

Hello students, the program is

Bachelor of Arts subject psychology.

Semester Six Course Code PSD 105 Course

title developmental psychology.

The title of the unit is 3

cognitive development and the

module name is early adulthood.

Cognitive growth and higher Education Part 2.

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The outline of the session is

the Postformal stage of cognitive

development among early adults.

The changes in creativity among early adults.

According to the learning outcomes,

you will be able to understand

the postformal stage of cognitive

development among early adults,

and you will also be able to explain

the changes in creativity among early

adult students in this session.

Also, we are going to understand about

the cognitive growth that takes place

among early adults who belong to the

age group of 20 to 30 years of age.

Now, in this session we are going to.

Understand a postformal stage.

Remember in the earlier session

we had referred to the stages in

cognitive developmental theory

developed by Jean Piaget

Right,

so in that theory,

we had taken the help of the last

and the fourth stage.

That is the formal operational

stage to understand the cognitive

growth among early adults.

Now research shows us that

maybe there is more than that.

There is more of cognitive growth

that takes place which cannot be covered by the fourth stage of cognitive developmental theory.

Hence they have proposed that.

Maybe there could be another.

You know another stage over here

which is the postformal stage now

the postformal stage comprises

of thinking which involves the

understanding that the correct answer

to a problem requires reflective thinking.

Now what does that mean?

It means that whenever we have

to make any decision in our life

or solve a particular problem,

we need to take into consideration

the multiple aspects.

Of factors that exist in this world,

for example,

a decision taken by me can affect

so many people around me, right?

So I need to take into consideration

what I like, what my parents like,

what my friends like,

what my significant other likes,

and so many other factors with

regard to my work,

my social life and many things, right?

So this particular stage tells us

that thinking is more than just,

you know, taking a decision with you,

know the haste.

But it is more about thinking in

a very deep rooted manner in a

very thoughtful manner,

taking into consideration everything

and anything that exists in your life.

So over here we also understand that

adults gain an understanding that

what might be the best solution to a

problem might not really work every time.

Which means you might sit and

think about the solution to a  
problem for a long period of time.

Taking into consideration each  
and every factor in your life  
and you find out that yes,  
this is the best solution,  
but you will understand later  
on that this solution might  
not work in each and every situation.

For example, the way you deal with  
your boss is very different from  
dealing with your wife or your husband.

You cannot apply the same  
solution in both the situations.

Others also understand that the  
search for truth is often an  
ongoing and never ending process.

That is, we understand as early  
adults that you can never find out  
the ultimate truth about life.

One life is not enough to find

out everything and anything that  
exists in this world,  
and this understanding arrives  
only when we reach early adulthood,  
specifically in the postformal stage.

Another thing that early adults  
starts to understand is that solutions  
to problems need to be realistic.  
since we feel that you know this can happen,  
that can happen.

Don't worry,  
you know things will go right this and that,  
so we rely on a lot of possibilities  
that don't worry.

We are very hopeful that things  
will go right.

This is a very abstract way of thinking,  
but when we reach early adulthood,  
we understand that our thinking  
needs to be very pragmatic.

Very realistic, can this really happen?

This is the type of thinking that we developed in the Postformal stage, which is the realistic and pragmatic thinking.

Along with that, adults also tend to understand that sometimes the decisions that we make can actually get influenced by the emotions that we are experiencing at the moment.

For example, right now if I'm too angry, I'm not calm at all.

If there's something going on in my mind and I'm very fuzzy and very irritated, what will happen.

Whatever decisions that I take at that particular moment will surely be influenced by the emotions that I am experiencing.

These understandings occur in this

particular stage of postformal.

Now young adults are the ones who

are going to be more indulged into

postformal thinking as compared

to adolescents.

But is it really, or,

you know,

is it really a stage that we really require?

Is this not all covered by the 4th

stage of cognitive development of theory,

so documentation of research is

yet to be done to really find out

whether this particular stage.

The disposed formal stage is

necessary or not.

Moving on to another concept

among early adults is creativity,

how creative we are when we are early adults.

Research finds that early adulthood is

a time of great creativity for some people,

but there are exceptional cases wherein

people who belong to the age group  
of 30 to 50 are also very creative.

There are great contributions  
done in a creative manner in  
this particular age range.

Now through research it is also  
found that creativity reaches its  
peak or its highest level when an  
individual has reached his or her  
40 and then after the age of 40  
creativity starts to decrease or decline.

Another thing over here is that creativity,  
the decline of creativity is quite  
productive. What does that mean?

Well,

the magnitude or the amount  
of decline that takes place in  
creativity is found to be in the 50s.

But there are various exceptional  
cases of people who have gone beyond  
the age of 50 and are at present

sixty 70, 80 or even 90 and have done

exceptional work in the creative.

Domains that they are in,  
the magnitude of decline in

creativity is quite productive and

cannot be sure short that you know your

creativity will decline completely.

Once you have crossed 50.

No that is not true.

Another thing over here is your field

of creativity which is the domain or

the field that you are working in.

Because depending upon the domain

or the field that you work in,

your creativity will either

decline or not decline.

Let's see what it is.

For example,

older adults who are in their 30s

and 40s were the ones who showed

a lot of creativity in the fields

such as history and philosophy,

whereas those adults who are doing lyric poetry, abstract math, or theoretical physics were the one who reached at their peak level.

Highest level of creativity in their 20s and 30s.

such a vast difference just because of the domain or the field.

I mean those who are doing history and.

Philosophy are still creative when they are in their middle adulthood.

That is 30 to 40,

whereas the one who were doing abstract math or theoretical physics were the ones who reached creativity.

The peak of creativity when they were in their early adulthood.

That is 20s and 30s.

Another fact over here is that extensive individual differences exist in the lifetime output

of creative individuals.

That is, you as a creative individual.

How much will you contribute?

Also differ it has been found that

the most successful industries

have people who can contribute,

like for example, a music industry.

Let's say 100 people who can

compose beautiful music.

But out of those hundred there

will be only twenty or ten who

are exceptionally creative.

And these people,

these 10 or 20 people will be the

ones who have contributed more

than 50% to the industry to the

music industry with great music.

Alright, so this is what happens.

Due to individual differences,

not all will be exceptionally creative.

These are your references.

And thank you.