

Adult Development



Adult

Adult

- fully developed and mature

Merriam-Webster.com. 2011. <https://www.merriam-webster.com> (April 2019)

Stages

- Emerging Adulthood
- Early Adulthood
- Middle Adulthood
- Late Adulthood
 - Young-old
 - Old-old
 - Oldest old

Stages

- Emerging Adulthood (18-mid 20s)
- Early Adulthood
- Middle Adulthood
- Late Adulthood
 - Young -old
 - Old-old
 - Oldest old

Stages

- Emerging Adulthood (18-mid 20s)
- Early Adulthood (20s – 40)
- Middle Adulthood
- Late Adulthood
 - Young -old
 - Old-old
 - Oldest old

Stages

- Emerging Adulthood (18-mid 20s)
- Early Adulthood (20s – 40)
- Middle Adulthood (40- 64)
- Late Adulthood
 - Young -old
 - Old-old
 - Oldest old

Stages

- Emerging Adulthood (18-mid 20s)
- Early Adulthood (20s – 40)
- Middle Adulthood (40- 64)
- Late Adulthood
 - Young -old (65-74)
 - Old-old
 - Oldest old

Stages

- Emerging Adulthood (18-mid 20s)
- Early Adulthood (20s – 40)
- Middle Adulthood (40s - 60s)
- Late Adulthood
 - Young -old (65-74)
 - Old-old (75-84)
 - Oldest old

Stages

- Emerging Adulthood (18-mid 20s)
- Early Adulthood (20s – 40)
- Middle Adulthood (40s - 60s)
- Late Adulthood
 - Young -old (65-74)
 - Old-old (75-84)
 - Oldest old (85+)



Development

How and why people change over time

Principles

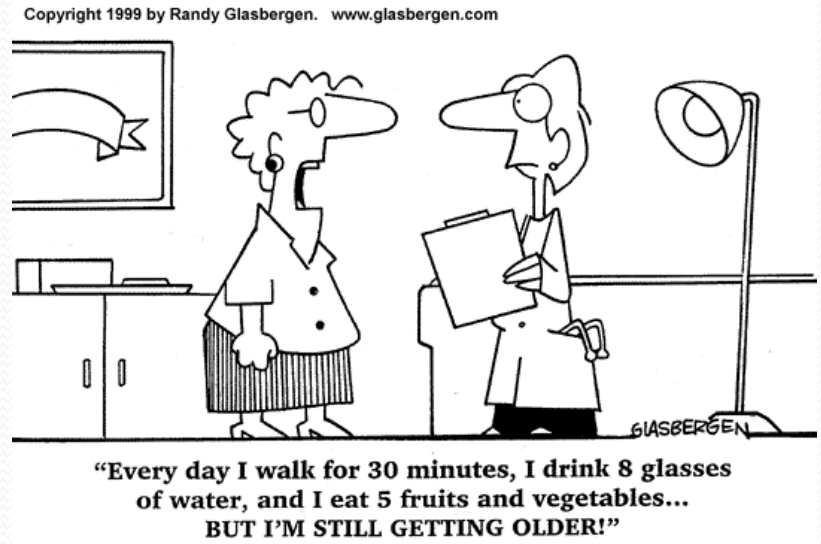
- Continuity vs Change

Principles

- Continuity vs Change
- Individuality Matters

Principles

- Continuity vs Change
- Individuality Matters
- Aging
 - Primary - everyone



Principles of Aging

- Continuity vs Change
- Individuality Matters
- Aging
 - Primary - everyone
 - Secondary – due to environment &/or genetics

Principles of Aging

- Continuity vs Change
- Individuality Matters
- Aging
 - Primary - everyone
 - Secondary – due to environment &/or genetics
 - Functional age (physical + psychological + social)



Theories

A. Erikson's Psychosocial Theory

Erikson's Eight Stages of Psychosocial Development

Trust vs Mistrust	0 - 18 months		Infant
Autonomy vs Shame & Doubt	18 months - 3 years		Toddler
Initiative vs Guilt	3 - 5 years		Pre-Schooler
Industry vs Inferiority	5 - 13 years		Grade-Schooler
Identity vs Role Confusion	13 - 21 years		Teenager
Intimacy vs Isolation	21 - 39 years		Young Adult
Generativity vs Stagnation	40 - 65 years		Middle-Age Adult
Integrity vs Despair	65 years onwards		Older Adult

source: www.whaddayaknowabout.com

Identity vs Role Confusion

Intimacy vs Isolation

Generativity vs Stagnation

Integrity vs Despair

13 - 21
years



40 - 65
years



21 - 39
years



65 years
onwards

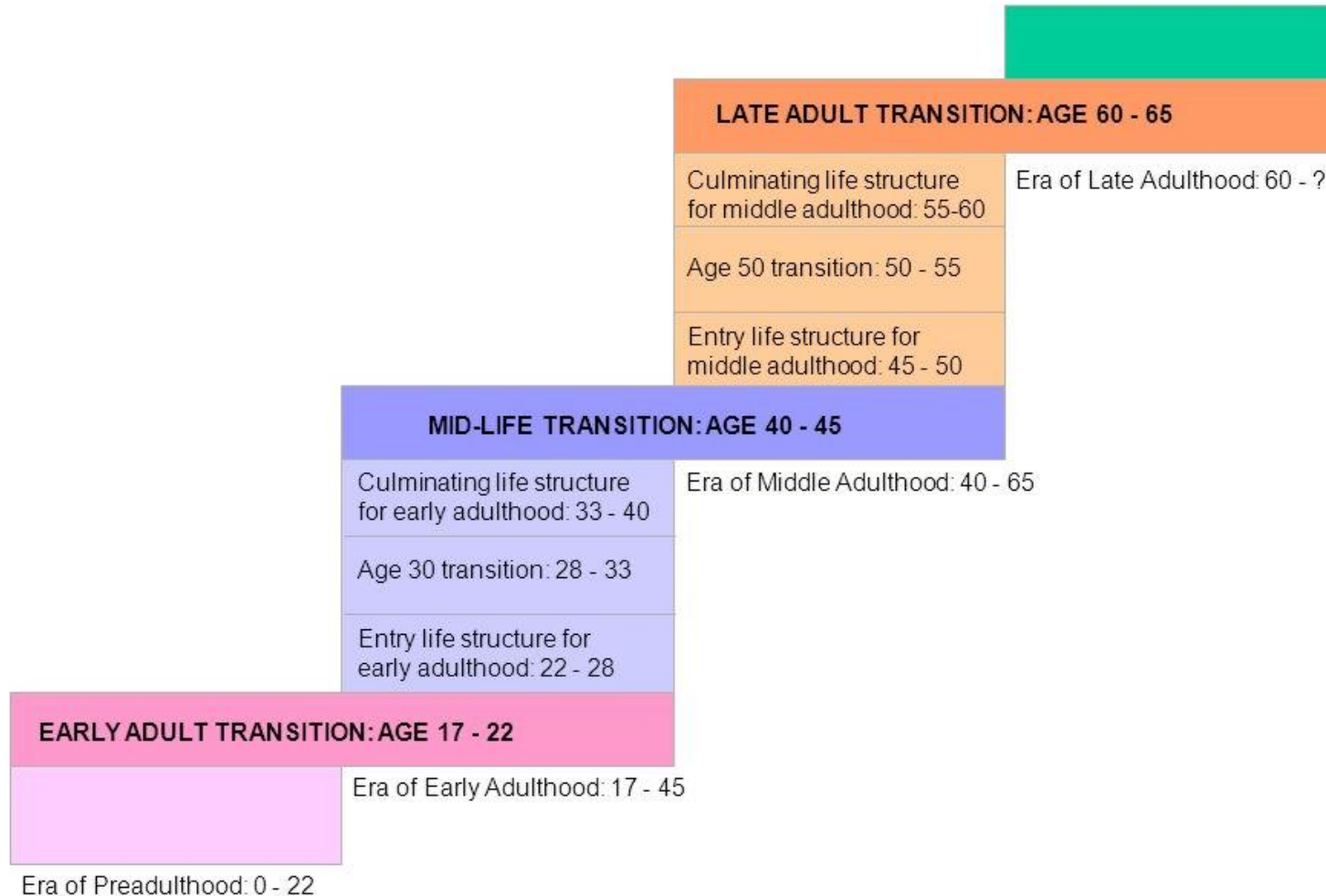
Teenager

Young Adult

Middle-Age Adult

Older Adult

B. Levinson's Theory



Source: Levinson (1986).

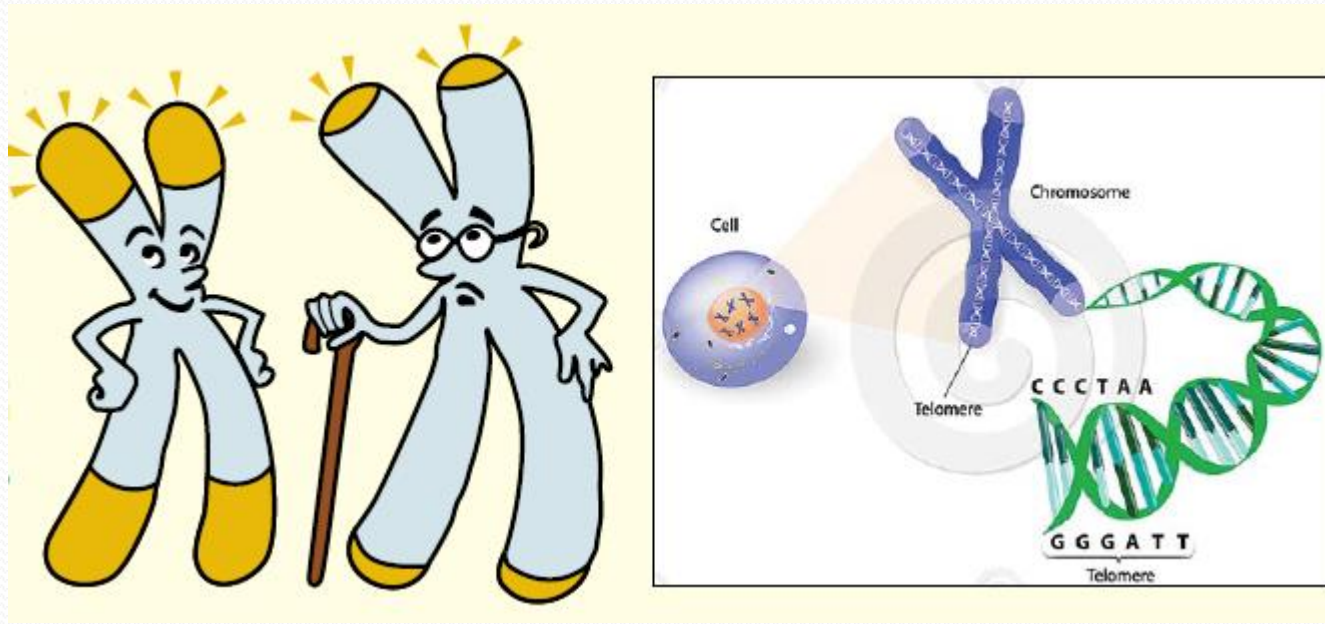
C. Biological

1. Senescence

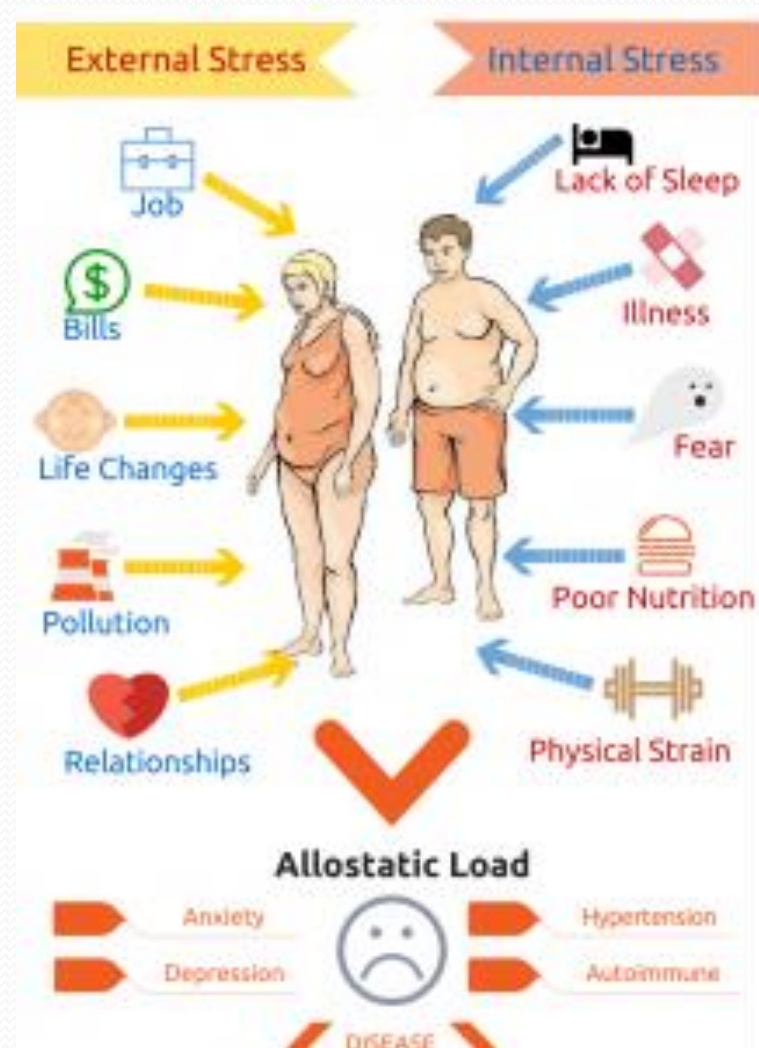
Biological aging

Peak physical and cognitive
functioning in
emerging/early adulthood

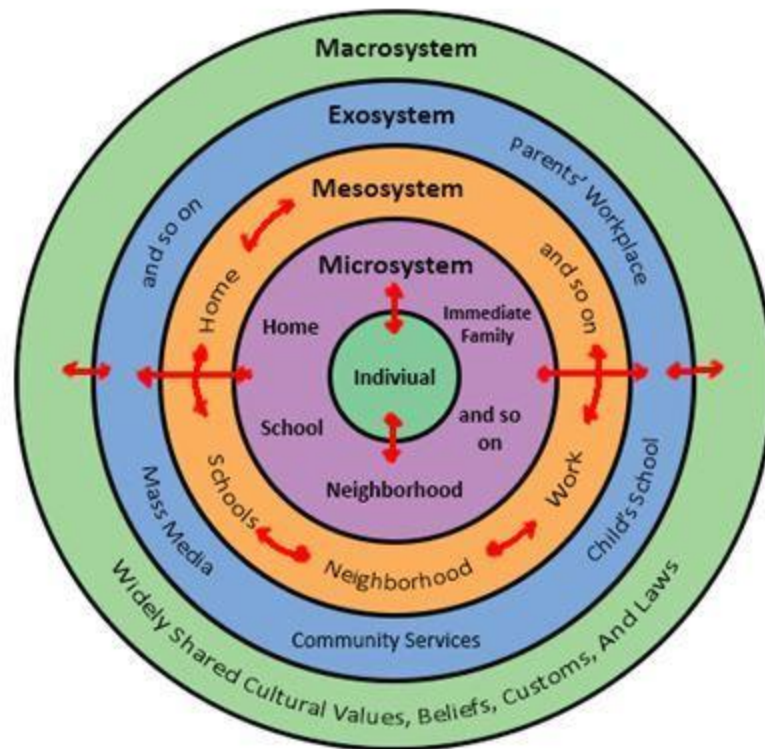
2. Genetic- Telomeres



3. Allostatic load



D. Sociocultural (Bronfenbrenner's Ecological Model)





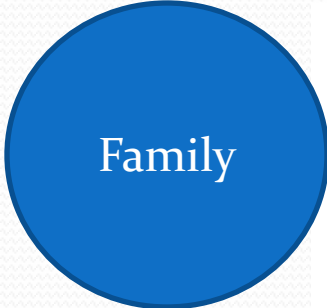


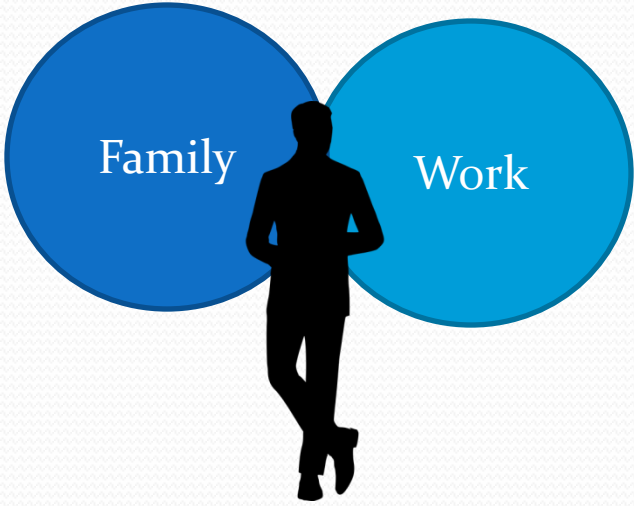
Gender
Personality
Genetics



Gender
Personality
Genetics

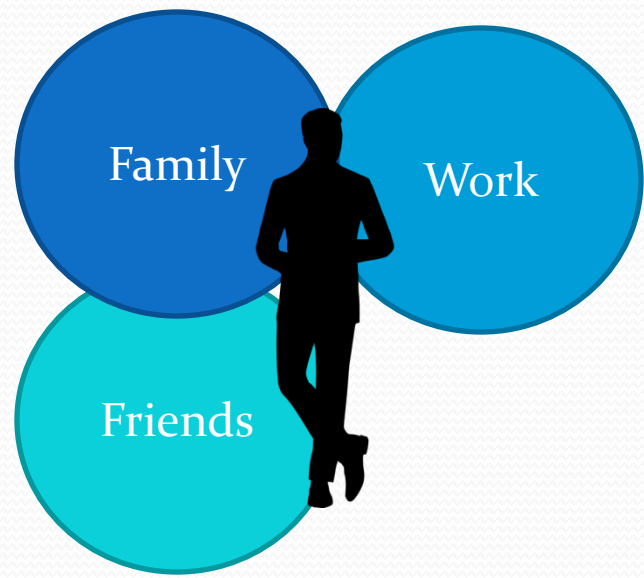


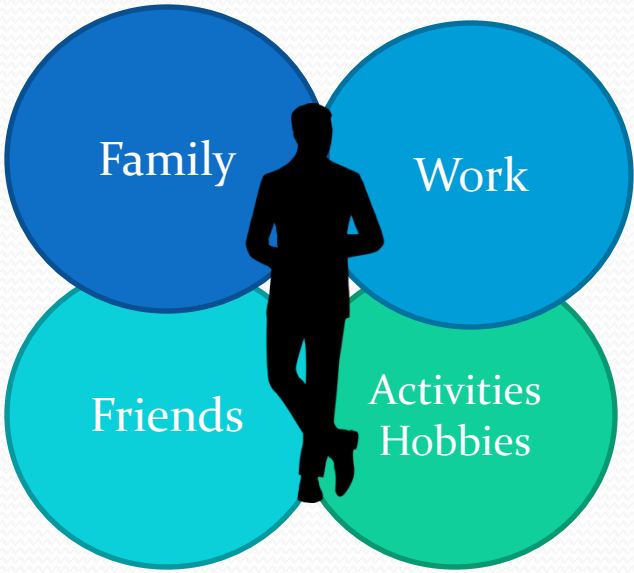


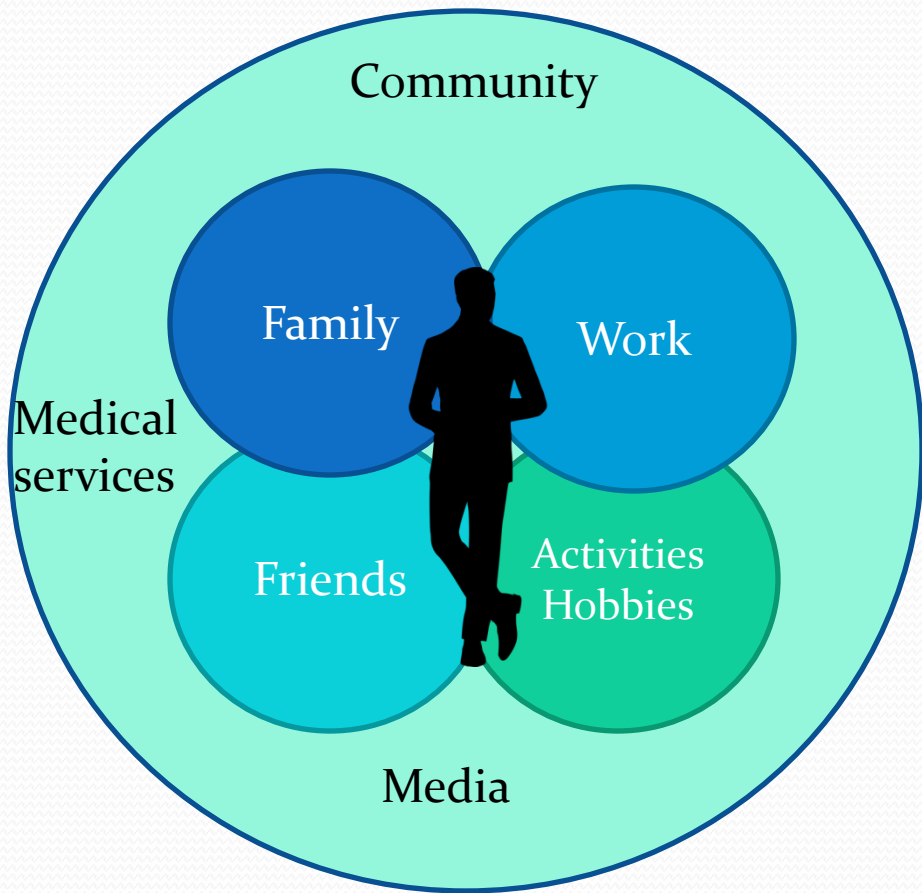


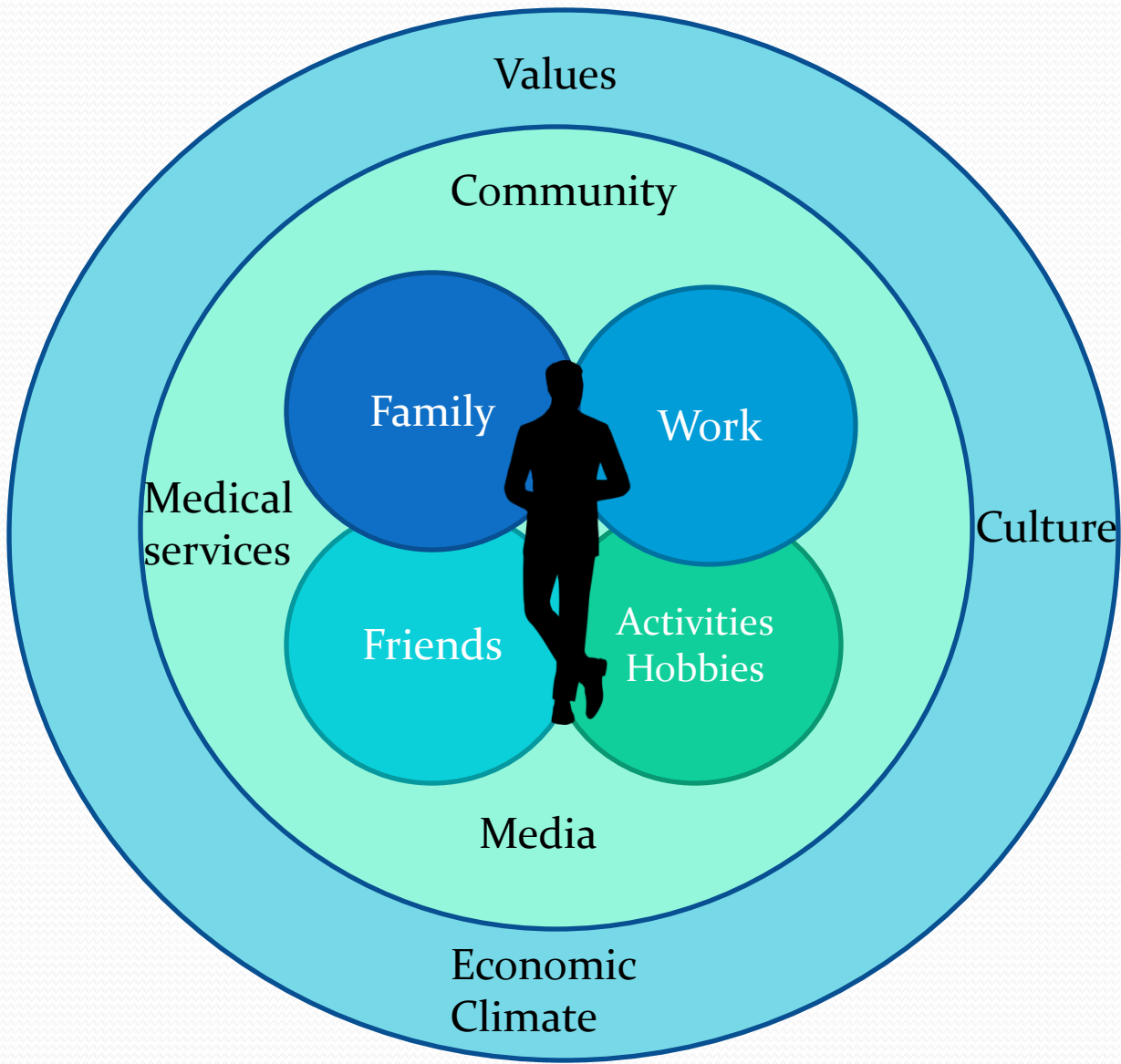
Family

Work









Values

Community

Family

Work

Medical services

Culture

Friends

Activities
Hobbies

Media

Economic
Climate

How to be a (successful) adult



E. Optimal Aging

Vaillant's work – *Aging Well*

Healthy habits

no smoking

moderate alcohol

exercise

Subjective health

Social supports

happy marriage

friends

Play/create

Personality

resilient