

PSYCHOSOCIAL DEVELOPMENT

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Outline

- Who is an adolescent?
- Normal Stages of adolescent psychosocial development
- Types of identity
- Effect on the relationship with the parents, and healthcare provider/delivery
- Common problems /issues in our population

Who is an adolescent?



- “IS ADOLESCENCE A PERIOD OF “STORM AND STRESS”?”

Adolescence-contd

- Period of role experimentation (behaviours; interests; ideologies).
- Many beliefs ,roles, and ways of behaviour may be “tried on”, modified or discarded to shape an integrated concept of self.
- (Adolescence- physical appearance; academic competence & social acceptance)
- Major developments are cognitive and socio-emotional (sexual & Identity devt)
- “WHO AM I?” and “WHERE AM I GOING?”-
- 50% trouble free;30% intermittent problems;15% trouble and turmoil-worsened in high school.(Peterson, 1999; Inga Dora Sigfusdottir et al, 2016)
- Most children and adolescents are satisfied with their lives (Proctor, Linley, & Maltby, 2009 ; UNICEF, 2016).

Normal psychosocial devt

Erik Erikson (1902-1994)

- Psycho = psychological and Social = environment
 - Interaction of both; Reciprocal relationship
- Put together 8 stages of development infancy-old age (Stages = crisis to be resolved for that stage of development)
- ✓ 5th stage(12-18yrs): -Erikson's identity vs identity confusion stage
 - Identity development (how to behave & what to do in life)depends on the values projected by parents, teachers & peers
 - Identity-sexual identity; vocational direction & ideological world view
- 4th (6-12yrs)-industry vs inferiority -peers & teachers-entrance to life)
- 6th (18-35yrs) Intimacy Vs Isolation –start family)
- Marcia's 4 statuses/positions of identity :based on whether the person perceives an identity issue and whether a resolution has been reached (Berzonsky et al. 2013); (Kroger and

Marcia 2011)

Stages of adolescent development (ACT

Divided into 3 groups-early, middle and late adolescent :

- I. Growth of body
- II. Growth of brain
- III. Cognition
- IV. Psychosocial
- V. Family
- VI. Peer group
- VII. Sexuality

Types of Identity

Marcia's 4 statuses/positions of identity :based on whether the person perceives an identity issue and whether a resolution has been reached:

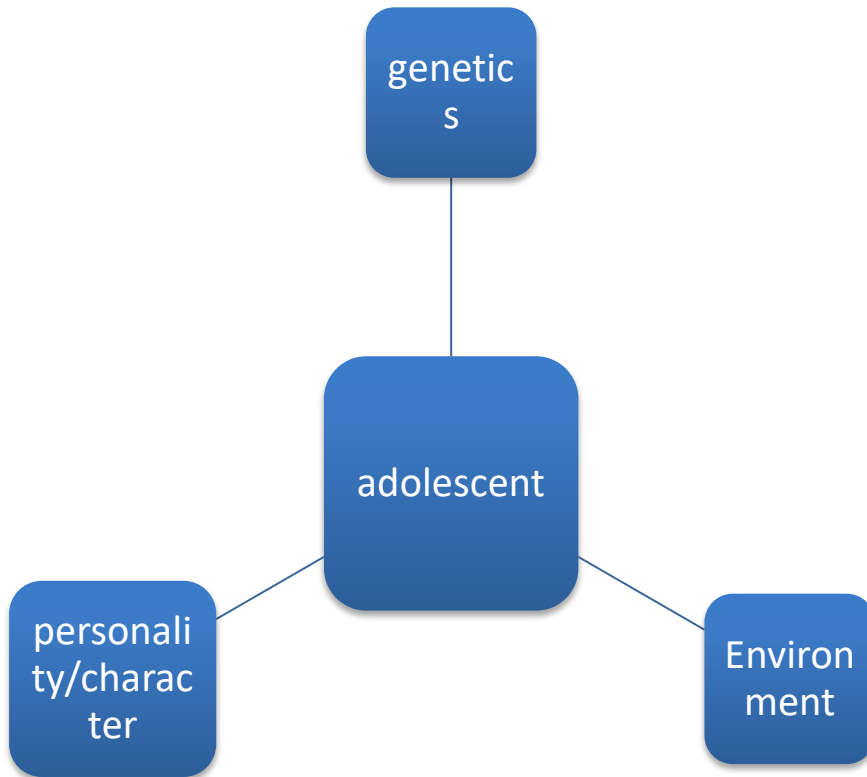
- 1. Identity Achievement:** Thru active questioning and self identification, gone thru ID crisis-have worked out ideological position, occupation family values(religious & political) and discarded those that don't fit their identity.
- 2. Foreclosure:** Committed to ideological and occupational positions, but accepted family values, beliefs, and expectations of the parents without questioning. Would be lost if major event occurred challenging their rules & values.
- 3. Moratorium:** a time of exploring beliefs, interests, etc.(midst of a crisis)-conflicts btw their parents plan and own interests. Seem sensitive, ethical and open-minded or anxious, self righteous and vacillating. Primary age is late adolescence through first few years of college
- 4. Identity Diffusion/Confusion:** confused about what is expected and doesn't seem to care to figure out his/her identity.

Stages of adolescent development

		Early 10-15yrs	Middle 14-17 yrs	Late 16-19 yrs
1	Psychosocial	Thoughts-rapid physical growth and body image Frequent changes in mood	Creates their image Thoughts-impractical /impossible dreams Feels very powerful Experiments with drugs , sex, friends, risks	Plans and follows long term goals uncomfortable with own body image Understands right from wrong (morally and ethically)
2	Family	Struggles with rules of independence and dependence Argues and is disobedient	Argues with people in authority	Moving from a child-parent/guardian relationship to a more equal adult-adult relationship
3	Peer	Important for their development Intense friendship with same sex Contact with opposite sex in groups	Strong peer friendships Peer groups most important & determines behaviour	Decisions /values less influenced by peers in favour of individual friendships Selection of partner based on individual choice rather than what others think

Biopsychosocial Model

- Angel and Romano, 1977



Psychosocial issues

- In school
- Out of school adolescent
- Informal school
- Refugee
- Physically/mentally ill
- Disability
- Dysfunctional (status of parenthood)
- Orphaned/household heads
- Terrorism
- Homeless
- Child soldiers
- Religious cults
- Drug use/trafficking
- Child labourers
- Sex slaves/CSW
- Social media addict
- Genetics
- Character
- Culture
- Religion
- Nutrition
- Immunization status

THANK YOU!!