ADULTHOOD
UNIT-III

The main headings are given in the BLUE colour
Main Subheadings are given in the BLACK colour
Subheadings are given in the Green colour

CHARACTERISTICS OF ADULTHOOD

1) **Early adulthood is a settling-down age**
   - Boys and girls reach their age of legal maturity
   - Carefree and need to set up to take over the responsibilities
   - Take a job to see if they prefer working to marriage or if they want to combine with marriage
   - Settling down depends on 2 factors - how soon they are able to find the lifestyle for need fulfillment and when they settle down is the responsibility that should be decided before.

2) **Early adulthood is the Reproductive age**
   - Those who are married during the later 20's and early 30's will focus on parenthood.
   - For those who begin to have children early in adulthood or even the closing years of adolescence and have large families.

3) **Early adulthood is a problem age**
   - Early adult years present many new problems, different in major aspects
   - The adjustment to the problem of adulthood intensified by shortening adolescence.
   - Less time to make the transition from childhood to adulthood.
   - Adjustment to work transferred as the adjustment to parenthood.

4) **Early adulthood is a period of emotional tension**
   - Trying to get the lay of new land led them to feel upset
   - By their early or mid-thirties, most young adults have solved their problems well enough to become emotionally stable and calm.

5) **Period of social isolation**
   - Association with the peer group starts to wane as the end of formal education and entrance into adult life
   - Erickson referred to it as an **isolation crisis**

6) **Time of commitments**
   - At the end of adolescence and adulthood develop new patterns of living, assume new responsibilities, and make commitments.

7) **Period of dependency**

- Many adults are partially or totally dependent on others for varying lengths of time.
- Dependency may be on parents, on the educational institution they attend on part or total scholarship, or on the government for loans to finance their education

8) **Time of value change**
   - Values are considered from a more mature standard point.
   - As a result of such changed values, many adults who dropped out of school or college decide to finish their education
   - Young adults soon discover that most social group holds conventional values about belief and behavior.

9) **Time of adjustment to new lifestyles**
   - Common adjustment to egalitarian rather than traditional sex roles, new family matters including divorce and one-parent families, and new vocational patterns especially large and impersonal work in business and units

10) **Creative age**
   - It depends upon individual interests and abilities, opportunities to do what they want to do, and activities that give the greatest satisfaction.
   - Some find a creative outlet in hobbies while others choose vocations in which they can express creativity

DEVELOPMENTAL TASKS

Aids to mastery developmental task
Physical efficiency
- The peak of physical efficacy will be reached in mid 20's after which there is a slow decline into the early 40's, adjustment problems are more difficult but physical ability meets them all.

Motor abilities
- The peak of motor abilities reached at ages between 20 and 30.
- New motor skills are learned.
- Count on their ability to work on the situation

Mental abilities
- Mental abilities are needed such as adjusting to new situations, recall of previously learned material, reasoning by analogy, and creative thinking reach their peak during 20's.

Motivation
- They are strong enough to consider an independent adult, this provides them with motivation to master developmental tasks.

Role model

- Being associated with their role model during their adolescents they are motivated to imitate their behavior as such their role model in this period.

CHANGES IN INTEREST
Conditions responsible for interest change
Change in Health conditions - find changes in strength and endurance and feel not as before.
Changes in economic status - changes in economic strength determine the interest activities improvement in economics strengthens the interest and vice versa.
Change in life patterns - must reassess their old interest in terms of time, energy, money, and companionship they entail seeing whether they fit into their new life patterns or the satisfaction they did earlier.
Changes in values - the new values individual acquires influences already existing interests or lead to new ones.
Sex-role changes - *a* pattern of adult women's life differs markedly from that of men's, which results that sex differences in interest becoming greater than they were earlier.
Changes from single to married status - unmarried adults develop different interests than those of married adults of the same age level.
Assumptions of parental role - interest become family-oriented rather self-oriented.
Changes in preference- likes, and dislikes have a profound influence on interests and tend to become stronger with age and this leads to increased stability of interest in adulthood.
Changes in cultural and environmental pressures - because at every age interest is influenced by pressure from the social group as a social group value changes so do interests.

Personal interest
- Personal interests are those related to the individual
- As work, home, and parental responsibility increase, egocentric interests gradually give way to more socialized interests.
- They have discovered self-esteem, and self-assertiveness are all closely interrelated.
- Women discover physical aids to their status in life, both in business and through marriage.
- Interest in appearance begins to wane during the late 20's when business and family pressure are especially strong.

Clothes and personal adornment
- Interest in clothing and personal adornment remains strong in early adulthood.

Symbols of maturity
- Most young adults feel the need to impress upon their parents and other adults the fact that they are no longer adolescents but full-fledged adults
- Accompanying rights, priviledged and responsibilities that adulthood brings

Status symbols
- Status symbols are marks of the distinction that set the individual apart from others.

- Automobiles are a major status symbol for adolescents. A home is the most important material possession of the young adult.

Money
- Young adults are interested in money because of what it can do for them now, rather than in the future.
- Some of the problems relating to money come from a lack of knowledge of how to use money wisely or from values that are carried over from the peer group standards of adolescence.

Religion

Factors influencing religious interest in adulthood

Sex - *women tend to be more interested in religion than men and take a more active part in religious observances and holy places*

Social class - *members of the middle class are more obsessed with religion than those of the upper class, and adults who are anxious to improve their social status in the community are more active in religious organizations than those who are satisfied with their status.*

Place of residence - *adults who live in rural or suburban areas tend to show a greater interest in religion than those who live in urban areas.*

Family background - *adults who were brought up in a home where religion played an important role and who became tend to continue to show a greater interest in religion than those whose early religious experience was less important to them.*

Religious interests of friends - *adults are more likely to be interested in religion if their neighbors and friends are active in religious organizations.*

Spouses of different faiths - *husbands, and wives of different faiths tend to be less active in religious affairs than those of the same faith.*

Concerns about death - *adults who are concerned about death or who have a morbid preoccupation with death tend to be far more interested in religion than those whose attitude is more realistic.*

Personality patterns - *the more authoritarian the personality pattern, the more preoccupied young adults are with religion.*

Well-adjusted adults are tolerant of other religions and usually participate in religious activities.

Recreational interests

Talking - talking especially with those whose interests are similar, is a popular past time for both young men and women

It is especially popular among married women whose parental responsibilities keep them in the home for the major part of the day.

Most adults talk mainly about personal, day-to-day concerns relating to families, their work, and social matters.

Dancing - the most popular form of recreation in adolescence.

Fail to continue as like adolescence.

Sports and games - active participation in sports and athletic events of all sorts decreases during the adult years, not because adults are in poorer health or are less interested in sports, but because they have less time and money to invest in these activities.

Entertainment - limited budgets and parental responsibilities restrict the amount of entertainment by young adults. The entertainment of friends and neighbors is usually informal.

Hobbies - many adults do not pursue hobbies until their financial position is such that they have the necessary leisure time. Hobbies are the most part of constructive in nature.

Amusements - amusement and activities in which the individual is a passive participant are enjoyed by people of all ages, and they grow in popularity during adulthood.

Factors influencing adult recreation

Health - healthy young adults engage in a wider variety and in a more strenuous way of recreation. At the same time, healthy adults may tend to focus on amusements.

Time - most adults find it more difficult to find time for recreation than they had as adolescents because of work or family responsibilities.

Marital status - young unmarried men and women not only have more time and money for different forms of recreation than those who are married.

Socioeconomic status - middle-class adults have more time for recreation, engaging in a wider variety of recreational activities. It is highly based on home while the adult is involved in commercial entertainment outside the home.

Sex - regardless of marital status, young men and women must make radical changes in their recreational activities.

Social acceptance - young adults who are popular and have many friends from their school years or from their jobs have opportunities for more socially oriented reactions after they finish their education than adults who are not popular in school.

Social interest
Changes in social participation
Factors influencing social participation

Social mobility - the more anxious adults are to improve their social status, the more they try to become affiliated with the community organizations that will help them to rise up the social ladder.

Socioeconomic status - young adults whose socioeconomic status is favorable can participate in more social activities.

Length of residence in the community - to form friendships many adults go and be involved in community activities.

Social class - upper and middle-class adults who belong to more community organizations are assuming more leadership roles in them than lower-class adults. They also have more friends and visit more relatives than members of the lower class.

Environment - the social life of young adults living in cities may center more around relatives than that of young adults who live in suburban and rural areas where there is more neighborliness and social participation

Sex- married men are freer to engage in social activities than women.

Age of sexual maturation - men who mature early are more active in community affair and more often plays leadership roles than men who mature later

Birth order - firstborns many of them suffer from feelings of insecurity tend to be joiners and are more active in community affairs than those who were born later.

Changes in social groupings
- Young adults usually have a small group of intimate friends or confidants
- Intimate friends young adults have will depend also on how much they are willing to disclose about their interests, problems, and aspirations.

Change in value based on popularity
- Popularity becomes increasingly less important as adults approach middle age.
- Social acceptance or the lack of it affects adults much as it does adolescents but to a lesser extent.
- They have little motivation to conform to group standards except in public, and then only to forestall the possibility of complete rejection.

Changes in leadership status
- Adults achieve leadership status in different ways
- Studies of persistence of leadership have revealed that in most cases, "once a leader always a leader"

SOCIAL MOBILITY IN EARLY ADULTHOOD

Factors influencing social mobility

Social mobility can be influenced by a number of factors. Some of them are as follows
- **Education** - early adulthood is a critical time for education which leads to job opportunities and higher incomes
- **Career path** - it can also play a significant role in social mobility. Careers such as in science, technology, engineering, and maths fields tend to offer higher salaries and more for advancements.
- **Network -** it provides individuals with access to job opportunities, mentorship, and other resources. building a strong network facilitates upward mobility.
- **Geographic location -** some places offer more opportunities and higher salaries than other
- **Family support -** early adulthood can be a time of transition and family support, financial support and mentorship is essential

- **Economics -** availability of jobs and the state of the economy can also influence social mobility in early adulthood.

Conditions facilitating upward social mobility

Education

Marriage to a high-status person

Acceptance and adoption

Transfer of membership

Active participation in prestigious community affairs

Membership in one or more exclusive community clubs

SEX ROLE ADJUSTMENTS

Concepts of adult sex roles

Traditional concepts - men, and women

Men - outside the home men hold positions of authority and prestige in the social and business world

In-home he is a wage earner, decision maker, adviser, and disciplinarian of the children and a model of masculinity for his sons

Women - both at home and outside the role are other-oriented and gains fulfillment by serving others.

Egalitarian concepts - men and women

Men - in the home and outside, a man works with women in companionship relationships he does not feel henpecked if he treats his wife as equal nor does he feel ashamed if she has a more prestigious or remunerative job than he does.

Women - both at home and outside, women able to actualize their potential. She does not feel guilty about using her abilities and training to give her satisfaction, even if this enquires employing someone else to take care of her home and children.

VOCATIONAL ADJUSTMENTS

Selection of a vocation

- Individuals likely for the kind of work selected, evidence of ability to do the work successfully and necessity, due to financial or other work responsibility
- Many young adults claim that they do not want to go into the same line of work as their parents or other relatives.

Factors influencing vocational choice difficult

- Stable-to-work vocational selection will depend largely on 3 factors
- Job experience, personal interests, vocational values.
- Having satisfaction in work is attained through vocational choices.
- Vocational values are more important in vocational stability than job experience and personal interests

Stability of vocational selection

- Stability has been found to increase with age
- Job changes within an occupation are more frequent than occupational changes.

Men's adjustment
- The job allows them to play the role they want
- Job makes use of abilities and training
- Influenced by how men adjust to authority
- Adjustments to work are influenced by pay raises or lack of them.

Women's adjustment
- Unable to find jobs suited to their abilities, training, and expectations they feel so frustrated
- Feels they are in a dead-end job when they approach middle age
- Formed stereotyped occupational aspirations
- Resent having to carry a double workload - one in the home
- Assume the role of housewife and mother

Appraisal of vocational adjustments
- Based on 3 criteria
- Achievement on the job, amount of voluntary job openings or changing jobs.

Achievements
- One area of importance in early adulthood is an achievement.
- There are essentially two types of achievement that become particularly important in early adulthood: **career achievement and socioemotional achievement.**
- Career achievement, like what Steve is striving for, is a central focus in early adulthood because, between ages twenty and forty, many people are starting their careers and rising up the corporate ladder.
- Meanwhile, socioemotional achievement takes the form of long-term relationships, particularly marriage, which many people engage in during this time. Let's look closer at work and socioemotional achievement.

Voluntary changes in jobs
- The career change has become more socially acceptable as personal fulfillment is more highly valued.
- Career decision-making is seen as a series of continuous choices across the lifespan, not a once-and-for-all event.
- Thus, careers may be viewed as a spiral sequence of all life roles, with changes triggered by factors ranging from the anticipated (marriage, empty nest) to unanticipated (illness, divorce, layoff) to "nonevents" (a marriage or promotion that did not occur)

Satisfaction
- In their early 20's most individuals are glad to have a job, even if it is not entirely to their liking, because it gives them the independence they want and makes marriage possible.
- Dissatisfaction usually begins to set in during the mid to late 20's if family situations make it impossible for them to change jobs.

- Opportunity to choose work
- Work meeting needs and interest
- Vocational expectations
- Stimulating versus nonstimulating work
- Degree of career orientation
- Vocational security
- Level of education
- Opportunities for advancement
- Stereotypes about jobs
- Occupational stress
- Working conditions
- The attitude of significant people

MARITAL ADJUSTMENTS

This difficulty is increased when one spouse has grown up in a family where the lifestyle differs markedly from that of the other spouse

Conditions contributing to difficulties in marital adjustment

Limited preparation for marriage'

- In the areas of domestic skills, child rearing, getting along with the laws, and money management

Roles in marriage

- Changes in marital roles for both men and women and the different concepts of the roles held by different social classes and religious groups make adjustment problems in marriage more difficult now than in the past.

Early marriage

- Marriage and parenthood before young people have finished their education and are economically independent deprives them

Unrealistic concepts of marriage

- Adults who have spent their lives in their school and colleges with little or no work experience tend to have unrealistic concepts of what marriage means in terms of work, deprivation, financial expenditures, and changes in life patterns

Mixed marriage

- Adjustment to parenthood and to in-laws when a marriage happens between persons of different racial, ethnic, or religious groups

Shortened courtship

- Courtship is the period wherein some couples get to know each other prior to a possible marriage or committed romantic, de facto relationship.

Romantic concepts of marriage

- Romantic concepts of adulthood often involve ideals of maturity, independence, responsibility, and commitment in the context of romantic relationships.
- These concepts are often shaped by cultural norms and values, as well as personal experiences and beliefs.

Lack of identity
- Lack of identity in adulthood is a common problem that can arise due to a variety of reasons, such as lack of self-exploration, social pressures, traumatic experiences, and difficult life transitions.
- When individuals lack a clear sense of identity, they may experience feelings of confusion, uncertainty, and even depression or anxiety.

Adjustment to mate

In psychology, "adjustment" refers to the psychological process by which an individual copes with the demands and challenges of life. This process involves adapting to changes in one's environment, managing stress, and developing strategies for achieving personal goals.

Factors influencing adjustment in a Mate

Concept of an ideal mate
- refers to the characteristics or qualities that an individual considers most desirable or attractive in a romantic partner.
- common traits that are often considered important in an ideal mate include physical attractiveness, intelligence, kindness, humor, honesty, loyalty, and emotional stability
- it's also important to remain open-minded and flexible in one's preferences

Fulfillment of needs
- Identify your needs: Start by making a list of your needs, both physical and emotional.
- Communicate your needs: Once you have identified your needs, it is important to communicate them to your partner
- Work together to find solutions
- Show appreciation: When the partner fulfills your needs, make sure to show your appreciation
- Practice self-care: It is important to take care of oneself and fulfill your own needs, even if one's partner is not able to do so.

Similarity of backgrounds
- The similarity of background between partners can have a significant impact on their adjustment to each other as mates.
- For example, if both partners come from a culture that values family and community, they may be more likely to prioritize spending time with each other's families and place a high value on building strong relationships with their community.
- This shared background can help them feel more connected and supported in their relationship.

Common interests

- Having common interests can also play an important role in the adjustment to a mate.
- When partners share common interests, they are more likely to enjoy spending time together and have shared experiences that can strengthen their bond.

Similarity of values
- partners share similar values, they are more likely to understand and respect each other's perspectives and have a greater sense of compatibility and connection.
- Examples of values include honesty, integrity, kindness, compassion, and respect.
- When partners share similar values, they are more likely to be aligned in their priorities, goals, and expectations for their relationship.

Role concepts
- Role concepts, or the beliefs and expectations that people have about gender roles and relationship roles, can also play a significant role in the adjustment to a mate.

Change in life patterns
- Adjusting to a mate often involves changes in life patterns, as partners learn to navigate their individual preferences, routines, and habits in a way that works for both of them.

ADJUSTMENT TO PARENTHOOD

Voluntary childlessness
Voluntary childlessness, also known as childfree, is a decision made by individuals or couples to not have children.

Single parenthood
Single parenthood refers to the situation where one parent is responsible for the care and upbringing of a child or children without the support or involvement of a co-parent.
This can occur as a result of various circumstances, such as divorce, separation, the death of a partner, or choosing to have a child as a single parent.

Variations in adjustment to parenthood
Some important factors influencing adjustment to parenthood
Attitude towards pregnancy - attitudes toward pregnancy can be influenced by a person's gender, sexual orientation, and relationship status.
Attitude towards parenthood - attitudes toward parenthood can be influenced by a person's gender, sexual orientation, and relationship status.
Age of parents - attitudes toward the age of parents are complex and multifaceted, reflecting the unique experiences and perspectives of each individual.
Sex of children - attitude toward the sex of children in adulthood can be influenced by a variety of factors, including cultural, social, and individual factors.
A number of children - People's attitudes toward the number of children they want in adulthood can vary widely depending on a variety of factors, including personal values, cultural background, economic circumstances, and family dynamics.
Parental expectations - Parents often have high expectations for their children, including academic achievement, career success, social skills, and moral values.

They may also have specific goals for their children, such as attending a certain college or pursuing a certain career path.

Feelings of parental adequacy - Parental adequacy refers to the feeling of being a good enough parent who is meeting their child's emotional, physical, and psychological needs.

It is natural for parents to question their parenting abilities and worry about whether they are doing enough for their children.

Attitude towards changed roles - Attitudes toward change can vary widely among adults, as people have different experiences, values, and beliefs that shape their perspectives.

The child's temperament - Attitudes toward child temperament in adulthood can vary depending on an individual's experiences and beliefs.

Some adults may value and appreciate a child's unique temperament, recognizing that each child has their own personality traits and ways of interacting with the world.

ADJUSTMENT TO SINGLEHOOD

Reason for singlehood

Some people may prefer to focus on their careers, hobbies, or personal goals, and may not feel ready or interested in committing to a long-term relationship.

Others may have had negative experiences in past relationships or may simply enjoy the freedom and independence that comes with being single**.**

- **Personal preference:** Some people simply prefer to be single and enjoy the freedom and independence that comes with it.

- **Career focus:** For some people, their career is their main focus, and they don't have the time or energy to devote to a relationship.

- **Emotional unavailability:** Some people may struggle with emotional intimacy and may find it difficult to form close relationships.

- **Past experiences:** Traumatic past experiences, such as a difficult breakup or the death of a partner, may make it challenging for someone to enter into a new relationship.

- **Fear of commitment:** Some people may be afraid of commitment and may avoid relationships as a result.

- **Lack of interest:** Some people may simply not be interested in dating or being in a relationship.

Effects of singlehood

Positive effects:

Independence: Single individuals have the freedom to make their own decisions and live life on their own terms.

Career focus: Without the responsibilities of a relationship, single people can focus more on their career and personal goals.

Strong social connections: Single people often have a stronger social network, as they have more time to invest in friendships and other social activities.

Personal growth: Being single can allow for personal growth and self-discovery, as individuals have more time to explore their own interests and hobbies.

Negative effects:

Loneliness: Single people may experience feelings of loneliness and social isolation, especially during times of celebration or holidays.

Lack of emotional support: Without a partner, single individuals may have less emotional support during difficult times.

Stigma: Society often places a negative stigma on single individuals, which can lead to feelings of inadequacy or inferiority.

Pressure to find a partner: Some single people may feel pressure to find a partner, especially as they get older and societal expectations to increase

HAZARDS OF VOCATIONAL AND MARITAL ADJUSTMENTS

Vocational hazards

Job dissatisfaction

- Job dissatisfaction in adulthood is a common issue that many people experience at some point in their careers
- reasons why people may become dissatisfied with their jobs, such as feeling undervalued or underpaid, lacking opportunities for growth and development, experiencing high levels of stress, or having a poor relationship with their boss or colleagues.
- can lead to feelings of frustration, stress, and burnout, which can in turn affect their mental and physical health.
- It is important to identify the root causes of the problem and to explore potential solutions.
-

Unemployment

- Unemployment in adulthood can be a challenging and stressful experience.
- Some common causes of unemployment in adulthood include economic downturns, industry changes, and personal circumstances such as health issues or caregiving responsibilities.

Marital hazards

Adjustment to mate

- Adjusting to a mate can be challenging and may involve certain hazards, such as:
- Miscommunication, Unrealistic expectations, Incompatibility, Loss of independence, and Stress.

Competitiveness
- Competitiveness in adulthood can vary greatly from person to person.
- Some individuals maintain a strong drive to compete and excel throughout their adult lives, while others may become less interested in competition and more focused on personal growth and development.

Sexual adjustments
- Sexual adjustments in adulthood are common and can be influenced by a variety of factors, including physical and emotional changes, relationship dynamics, and societal norms and expectations.

Economic status
- Economic status in adulthood can vary widely depending on a variety of factors, including education, occupation, and socioeconomic background.
- Socioeconomic background can also play a role in shaping economic status in adulthood.
- Individuals from lower-income families may face systemic barriers to accessing education and job opportunities, which can impact their long-term economic prospects.

Role changes
- Some common role changes in adulthood include becoming a parent, caring for aging parents or other family members, transitioning to a new career, and taking on leadership or mentoring roles in the workplace or community.

Relationship - in-laws
- Some common role changes in adulthood include becoming a parent, caring for aging parents or other family members, transitioning to a new career, and taking on leadership or mentoring roles in the workplace or community.

Parenthood
- Parenthood in adulthood can be a rewarding and fulfilling experience, but it also comes with a host of challenges and responsibilities.

SUCCESS OF ADJUSTMENT TO ADULTHOOD.

Achievement
- Achievement to adulthood can refer to a variety of milestones that individuals reach as they transition from adolescence to adulthood. Here are some examples:

Completing education: This can include finishing high school, college, or vocational training.

Starting a career: This involves finding a job or beginning a profession that provides financial stability.

Moving out of the parental home: Moving out of the family home and living independently is often seen as a key marker of adulthood.

Establishing financial independence: This means being able to support oneself financially, pay bills, and save money.

Building meaningful relationships: This includes forming friendships, romantic relationships, and building a supportive social network.

Taking responsibility for personal health: This involves adopting healthy habits such as exercise, good nutrition, and avoiding harmful substances.

Engaging in civic and community activities: This can include volunteering, participating in community events, and taking an active role in local politics.

Developing a sense of personal identity: This involves understanding one's values, beliefs, and interests and how they fit into the broader society.

Satisfaction

Satisfaction in adulthood can be influenced by a variety of factors, such as one's personal values, life experiences, relationships, health, and overall well-being. Here are some factors that can contribute to satisfaction in adulthood:

- **Meaningful relationships**: Having close and supportive relationships with friends, family, and romantic partners can increase overall life satisfaction.
- **Financial stability**: Feeling financially secure can lead to less stress and more overall satisfaction in life.
- **Health and wellness**: Maintaining Good physical and mental health can lead to increased satisfaction and well-being.
- **Fulfillment in work or career:** Feeling satisfied with one's job or career path can contribute to overall life satisfaction.
- **Sense of purpose**: Feeling a sense of purpose or meaning in one's life can contribute to overall satisfaction and well-being.

Personal adjustment

Personal adjustment in adulthood refers to the ability to cope with and adapt to the changing demands and challenges of life as one progresses through adulthood.

- Being able to manage emotions, behaviors, and thoughts in a healthy and effective manner,
- To develop a positive sense of self and a strong sense of purpose in life.