

CLASS – 11

PSYCHOLOGY

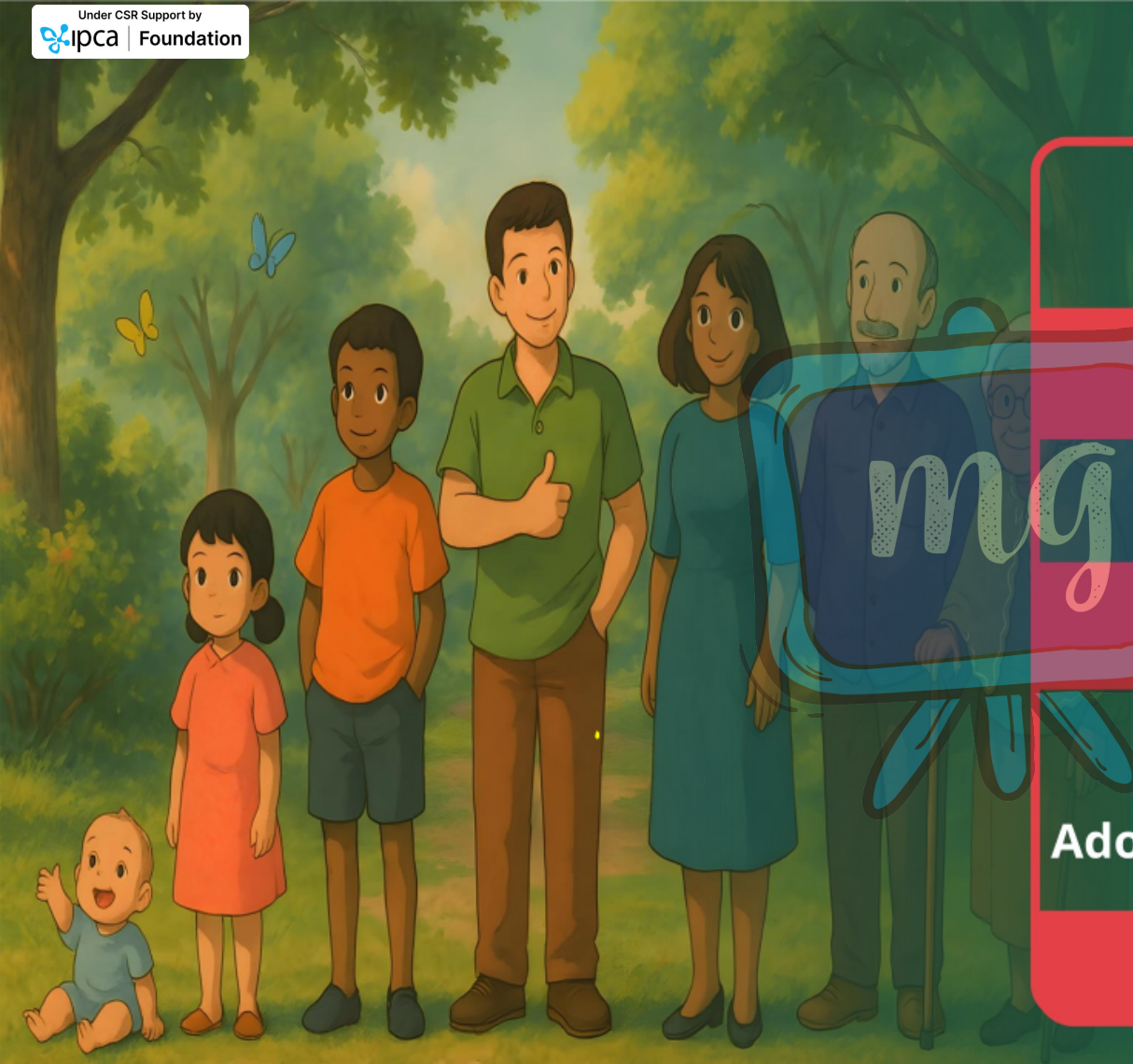
Chapter – 3

Human Development

Part – 7

Adolescence, Adulthood & Old Age

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OVERVIEW

An illustration of a family of six standing in a lush green forest. From left to right: a baby sitting on the ground, a young girl in an orange dress, a young boy in an orange shirt and blue shorts, a man in a green polo shirt and brown pants giving a thumbs up, a woman in a teal dress, and an older man in a blue shirt and dark pants. Butterflies are flying in the background.

1. Introduction

2. Life Span Perspective

3. Factors Influencing Development

4. Context of Development

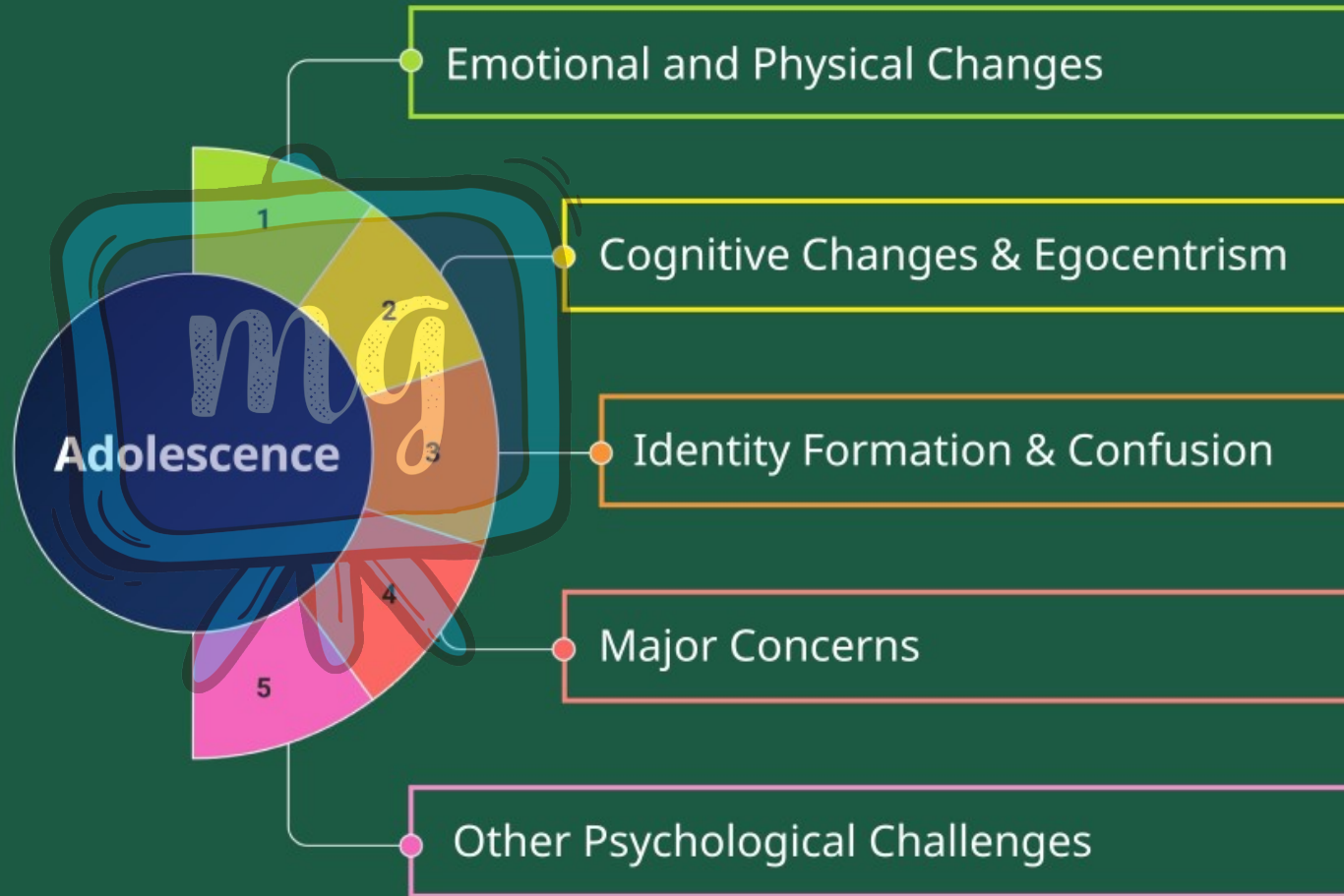
5. Brief of Developmental Stages

6. Prenatal Stage

7. Infancy and Childhood

8. Adolescence

9. Adulthood and Old Age



EMOTIONAL AND PHYSICAL CHANGES

- PUBERTY (sexual maturity)
- 12 or 13 for boys and 10 or 11 for girls
- Menarche UNIVERSAL
- Adolescents often feel preoccupied with their bodies—wondering if others notice every flaw (Example : pimples or lack of facial hair). Some feel pride, others insecurity

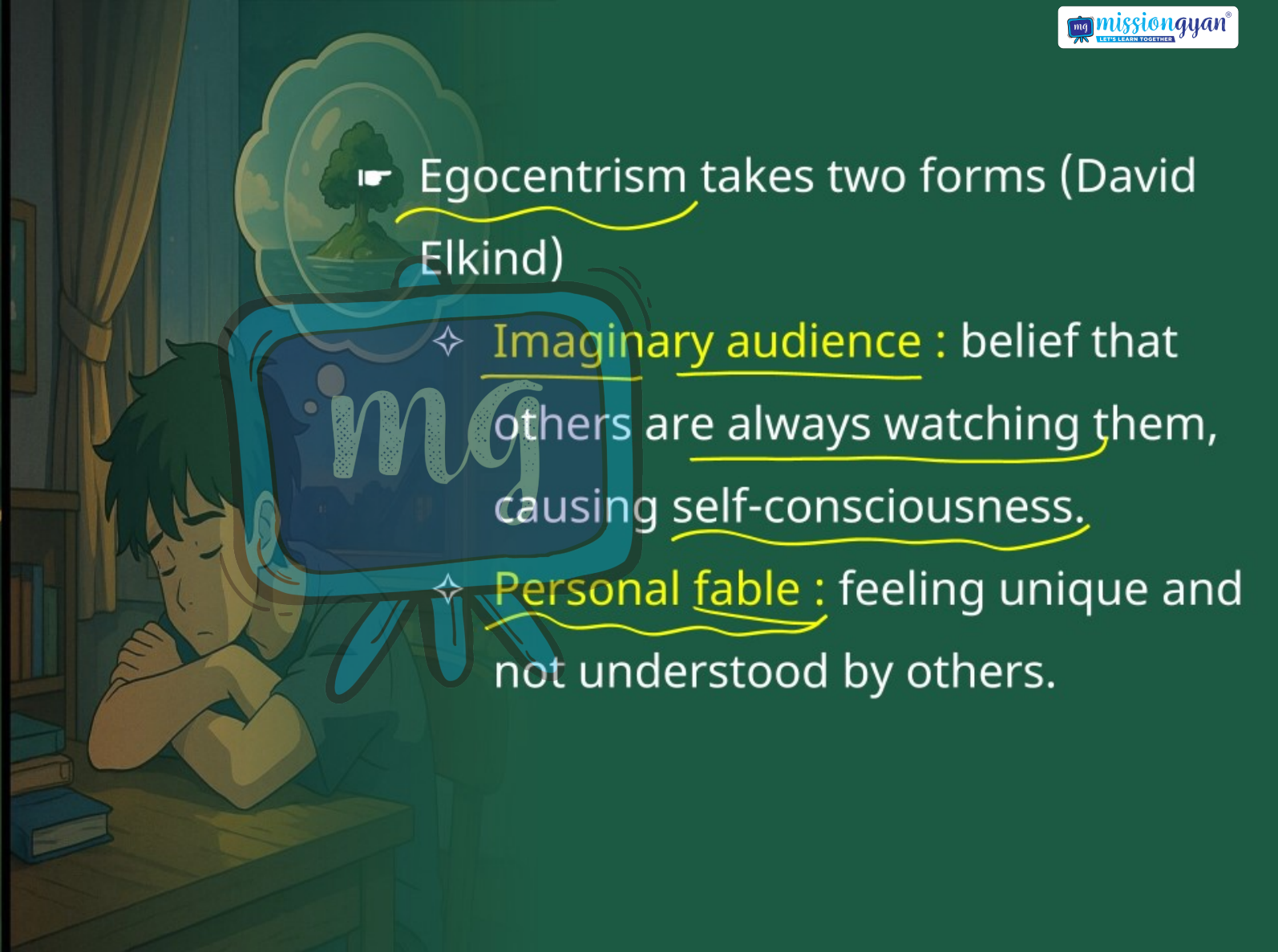
AIDS HORMONAL
Mood swings are common
SEX CHANGE



COGNITIVE CHANGES & EGOCENTRISM

Adolescents develop abstract,
hypothetical-deductive thinking,
enabling future planning and identity
formation

— WHY? — SOLUTIONS
— POA



☛ Egocentrism takes two forms (David Elkind)

✦ Imaginary audience : belief that others are always watching them, causing self-consciousness.

✦ Personal fable : feeling unique and not understood by others.

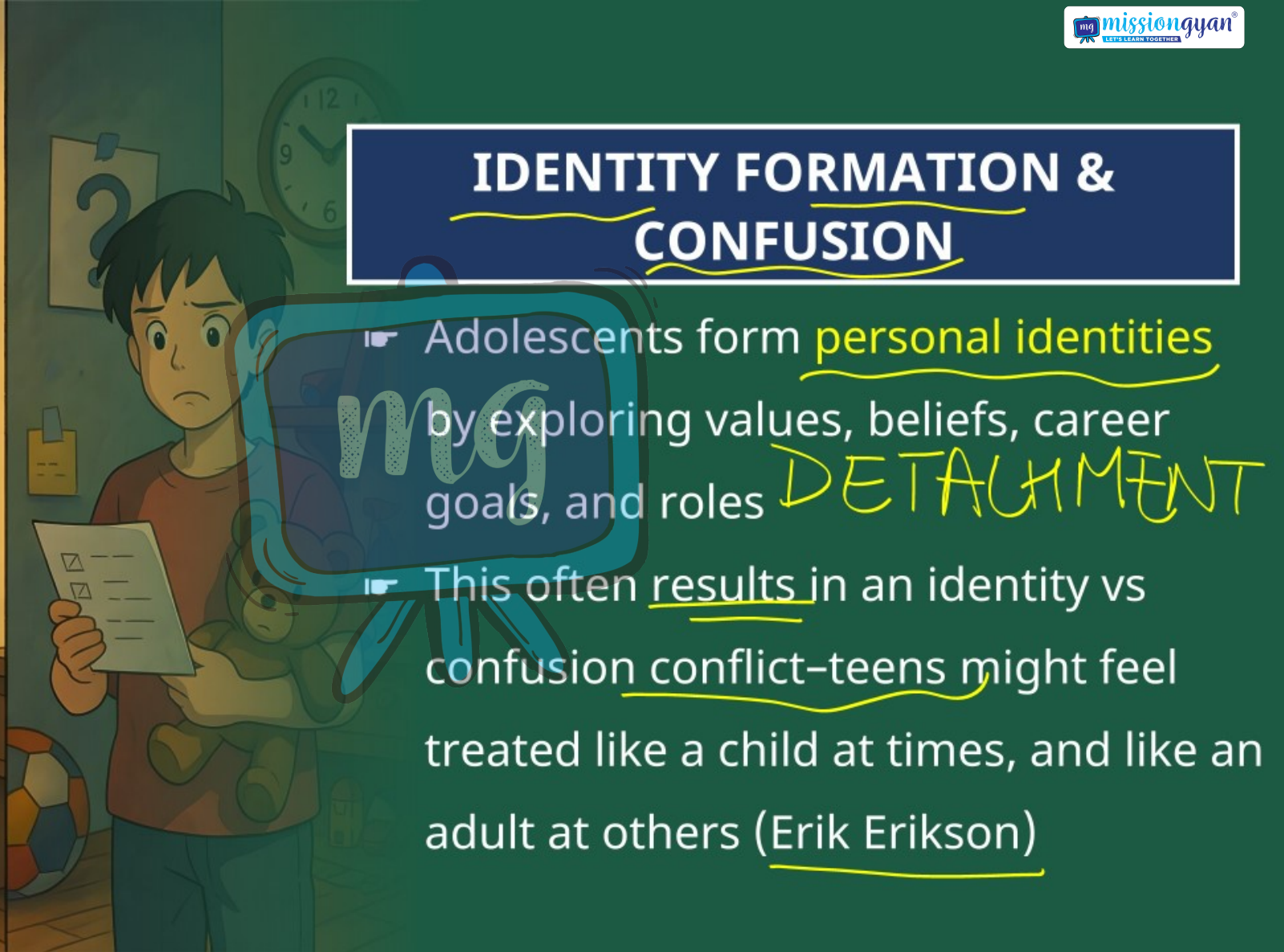


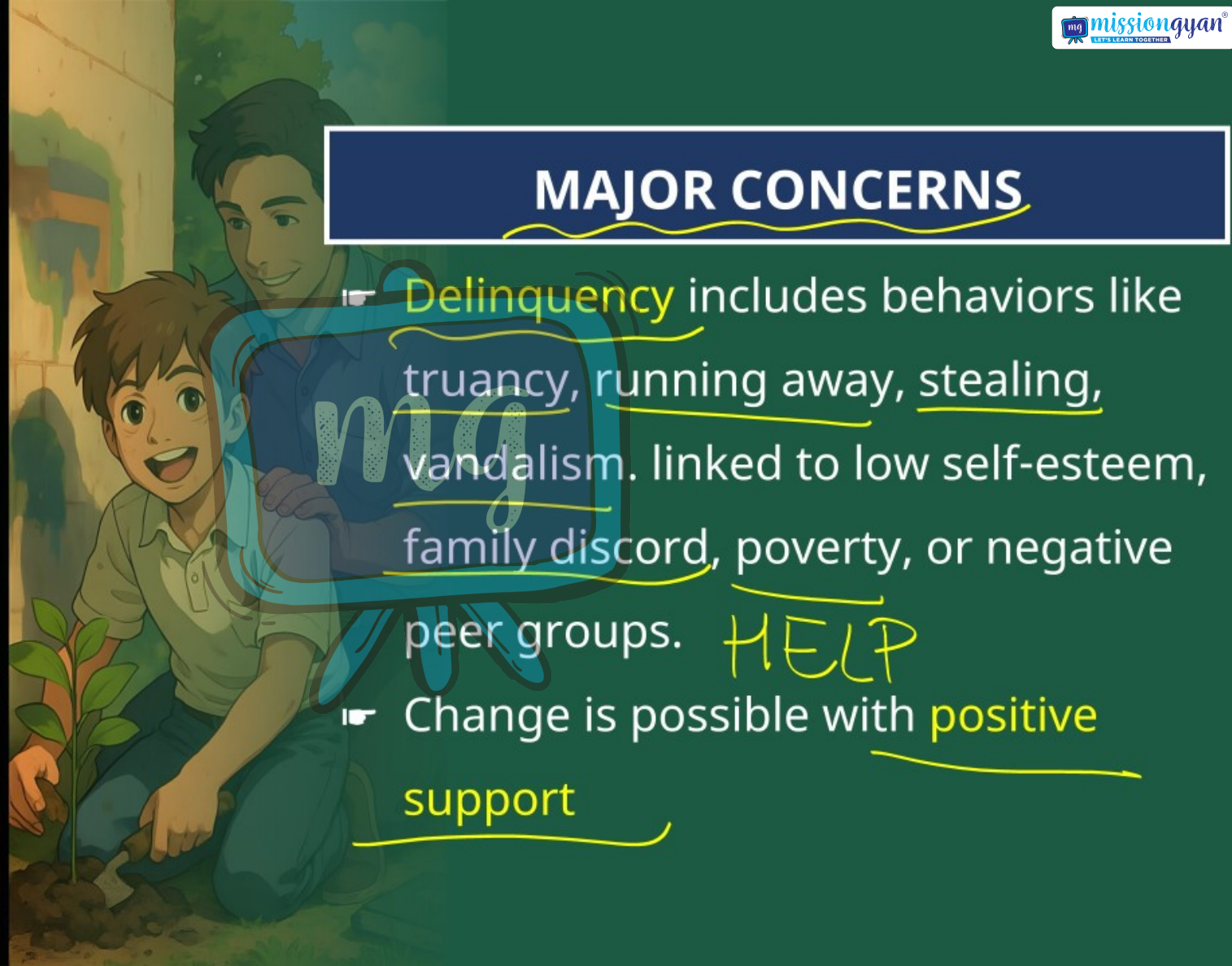
IDENTITY FORMATION & CONFUSION

Adolescents form personal identities by exploring values, beliefs, career goals, and roles

DETACHMENT

This often results in an identity vs confusion conflict—teens might feel treated like a child at times, and like an adult at others (Erik Erikson)





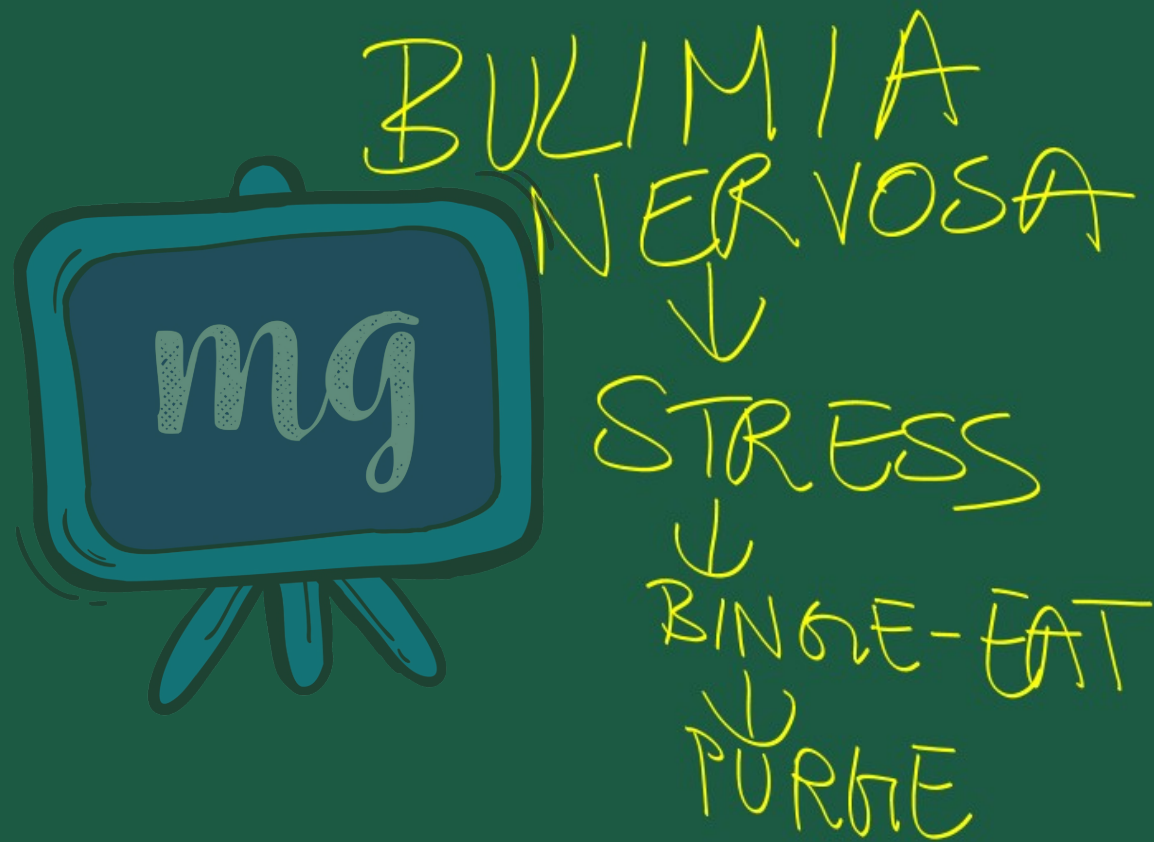
MAJOR CONCERNS

- ▮ Delinquency includes behaviors like truancy, running away, stealing, vandalism. linked to low self-esteem, family discord, poverty, or negative peer groups. **HELP**
- ▮ Change is possible with positive support



COPE
☛ Substance Abuse : Adolescents may use nicotine, alcohol, or drugs to cope with stress or peer pressure; impulsivity and emotional issues increase vulnerability. Support from parents and peers helps prevent abuse.

☛ Eating Disorder Anorexia NERVOSA

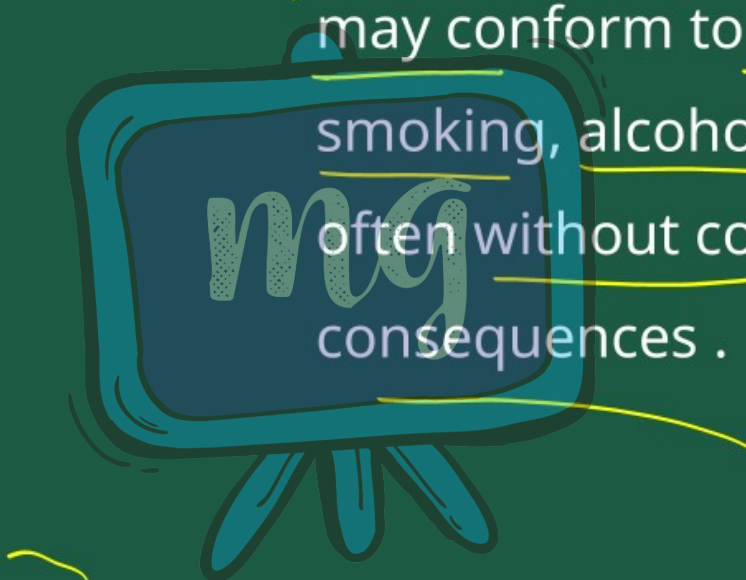


OTHER PSYCHOLOGICAL CHALLENGES

- ▮ Uncertainty & Loneliness : Adolescents often feel self-doubt, anxiety about the future, or experience loneliness.



- ▮ Peer Pressure & Risk-taking : Teens may conform to risk behaviors – smoking, alcohol use, rule-breaking – often without considering consequences . **REBEL**

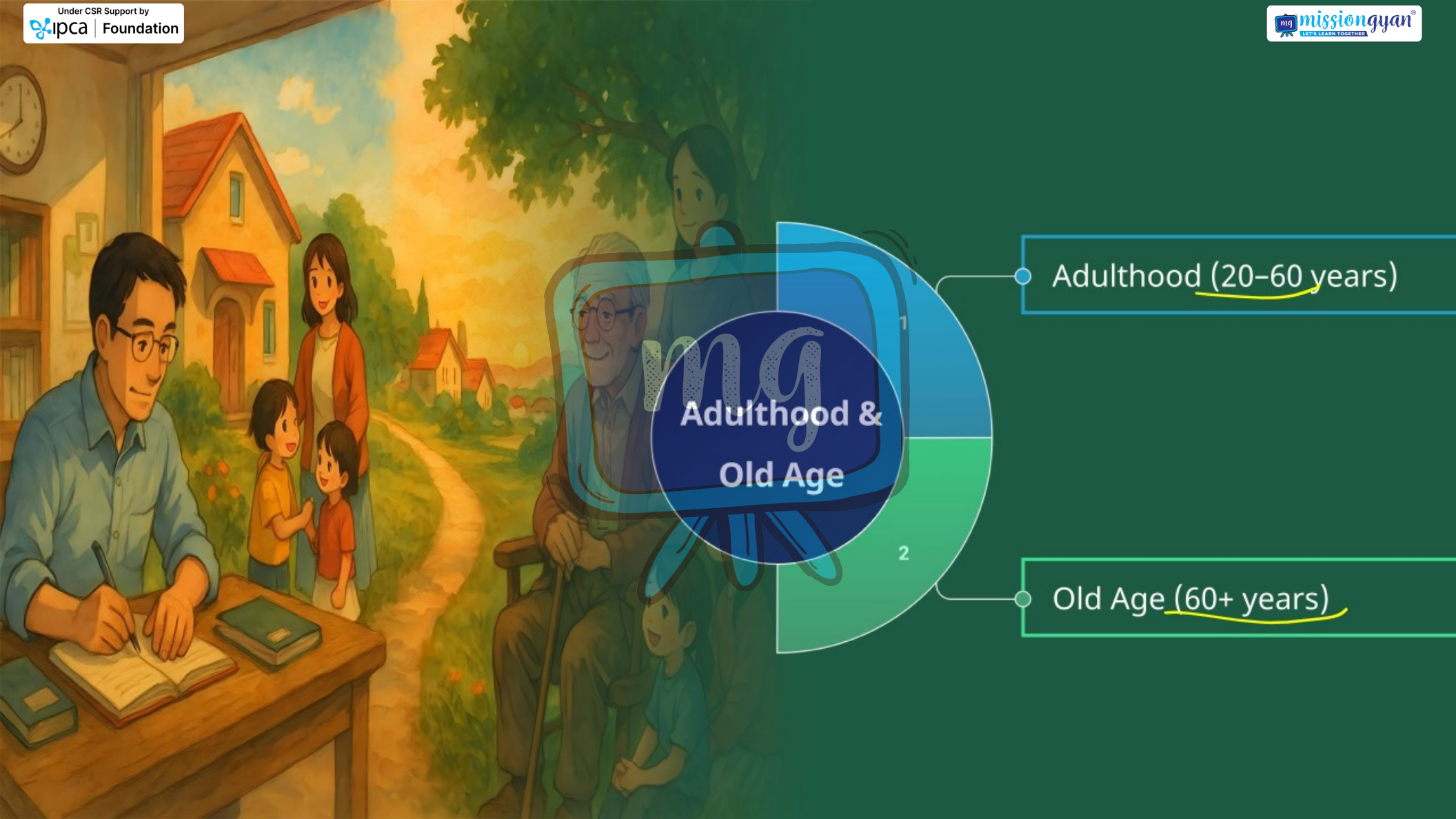


Summary Table

Challenge	Description
Emotional Instability	Preoccupation with appearance, mood swings, insecure feelings
Cognitive Egocentrism	Imaginary audience, personal fable—a self-focused worldview
Identity Crisis	Conflicts in developing consistent self-concept; identity vs confusion
Delinquent Behavior	Truancy, vandalism, theft—linked to low self-esteem & family discord

Summary Table

Challenge	Description
Substance Abuse	Peer-influenced smoking, drinking, drug use, used as a coping strategy
Loneliness & Anxiety	Doubts, future-related anxiety, search for belonging



Adulthood & Old Age

Adulthood (20–60 years)

Old Age (60+ years)

ADULTHOOD (20-60 YEARS)

Definition & Role Assumption

- Adulthood is marked by responsibility, maturity, self-reliance, and integration into society



EARLY ADULthood (20S – 30S)

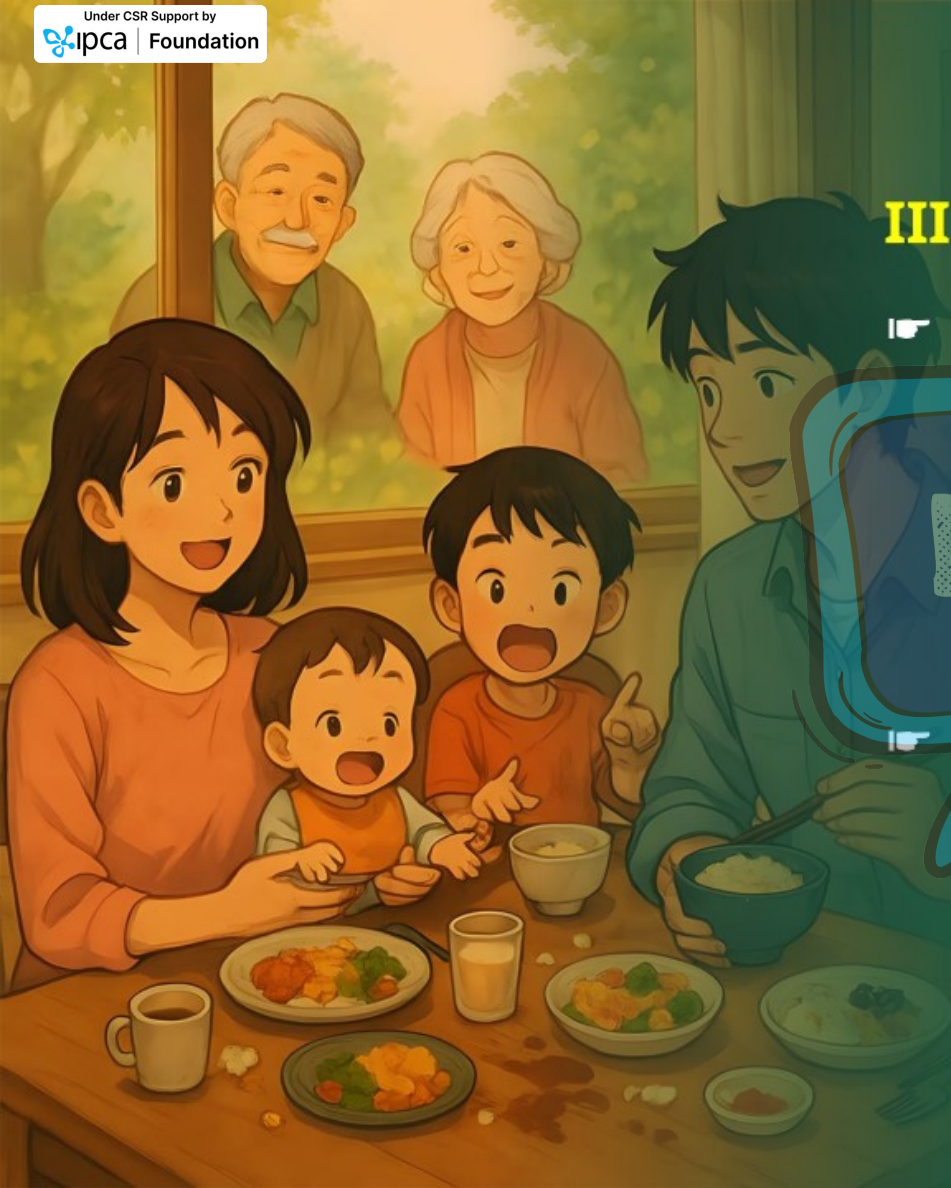
I. Life Structure Formation

- Individuals explore adult life options and work toward a stable life structure

II. Career & Work

- Choosing an occupation, adapting to work expectations, performance demands, and competition





III. Marriage & Family

- Adjusting to married life-understanding partners' preferences and negotiating role-sharing, especially in dual-career household
- Parenthood brings emotional rewards but also stress. Experiences depend on number of children, social support, and marital satisfaction

- Handling family changes like divorce, single parenting, or both spouses

working requires adaptive strategies
CO-PARENTING





MIDDLE ADULTHOOD (30S – 60S)

I. Physical Aging

- ▮ Gradual declines in vision, hearing, and physical appearance (wrinkles, weight gain) become more evident

II. Cognitive Shifts

- Long-term memory may decline more than short-term memory, while wisdom and experience-based knowledge tend to grow



OLD AGE (60+ YEARS)

Later life stage associated with retirement,
health changes, and modified roles in
family and society



Physical & Cognitive Changes

▮ Significant changes in sensory abilities

(Example : sight, hearing), physical stamina, and appearance

(Example : grey hair, wrinkles).

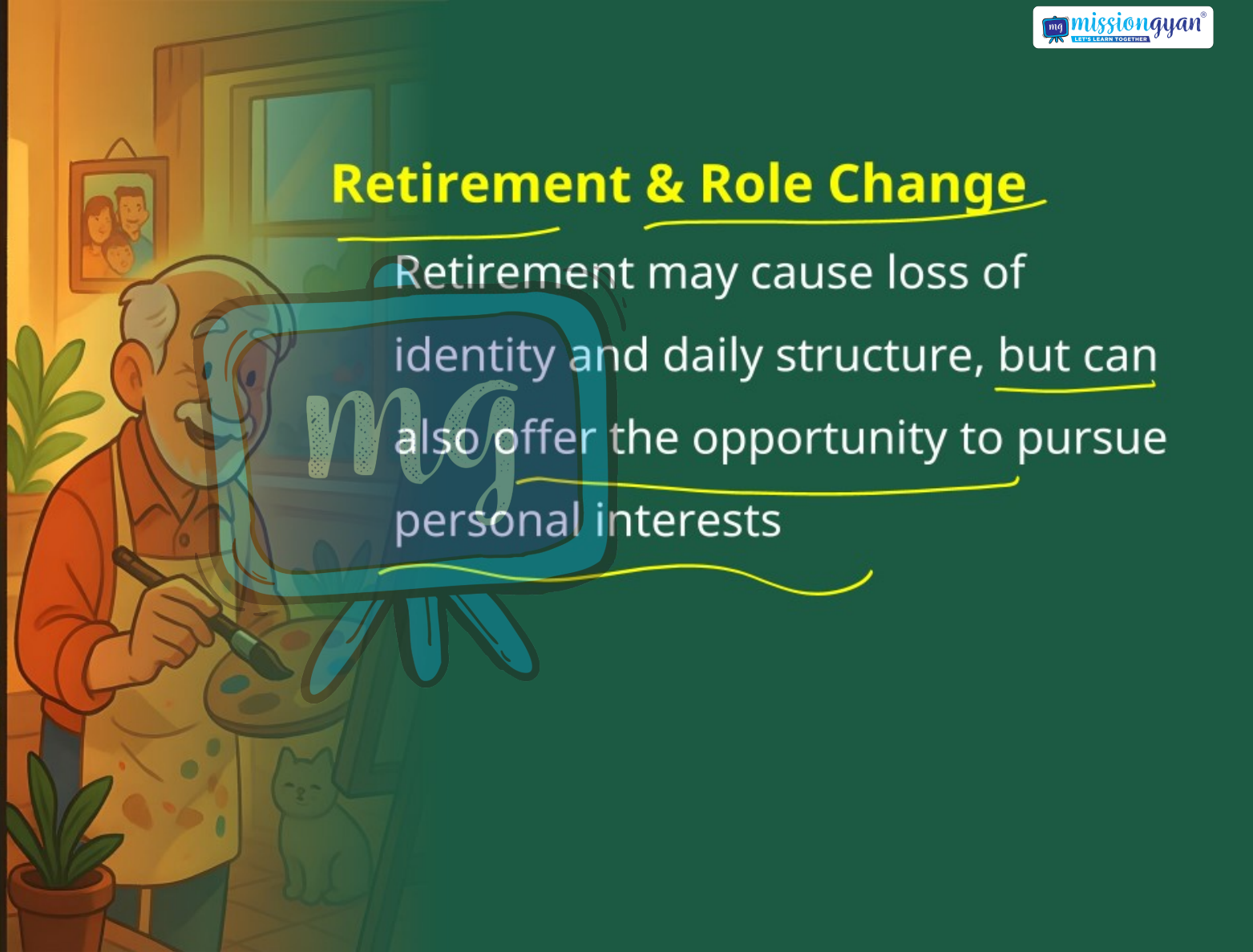
▮ Long-term memory continues to decline, crystallized intelligence or knowledge remains relatively stable until very late years.



Socio Emotional Issues

Common challenges :-

- ✧ Fear of death, particularly due to chronic illness
- ✧ Loneliness and depression, intensified by loss of spouse or shrinking social circles
- ✧ Generation gap



Retirement & Role Change

Retirement may cause loss of identity and daily structure, but can also offer the opportunity to pursue personal interests

Cultural Context & Coping

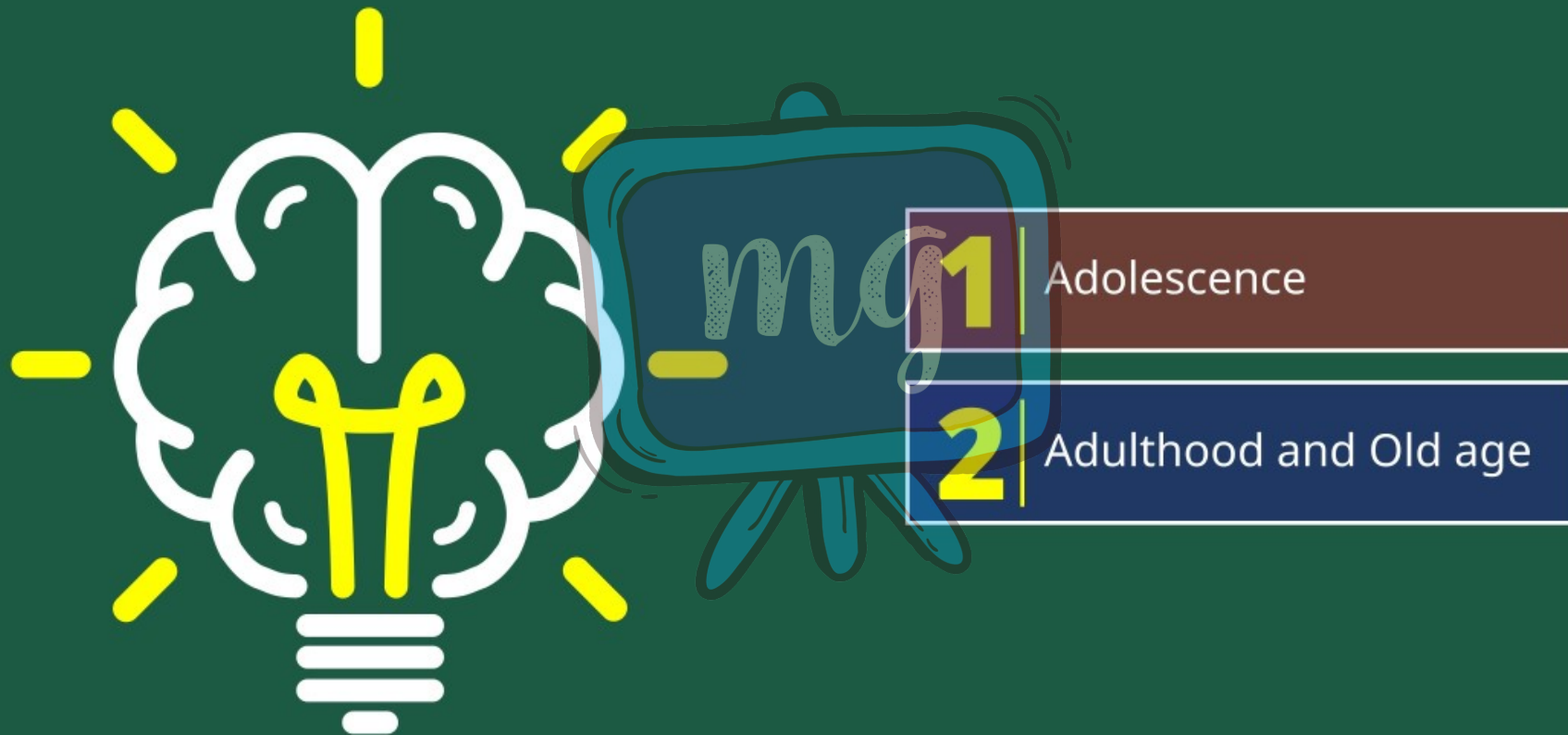
- ▮ In many cultures (Example : India), older adults depend on family support.
- ▮ Family integration, respect for elders, spiritual coping, and community ties help maintain their sense of security and well-being



Summary Table

<u>Stage</u>	<u>Key Tasks / Features</u>
<u>Early Adulthood</u>	Career development, marriage adjustments, parenting, establishing independence
<u>Middle Adulthood</u>	Physical aging (senses, appearance), long-term memory decline, increased wisdom
<u>Old Age</u>	Retirement, health issues, sensory/Cognitive decline, emotional challenges (loss, loneliness), reliance on family support

LEARNING OUTCOMES



ASSESSMENT

1

Which of the following is a major
concern during adolescence?

- ☐ A Menopause X
- ☐ B Retirement anxiety
- ☐ C Identity vs role confusion C
- ☐ D Generativity vs stagnation

ASSESSMENT

2

Adolescents often show a heightened sense of self-consciousness. What is this called?

☐ A

Imaginary audience

☐ B

Egocentrism

☐ C

Social identity

☐ D

Self-actualisation

A

ASSESSMENT

3

Which of the following is commonly experienced during old age?

- ☐ A Peak cognitive speed
- ☐ B Increased dependence
- ☐ C Menarche
- ☐ D Career building

B

ASSESSMENT

4

Which life stage involves achieving personal and career goals?

- ☐ A Late childhood
- ☐ B Adolescence
- ☐ C Early adulthood
- ☐ D Old age