

Adolescence
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Chapter 14
Positive Prospects

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Sources Of Stress In Adolescence

- Acute stress: sudden, short-lived threat
- Endocrine, sympathetic nervous systems respond
- Chronic stress: persistent, ongoing problems
- Family conflict, health issues, poverty, victimization
- Consequences include health problems, depression, suicide
- Stress system becomes more sensitive after puberty

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Coping In Adolescence

- “Hot,” impulsive, or “cool,” regulatory coping systems
- Problem-focused: try to manage situation
- Emotion-focused: minimize importance, explore feelings
- Girls more emotion-focused, boys problem-focused
- Parents as models, sources of support
- Effective coping strengthens self-efficacy

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What Is Resilience?

- Resilience: positive development under difficult conditions
- Resisting negative effects of severe adversities
- Fostered by attachment, self-regard, self-efficacy
- Essential connections to competent, caring adults
- Role of schools, teachers, peers
- Even extreme deprivations can be overcome

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The "Five Cs" And A Sixth

- Goals of positive development "Five Cs"
- Competence, Confidence, Character, Connection, Caring
- Dynamic interaction of young people, community
- Sixth C: Contributions to self, family, community
- Youth are active participants in own development
- As they develop, they change environment

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The Dynamics Of Thriving

- Contexts affect teen, teen affects contexts
- Interaction promotes positive change in both
- Goodness of fit between person, contexts
- Demanding, responsive parents, schools, community

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Internal Resources For Positive Development

- Skill in selecting, optimizing opportunities, supports
- Internal resources include critical thinking, self-regard
- Coping, conflict resolution skills promote development
- Mastery motivation, realistic optimism, sense of purpose

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External Resources For Positive Development

- Settings require safety, structure, supportiveness, inclusiveness
- Parents model, promote positive development
- Social capital: access to opportunities, resources
- Inclusive, prosocial friends promote positive development
- Structured community activities together with friends

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Youth Activities And Positive Development

- Extracurricular activities favor personal growth, development
- Explore talents, develop skills, meet new friends
- Interactions improve interpersonal, communication skills
- Teamwork, shared decision making, common goals
- Positive, sustained relationships with supportive adults, peers

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Interest And Engagement

- **Boredom rises, interest drops across adolescence**
- **Boredom, alienation linked to problem behaviors**
- **Initiative: inner motivation toward challenging goal**
- **Interest focuses attention, increases effort, enjoyment**
- **Active engagement with peers, community, society**

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Adolescents And Happiness

- **Positive development creates resources for achieving happiness**
- **Pursuing pleasure, developing potentials, experiencing engagement**
- **Happier individuals combine three approaches**
- **Hope: imagine, want, believe in better life**

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