

HDFS 129 - Sherry Corneal

EXAM 3 NOTES

2/27/14 -- Identity

- Identity
 - A persistent sameness within one's self and a sharing of one's essential character with others
- Three most important characteristics in adolescent friendships:
 - Intimacy
 - Mutual understanding
 - Loyalty
- Identity issues
 - Vocational issues, political ideology, spiritual ideology
 - Self in relation to others
 - Sexual identity, ethnic identity
 - Interests
 - Body image
- The process of identity formation involves:
 - Crisis- period of role experimentation and active exploration of possibilities/alternatives
 - Commitment- making a choice among alternatives
- Identity statuses
 - Identity achievement
 - Commitment made and crises experienced
 - Gone through many crises and explored possibilities, and have made some commitments
 - The individual has resolved his/her identity crisis and made commitments to particular goals, beliefs, and values
 - Identity moratorium
 - Most college students
 - No commitment made and is experiencing crises
 - The individual is actively raising questions and seeking answers. Enduring commitments have not been made
 - Identity foreclosure
 - Commitment made and no crises experiences
 - No exploration
 - The individual seems to know who she/he is but has latched onto an identity prematurely without exploration
 - Identity diffusion
 - No commitment made and no crises experienced

- The person has not yet thought about or resolved identity issues and has failed to chart directions in life
 - Not sure who they are and not concerned, often take on values of those around them
 - Most adolescents move from foreclosure or diffusion to either achieved or moratorium between mid-teens and mid-twenties
 - One can be in a different identity status for various identity domains
 - Relationship between parenting style and identity status:
 - Authoritative/democratic parenting correlated with identity achievement
 - Give children an appropriate voice while providing guidance
 - Authoritarian parenting correlated with identity foreclosure
 - Strict: their word is final, the child has no voice
 - Take on parents' identity without any exploration of their own
 - Permissive parenting correlated with identity diffusion
 - Achievement and moratorium statuses
 - Higher self esteem
 - Feel more in control
 - View education more favorably
 - More capable of sustaining intimate relationships
 - Foreclosure status
 - Dogmatic, rigid, defensive
 - Fear rejection
 - Diffusion status
 - Less capable of intimacy
 - Avoid making personal decisions
 - Poor academic performance
 - Poor time management
 - More likely to abuse drugs and alcohol
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3/6/14 -- Romantic and Sexual Relationships in Adolescence and Emerging Adulthood

What is a Romantic Relationship?

- Mutually acknowledged, ongoing interaction
- Affection, current or anticipated sexual behavior
- Distinctive intensity (limerence)

When and why do we start dating?

- First crush can happen as early as preschool
- But dating begins in adolescence
 - 25% by age 12
 - 50% by age 15

- o 68-75% by age 18
- Why don't we start dating in preschool?
 - o Do not yet understand the meaning of a romantic relationship
 - o Puberty- emergence of sexual feelings
 - o Cognitive understanding of romance changes
 - o Familial expectations
 - o Societal expectations (usually teen years)

What is a "normal" (heterosexual) development path for dating

- Relationship duration- the older you are the longer the relationships
 - o 5 months for those younger than 14
 - o 14-15: 8 months
 - o 16 and older: 21 months
- Typical timeline from first date to marriage
 - o 15 average age for first kiss and first date
 - o 17 average for first "I love you", first time having sex, first serious relationship
 - o 26 first marriage
 - o First cohabitation around 23 years old
- Phases of romantic development
 - o Initiation- middle school, little contact
 - o Affiliation- high school, learn how to interact with opposite sex
 - o Intimate- couples form, energy focused on couple
 - o Committed- adult relationship

*do not need to know specific numbers/years, but the overall idea of when things happen in life/in what order

Development for Gay and Lesbian Adolescents

- First aware of difference at 8 years old
- First same sex attraction at 10
- First self-labeling at 14
- Coming out to friends/parents at 14/15, sexual activity around 15
- Same sex relationship around 19

Why is dating in adolescence important?

- Development of sexuality
 - Identity development
 - Attachment
 - Positive effects on development
 - o Positive affect
 - o Self-esteem
 - o Social competence
 - Negative effects on development
 - o Depression
 - o Conflict and mood swings
- *best predictor of depression is an adolescent break up*

What distinguishes a good from bad relationship?

- Good= kissing, communication, low aggression, know when it's over
- Bad= lack of affection, self-silencing, aggression, rejection sensitivity