Early Adulthood

Chapter 11
Early Adulthood

• Early childhood 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 ↑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 routing.
  – 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 calorie 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.
  - Papanicolaou 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, spermaicides, 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 careers 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.