CONTENTS

1 THE APPROACH 1

Development as Natural History 2 Adult Development as Process 3 The Need for Better Definitions of Adult Life Stages 4 Toward a Better Definition of Young Adulthood 5 Outline of the Book 7

2 THE DEVELOPMENTAL PERSPECTIVE 11

Young Adulthood as a Life Stage 12 The Developmental Approach: Premises 13 The Developmental Approach: Orientation 16 The Developmental Approach: An Abstraction 16 Models of Developmental Change 18 Advantages of a Developmental Approach 19 Limitations of a Developmental Approach 22 Factors Influencing Development 23 Implications for Adult Development 24 Defining Terms 26

3 MODELS OF ADULT DEVELOPMENT 28

Life-Span Model 29 Cross-Sectional Model 30 Milestones Model 31 Categorical-Evolution Model 32 Characteristics of the Developmental Model 33 The Life Stages 38

4 THE ACQUISITIONS OF ADULTHOOD

Definitions of Adulthood 48 Developmental Changes in Adulthood 55

5 THE LEGACY OF ADOLESCENCE 64

Cross-Cultural Perspective 65 Role of Peers 69 Psychological Characteristics in Adolescence 72

6 THE YOUNG ADULT: A THEORETICAL OVERVIEW 79

Four Theorists80Longitudinal Research Findings89The Beginnings of Convergence101

7 INTRAPSYCHIC ISSUES 104

Precursory Conditions105Young-Adult Characteristics106Ego Development in Young Adulthood119Models of Intrapsychic Transition126

8 THE PEER WORLD 133

Youth—The Young Adult as Superteen 134 Peers as Partners and Competitors 137

9 FOUNDING A FAMILY: INTRACULTURAL EXPECTATION 146

The Institution of Marriage 147 Having Children 160 The Family and Society 164

10 TRANSITION: TENSION AND CHALLENGE 165

The Importance of Transition 166 Transition from Adolescence to Young Adulthood 167

47

Contents

Transition from Young Adulthood to Established Adulthood 175 Personality Development from Adolescence through Established Adulthood 182 Problems of Transition 188 Developmental Opportunities 190

11 SOME REFLECTIONS 193

Summing Up 194 Exploration 194 Youth and Young Adulthood 195 Broad Research Issues 209

References Index