Adult development

Theories of personality change:

- Sigmund Freud’s Psychosexual Development
- Erik Erikson’s Psychosocial Development
- Daniel Levinson (1978) Seasons of a Man’s Life
- Daniel Levinson (1986) Seasons of a Woman’s Life
- Robert Peck: Ego development in adulthood
- Robert Havighurst: Key developmental tasks of adulthood

Plus related work that will be of interest:
- Donald Super - Vocational Development
- Bernice Neugarten - Adjustment to late life
Early Adulthood: Biological Development

**Brain:**
- Volume
- Myelinization (mid - late 20’s)
- Inhibition/Planning/Executive abilities

**Body:**
- Physical strength
- Agility
- Sensory abilities
- Lung and heart vital capacity
- Exercise patterns: 
  < 10% & < 25%
- Healing from injury

**Sex/Reproduction:**
- Fertility

**Sexual performance:**
- Men: late teens - early 20’s
- Women: late 20’s – early 30’s
Sexual Response Cycle:

- Excitement
- Plateau
- Resolution & refractory phase (men)
Early Adult Cognitive Development:

- **Later adolescence/emerging adulthood:**
- **Reflective judgment**
- **Post-formal reasoning**
- **Gisela LaBouvie-Vief**: Practical thought, ambiguity, tolerance for uncertainty, dialectical reasoning
- **William Perry**:
  - Multiple thinking
  - Relativism (early 20’s)
  - Commitment (mid-late 20’s)

Thinking shifts from the concrete, dualistic, reductionistic thinking of childhood and early adolescence toward the more subtle and sophisticated thinking of the well educated adult.