


Adolescent stage and Adulthood

Zaid Ajil PhD, MSN
College of Nursing
University of Baghdad

- 
- * **Adolescence** is a transition period from childhood to adulthood. It is based on childhood experiences and accomplishments.
 - * It begins with the appearance of secondary sex characteristics and ends when somatic growth is completed and the individual is psychological mature.

Physical growth:

Weight:

- * Growth spurt begins earlier in girls (10–14 years, while it is 12–16 in boys).
- * Males gains 7 to 30kg, while female gains 7 to 25kg.

Height:

- * By the age of 13, the adolescent triples his birth length.
- * Males gains 10 to 30cm in height.
- * Females gains less height than males as they gain 5 to 20cm.
- * Growth in height ceases at 16 or 17 years in females and 18 to 20 in males

Physiological growth

- **Pulse:** Reaches adult value 60–80 beats/min.
- **Respiration:** 16–20C/minute.
- **Note :** The sebaceous glands of face, neck and chest become more active. When their secretion accumulates under the skin in face, **acne will appear.**

Appearance of secondary sex characteristics

1- Secondary sex characteristics in girls:

- Increase in transverse diameter of the pelvis.
- Development of the breasts.
- Change in the vaginal secretions.
- Growth of pubic and axillary hair.
- Menstruation (first menstruation is called menarche, which occurs between 12 to 13 years).

Appearance of secondary sex characteristics

2- Secondary sex characteristics in boys:

- Increase in size of genitalia.
- Swelling of the breast.
- Growth of pubic, axillary, facial and chest hair.
- Change in voice.
- Rapid growth of shoulder breadth.
- Production of spermatozoa (which is sign of puberty).

Cognitive development:

- Through formal operational thinking, adolescent can deal with a problem.
- Abstract thinking

Emotional development:

- This period is accompanied usually by changes in emotional control. Adolescent exhibits alternating and recurrent episodes of disturbed behavior with periods of quite one. He may become hostile or ready to fight, complain or resist everything.

Social development:

- He needs to know "who he is" in relation to family and society, i.e., he develops a sense of identity. If the adolescent is unable to formulate a satisfactory identity from the multi-identifications, sense of self-confusion will be developed according to **Erikson develop sense of (identity vs role confusion)**

Social development:

- Adolescent shows interest in other sex.
- He looks for close friendships
- As teenagers gain independence they begin to challenge values
- Critical of adult authority
- Relies on peer relationship

Adolescent problems

- Nutrition problems (Anorexia nervosa ,Bulimia and Pica)
- Attention deficit
- Anger issues
- Acne
- Postural disorder
- Fatigue or quickly tired
- Anemia

Adolescent problems

- Nocturnal emission
- Masturbation
- Menstrual problems (amenorrhea, dysmenorrhea)
- Sleep problems (nightmares, insomnia)
- Psychological problems (depression, isolated and Suicide)
- Obesity
- Bad school performance

Adolescent Needs and Teaching

- Relationships
- Love and respect from other
- Privacy
- Sleep
- Playing and exercise
- Nutrition
- Sexuality – STD's / AIDS
- Substance use and abuse
- Driving
- Access to weapons

Summary of Nursing Interventions for adolescent

- Provide privacy.
- Interview and examine adolescent without parents present, if possible.
- Encourage adolescent participation in treatment and decision making.
- Encourage visitation of peers.

Summary of Milestones for adolescent

- Fine motor skills well-developed.
- Gross motor skills improve due to growth spurts.
- Able to apply abstract thought and analysis.

Adulthood

- * **Early adulthood** - begins in late teens/early 20s and lasts through the 30s
 - Early adulthood is a time of:
 - establishing personal and economic independence
 - developing a career
 - Identity exploration, especially in **love** and **work**
 - selecting a mate
 - learning to live with someone in an intimate way
 - starting a family
 - rearing children

Physical Development in Early Adulthood

- Physical strength typically peaks in early adulthood (the 20's and 30's)
- Physical changes are minimal during this phase , the weight and muscle mass change as a result of diet , exercise ,pregnancy and lactation.
- Growth and strength in early adulthood, then slow process of decline afterwards
- Decline affected by health and lifestyles

Cognitive Development in Early Adulthood

- Piaget believed that the **formal operational stage** (ages 11 to 15) is the highest stage of thinking
- Adults gain knowledge, but ways of thinking are the same as those of adolescents
- Thinking in early adulthood becomes more realistic and pragmatic

Psychosocial Development in Early Adulthood

- During early adulthood, individuals enter Erikson's **intimacy versus isolation stage** (developmental task of forming intimate relationships with others or becoming socially isolated)
- Independence: separation from family of origin
- Learn to function without using parents as major source of comfort, security, direction
- Establish sense of “equal

Middle Adulthood

Middle adulthood - period from 40 years of age to about 60

- Middle adulthood is time of:
- expanding personal and social involvement and responsibility
- assisting next generation in becoming competent, mature individuals
- reaching and maintaining satisfaction in a career
- A decline of physical skills
- Balancing work and relationships

Physical Development in Middle Adulthood

- Females may experience bone loss as early as age 35. Men may not experience it until age 65.
- Muscle strength may begin to decline.
- Hair may begin to turn gray and thin; wrinkles appear in the skin.
- Chronic health problems such as hypertension, heart disease, and diabetes may surface.
- Sensory Effects of Aging
 - -Decline in vision becomes more pronounced
 - -Hearing undergoes a gradual decline beginning in middle adulthood.
- The Female Climacteric & Menopause, Starting about age 45

Physical Development in Middle Adulthood

- The most common is the enlargement of the prostate gland.
- Symptoms are problems with urination, including difficulty starting to urinate and frequent need to urinate during the night.
- Men still produce sperm and can father children through middle age.
- Accidents because of decrease visual acuity.
- Men have higher mortality rates than women

Cognitive Development in Middle Adulthood

- ❖ Some intellectual abilities decline in middle age, but others increase
- ❖ Acquired store of information, skills, strategies increases in middle adulthood
- ❖ Ability to deal with new situations begins to decline in middle adulthood

Psychosocial Development in Middle Adulthood

- ❖ **Generativity versus stagnation** - Erikson's seventh stage, in which individuals leave a legacy of themselves to the next generation (generativity)

Late adulthood

Late adulthood - period that begins in the 60s and lasts until death

- Late adulthood is the time of:
 - adjusting to retirement
 - decreasing strength and health
 - new social roles
 - reviewing one's life

Physical Changes

- The blood vessels shrink
- Reduction in the capacity of the heart to pump blood throughout the circulatory system
- Produces less digestive juice
- Constipation
- Wrinkles and age spots become more noticeable, skin loses its elasticity & collagen
- –Hair becomes thinner and grayer

Physical Changes

- Nails become thicker and more brittle with ridges
- Yellowing of teeth
- Sleep has more wakeful periods, with more time spent lying in bed – more tiredness in the mornings

Cognitive Development in Late Adulthood

- When speed of processing is involved, older adults do more poorly than younger adults
- Older adults do more poorly in most areas of memory
- Wisdom (expert knowledge about practical aspects of life) may increase with age
- Speed of processing information declines in late adulthood
- decline in brain and CNS functioning
- Attention: less effectively older adults attention

Psychosocial Development in Late Adulthood

- Includes achieving what Erikson called **Ego Integrity**: The feeling that one's life has been meaningful, vs. **Despair** – feelings of regrets or bitterness about past mistakes, missed opportunities, or bad decisions; a sense of disappointment in life

*

Aspects of Elderly Care

- The need for sleep may decrease, but short periods of rest throughout the day may offset the loss.
- –Social contact should persist.
- –Regular health and dental checkups should continue.
- –Individuals should maintain active interests.

Adjustment Strategies for Successful Aging

Don't abuse alcohol and don't smoke

2. Exercise regularly and avoid being overweight
3. Be well educated
4. Use your intellectual skills
5. Develop coping skills
6. Have good friends and/or a loving partner

Ageism

The definition of Ageism

- Discrimination based on chronological age. Ageism includes negative beliefs, attitudes, and stereotypes about elderly persons.
- Although ageist attitudes are relatively easy to identify, it is unclear how these attitudes translate into actual behavior. Ageism in common parlance and age studies usually refers to negative discriminatory practices against old people.

Ageism

- **AGEISM**, prejudice and discrimination directed at older people, is manifested in several ways.
- Negative attitudes about older people, especially about competence and attractiveness.
- Job discrimination
- Identical behavior by an older person and a younger person is interpreted differently

25 to 34 Years



Work

Friends

Family

Independence

35 to 54 Years



Family

Work

Friends

Cognitive fitness

55 to 65 Years



Family

Health

Friends

Cognitive fitness

70 to 84 Years



Family

Health

Cognitive fitness

Friends

85 to 105 Years



Health

Family

Thinking about life

Cognitive fitness

QUESTIONS

