

Adolescence

Dr. Katrina A. Korb
Jos ECWA Theological Seminary

Physical Development

- Grow 3 to 6 inches a year for several years
- Brain spurt from 13-15 years, likely related to abstract thinking
- Brain spurt from 17 years into early adulthood, likely related to logic and planning
- **Puberty:** Changes needed for reproductive maturity
 - Females: Development of breasts and public hair; first menstruation
 - Males: Penis, scrotum, and testes enlarge; first ejaculation; growth of facial hair; voice change

Cognitive Development

- **Piaget's Formal Operations Stage**
 - Systematic problem solving
 - Logic
 - Metacognitive skills improve
 - **Metacognition:** Knowledge of one's own thinking processes
 - Learning from text (reading) improves

Social Development

- **Parents:** Seek independence from parents, yet maintain relationship
 - Increase in conflicts between parents and children
- **Peers:** Increase in number, increase in intimacy
- Both parents and peers have a strong influence on the prosocial and antisocial behavior of adolescents
- **Sensation-seeking:** A desire to experience increased levels of arousal

Social Development

- Social Challenges of Adolescence
 - Peer pressure
 - Substance use
 - Sexual activity
 - Media influence
 - Cultism
 - Examination malpractice
 - Rite of passage

Identity Development

- “With globalization adolescents increasingly have interactions with people from diverse cultures, either first-hand or indirectly through various media. Consequently, developing a cultural identity has become more complex—no longer a question of becoming an adult member of one culture but instead of figuring out how to navigate multiple cultures” (Jensen, 2011, p. 62-63)
- Adolescents “develop dual identities as a result of globalization...from growing up with not only one’s own cultural and ethnic heritage, but also global adolescent interests and culture, through music, television, movies, and the Internet” (Gibbons, 2013, p.24, as cited in Gardiner, 2018)
- **Socialization ambiguity:** Conflicting expectations regarding appropriate social behavior during socialization
 - Is a considerable source of stress