

Adolescent Development

Forgiveness



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Definitions

- **Puberty** = Physical changes
 - Rapid growth
 - Increased strength
 - Secondary sexual characteristics
- **Adolescence** = Psychosocial changes
 - Cognitive
 - Emotional
 - Relational

Three Phases

Early	10- to 14-years	Middle School
Middle	14- to 18-years	High School
Late	18- to 22-years	College

Source: World Health Organization

Tasks of Adolescence

- Complete formal education
- Develop realistic career plan
- Become self-supporting
- Find life partner; begin family

How We Learn New Things

(Science = Observations + Experiments)



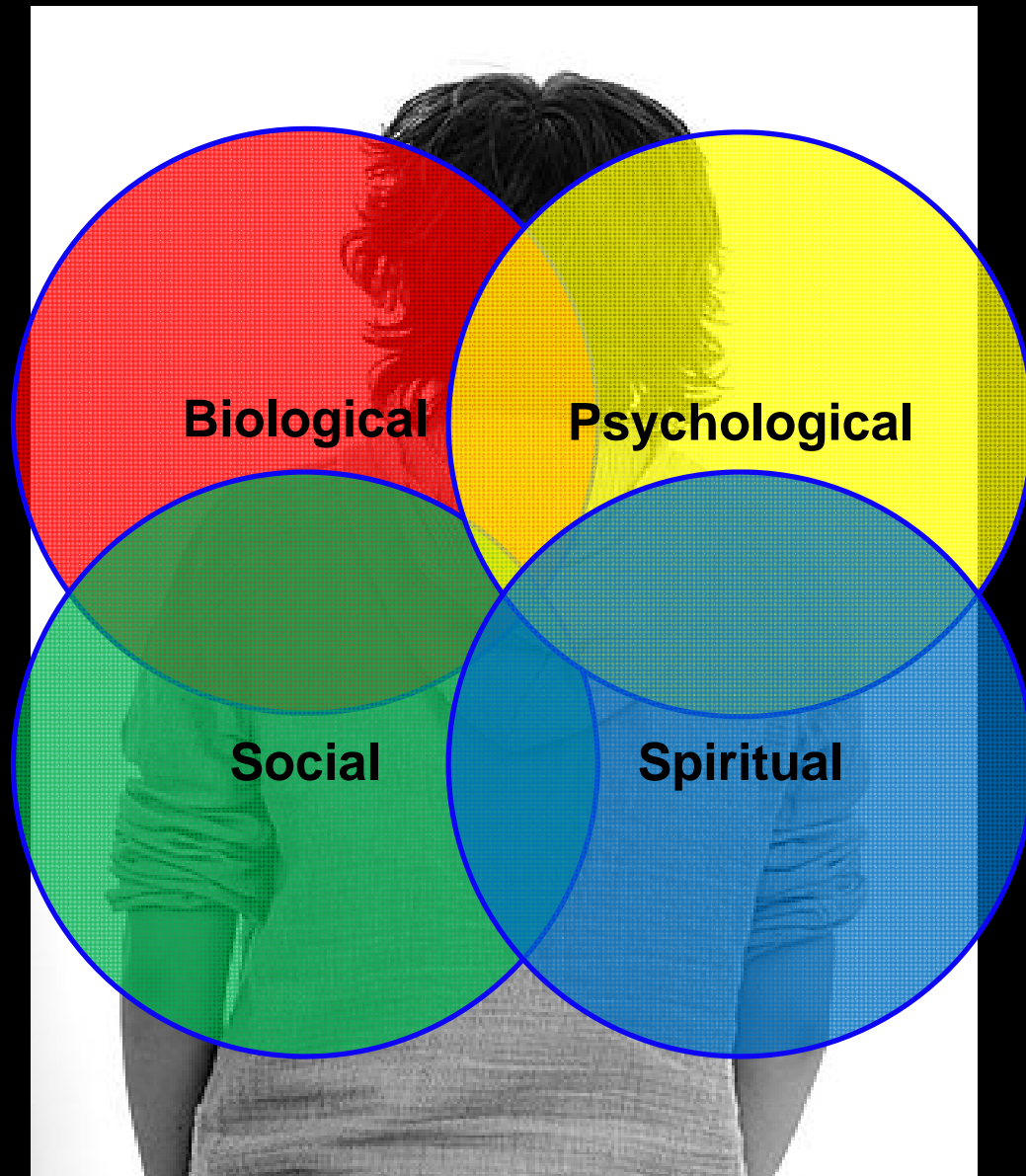
Observation

- ⊕ Peers, Role Models
- ⊕ Clothes
- ⊕ Music
- ⊕ Goals and Values
- ⊕ Behavior

Experimentation

- ⊕ Risk-taking
- ⊕ Healthy
- ⊕ Dangerous

Determinants of Health

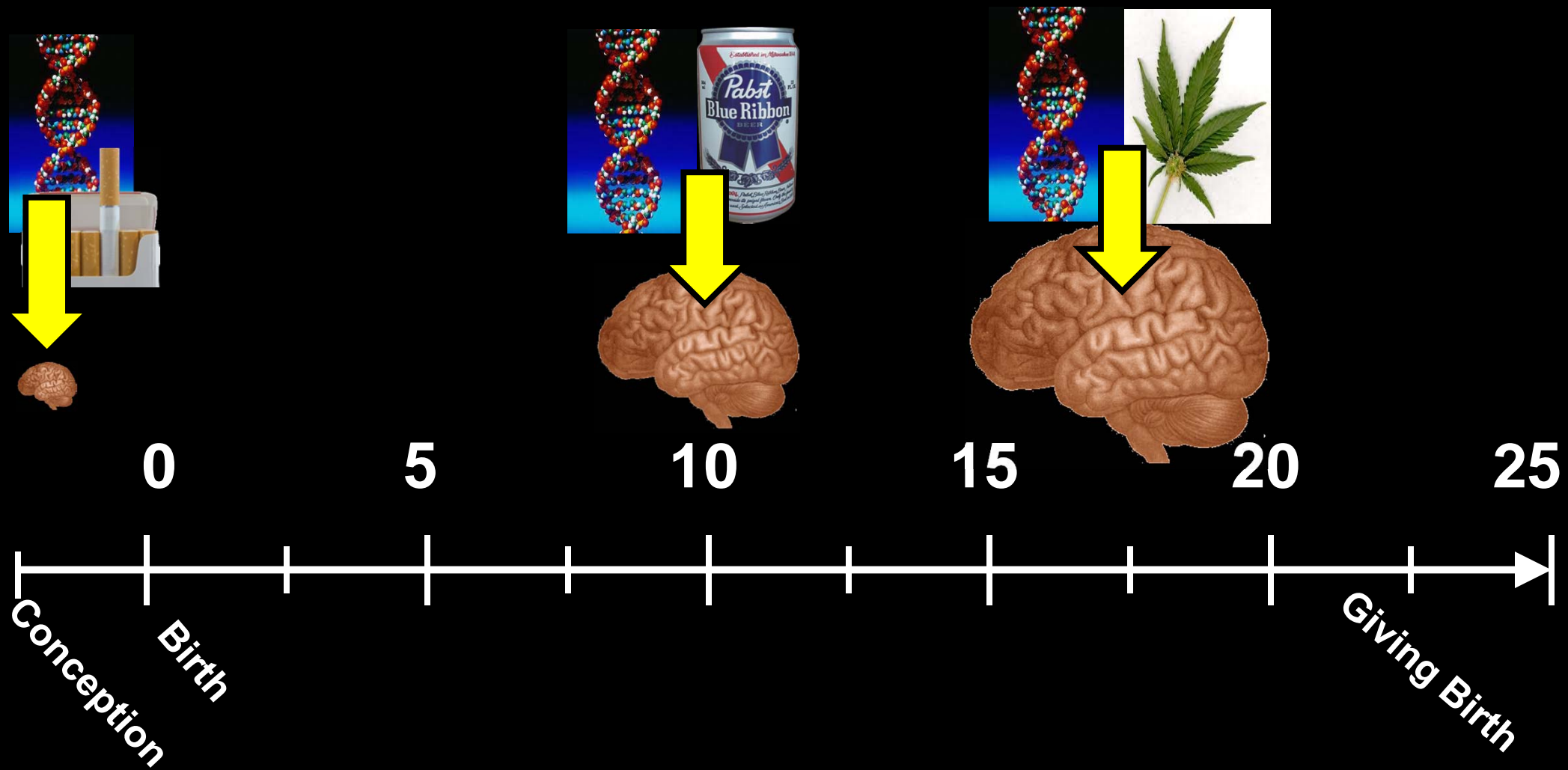


Physical Development

- More rapid than brain development
- “Child” brain in “adult” body
- Surge in sex hormones
- Capacity for childbearing
- Trend toward earlier onset of puberty (esp. girls)

Human Brain Development

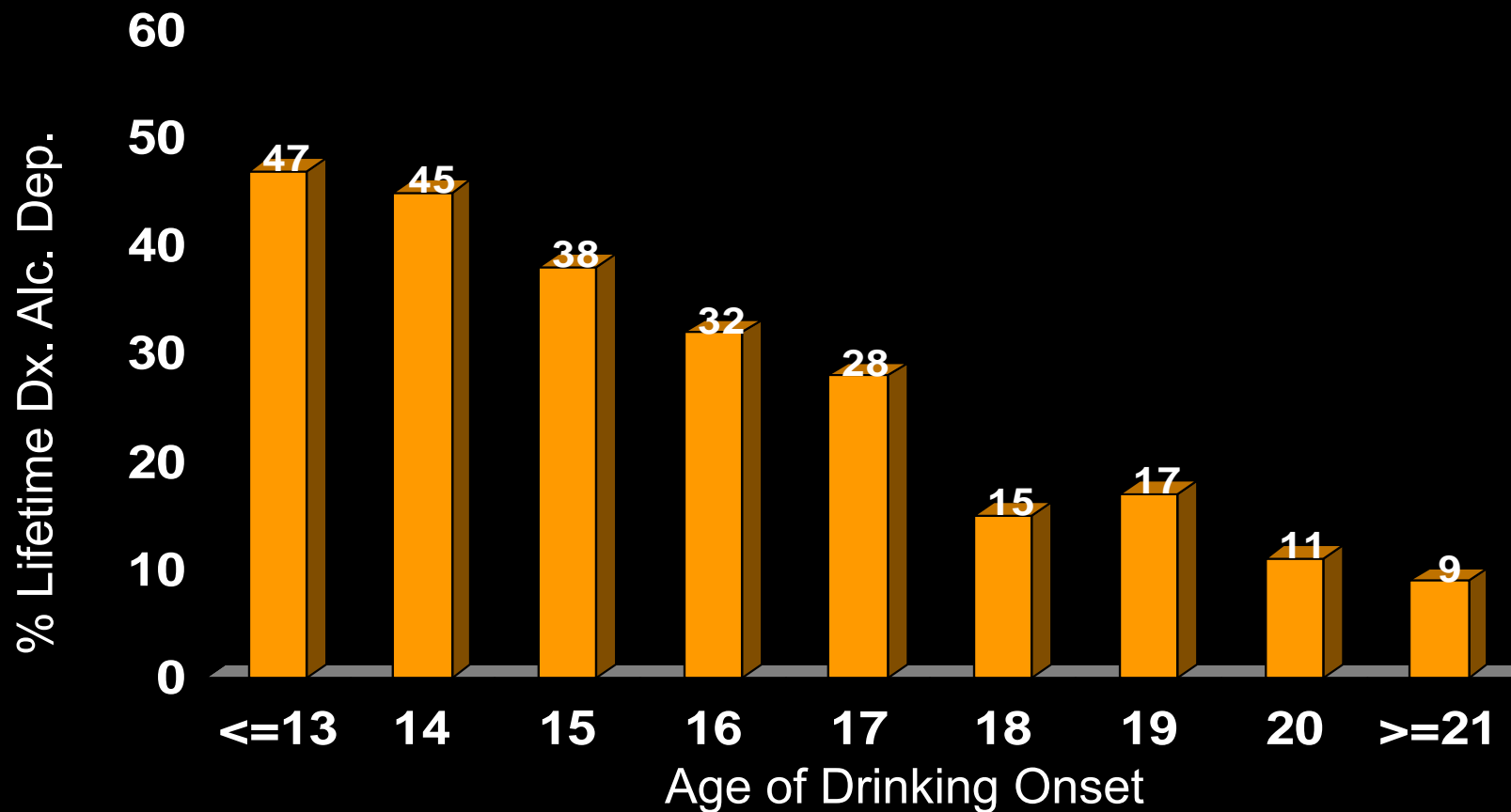
Brain Structure and Function determined by the Interaction of Genes and Environment at Critical Points in Time



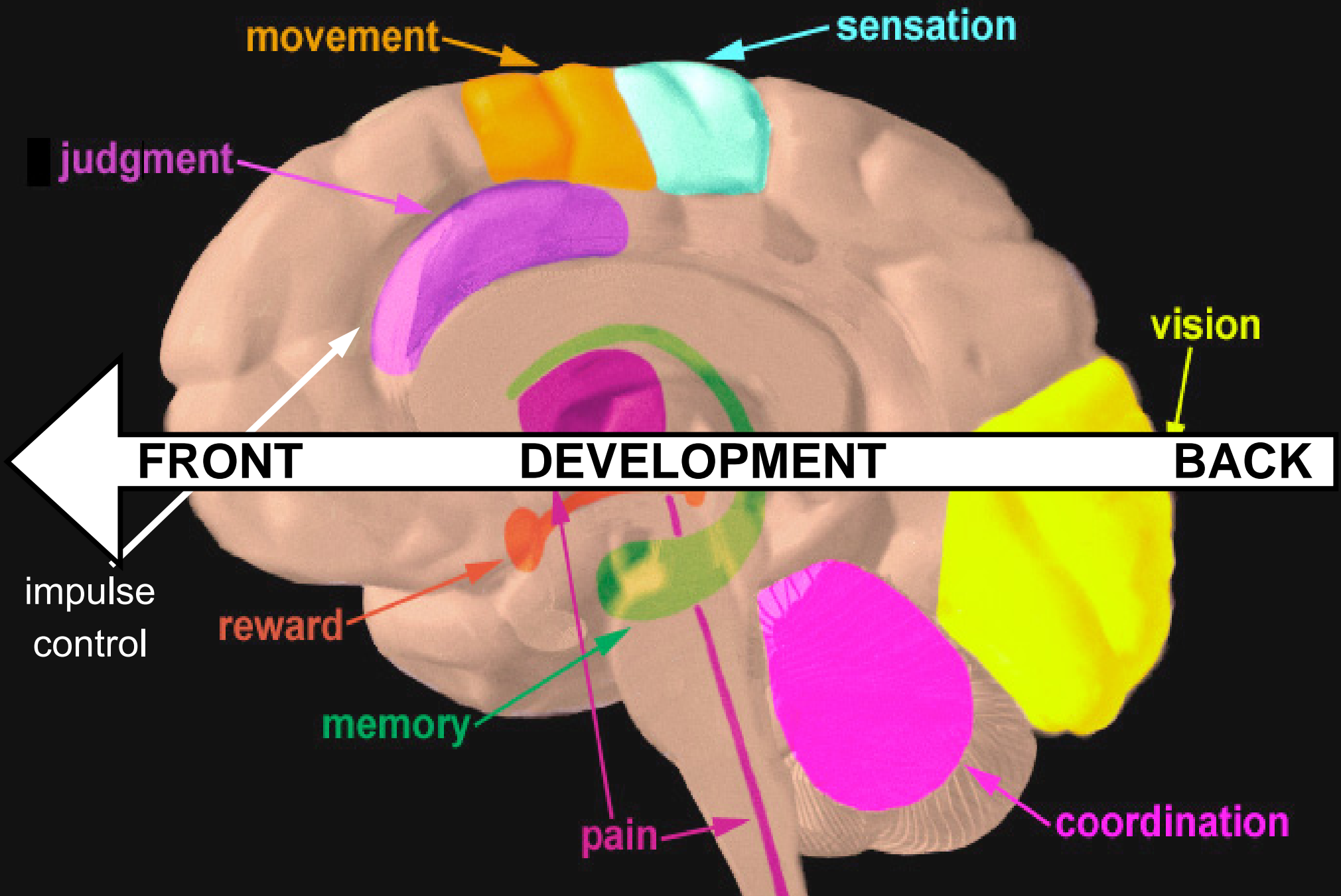
Teens From Alcoholic Families Are More Likely To Become Alcoholics

	Alcoholic Parent	Non-Alcoholic Parent
Boys:	25%	3%-5%
Girls:	5%-10%	.1%-1%

Age at First Drink and Later Risk of Alcoholism

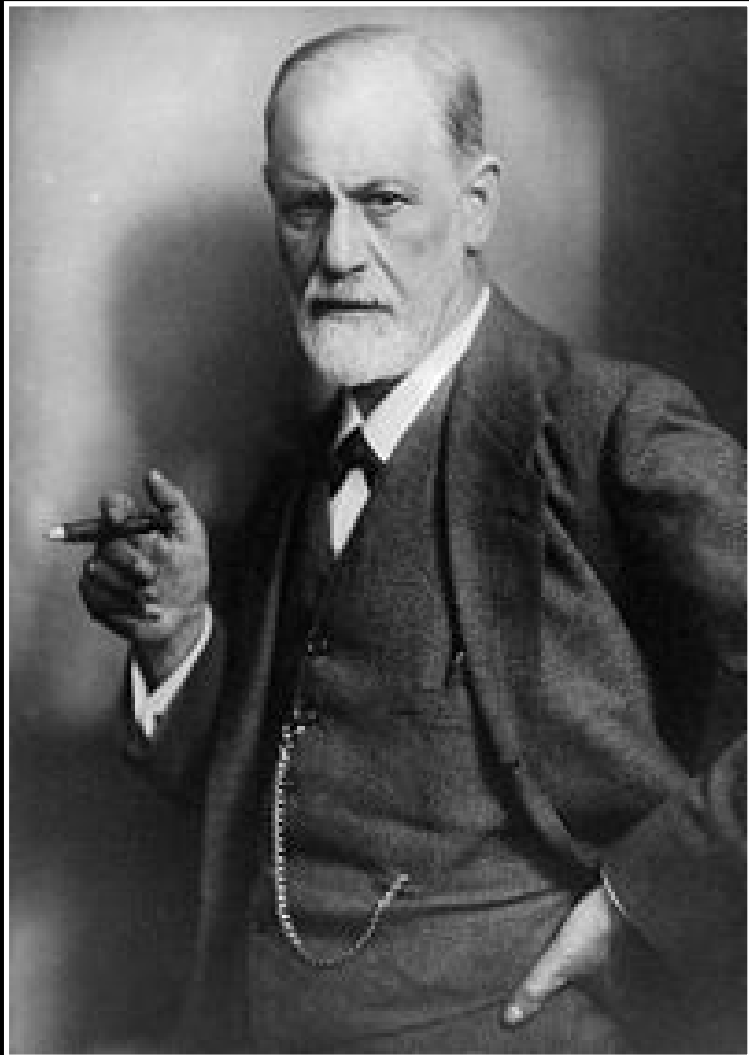


Source: Hingson et al., 2006



Psychological Development

Psychosexual Development Sigmund Freud (1856-1939)



Oral	0-18 months
Anal	18 months – 3 ½ years
Phallic	3 ½ years – 6 years
Latency	6 years - puberty
Genital	puberty - adulthood



Cognitive Development

Jean Piaget

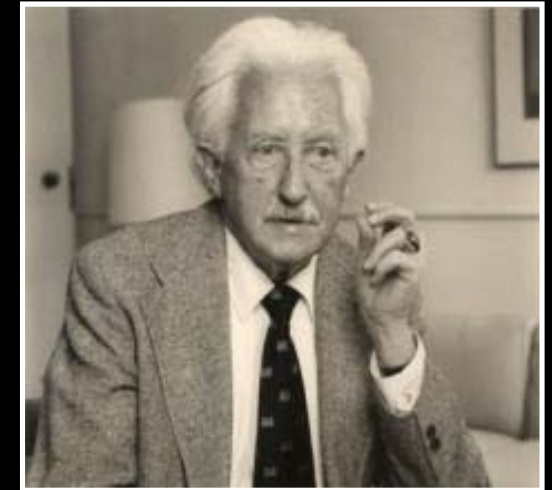
(1896-1990)

Sensorimotor	5 senses, motor control	0-2
Preoperational	Language symbols	2-7
Concrete operational	Logic to solve problems	7-11
Formal operational	Abstract thinking	11-

Social-Emotional Development

Eric Erickson

(1902-1994)



Trust vs. Mistrust	Hope	0-2
Autonomy vs. Shame	Will	2-4
Initiative vs. Guilt	Purpose	4-6
Industry vs. Inferiority	Competence	6-12
Identity vs. Identity Diffusion	Fidelity	13-20
Intimacy vs. Isolation	Love	20-40
Generativity vs. Self-Absorption	Care	40-60
Integrity vs. Despair	Wisdom	60-

Moral Development

Lawrence Kohlberg

(1927-1987)



Preconventional

Stage 1

Obedience and Punishment

Stage 2

Self-interest (Morally relative)

Conventional

Stage 3

Obey rules and norms

Stage 4

Dictums and social conventions

Postconventional

Stage 5

Social contracts, majority rule

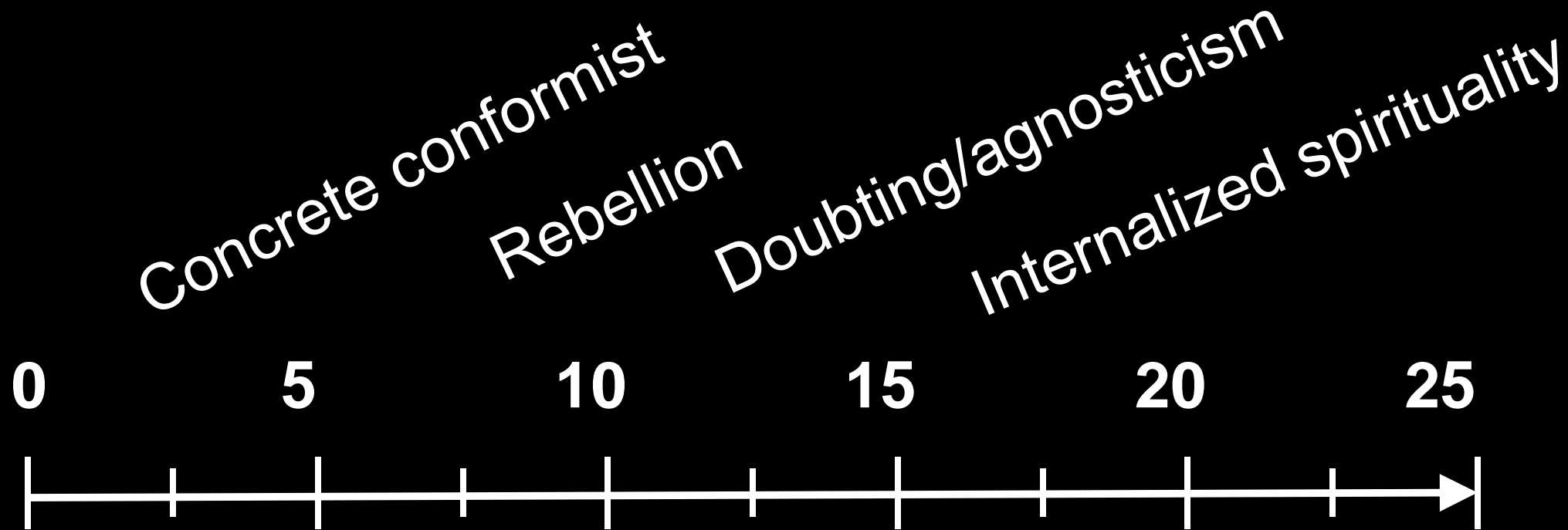
Stage 6

Abstract principles, universal tenets

Social Development

- Peer relationships assume new importance
- Relationship with parents transformed
- Growing interest in romantic relationships

Spiritual Development

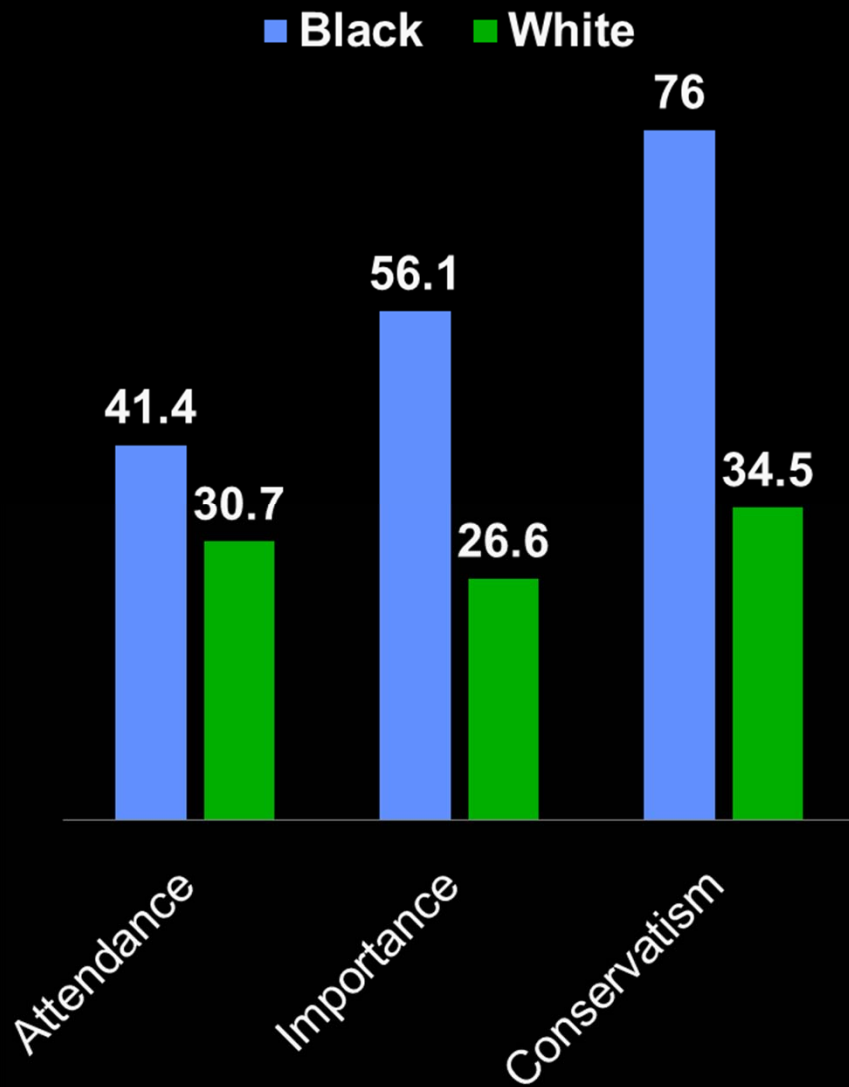


Adapted from M. Scott Peck, MD

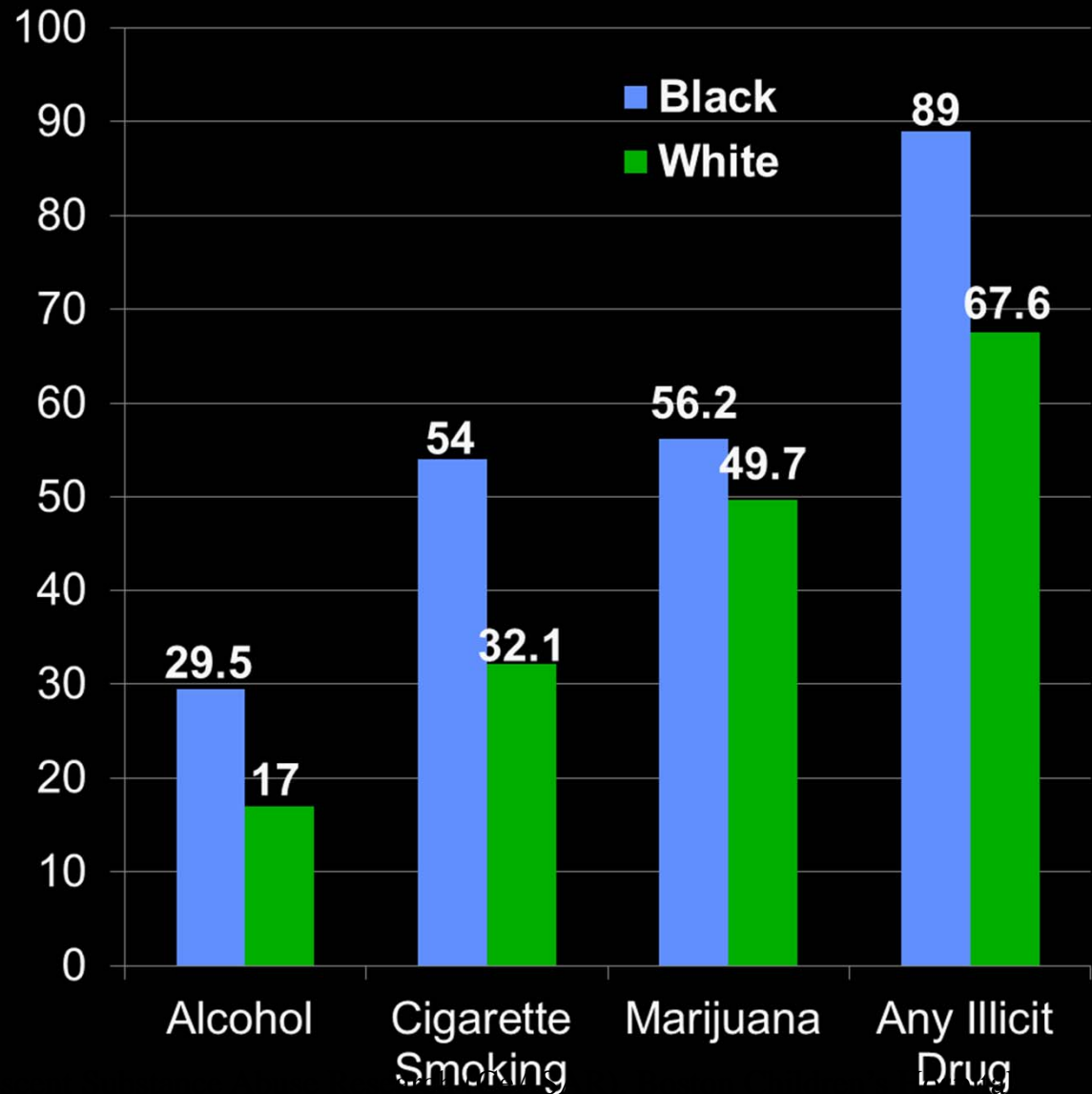
Spirit & Substance Use

- Spiritual centers in the human brain, psychoactive substances wired into the Reward System
- “Spirits” = a nickname for distilled liquor (whiskey)
- The ‘spiritual’ connection of alcohol and Alcoholics Anonymous

Religiosity by Race/Ethnicity among 12th graders, 1997-2001



Substance Use by Race/Ethnicity among 12th graders, 1997-2001



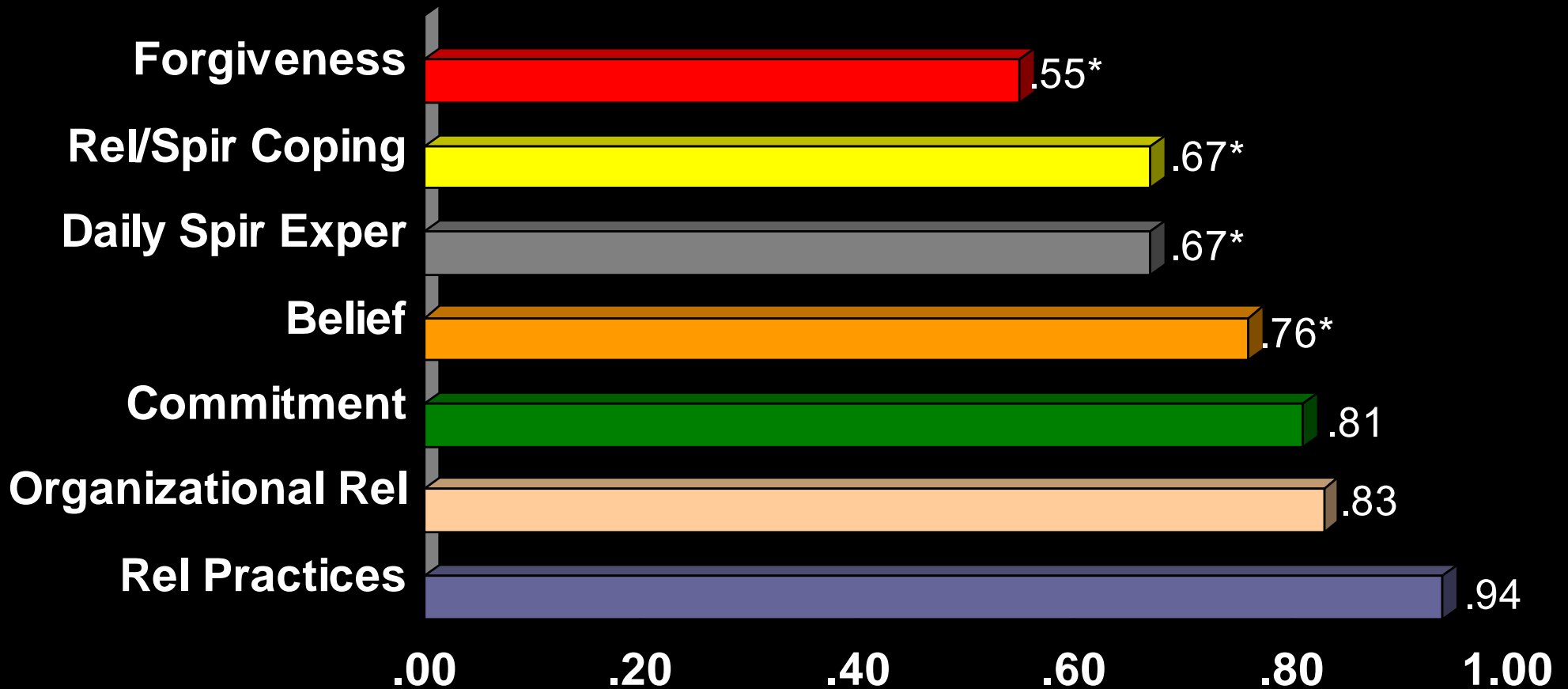
Religious Denomination and Teen Drinking

12- to 18-year-old Boston area medical clinic patients (n=305)

	N (%)	AOR	95% CI	p
None/Atheist	30 (9.8)	(Ref.)		
Christian (NOS)	42 (13.8)	4.19*	1.50, 1.72	0.01
Don't Know/Confused	23 (7.5)	4.11*	1.21, 3.98	0.02
Catholic/Orthodox	89 (29.2)	2.62*	1.12, 6.13	0.03
Buddhist	6 (2.0)	2.29	0.36, 4.43	0.38
Jehovah's Witness	9 (3.0)	2.29	0.48, 10.9	0.30
Pentecostal	13 (4.3)	1.83	0.48, 6.90	0.37
Protestant	33 (10.8)	1.55	0.57, 4.20	0.39
Other	5 (1.6)	0.76	0.11, 5.24	0.78
Jewish	10 (3.3)	0.29	0.05, 1.58	0.15
Moslem	4 (1.3)	∞	Undefined	1.0

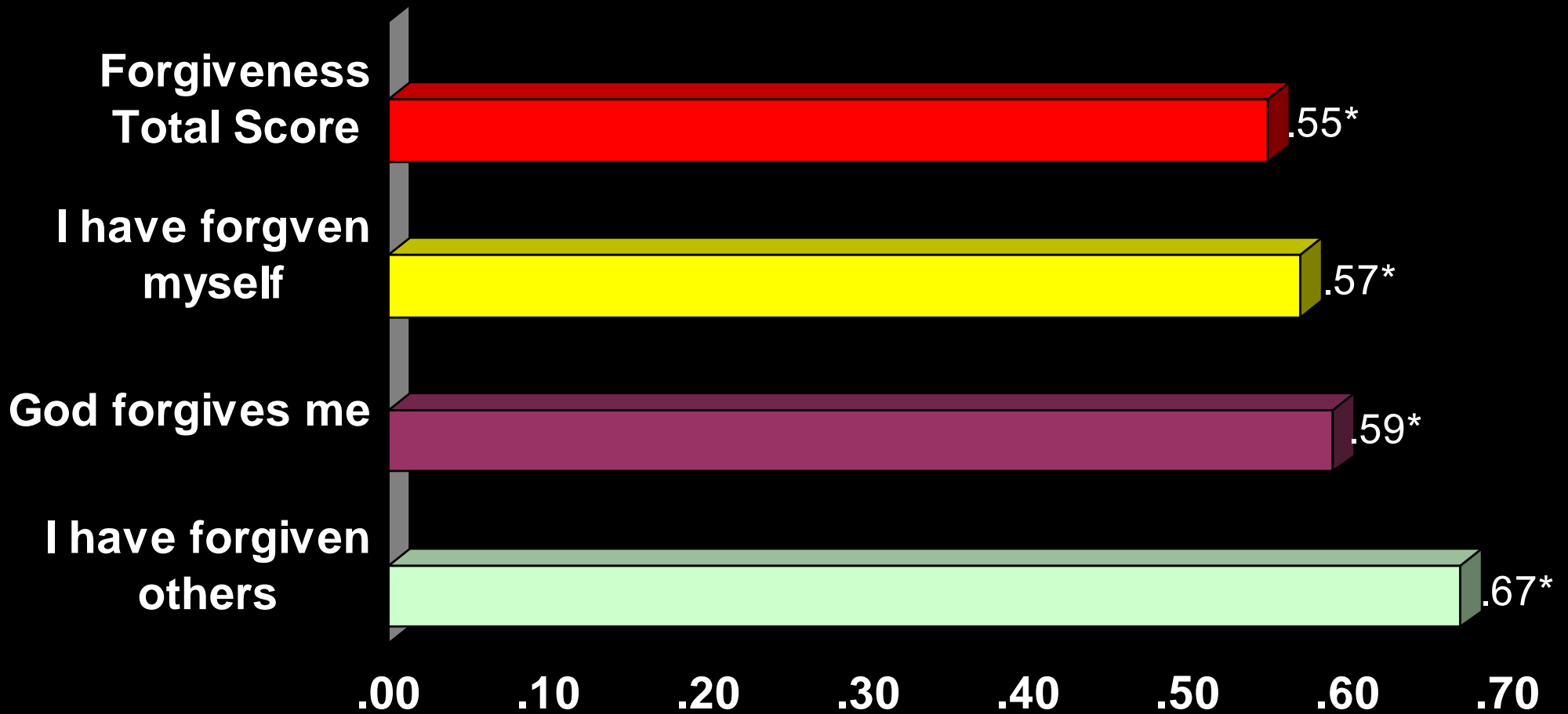
Source: Knight JR, et al., South Med J 2007;100:349-55

Religiousness/Spirituality and Teen Drinking



*N=295; Multivariate logistic regression model, $p < .05$

Forgiveness and Teen Drinking



*N=295; Multivariate logistic regression model, $p < .05$

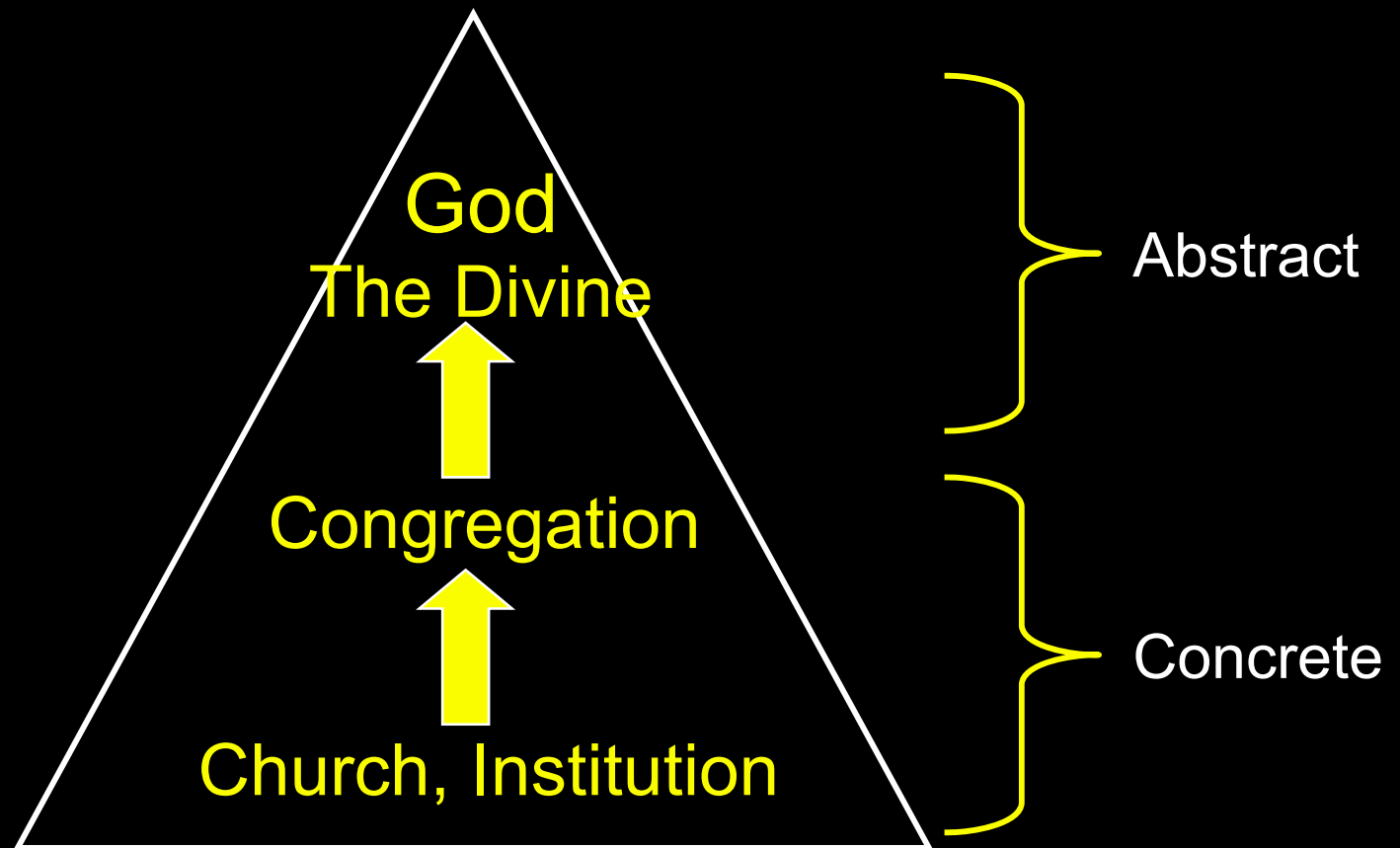
Forgiveness & Health

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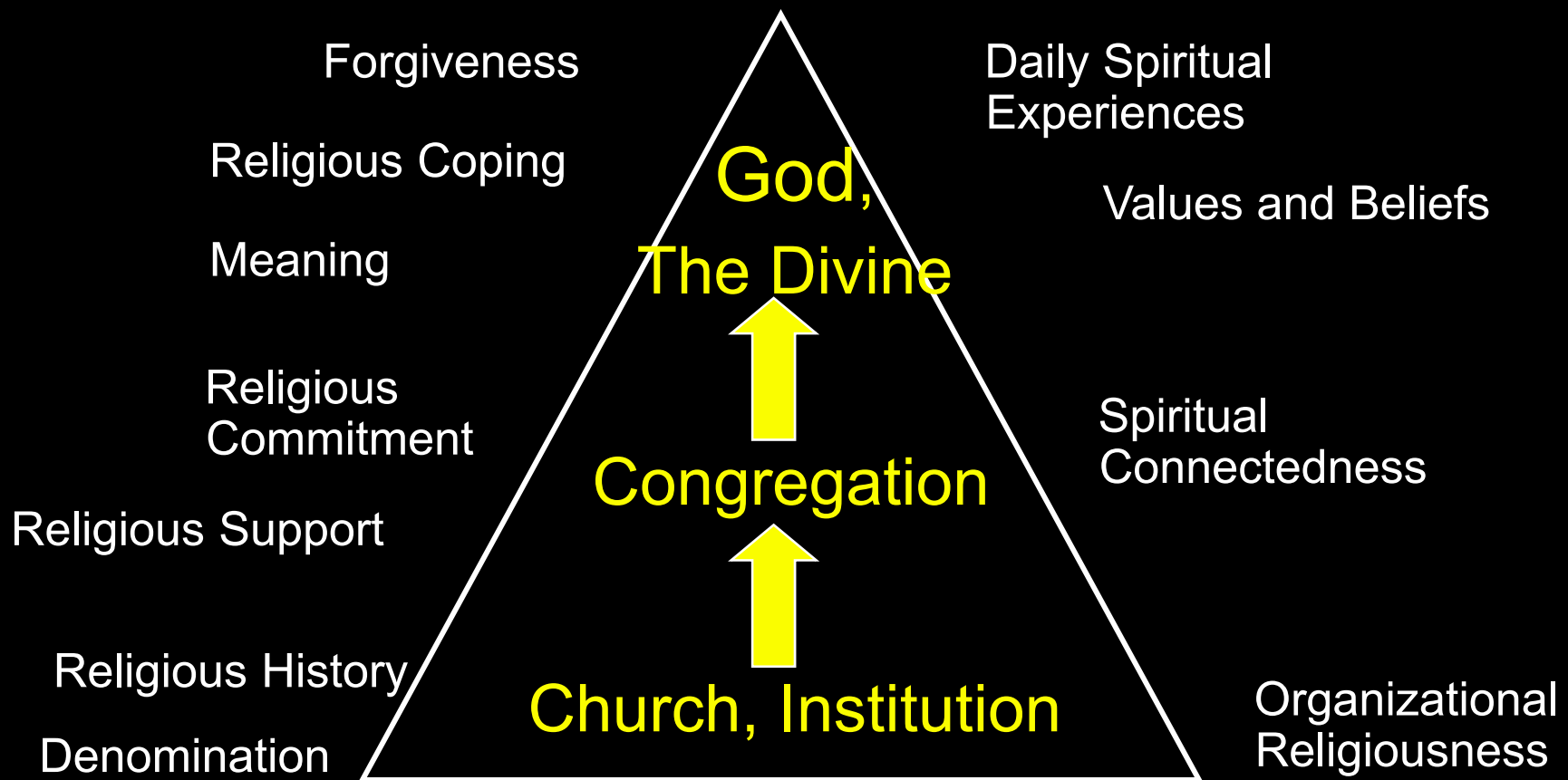
Jesus' Teaching on Forgiveness

- Matthew 6:12
- Matthew 18: 21-35
- Luke 23: 34

Spiritual Connectedness: A Developmental Model



Spiritual Connectedness: A Developmental Model



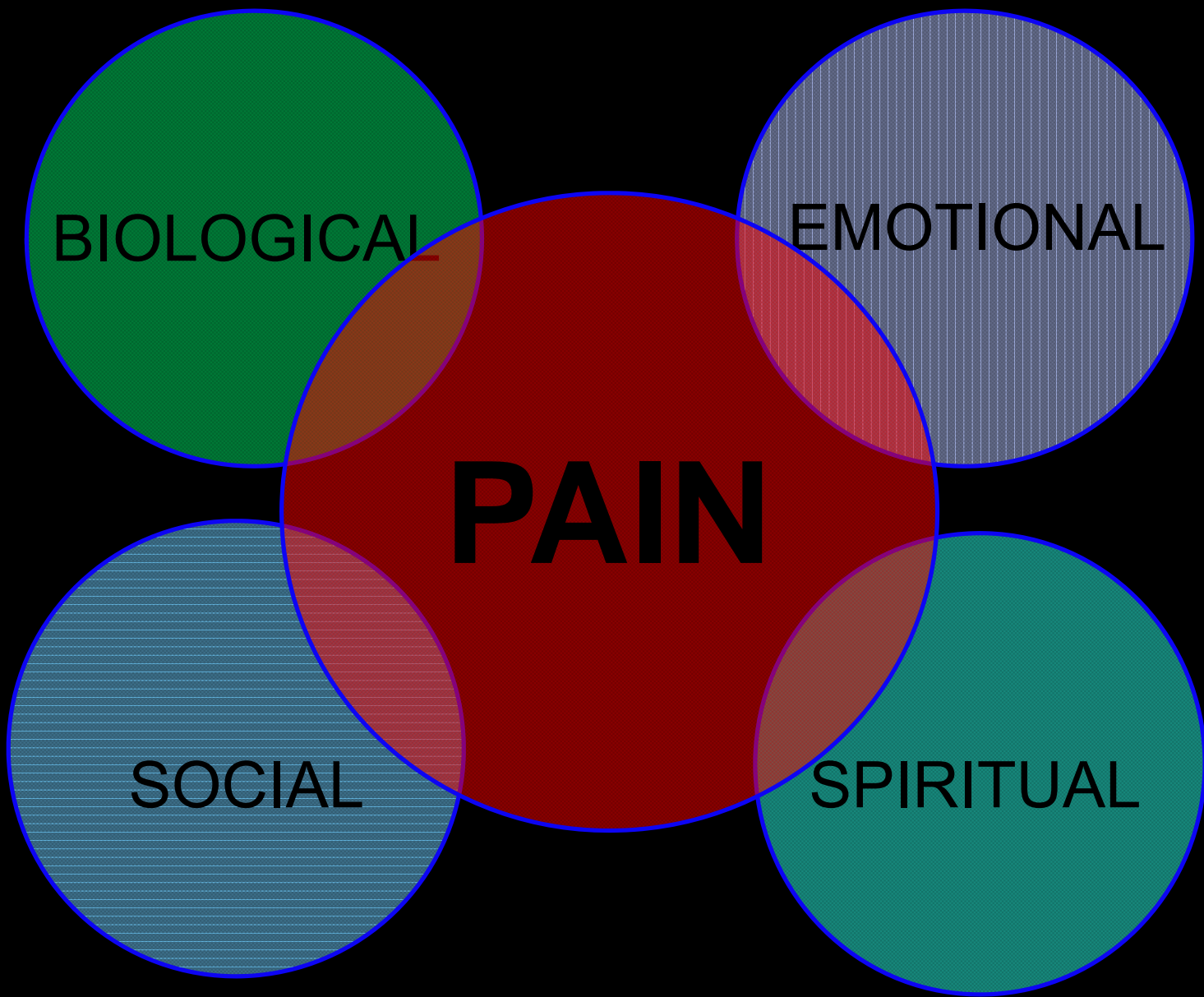
Parents' Faith Matters

- Pray for them
- Be a good role model
 - Pray, read Bible, attend & serve church
- Share your journey
 - Oh oh...(past mistakes)
- Walk your Christian talk
- Get help when needed



<http://www.Teen-Safe.org>

Religiousness/Spirituality & Chronic Pain



Religiousness/Spirituality and Chronic Pain

- 61% of pain patients use prayer to cope
- 40% become more R/S after onset of pain
- 4% become less R/S after onset of pain

Source: Glover-Graf et al., 2007

Religious Coping Methods

- Deferential: It's all in God's hands. Works best in hospice care.
- Collaborative: Joint problem solving with God. Overall, this group does **best**.
- Independent: God not involved due to no belief.
- Abandoned: God not involved because He's abandoned them. They're angry at God or feel he's angry at them. This group does **worst**.

Pos. vs. Neg. Religious Coping

Positive

- Seek spiritual connection
- Seek spiritual support
- Religious assistance to forgive others
- Asking forgiveness
- Benevolent religious reappraisal
- Religion as distraction
- Collaborative problem-solving with God

Negative

- Interpersonal religious discontent
- Punishing God reappraisal
- Demonic reappraisal
- Spiritual discontent
- Reappraisal of God's power

Faith Healing vs. Divine Healing

James 5: 14-16

14) Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.

15) And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

16) Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

I Corinthians 12: 7-10

7) But the manifestation of the Spirit is given to each one for the profit of all: 8) for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, 9) to another **faith** by the same Spirit, to another gifts of **healings** by the same Spirit, 10) to another the working of **miracles**, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues.

Healing

1a : to make sound or whole <*heal* a wound>
b : to restore to health

2a : to cause (an undesirable condition) to be overcome: mend <the troubles ... had not been forgotten, but they had been *healed* — William Power>
b : to patch up (a breach or division) <*heal* a breach between friends>

3: to restore to original purity or integrity
<*healed* of sin>

Miracle

1: an extraordinary event manifesting divine intervention in human affairs

2: an extremely outstanding or unusual event, thing, or accomplishment

Questions?