

# Early Adulthood

## Chapter 11

# Early Adulthood

- Early adulthood covers the period from age 20-40's.
- Stable time of growth.
- The goals for this time include choosing and establishing careers, fulfilling sexual needs, establishing homes and families, expanding social circles, developing naturally.

# Physical Characteristics

- Physical growth is completed.
- Peak bone mass is attained by age 35.
- The ability to engage in vigorous sports (tennis & football) declines after first half of adulthood.
- Wisdom teeth erupt in early 20's.
- Gingivitis affects many adults, and is a major cause of tooth loss.

# Development of other body systems

- Maximum cardiac output reached between 20-30.
- Vital capacity decrease between 20-40.
- Basal metabolic rate decreases with advanced age.
- The number of cells in the nervous system and the size of brain decrease after puberty.

# Development cont'd

- The number of cells in the nervous system and the size of brain decrease after puberty.
- Reaction time increases between 20-30.
- Visual acuity decline after age 25.
- By 40 – presbyopia advances or the ability to see objects at close distance decreases.
- The body system that is functioning at peak capacity is the reproductive system.

# Developmental Milestones

- Include choosing and establishing careers, fulfilling sexual needs, establishing homes and families, expanding social circles, and developing naturally.
- Muscle strength and coordination peak in the 20's-30's and decline between ages 30-60.

# Sexual Development

- Many functions influence the development of sexuality.
  - Biological development of sexuality
  - Personal traits
  - Cultural and social influences
  - Religious and ethical values
- The mutuality of sharing and the bonds of commitment foster a sense of security between individuals.

# Sexual Development cont'd

- Best known study of sexual responses was by Masters & Johnson who described the cycle of sexual responses by dividing the response into four stages.
  - I excitement
  - II plateau
  - III orgasm
  - IV resolution

# Sexual Development cont'd

- Excitement – begins with feelings and sensations that produce muscle tension and vasocongestion in the reproductive organs.
- Plateaus – heightened excitement just before orgasm.
- Orgasm – rhythmic contractions in the vagina and penis, ejaculation.
  - The other physiological responses to sexual arousal  $\uparrow$ BP, R, HR, muscle tension and engorgement or swelling of genital tissues.
- Resolution – reproductive organs return to their unaroused state.

# Psychosocial Development

- Erikson: Intimacy stage
  - Intimacy a feeling of warmth, love & affection.
- Introspection = or self-reflection, is the tool that is needed to permit the sharing of innermost thoughts.

# Choosing & Establishing a Career

- Events such as being hired, promoted, fired, & retired are considered critical milestones in the work cycle of an adult.
- Work is one of the major social roles or adulthood.
- Work may enhance self-worth, respect & creativity.
- Both internal & external pressure is placed on all individuals to succeed in their occupations.

# Choosing & Establishing a Career cont'd

- Both internal & external pressure is placed on all individuals to succeed in their occupations.
- Sexism refers to all the attitudes, beliefs, laws, & actions that discriminate on the basis of gender & lead to stereotyping and unequal treatment of individuals.
- Lengthy unemployment may eventually lead to depression & social isolation.

# Establishing Home & Family

- Early adulthood is the time to establish home & family.
- Finding a place to live & call one's own is an important step for young adults.
- Major decision is whether to choose a mate or remain single.
- Today's couple has only 1 or 2.
- Relationships may be long-lasting or short lived, depending in part on each individual's goals and needs.
- Adults that have not resolved conflict of identity experience most difficulty in close relationships.

# Expanding Social Circles

- Select friends on basis of similarity of life stage.
- Friendships either acquaintances or intimate relationships.

# Expanding Social Circles cont'd

- Friendships include reciprocity, compatibility, respectability & proximity.
  - Reciprocity: mutual helping & support
  - Compatibility: feeling tone of relationship
  - Respectability: emphasizing role modeling & values
  - Proximity: frequency of interaction in duration of relationship
- Relationships needed to provide individuals with emotional support & stability.

# Developing Maturity

- Develop internal & external systems of controls & restraints.
- Capable of living, caring & respecting others.

# Cognitive Development

- No longer primarily egocentric.
- Injuries or insult to physical or emotional health may adversely affect cognitive development & learning.
- Intelligence measured by testing.
- 35% attend college or vocational schools.
- One adult learning theorist suggest the best climate for adult learners is one of mutual respect, trust, support & caring.
- Reinforcement is the force that helps them continue their learning processes.

# Moral Development

- Postconventional stage of moral development.
- Moral issues are not a matter of absolute right or wrong but need to be viewed in the context in which they occur.
- Some views or morality extend beyond love, ethics & justice to a state in which one finds mutual satisfaction.
- Strong interest in religion.

# Nutrition

- Calorie intake based on adult's age, body size, amount of physical activity & gender.
- Men 2700-3000 calories.
- Women 1600-2100 calories.
- 15% protein.
- Small amount of fat needed.
- Cholesterol essential component of cells in brain, nerves, blood & hormones.
- Saturated fats solid at room temp, kept at minimum.

# Nutrition cont'd

- Unsaturated fats liquid at room temp, plant sources.
- 50-60% diet should be carbohydrates.
- Osteoporosis decreased bone mass resulting from the loss of minerals of bones, mostly women.
- Free radicals – chemical substances produced during metabolism.

# Sleep & Rest

- Average 7-9 hrs./night.
- Sleep difficulties can be from insomnia, caffeine, fatigue, stress, diet, medications.
- Promote better sleep by
  - Avoid large meals before bed.
  - Regular exercise early afternoon.
  - Bedtime routine.
  - Relaxation before bed
  - Bed only for sleep (no tv, reading)
  - Awake at the same time each day

# Exercise & Leisure

- Aerobic Exercises:
  - Work large body muscles.
  - Elevate cardiac output & metabolic rate.
  - Help develop muscle fitness, endurance, power & flexibility.
  - Best form of exercise for burning calories.
  - Ex. – brisk walking, cycling, running.

# Resistance Exercises

- Ex. – weight lifting:
  - Burns fewer calories but builds muscle mass & monitors metabolic rate.
- Improving Cardiac Health:
  - Recommended adult exercise 3-5 times/week for 20 minutes.
  - Lack of proper exercise can produce fatigue, headache, backache, joint pain.

# Safety

- Safety in home should always be emphasized & practiced.
- Fire safety & prevention in home must be addressed including:
  - Use of fire extinguishers, smoke detectors, & proper storage of flammable materials.
  - Change batteries in detectors twice a year.
  - Plan escape route.

# Health Promotion

- Health assessment includes yearly physical examination w/blood analysis for abnormalities.
- TB test should be done
  - Follow up w/chest x-ray if results positive
  - Yearly Electrocardiogram (ECG)
  - Blood pressure screening & weight assessment.

# Health Promotion cont'd

- Gynecological concerns:
  - Conception, infertility, menstrual discomfort/disorders.
  - Papanicolaon test (Pap smear)- screens for cervical cancer.
- Five levels of results of Pap smear:
  - Class 1- absence of abnormal cells
  - Class 2 – atypical but nonmalignant cells
  - Class 3 – abnormal cells
  - Class 4 – cells that are possibly but not definitively malignant
  - Class 5 – conclusive for cancer

# Health Promotion cont'd

- All women over 20 should be familiar w/correct method of performing breast self-examination – inspecting breasts for lumps.
- Performed once a month about 7 days after the end of the menstrual cycle.
- Breast cancer can occur in men.
- Report any unusual lumps or growths to doctor
- Mammography – breast x-ray should be started at age 40 & every other year until age 50.

# Health Promotion cont'd

- Men health screenings
- Monthly examinations of testicles for early detection of tumors or other growths.
- Annual rectal exams for both men & women to test for occult blood in the stool.
- Blood may indicate several gastrointestinal diseases.

# Stress

- Common causes:
  - Work, marital problems, child care concerns, money worries.
  - May develop health problems related to stress on the job, in their relationships or lifestyles.
  - Adults pay too little attention to diet & nutrition, others “party” = unhealthy risky behaviors.
  - Unhealthy practices during adult years have direct effect on health in later years.

# Stress cont'd

- Stress management workshops help individuals reduce stress, examples:
  - Sense of humor
  - Practice relaxation

# Family Planning

- Reproduction planning includes decisions about having children.
- High numbers of unwanted pregnancies and elective abortions point to the need for better education & reproductive counseling services.
- Contraceptive methods based on individuals values & beliefs.
- Product reliability, side effects, impact on sexual satisfaction.

# Family Planning cont'd

- Common contraception methods:
  - Oral contraception's – “the pill”
  - Subcutaneous implants – intrauterine devices
  - Chemical/barrier methods – condoms, diaphragms, spermicides, cervical caps.
- For religious or personal reasons:
  - Rhythm method – requires that woman monitor her basal body temperature (resting temp. upon waking) for fertile & infertile periods.
  - Refrain from intercourse on days of menstrual cycle when women most likely to conceive.

# Family Planning cont'd

- Sterilization via tubal ligation for women & vasectomy - men = irreversible forms of birth control – individuals need counseling & fully understand permanence of decisions.

- Adults should have a tetanus booster every 10 years.
- The risk factors that contribute to heart disease include lack of physical exercise, smoking & elevated BP & cholesterol.
- To control these risk factors individuals must engage in moderate activity, avoid cigarette smoking, manage weight through diet.

# Exposure to Carcinogens

- The National Cancer Institute estimates that about 80% of all cancers are dated to lifestyle practices.
- May be prevented by avoiding carcinogens (cancer producing agents).
- Tobacco usage is associated with a # of cancers of the mouth, throat & respiratory system.
- Lung cancer related to smoking is now the leading cause of death for men and women.
- Recently much attention has been given to the harmful effects of secondary exposure to smoking.

# Exposure to Carcinogens cont'd

- Types of carcinogens:
  - In foods, especially those that are pickled, smoked, or cured.
  - Pesticide residue left on fruits, veggies, meats.
  - Fat in the diet.
  - Viruses may act as carcinogens.
  - Some spread through sexual contact
  - Safe sexual practices help prevent the spread of these virus as well as HIV & Hepatitis virus.

# Exposure to Carcinogens cont'd

- Carcinogens present in today's industrial society.
- Over 500,000 Americans develop skin cancer during their lives. Main cause in UV rays of sun.
- Clothing & sun-blocking agents offer the best form of outdoor protection. A sunscreen with a SPF of 15 or more is recommended.

# Sensory Impairment caused by Accidents

- Lack of care and accidents can lead to sensory losses.
- 90% of all eye injuries occurring in the workplace could be avoided with the use of protective eyewear.
- Hearing loss due to excessive noise exposure continues to be a concern for young adults both at home and work.
- Routine eye & ear examinations can help detect abnormalities on time.

# Obesity

- 30% of the adult American population is obese. Obesity is defined as having 20 to 30% excess weight.
- It increases the likelihood of developing hypertension, diabetes mellitus and high cholesterol levels.
- Obesity may also lead to gallbladder disease, cirrhosis of the liver, kidney disease & some cancers

# Obesity cont'd

- Excessive weight adds stress to the weight-bearing joints & may lead to osteoarthritis & back problems.
- Regular-paced exercise can improve cardiovascular function, promote weight loss & reduce stress.
- Weight loss may be accomplished through diet & exercise. Certain foods contain more calories than others:
  - 1 g of fat → 9 kcal
  - 1 g of protein or carb → 4 kcal

# Obesity cont'd

- People trying to lose weight may benefit from a low-fat diet.
- Crash diets or very-low-calorie diets are not only ineffective but may be harmful to one's health.
- Pounds lost on 2 crash diets are usually quickly regained. Crash dieting may lead to weight cycling (large fluctuations in weight). Successful weight control programs are based on helping people develop lifelong behavior changes & good eating habits.