

CHANGING SOCIAL ROLES IN THE CONTEXT OF EMERGING ADULTHOOD

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WHAT DOES
“BEING AN
ADULT”
MEAN TO
YOU?





**You are now
entering the
adult zone**



**You are now
entering the
adult zone**

INTERNATIONAL AGE OF MAJORITY

- 18 YEARS OLD
- LEGAL THRESHOLD OF ADULthood
- LEGAL CONTROL OF PARENTS/GUARDIANS TERMINATED

HOW DO YOU DEFINE A DEVELOPMENTAL PERIOD?



PHYSIOLOGICAL MATURATION



PHYSICAL MATURITY &
REPRODUCTIVE GROWTH



FINAL STAGES OF BRAIN
DEVELOPMENT

HOW DO YOU DEFINE A DEVELOPMENTAL STAGE?

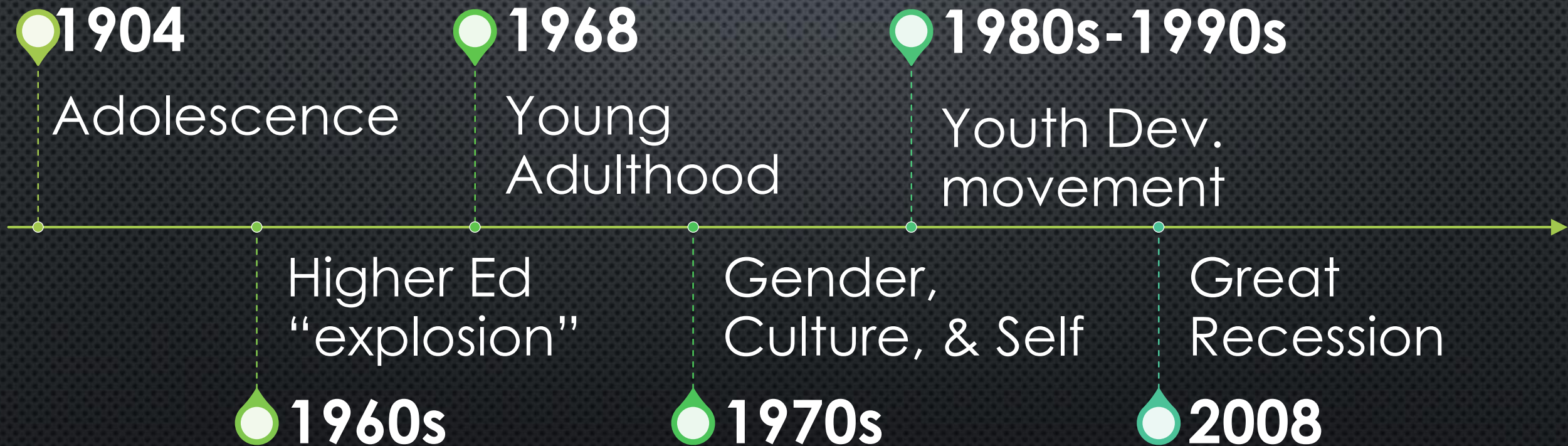


PHYSIOLOGICAL
MATURATION

HISTORICAL
CONTEXT

HOW?

HISTORICAL CONTEXT



HOW DO YOU DEFINE A DEVELOPMENTAL STAGE?



PHYSIOLOGICAL
MATURATION

HISTORICAL
CONTEXT

SOCIETAL AND
CULTURAL NORMS



SOCIETAL AND CULTURAL NORMS

- PROLONGATION OF EDUCATION
- OCCURRENCE OF THE “BOOMERANG” EFFECT
- FINANCIAL DEPT AND DEPENDENCE

SOCIAL MARKERS OF ADULTHOOD

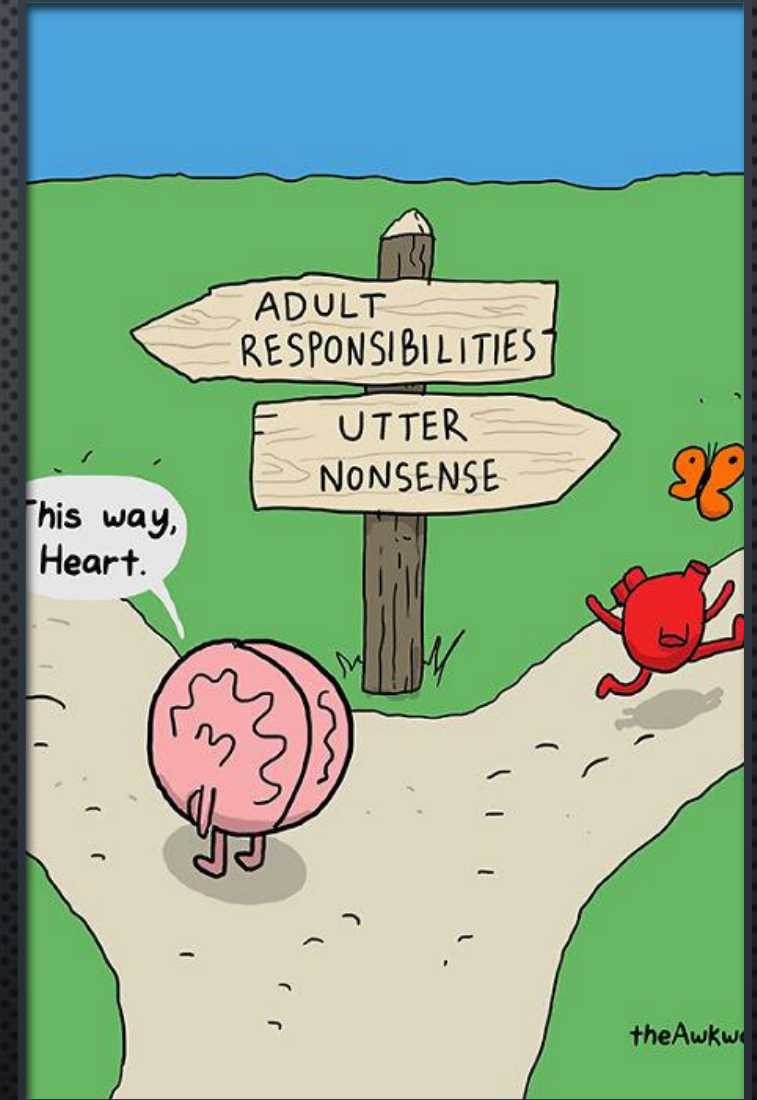
HISTORICAL BENCHMARKS

- MARRIAGE
- PARENTHOOD
- SEPARATE HOUSEHOLD
- FINISHING SCHOOL
- GAINFUL EMPLOYMENT

CURRENT



INDEPENDENCE

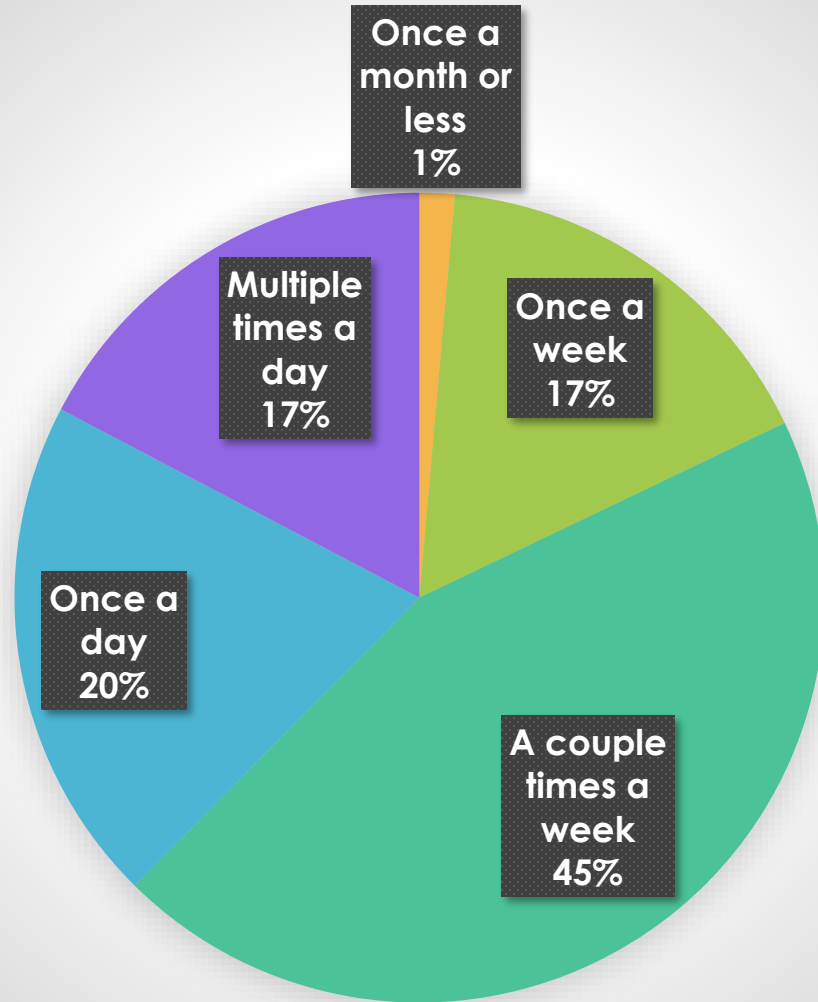


WHAT IS EMERGING ADULTHOOD?

- NEW DEVELOPMENT PERIOD ORIGINATING IN 2000
 - AGES 18-29
- 5 DISTINCT FEATURES
 - IDENTITY EXPLORATIONS
 - INSTABILITY
 - SELF-FOCUS
 - FEELING IN-BETWEEN
 - POSSIBILITIES/OPTIMISM
- COMPLEX PERIOD FOR MENTAL HEALTH



Parent Report of Communication Frequency



RELATIONAL ROLES: PARENT-CHILD RELATIONSHIPS

- CHANGE IN VIEW
 - TIED TO FEELING IN-BETWEEN
- ~75% GET ALONG BETTER
 - CONFLICT CENTERS ON MONEY
- FREQUENT COMMUNICATION
- SCHOOL ENGAGEMENT STILL MATTERS



“HELICOPTER” PARENTING

Similar Terms

- ⑩ Indulgent
- ⑩ Overparent
- ⑩ Lawnmower
- ⑩ Tiger moms
- ⑩ Little emperor syn.
- ⑩ Curling parents

Well-intended behaviors

- ⑩ Intervenes
- ⑩ Monitors:
- ⑩ Finances
- ⑩ Exercise
- ⑩ Diet
- ⑩ Social activity
- ⑩ Work

Role of technology

- ⑩ Barrier-free comm.
- ⑩ Enables monitoring
- ⑩ Safety net of support
- ⑩ Access to information

Impact

- ⑩ Physical health
- ⑩ Mental health?
- ⑩ Self-concepts

RELATIONAL ROLES: IMPORTANCE OF PEERS

Academic
achiev.

Buffers
stress

Quality vs
Quantity



RELATIONAL ROLES: ROMANTIC RELATIONSHIPS

Task: CREATE
HEALTHY EMOTIONAL
& SEXUAL
RELATIONSHIPS

Amato, Booth, Johnson, & Rogers, 2007; Blum & Nelson-Mmari, 2004; Clifford, Vennum, Busk, & Fincham, 2017; Mongeau, Knight, Williams, Eden, & Shaw, 2013; Rappleyea, Taylor, & Fang, 2014; Spencer, Renner, & Clark, 2016; Steinberg, 2014



DELAYS IN MARRIAGE
& CHILDBIRTH



COHABITATION

TECHNOLOGY &
SOCIAL MEDIA



INTIMATE PARTNER
VIOLENCE



COMMON BEHAVIORAL HEALTH DIFFICULTIES



Anxiety &
Depression



Alcohol
Abuse



Drug
Abuse



Treatment

DEVELOPMENTAL ADAPTATION FRAMEWORK

Age-related patterns of
competence & disorder

Multiple contexts

Consider 4
Features:

Developmental tasks

Biological,
psychological, & social
interactions

+TECHNOLOGY



Brief, school-based
educational programs



Conversation to
reduce stigma



“Forgotten half”

POLICY
IMPLICATIONS

THANK YOU!

QUESTIONS?