

Learning Competencies:

- Classify various developmental task according to developmental stage. **(EsP-PD11/12DS-Ic-3.1)**
- List ways to become a responsible adolescent prepared for adult life. **(EsP-PD11/12CA-Id-3.3)**

ACTIVITY NO. 1

Instruction: Answer the following questions in 2- 5 sentences.

1. In your own opinion, what is maturity?

2. Can you say that you are mature yourself? Defend your answer.

Developmental Task/Stage

⁽²⁾A developmental task/stage pertains to a definition of “normal” development and expected outcomes occurring at different points during a life span.

Various Phases of Adolescent Development

⁽¹⁾To show the specific developmental changes occurring in each stage starting with Early Adolescence and culminating in Late Adolescence, five areas are used to show how these changes differ from one stage to another. These are Movements toward Independence, Future Interests and Cognitive Development, Sexuality, Physical Changes, and Ethics and Self-Direction. Based on the following descriptions per stage, teenagers vary slightly, but the feelings and behaviors are, in general, considered typical for each stage of adolescence.

Early Adolescence (Approximately 10-14 years of age)

➤ **Movement toward Independence**

- Struggle with sense of identity;
- Moodiness;
- Improved abilities to use speech to express oneself;
- More likely to express feelings by action than by words;
- Close friendships gain importance;
- Less attention shown to parents, with occasional rudeness;
- Realization that parents are not perfect; identification of their faults;
- Search for new people to love in addition to parents;
- Tendency to return to childish behavior;
- Peer group influences interests and clothing styles.

➤ **Future interests and Cognitive Development**

- Increasing career interests;
- Mostly interested in present and near future;
- Greater ability to work

➤ **Sexuality**

- Girls physically mature faster than boys;
- Shyness, blushing, and modesty;
- More showing off; Greater interest in privacy;
- Experimentation with body (masturbation);
- Worries about being normal

➤ **Physical Changes**

- Gains in height and weight;
- Growth of pubic and underarm hair;
- Body sweats more;
- Hair and skin become more oily;
- Breast development and menstruation in girls;
- Growth of testicles and penis,
- Nocturnal emissions (wet dreams),
- Deepening of voice,
- Growth of hair on face in boys

➤ **Ethics and Self-Direction**

- Rule and limit testing;
- Occasional experimentation with cigarettes, marijuana, and alcohol;
- Capacity for abstract thought

Middle Adolescence (approximately 15-16 years)

➤ **Movement Toward Independence**

- Self-involvement, alternating between unrealistically high expectations and poor self-concept;
- Complaints that parents interfere with independence;
- Extremely concerned with appearance and with one's own body;
- Feelings of strangeness about one's self and body;
- Lowered opinion of parents, withdrawal from them;
- Effort to make new friends;
- Strong emphasis on the new peer group;
- Periods of sadness as the psychological loss of the parents takes place;
- Examination of inner experiences, which may include writing a diary

➤ **Future Interests and Cognitive Development**

- Intellectual interests gain importance;
- Some sexual and aggressive energies directed into creative and career interests

➤ **Sexuality**

- Concerns about sexual attractiveness;
- Frequently changing relationships;
- Movement towards heterosexuality with fears of homosexuality;
- Tenderness and fears shown toward opposite sex;
- Feelings of love and passion

➤ **Physical Changes**

- Continued height and weight gains;
- Growth of pubic and underarm hair;
- Body sweats more;
- Hair and skin become more oily;
- Breast development and menstruation in girls;
- Growth of testicles and penis,
- Nocturnal emissions (wet dreams),
- Deepening of voice,
- Growth of hair on face in boys

➤ **Ethics and Self-Direction**

- Development of ideals and selection of role models;
- More consistent evidence of conscience;
- Greater capacity for setting goals;
- Interest in moral reasoning

Late Adolescence (approximately 17-21 years)

➤ **Movement Toward Independence**

- Firmer identity;
- Ability to delay gratification;
- Ability to think ideas through; Ability to express ideas in words;
- More developed sense of humor;
- Stable interests;
- Greater emotional stability;
- Ability to make independent decisions;
- Ability to compromise;
- Pride in one's work;
- Self-reliance;
- Greater concern for others

➤ **Future Interests and Cognitive Development**

- More defined work habits;
- Higher level of concern for the future;
- Thoughts about one's role in life

➤ **Sexuality**

- Concerned with serious relationships;
- Clear sexual identity;

➤ **Physical Changes**

- Most girls fully developed;
- Boys continue to gain height, weight, muscle mass, body hair
- Capacities for tender and sensual love

➤ **Ethics and Self-Direction**

- Capable of useful insight;
- Stress on personal dignity and self-esteem;
- Ability to set goals and follow through;
- Acceptance of social institutions and cultural traditions;
- Self-regulation of self esteem

Teenagers do vary slightly from the above descriptions, but the feelings and behaviors are, in general, considered normal for each stage of adolescence.

Piaget's Cognitive Development Stages

Cognitive Development Stages has 4 stages namely: **Sensorimotor** (birth-2 yrs. old), **Preoperational** (2-7 yrs. Old), **Concrete Operational** (7-11/12 yrs. old), and its last stage which adolescent phase/age belongs, **Formal Operational** (adolescence-

adulthood) – During this stage, the adolescent can reason abstractly and think in hypothetical terms.

ACTIVITY NO. 2

Instruction: Answer the following questions below in 2-5 sentences.

1. On what phase of Adolescent Development, you belong to?
2. What is/are the task in your phase that describe you the most?

Erik Erikson - is an ego psychologist who developed one of the most popular and influential theories of development - Stages of Psychosocial Development – consisting of 8 stages: **Trust vs. Mistrust**, **Autonomy vs. Shame and Doubt**, **Initiative vs. Guilt**, **Industry vs. Inferiority**, **Identity vs. Role Confusion**, **Intimacy vs. Isolation**, **Generativity vs. Stagnation** (ages 40 to 65 yrs.), **Integrity vs. Despair** (approximately age 65 and ends at death).

In Stages of Psychosocial Development, adolescent falls to the following stages:

- ☐ **Industry vs. Inferiority**- Erikson's fourth psychosocial crisis, involving industry (competence) vs. Inferiority occurs during childhood between the ages of five and twelve.
- ☐ **Identity vs. Role Confusion**- it occurs during adolescence, from about 12-18 years. During this stage, adolescents search for a sense of self and personal identity, through an intense exploration of personal values, beliefs, and goals.
- ☐ **Intimacy vs. Isolation**- This stage takes place during young adulthood between the ages of approximately 18 to 40 yrs. During this stage, the major conflict centers on forming intimate, loving relationships with other people.

ENRICHMENT

Instruction: Answer the following question.

1. As a Senior High School student, who falls under Identity vs. Role Confusion Stage of Erikson's Stages of Psychosocial Development, Have you ever question your personal identity? If you have, how did you conquer it?

Synthesis

⁽¹⁾Self-sufficiency is the final goal of adolescent and it prepares them to assume full responsibility as adults. This includes autonomy in all levels, be it emotional, social, moral, and cognitive. The ability to direct and manage oneself is a significant part of growing up. The most important lesson is the understanding that independence does not mean detachment and isolation. Rather, to be able to know oneself and appreciate one's potentials may lead further to interdependence.

SOURCES:

- Rochester, Herman G. "A Journey to Personal Development", p. 7-9 & 38-39, FNB Educational, Inc., Philippines, 2016
- https://www.actforyouth.net/resources/rf/rf_stages_0504.cfm

Name: _____ Date: _____
Grade & Section: _____ Score: _____

PERSONAL DEVELOPMENT
ASSESSMENT NO. 3

Test I. Developmental Stage: Growing and Changing

Directions: What can you do during these developmental stages. Write your answer on the box provided. (at least 5 answers each box)

INFANCY	CHILD	ADULT

1. What variations did you see at each stage?? (2points)
2. Do you believe that humans develop and evolve with time? Support your claim with precision. (3 points)