A warm welcome to you students. Today I will cover a subtopic under developmental psychology, which is part of the third year BA program in psychology. This subject is part of Semester 6 and its subject code is PSD 105 under Unit 2 labelled Physical Development.

We will cover early adulthood. Growth and strength and my name is Miss Faye Pinto from Carmel College of Arts, Science and Commerce, Nuvem, Goa. The outline of this module includes Becoming an adult, The transition from high school to college, Physical performance and development in early adulthood, and Health in adulthood. At the end of this module you will be able to describe the transition from adolescence to adulthood, learn how physical performance declines as one gets older. Understand the health implications of the transition from adolescence to adulthood. Now let's begin with becoming an adult. The transition from adolescence into adulthood is referred to as emerging adulthood. That ranges approximately from 18 to 25 years of age. It is characterized by experimentation and exploration, such as which career path they want to follow, what they want their identity to be, and which lifestyle they want to adopt. For example, being single, cohabitating with a partner or being married. Some of the key features that characterized emerging adulthood. By Jeffrey Arnett outlined in the year 2006, include identifying exploration, especially in love and work instability in terms of relationship and career and self focus wherein the person is solely concerned about self, feeling in between that is feeling stuck between the responsibility of adolescence and adulthood. It is also seen as an age of possibilities, a time when individuals have an opportunity to transform their lives. In a longitudinal study, Ann Marston and her colleagues in 2006 found that emerging adults who become competent after experiencing difficulties while growing up were more intelligent, experienced, displayed higher parenting quality were less likely to grow up in poverty or low income circumstances than those who did not. The late bloomers usually have gotten their lives together by late 20s and early 30s. Characterized by support from adults.

Now let's move to the prominent markers of the common adult in developed countries. The first marker is holding a more or less permanent full time job after the desired education is completed. Econonmic independence is often a long process. College graduates return to live with their parents as they attempt to establish themselves economically. In a study by Nelson and others in the year 2007, they found that both parents and college students agreed that taking responsibility for one's actions are important aspects of becoming an adult in developing countries such as marriage, often a significant marker.

Moving ahead, let's look at the transition from high school to college. It involves change and possible stress. It involves movement to a larger, more impersonal school structure, interaction with peers from diverse geographical backgrounds, and sometimes diverse ethnic backgrounds with an increased focus on achievement and its assessment. The positive features during this phase include more likely to feel grown up, have more subjects from which they can select, have more time to spend with peers, have more opportunities to explore different lifestyles and values, enjoy greater independence from parental monitoring, be challenged intellectually by academik work. On the other hand, the negative features during this phase include being more depressed, feeling hopeless, feeling overwhelmed with all they have to do, feeling mentally exhausted, feeling sad. Thus, many colleges have counseling centers to curb such negative issues.

Now let's look at physical performance and development. Peak physical performance occurs before the age of 30, often between the ages of 19 to 26. This occurs not only for average adults, but for outstanding athletes as well. Different types of athletes reach their peak performance at different ages. For instance, swimmers and gymnasts are at their peak during their late teens. Golfers and marathon runners are at their peak during their late 20s. However, in recent times, professional athletes have stretched the age limit of award-winning performances, such as Lance Armstrong for Cycling. Early adulthood is also an age period where, there is a decline in physical performance, sagging chins and protruding abdomens also begin to appear, especially for men. Furthermore, lessened physical abilities is a common complaint among this age group Lastly, let's understand health during this phase. Emerging adults have few chronic health problems and fewer colds and respiratory problems than when they were children. Although most college students have sufficient information to maintain their health, rarely do they apply that to themselves. Unhealthy health habits in adolescence continue to increase in adulthood. Inactivity, diet, obesity, substance abuse, reproductive health, and health care access worsen in emerging adulthood. If you stop to think how their lifestyles can affect health, for example patterns of not eating breakfast, not eating regular meals and relying on snacks as main food, eating excessively, smoking, drinking, substance abuse, failing to exercise, and a few hours of sleep. These lifestyles are associated with poor health and low life satisfaction. They can be improved by engaging in health enhancing behaviors such as eating healthy and exercising. For further reference, you can read the book Title Lifespan Development by John Santrock.

Thank you for watching. Happy learning.