

Detailed Chapter Outline with Key Terms

Chapter 14: Psychosocial Development in Young Adulthood

Focus: Ingrid Bergman, “Notorious” Actress

PERSONALITY DEVELOPMENT: FOUR VIEWS

- **Normative-stage models:** Theoretical models that describe psychosocial development in terms of a definite sequence of age-related changes.
- **Timing-of-events model:** Theoretical model that describes adult psychosocial development as a response to the expected or unexpected occurrence and timing of important life events.
- **Trait models:** Theoretical models that focus on mental, emotional, temperamental, and behavioral traits, or attributes.
- **Typological models:** Theoretical models that identify broad personality types, or styles.

Normative-Stage Models

- *Normative:* Common to most members of a population.
- *Stages:* Successive periods in development.

Erikson: Intimacy versus Isolation

- **Intimacy versus isolation:** According to Erikson, the sixth stage of psychosocial development, in which young adults either make commitments to others or face a possible sense of isolation and consequent self-absorption.
- *Love:* In Erikson’s theory, the virtue of the sixth stage; a mutual devotion between partners who have chosen to share their lives, have children, and help those children achieve their own healthy development.

Erikson’s Heirs: Vaillant and Levinson

- **Life structure:** In Levinson’s theory, the underlying pattern of a person’s life at a given time, built on whatever aspects of life the person finds most important.
- *Dream:* In Levinson’s theory, one’s hopes about what one wishes to achieve in the future, part of the entry phase of young adulthood.

Normative Studies of Women

Evaluating Normative Stage Models

- **Developmental tasks:** In normative-stage theories, typical challenges that need to be mastered for successful adaptation to each stage of life.

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Timing of Events Model

- **Normative life events:** In the timing-of-events model, commonly expected life experiences that occur at customary times. Also called *normative age-graded events*.
- *On time:* Referring to events that happen when expected.
- *Off time:* Referring to events that happen earlier or later than usual.
- **Social clock:** Set of cultural norms or expectations for the times of life when certain important events, such as marriage, parenthood, entry into work, and retirement, should occur.

Trait Models: Costa and McCrae's Five Factors

- **Five-factor model:** Theoretical model, developed and tested by Costa and McCrae, based on the "Big Five" factors underlying clusters of related personality traits: neuroticism, extraversion, openness to experience, conscientiousness, and agreeableness.
 - *Neuroticism:* A cluster of six negative traits indicating emotional instability: anxiety, hostility, depression, self-consciousness, impulsiveness, and vulnerability.
 - *Extraversion:* A cluster of six facets: warmth, gregariousness, assertiveness, activity, excitement-seeking, and positive emotions.
 - *Open to experience:* People high in this trait are willing to try new things and embrace new ideas.
 - *Conscientiousness:* People high in this trait are achievers: competent, orderly, dutiful, deliberate, and disciplined.
 - *Agreeableness:* People who are trusting, straightforward, altruistic, compliant, modest, and easily swayed.

Continuity and Change in the Five-Factor Model

Evaluating the Five-Factor Model

Typological Models

- *Typological approach:* An approach to personality development that looks at personality as a functioning whole that affects and reflects attitudes, values, behavior, and social interactions.
- **Ego-resiliency:** Adaptability under potential sources of stress.
- **Ego-control:** Self-control.
- *Ego-resilient:* Referring to people who are well adjusted, confident, and task-focused.
- *Overcontrolled:* Referring to people who are shy, quiet, anxious, and who withdraw from conflict.

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- *Undercontrolled*: Referring to people who are active, energetic, impulsive, stubborn, and distractible.
- *Trajectories*: Long-term patterns of behavior.

Integrating Approaches to Personality Development

Six Basic Elements of Personality Theories:

- *Basic tendencies*: Personality traits, physical health, appearance, gender, sexual orientation, intelligence, and artistic abilities.
- *External influences*: Environmental influences.
- *Characteristic adaptations*: Social roles, attitudes, interests, skills, activities, habits, and beliefs.
- *Self-concept*: One's idea of self.
- *Objective biography*: The events of a person's life.
- *Dynamic processes*: Processes that promote change, such as learning.

CHANGING PATHS TO ADULTHOOD

Influences on Paths to Adulthood

Do Relationships with Parents Affect Adjustment to Adulthood?

- *Secure-autonomous*: A category from the Adult Attachment Interview, these individuals are able to coherently discuss and evaluate their early attachment experiences.

FOUNDATIONS OF INTIMATE RELATIONSHIPS

- *Self-disclosure*: Revealing important information about oneself to another.

Friendship

Love

- **Triangular theory of love**: Sternberg's theory that patterns of love hinge on the balance among three elements: intimacy, passion, and commitment.
- *Intimacy*: Emotional element of love, involving self-disclosure, which leads to connection, warmth and trust.
- *Passion*: Motivational element of love, based on inner drives that translate physiological arousal into sexual desire.
- *Commitment*: The cognitive element of love, the decision to love and stay with the beloved.
- *Positive expressivity*: Warmth, emotionality, devotion to others, and prosocial behavior.

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Sexuality

- *Reproductive*: Attitude concerning sex that sex is permissible only for reproductive purposes within marriage.
- *Recreational*: Attitude concerning sex that whatever feels good and doesn't hurt anyone is fine.
- *Relational*: Attitude that sex should be accompanied by love or affection, but not necessarily marriage.

NONMARITAL AND MARITAL LIFESTYLES

Single Life

Gay and Lesbian Relationships

Cohabitation

- **Cohabitation**: Status of a couple who live together and maintain a sexual relationship without being legally married.

Types of Cohabitation: International Comparisons

- *Consensual or informal union*: An unmarried couple living in a sexual relationship.

Cohabitation in the United States

Marriage

- *Monogamy*: Marriage to one mate.
- *Polygyny*: A man's marriage to more than one woman at a time.
- *Polyandrous societies*: Societies where women generally wield more economic power and where a woman may take several husbands.

Benefits of Marriage

Entering Matrimony

Sexual Activity after Marriage

Marital Satisfaction

Factors in Marital Success or Failure

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- *Rewards:* In a marriage, benefits such as love, respect, trust, communication, compatibility, and commitment to the partner.
- *Barriers:* In a marriage, circumstances that prevent one from leaving the marriage, such as children, religious beliefs, financial interdependence, and commitment to the institution of marriage.

PARENTHOOD

Becoming Parents

Parenthood as a Developmental Experience

Men's and Women's Involvement in Parenthood

How Parenthood Affects Marital Satisfaction

How Dual-Earner Families Cope

Benefits and Drawbacks of a Dual-Earner Lifestyle

Division of Domestic Work and Effects on the Marriage

WHEN MARRIAGE ENDS

Divorce

Why Are Divorce Rates So High?

Adjusting to Divorce

- *Process:* In divorce, a sequence of potentially stressful experiences that begin before physical separation and continue after it.

Remarriage and Stepparenthood