynamics
  - **More adolescents are being raised for at least part of their lives in a single- parent home. This is due to increase in both the non marital birthrate and the divorce rate.**
  
- Evolving sexual landscape
  - o Changes in sexual behavior
    - i. **U.S society are more open today about sexuality than they were in the past thus positive effects=availability of information and contraceptives**
  
  - o STDs
    - i. **A negative effect of the society being open about sex, which has brought high rates of STDs, as Gonorrhea is more common for adolescents because of multiple sex partners and ignore the symptoms**
  
  - o Pregnancy
    - i. **A negative effect of the society being open about sex, which brought high rates of pregnancy, as young adolescents pregnancies are unplanned. Mothers are more likely to fail to establish their own independent households.**
  
  - o Adolescent understanding of sexuality
    - i. **More adolescents are confused but are encourage to learn about their sexuality and able to discuss it and stimulated to sexual arousal.**
  
- Research methods
  - o Correlations
    - **A description of a relationship between two factors that does not imply a casual relationship between them.**
      1. **Positive: when once factor increases, so does the other**

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2. **Negative: when one factor increases, the other decreases**

- o Experiments and causality
  - **True experiment: the researcher has control over the situation and its participants.**
  - **Causality: a "quasi-experiment", preexisting groups of individuals are studied or compared.**
- o Longitudinal vs. cross-sectional research designs
  - i. **Longitudinal: a quasi-experimental study in which groups of people are tracked over-time as they age.**
  - ii. **Cross-sectional designs: Compares a group of persons who are one age with a group of person who are another age.**

Chapter 2

- Psychoanalytic and psychosocial views
  - o Sigmund Freud: Individuation
    - **The desire to satisfy sexual instincts and psychic needs for affection is a strong motivating factor influencing adolescent behavior. The need to separate emotionally from parents, establish friendships and find love.**
  - o Anna Freud: Id, Ego, Superego
    - **A period of psychic disequilibrium when they enter puberty**
      1. **ID: Urges that person seeks to satisfy according to the pleasure principle.**
      2. **Ego: the rational mind that seeks to satisfy the Id in keeping with reality.**
      3. **Superego: Part of the mind that opposes the desires of the Id by enforcing moral restrictions that have been learned to try to attain a goal of perfection.**
    - **Adolescents are forced to employ psychological defense mechanisms to reduce tension due to this unbalance**
  - o Erik Erikson: Ego Identity (identity formation)
    - **Outlines an eight-stage sequence of personality development over the lifespan. IDENTITY describes the adolescents search for goals, self-understanding, and sense of unity. One of the major tasks that adolescents face.**
- Cognitive views
  - o Jean Piaget: Adaptation and equilibrium
    - Stages of cognitive development (esp. Concrete Operational Stage and Formal Operational Stage)