PSYCHOSOCIAL DEVELOPMENT

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Adolescent Health Preconference
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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

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