

Detailed Chapter Outline and Key Terms

Chapter 13: Physical and Cognitive Development in Young Adulthood

Focus: Arthur Ashe, Tennis Champion

EMERGING ADULTHOOD

- *Legal:* Definitions of adulthood such as the age at which one may enlist in the armed forces, vote, marry without their parents' permission, and enter into binding contracts.
- *Sociological:* Definitions of adulthood that emphasize being self-supporting or having chosen a career, having married or formed a significant romantic partnership, or having started a family.
- *Psychological:* Definitions of adulthood that depend on achievements such as discovering one's identity, becoming independent of parents, developing a system of values, and forming relationships.
- **Emerging adulthood:** A time when young people are no longer adolescents, but have not yet become fully adult.

PHYSICAL DEVELOPMENT

HEALTH AND PHYSICAL CONDITION

Health Status

Genetic Influences on Health

Behavioral Influences on Health and Fitness

Diet and Nutrition

Obesity/Overweight

Physical Activity

Smoking

Alcohol

Drug Use Illicit Drug Use

Substance Use Disorders

- **Alcoholism:** Alcohol dependence, a physical condition characterized by compulsive drinking, which a person is unable to control

Detailed Chapter Outline and Key Terms

Chapter 13: Physical and Cognitive Development in Young Adulthood

Indirect Influences on Health and Fitness

Socioeconomic Status and Race/Ethnicity

Gender

Relationships and Health

- *Social integration*: Active engagement in a broad range of social relationships, activities, and roles.
- *Social support*: Material, informational, and psychological resources derived from the social network, on which a person can rely for help in coping with stress.

SEXUAL AND REPRODUCTIVE ISSUES

Menstrual Disorders

- **Premenstrual syndrome (PMS)**: Disorder producing symptoms of physical discomfort and emotional tension during the one to two weeks before a menstrual period.
- *Dysmenorrhea*: Painful menstruation with no apparent organic cause.

Sexually Transmitted Diseases (STDs)

Infertility

- **Infertility**: Inability to conceive after 12 to 18 months of trying.

COGNITIVE DEVELOPMENT

PERSPECTIVES ON ADULT COGNITION

Beyond Piaget: New Ways of Thinking in Adulthood

Reflective Thinking

- **Reflective thinking**: Type of logical thinking that may emerge in adulthood, involving continuous, active evaluation of information and beliefs in the light of evidence and implications.

Detailed Chapter Outline and Key Terms

Chapter 13: Physical and Cognitive Development in Young Adulthood

Postformal Thought

- **Postformal thought:** Mature type of thinking, which relies on subjective experience and intuition as well as logic and is useful in dealing with ambiguity, uncertainty, inconsistency, contradiction, imperfection, and compromise.

Four Criteria of Postformal Thought

- *Shifting gears:* Ability to shift back and forth between the abstract and the practical.
- *Problem definition:* Ability to define a problem as falling within a class or category of logical problems and to define its parameters.
- *Process-product shift:* Ability to see that a problem can be solved either through a process with general application to similar problems or through a product, a concrete solution to the particular problem.
- *Pragmatism:* Ability to choose the best of several possible solutions and to recognize the criteria for choosing.
- *Multiple solutions:* Awareness that most problems have more than one, that people may have differing goals, and that a variety of methods can be used to arrive at more than one solution.
- *Awareness of a paradox:* Recognition that a problem or solution involves inherent conflict.
- *Self-referential thought:* A person's awareness that he or she must be the judge of which logic to use; in other words, that he or she is using postformal thought.

Schaie: A Life-Span Model of Cognitive Development

Schaie's Seven Stages

1. **Acquisitive stage:** First of Schaie's seven cognitive stages, in which children and adolescents learn information and skills largely for their own sake or as preparation for participation in society.
2. **Achieving stage:** Second of Schaie's seven cognitive stages, in which young adults use knowledge to gain competence and independence.
3. **Responsible stage:** Third of Schaie's seven cognitive stages, in which middle-aged people are concerned with long-range goals and practical problems related to their responsibility for others.
4. **Executive stage:** Fourth of Schaie's seven cognitive stages, in which middle-aged people responsible for societal systems deal with complex relationships on several levels.
5. **Reorganizational stage:** Fifth of Schaie's seven cognitive stages, in which adults entering retirement reorganize their lives around nonwork-related activities.
6. **Reintegrative stage:** Sixth of Schaie's seven cognitive stages, in which older adults choose to focus limited energy on tasks that have meaning to them.

Detailed Chapter Outline and Key Terms

Chapter 13: Physical and Cognitive Development in Young Adulthood

7. **Legacy-creating stage:** Seventh of Schaie's seven cognitive stages, in which very old people prepare for death by recording their life stories, distributing possessions, and the like.

Sternberg: Insight and Know-How

- **Experiential element:** In Sternberg's triarchic theory, the insightful aspect of intelligence, which determines how effectively people approach both novel and familiar tasks.
- **Contextual element:** In Sternberg's triarchic theory, the practical aspect of intelligence, which determines how effectively people deal with their environment.
- **Componential element:** In Sternberg's triarchic theory, the analytic aspect of intelligence, which determines how efficiently people process information and solve problems.

Age-related Changes in Intelligence

Tacit Knowledge

- *Tacit knowledge:* In Sternberg's terminology, information that is not formally taught or openly expressed but is necessary to get ahead.
- *Self-management:* Part of tacit knowledge, knowing how to motivate oneself and organize time and energy.
- *Management of tasks:* Part of tacit knowledge, knowing how to do particular tasks.
- *Management of others:* Part of tacit knowledge, knowing when to reward or criticize subordinates.

Emotional Intelligence

- **Emotional intelligence:** In Salovey's and Mayer's terminology, ability to understand and regulate emotions; an important component of effective, intelligent behavior.
- *Self-awareness:* A competency relying on EI (emotional intelligence), in which a person is aware of emotions and is self-confident and an accurate assessor of self.
- *Self-management:* A competency relying on EI (emotional intelligence), in which a person has self-control, adaptability, and a drive to achieve among other qualities.
- *Social awareness:* A competency relying on EI (emotional intelligence), in which a person has empathy, and is oriented toward helping others.
- *Relationship management:* A competency relying on EI (emotional intelligence), in which a person can develop others, exert influence, communicate effectively, and be a good leader.

Detailed Chapter Outline and Key Terms

Chapter 13: Physical and Cognitive Development in Young Adulthood

MORAL DEVELOPMENT

Culture and Moral Reasoning

Gender and Moral Reasoning

EDUCATION AND WORK

The College Transition

- *Distance learning*: A type of learning in which the instructor and student are separated by space, and sometimes, by time.

Adjusting to College

Cognitive Growth in College

- *Commitment within relativism*: When a young adult is able to make his or her own judgments and choose his or her own beliefs and values despite uncertainty and the recognition of other valid possibilities.

Completing College

Entering the World of Work

Cognitive Growth at Work

- **Substantive complexity**: Degree to which a person's work requires thought and independent judgment.
- **Spillover hypothesis**: Hypothesis that there is a positive correlation between intellectuality of work and of leisure activities because of a carryover of learning from work to leisure.

Combining Work and Schooling

Adult Education and Work Skills

Literacy Training

- **Literacy**: In an adult, ability to use printed and written information to function in society, achieve goals, and develop knowledge and potential.