Chapter 11

Early Adulthood

Early Adulthood

From age 20 to early 40s

Stable period of growth

Gradual biological and social changes

Goals
  - Choosing and establishing careers
  - Fulfilling sexual needs
  - Establishing home and family
  - Expanding social circles
  - Developing maturity

Physical Characteristics

- Height and weight
- Bone and muscle development
- Dentition
- Development of other body systems
  - Maximum cardiac output
  - Respiratory function
- Basal metabolic rate
- Skin changes
- Nervous system
- Sensory system
- Reproductive system

- Vital Signs
- Pulse
- Respirations
- Blood pressure
- Developmental Milestones
- Motor development
- Sexual development
- Psychosocial development
  - Erikson’s stage of intimacy
  - Choosing and establishing a career
  - Establishing a home and family
  - Expanding social circles
  - Developing maturity
Cognitive Development
- Capable of being objective
- Viewing a wide perspective
- Capable of solving problems
- Functioning at peak intellectual levels

Moral Development
- Kohlberg’s postconventional stage
  - Capable of choosing moral principles
  - Respects right of others
  - A state of mutual satisfaction
  - For some individuals, an appreciation of religion

Nutrition
- Calorie requirements based on age, size, physical activity, and gender
- Avoidance of excessive saturated fats
- Concerns
  - Preventing osteoporosis
  - Preventing hypertension, heart disease, and strokes

- Sleep and Rest
- Adults need 7–9 hours each night
- Diet, stress, fatigue, and poor physical health may lead to insomnia
- Measures to promote better sleep
Exercise and Leisure
Maintain regular exercise
Lack of exercise may lead to
  ▪ Fatigue
  ▪ Headache
  ▪ Backache
  ▪ Joint pain
  ▪ Weight gain

Safety
Safety concerns for individual and family
Home safety
  ▪ Accident prevention
  ▪ Fire prevention
Health Promotion
Yearly physical exams
- TB screening
- ECG
- Blood pressure screening
- Yearly Pap smears
- BSE and mammograms
- Annual rectal exams and colonoscopy
- Prostate screening

Health Concerns

- Exposure to carcinogens
- Sensory impairment caused by accidents
- Obesity
- Stress
- Family planning

Chapter Challenge
- Name four goals for the early adult period
- List three health concerns affecting the adult
- List routine health screenings for this developmental stage