

# 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



Gail Sheehy (1984)  
Passages



Daniel Levinson (1986)  
Seasons of a Woman's Life



Robert Peck:  
Ego development in  
adulthood



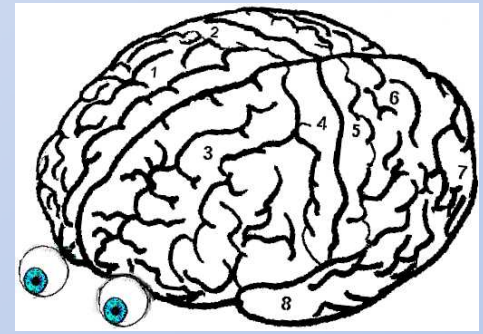
Robert Havighurst:  
Key developmental tasks of  
adulthood

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

## Early Adulthood: Biological Development

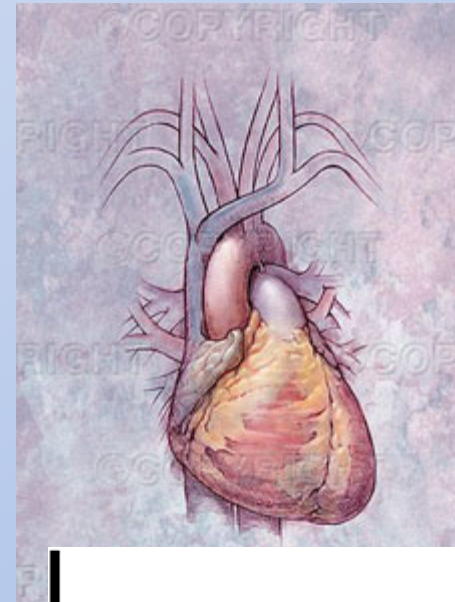
### Brain:

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

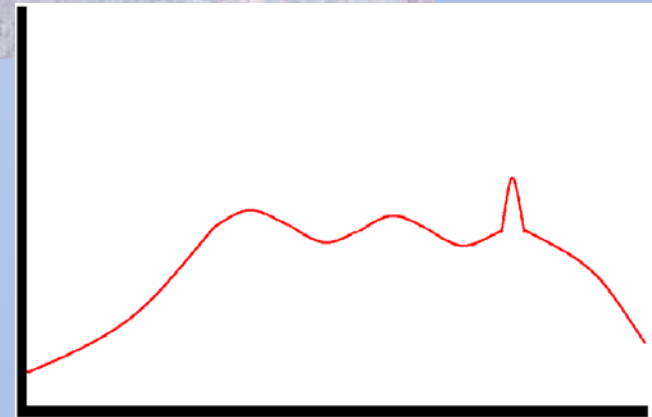
### Sex/Reproduction:

Fertility

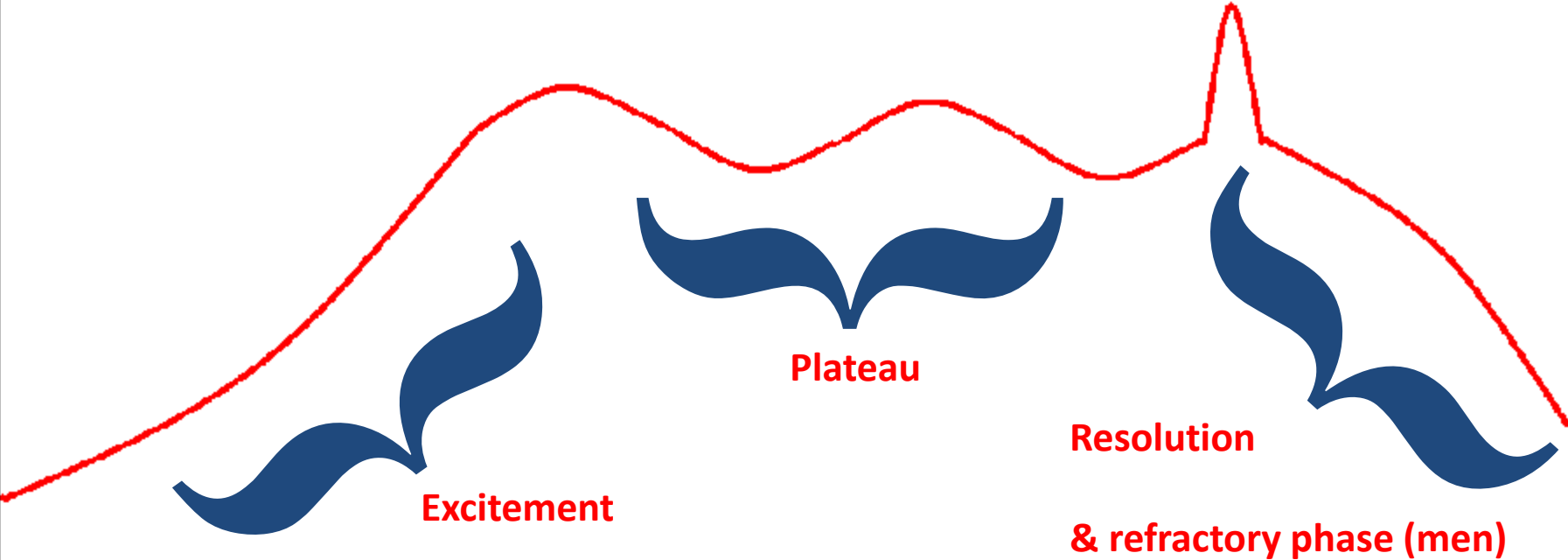
### Sexual performance:

Men: late teens - early 20's

Women: late 20's – early 30's



**Sexual Response Cycle:**



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.**