

Lifespan Development

THIRD AUSTRALASIAN EDITION



Michele HOFFNUNG | Robert J HOFFNUNG | Kelvin L SEIFERT | Alison HINE
Lynn WARD | Cat PAUSÉ | Karen SWABEY | Karen YATES | Rosanne BURTON SMITH

WILEY

Lifespan Development

THIRD AUSTRALASIAN EDITION

Lifespan Development

THIRD AUSTRALASIAN EDITION

Michele HOFFNUNG | Robert J HOFFNUNG | Kelvin L SEIFERT | Alison HINE
Lynn WARD | Cat PAUSÉ | Karen SWABEY | Karen YATES | Rosanne BURTON SMITH

WILEY

Third edition published 2016 by
John Wiley & Sons Australia, Ltd
42 McDougall Street, Milton Qld 4064

First edition published 2010
Second edition published 2013

Typeset in 10/12.5 pt Times LT Std

© John Wiley & Sons, Australia, Ltd 2010, 2013, 2016

The moral rights of the authors have been asserted.

National Library of Australia
Cataloguing-in-Publication entry

Creator:	Hoffnung, Michele, author
Title:	Lifespan development / Michele Hoffnung, Robert J Hoffnung, Kelvin L Seifert, Alison Hine, Lynn Ward, Cat Pausé, Karen Swabey, Karen Yates, Rosanne Burton Smith.
Edition:	Third Australasian edition
ISBN:	9780730314707 (paperback)
Subjects:	Developmental psychology—Textbooks Human growth—Textbooks.
Other Creators/Contributors:	Hoffnung, Robert J, author Seifert, Kelvin L, author Hine, Alison, author Ward, Lynn, author Pausé, Cat, author Swabey, Karen, author Yates, Karen, author Smith, Rosanne Burton, author
Dewey Number:	155.0715

Reproduction and Communication for educational purposes

The Australian *Copyright Act 1968 (the Act)* allows a maximum of 10% of the pages of this work or — where this work is divided into chapters — one chapter, whichever is the greater, to be reproduced and/or communicated by any educational institution for its educational purposes provided that the educational institution (or the body that administers it) has given a remuneration notice to Copyright Agency Limited (CAL).

Reproduction and Communication for other purposes

Except as permitted under the Act (for example, a fair dealing for the purposes of study, research, criticism or review), no part of this book may be reproduced, stored in a retrieval system, communicated or transmitted in any form or by any means without prior written permission. All inquiries should be made to the publisher.

Cover and internal design images: © Shutterstock / fiyu liu;
© Shutterstock / ildogesto; © Shutterstock / angelo sarnacchiaro;
© Shutterstock / Boguslaw Mazur

Typeset in India by diacriTech

Printed in Singapore by
Markono Print Media Pte Ltd

10 9 8 7 6 5 4 3 2 1

BRIEF CONTENTS

CONTENTS

PART 1 Beginnings

- 1 Studying development 3
- 2 Theories of development 33
- 3 Biological foundations, genetics, prenatal development and birth 65

PART 2 The first two years of life

- 4 Physical and cognitive development in the first two years 111
- 5 Psychosocial development in the first two years 159

PART 3 Early childhood

- 6 Physical and cognitive development in early childhood 193
- 7 Psychosocial development in early childhood 235

PART 4 Middle childhood

- 8 Physical and cognitive development in middle childhood 273
- 9 Psychosocial development in middle childhood 311

PART 5 Adolescence

- 10 Physical and cognitive development in adolescence 349
- 11 Psychosocial development in adolescence 389

PART 6 Early adulthood

- 12 Physical and cognitive development in early adulthood 435
- 13 Psychosocial development in early adulthood 481

PART 7 Middle adulthood

- 14 Physical and cognitive development in middle adulthood 529
- 15 Psychosocial development in middle adulthood 577

PART 8 Late adulthood

- 16 Physical and cognitive development in late adulthood 625
- 17 Psychosocial development in late adulthood 675

PART 9 Endings

- 18 Dying, death and bereavement 717

G Glossary G-1

R References R-1

NI Name index NI-1

SI Subject index SI-1

CONTENTS

- About the authors xiv
- How to use this book xvi
- Real world applications xviii
- Australian and New Zealand content at a glance xx
- Acknowledgements xxviii

PART 1 Beginnings

1 Studying development 3

- The nature of development 4
 - Multiple domains of development 5
 - Multicultural view** *Cross-cultural parental acceptance and rejection* 6
 - Development from a lifespan perspective: voices across the lifespan 8
 - Focusing on** *Closing the gap for Indigenous Australians* 12
 - Why study development? 13
 - The life course in times past 14
 - Early precursors to developmental study 14
 - The emergence of modern developmental study 15
 - Perspectives on human development 15
 - Continuity within change 16
 - Lifelong growth 17
 - Changing meanings and vantage points 18
 - Developmental diversity 18
 - Methods of studying developmental psychology 20
 - Scientific methods 20
 - Variations in time frame 21
 - Variations in control: naturalistic and experimental studies 23
 - Variations in sample size 26
 - Ethical constraints on studying development 27
 - Strengths and limitations of developmental knowledge 29
 - Summary 29
 - Key terms 30
 - Review questions 30
 - Discussion questions 30
 - Application questions 30
 - Essay question 31

2 Theories of development 33

- The nature of developmental theories 34
 - What is a developmental theory? 35
 - How do developmental theories differ? 35

Psychodynamic developmental theories 36

- Freudian theory 37
- Erikson's psychosocial theory 38
 - Focusing on** *Love hurts — lessons from Erikson* 39
- Other psychodynamic approaches 43
- Applications of psychodynamic developmental theories throughout the lifespan 44

Behavioural learning and social cognitive learning developmental theories 44

- Behavioural learning theories 44
- Social cognitive learning theory 46
- Applications of learning theories throughout the lifespan 47

Cognitive developmental theories 48

- Piaget's cognitive theory 48
- Neo-Piagetian approaches 49
 - Information-processing theory 50
 - Applications of cognitive developmental theories throughout the lifespan 52

Contextual developmental theories 52

- Bronfenbrenner's ecological systems theory 52
- Vygotsky's sociocultural theory 53
 - Multicultural view** *Freedom of speech — a threat to racial cohesion?* 53
 - Applications of contextual developmental theories throughout the lifespan 55

Adulthood and lifespan developmental theories 56

- Normative-crisis model of development 56
- Timing-of-events model 58
- New directions: dynamic systems perspective 59

Developmental theories compared: implications for the student 60

- Summary 62
- Key terms 63
- Review questions 63
- Discussion questions 63
- Application question 64
- Essay question 64

3 Biological foundations, genetics, prenatal development and birth 65

- Mechanisms of genetic transmission 66
 - The role of DNA 67
- Individual genetic expression 68
 - Genotype and phenotype 68

Dominant and recessive genes	69
Transmission of multiple variations	69
Polygenic transmission	71
The determination of sex	71
Genetic abnormalities	72
Disorders due to abnormal chromosomes	72
Disorders due to abnormal genes	74
Genetic counselling and prenatal diagnosis	75
Multicultural view <i>Cultural difference and genetic counselling</i>	77
Relative influence of heredity and environment	78
Key concepts of behaviour genetics	78
Adoption and twin studies	79
Stages of prenatal development	80
Conception	80
The germinal stage (first two weeks)	81
The embryonic stage (third through eighth weeks)	81
The foetal stage (ninth week to birth)	82
The experience of pregnancy	83
Decisions and issues	83
Prenatal influences on the child	86
Harmful substances, diseases and environmental hazards	87
Maternal age and physical characteristics	92
Domestic violence	92
Focusing on <i>Domestic violence in pregnancy</i>	93
Prenatal health care	94
Birth	95
Childbirth settings and methods	96
Problems during labour and birth	100
Birth and the family	101
Moments after birth	102
<i>Looking forward</i>	104
<i>Summary</i>	105
<i>Key terms</i>	106
<i>Review questions</i>	106
<i>Discussion questions</i>	106
<i>Application question</i>	107
<i>Essay question</i>	107

PART 2 The first two years of life

4 Physical and cognitive development in the first two years 111

PHYSICAL DEVELOPMENT

Appearance of the infant at birth	114
The Apgar Scale	114
Size and bodily proportions	114
Sleep, arousal and the nervous system	115
Sleep	115

Focusing on *Developing culturally appropriate SIDS prevention strategies* 116

Parental response to infant sleep and arousal	117
States of arousal	118

Visual and auditory acuity 118

Motor development 119

The first motor skills	121
Cultural and sex differences in motor development	122
Motor development screening tests and scales	124

Nutrition during the first two years 125

Infant feeding	125
Poor nutrition	126
Malnutrition	127
Overnutrition	127

Impairments in growth 128

Low-birth-weight and preterm infants	128
Nonorganic failure to thrive	130
Mortality	130

Theory in practice *Supporting breastfeeding mothers* 132

COGNITIVE DEVELOPMENT

Studying cognition and memory 134

Arousal and heart rates	134
Recognition and habituation	134

Perception and cognition 135

Visual thinking	135
Auditory thinking	138
Categorical thought — the reversal shift	139

Piaget's stage theory of cognitive development 140

Stages of sensorimotor intelligence	141
Assessment of Piaget's stage theory of cognitive development	145

Behavioural learning 147

Classical conditioning	147
Operant conditioning	147
Imitation	148

Theories of language acquisition 149

Learning theory approaches	150
The nativist approach	150
Phonology	151
Semantics and first words	151
Influencing language acquisition	152

Multicultural view *Language development and culturally specific parenting styles* 153

<i>The end of infancy</i>	155
<i>Summary</i>	156
<i>Key terms</i>	157
<i>Review questions</i>	157
<i>Discussion questions</i>	157

Application questions 157

Essay question 158

5 Psychosocial development in the first two years 159

Early social relationships 161

Transition to parenthood 161

Caregiver–infant synchrony 162

Social interactions with family members 163

Interactions with non-parental caregivers 165

Interactions with peers 166

Theory in practice *Aboriginal and Torres Strait Islander perinatal social and emotional wellbeing screening* 167

Emotions and temperament 168

Emotions 168

Temperament and development 169

Attachment formation 172

Phases of attachment formation 173

Assessing attachment: the ‘strange situation’ 174

Multicultural view *Attachment theory and Aboriginal parenting* 175

Consequences of different attachment patterns 176

Influences on attachment formation 177

Focusing on *Longitudinal studies of children in Australia and New Zealand* 180

Long-term and intergenerational effects of attachment 181

Toddlerhood and the emergence of autonomy 182

Sources of autonomy 183

Development of self 184

Development of competence and self-esteem 185

Looking back and looking forward 186

Summary 187

Key terms 188

Review questions 188

Discussion questions 188

Application questions 188

Essay question 189

PART 3 Early childhood

6 Physical and cognitive development in early childhood 193

PHYSICAL DEVELOPMENT

Variations in physical development 195

Nutritional needs 197

Health and illness 199

Injury 200

Focusing on *Children in rural and remote Australia: tyrannies of distance and disadvantage?* 203

Bowel and bladder control 204

Motor development 205

Gross motor skills 206

Fine motor skills 206

Variations in gross and fine motor development 207

Brain development myelination 210

COGNITIVE DEVELOPMENT

Thinking in early childhood 211

Piaget’s preoperational stage 212

Symbolic representations 212

Limitations in preoperational thought 213

Egocentrism and children’s theory of mind 217

Moral reasoning 218

Neo-Piagetian theories 218

Language acquisition in the preschool years 219

Word acquisition and semantic development 219

Grammatical development 221

Development of pragmatics 223

Theories of language acquisition 224

Language development in deaf children 226

Childcare and early childhood education 227

Multicultural view *Engaging Indigenous families in early childhood settings* 230

Summary 231

Key terms 232

Review questions 232

Discussion questions 232

Application questions 233

7 Psychosocial development in early childhood 235

Relationships with parents 237

Parenting styles 238

Multicultural view *Vietnamese-Australian parenting styles and early childhood development* 241

Variations in parenting styles and practices 242

Relationships with siblings 244

Sibling influences 244

Peer relationships 246

Relationships with friends 247

Conceptions of friendship 247

Play 248

Types and levels of play 248

Theories of play 251

Parental and environmental influences on play 253

The development of prosocial and antisocial behaviour 254

Prosocial behaviour 254

- Antisocial behaviour 256
- Factors affecting the development of aggression 257
- Helping aggressive children and their parents 260
- Focusing on** Erikson's psychosocial development theory: initiative versus guilt 261

Gender-role development 262

- Biological theories 262
- Learning theories 263
- Cognitive theories 265
- Androgyny 266
- Looking back and looking forward* 267
- Summary* 267
- Key terms* 269
- Review questions* 269
- Discussion questions* 269
- Application questions* 269
- Essay question* 270

PART 4 Middle childhood

8 Physical and cognitive development in middle childhood 273

PHYSICAL DEVELOPMENT

Trends and variations in height and weight 275

Health and illness 278

- Indigenous children's health 279

Motor development and sport 279

- Physical and psychological effects of sport 280

COGNITIVE DEVELOPMENT

Piaget's theory: concrete operations 282

- Conservation 282
- Classification 285
- Seriation 285
- Spatial reasoning 286
- Implications of Piaget's theory 286

Vygotsky's sociocultural theory 287

Information processing and cognitive development 288

- Development of attention 288
- Focusing on** *The smartphone generation* 290
- Memory development 290

Language development 292

- Bilingualism and its effects 293

Defining and measuring intelligence 295

- The psychometric approach 295
- Biases in intelligence testing 297

Focusing on *Indigenous views of giftedness: cultural conceptions and interpretations* 297

Uses of intelligence tests 299

Information processing approaches 299

The influence of formal education on cognitive development 301

- Participation structures and classroom discourse 302
- Social biases that affect learning 303

Multicultural view *Girl Rising: educating girls to make a difference* 303

The impact of assessment and evaluation of student learning 304

The changing child: physical, cognitive and social 306

Summary 306

Key terms 307

Review questions 307

Discussion questions 307

Application questions 308

Essay question 309

9 Psychosocial development in middle childhood 311

Psychosocial challenges of middle childhood 312

- The challenge of knowing who you are 312
- The challenge to achieve 313
- The challenge of family relationships 313
- The challenge of peers 313
- The challenge of school 313

The sense of self 313

- The development of self 314

The age of industry and achievement 315

- Latency and the crisis of industry versus inferiority 315
- Achievement motivation 316

Multicultural view *The impact of racism, abuse and violence on the wellbeing of Australian children* 319

Family relationships 320

- The quality of parenting and family life 320
- The changing nature of modern families 320

Focusing on *Fostering resilience and coping skills in children* 321

- Divorce and its effects on children 322

- The effects of parental employment on families 328

- Non-parental sources of social support 330

Peer relationships 331

- Why are peer relationships important? 331
- The peer group 332
- Peer group formation 335
- Individual differences in peer status 336
- Friendship 340

Theory in practice *Cyberbullying research* 341

Looking back and looking forward 342

Summary 343

Key terms 344

Review questions 344
Discussion questions 344
Application questions 345
Essay question 346

PART 5 Adolescence

10 Physical and cognitive development in adolescence 349

PHYSICAL DEVELOPMENT

Adolescence and society 350

Body growth and physical changes during adolescence 351

Puberty 353

Variations in pubertal development 354

Theory in practice *Education and adolescent social and emotional wellbeing issues* 356

Psychological consequences of non-normative puberty 356

Health in adolescence 358

Adolescent nutrition 359

Eating disorders 361

Sexually transmitted infections (STIs) 363

Substance abuse 364

Focusing on *Adolescent risk-taking: is education an effective intervention?* 368

COGNITIVE DEVELOPMENT

Piaget's theory: the stage of formal operations 369

Hypothetico-deductive reasoning 370

Propositional reasoning 370

Variations in the development of formal operations 370

The impact of formal operations on adolescent behaviour 371

Information-processing theories and adolescent cognitive development 372

The development of thinking skills during adolescence 374

Critical thinking 374

Decision making 376

Moral development 377

Elkind's egocentrism 378

Kohlberg's theory of moral development 379

Criticisms of cognitive-developmental theories of morality 381

Gilligan's theory of moral development 382

Moral reasoning and moral behaviour during adolescence 383

Multicultural view *Is moral reasoning universal or culture-specific?* 384

Summary 385

Key terms 387

Review questions 387

Discussion questions 387

Application questions 387

Essay question 388

11 Psychosocial development in adolescence 389

Identity development during adolescence 391

Erikson's theory: the stage of identity versus role confusion 391

The process of identity formation 393

Individual differences in identity development: Marcia's identity status model 394

Factors affecting identity development 396

Development of self during adolescence 398

Self-esteem 399

Family relationships during adolescence 401

Relationships with parents 402

Focusing on *Observing gender differences in a co-educational school* 408

Peer relationships during adolescence 409

Adolescent peer groups 410

Peer group conformity 413

Adolescent gangs 414

Bullying 416

Adolescent friendships 417

Romantic relationships during adolescence 419

Sexuality during adolescence 420

Transition to coitus 421

Sexual orientation 422

Adolescent pregnancy and parenthood 424

Multicultural view *Adolescence and the development of ethnic identity* 426

Looking back and looking forward 429

Summary 430

Key terms 431

Review questions 431

Discussion questions 431

Application questions 431

Essay question 432

PART 6 Early adulthood

12 Physical and cognitive development in early adulthood 435

PHYSICAL DEVELOPMENT

Physical functioning 436

Growth in height and weight 436

Strength 437

- Age-related changes 438
- Health in early adulthood** 439
 - Health behaviours 440
 - Focusing on** *Health at Every Size®* 441
- Stress** 442
 - Stress and health 442
 - The experience of stress 443
 - Multicultural view** *Hauora: an indigenous perspective on health* 444
- Health-compromising behaviours** 445
 - Theory in practice** *Living with illness* 451
 - Health beliefs model 452
- Sexuality and reproduction** 453
 - The sexual response cycle 453
 - Sexual attitudes and behaviours 454
 - Lesbian/gay sexual preference 456
 - Common sexual dysfunctions 457
- Infertility** 458
 - Reproductive technologies 460

COGNITIVE DEVELOPMENT

- Postformal thought** 461
 - Critiques of formal operations 461
 - Is there a fifth stage? 462
- Development of contextual thinking** 464
 - Schaie's stages of adult thinking 464
 - Contextual relativism 465
 - Adult moral reasoning 466
- Post-secondary education** 470
 - Who attends post-secondary education? 472
- Work** 473
 - Career stages 473
 - Gender, ethnicity and socioeconomic status in the workplace 475
 - Growth and change* 477
 - Summary* 477
 - Key terms* 478
 - Review questions* 478
 - Discussion questions* 479
 - Application questions* 479
 - Essay question* 479

13 Psychosocial development in early adulthood 481

- Theories of adult development** 482
 - Timing of events: social clocks 483
 - Crisis theory: Erik Erikson's intimacy versus isolation 484
 - Focusing on** *Identity maintenance and revision in adults* 485

- Crisis theory: Vaillant and the Harvard 'Grant study' 486
- Crisis theory: Levinson's seasons of adult lives 489
- Do men and women have the same 'seasons'? 490
- Relational-cultural theories of women's development 491
- Intimate relationships** 492
 - Friendship 493
 - Theory in practice** *Helping individuals through crises* 493
 - Love 497
 - Partner selection 500
- Marriage, divorce and remarriage** 501
 - Marriage types 502
 - Culture and marriage 504
 - Division of labour within the home 504
 - Multicultural view** *Demographic characteristics of domestic violence in Australia and New Zealand* 506
 - Marital satisfaction 508
 - Divorce 508
 - Remarriage 510
- Other lifestyles** 511
 - Singlehood 511
 - Cohabitation 512
- Parenthood** 515
 - Transition to parenthood 515
 - Single parenthood 518
 - Stepparent and blended families 519
 - Gay and lesbian families 519
 - Child free 520
 - Looking back and looking forward* 522
 - Summary* 523
 - Key terms* 524
 - Review questions* 524
 - Discussion questions* 524
 - Application questions* 525
 - Essay question* 525

PART 7 Middle adulthood

14 Physical and cognitive development in middle adulthood 529

PHYSICAL DEVELOPMENT

- Physical functioning** 531
 - Strength 533
 - External and internal age-related changes 533
- Health** 535
 - Health and health-compromising behaviours 535
 - Health and inequality 537
 - Breast cancer 539
 - Multicultural view** *Cancer screening in Chinese Australians* 541

Prostate cancer 543

Theory in practice *Addressing the psychosocial needs of rural cancer patients* 544

Mental health and wellbeing 546

Reproductive change and sexuality 546

Menopause 547

The male climacteric 550

Sexuality 551

COGNITIVE DEVELOPMENT

Intelligence 553

Does intelligence decline with age? 553

Schaie's sequential studies 555

Fluid and crystallised intelligence 557

Practical intelligence and expertise 559

Solving real-world problems 560

Becoming an expert 561

The adult learner 562

Returning to education and training 563

Work 565

Focusing on *Burnout* 566

Age and job satisfaction 568

Discrimination 568

Gender 569

Unemployment 571

Change and growth 573

Summary 573

Key terms 574

Review questions 574

Discussion questions 574

Application questions 574

Essay question 575

15 Psychosocial development in middle adulthood 577

A multiplicity of images of middle age 578

Identity and perceptions of age 579

Crisis or no crisis? 580

Conceptual frameworks 580

Normative-crisis models 583

Personality 585

Normative personality change 586

Marriage, divorce and parenting 589

Long-term marriage 590

Cohabitation among midlife and older adults 591

The family life cycle 592

Delayed parenthood 596

Adolescent children 597

Young adult children 598

The empty nest 599

Multigenerational households 600

Midlife divorce 601

Extended family relationships 603

Grandparents 603

Multicultural view *Diversity in intergenerational families* 607

Ageing parents 608

Focusing on *The sandwich generation* 611

Siblings 612

Bereavement 613

Mourning for parents 614

Bereavement and growth 614

Reactions to grief 615

Leisure 616

Looking back and looking forward 619

Summary 620

Key terms 621

Review questions 621

Discussion questions 621

Application questions 621

Essay question 621

PART 8 Late adulthood

16 Physical and cognitive development in late adulthood 625

Ageing and ageism 627

PHYSICAL DEVELOPMENT

Longevity 629

Life expectancy 631

Theories of physical ageing 631

Mortality 632

Physical functioning in late adulthood 633

Slowing with age 634

Skin, bone and muscle changes 635

Cardiovascular system changes 636

Respiratory system changes 636

Sensory system changes 637

Changes in sexual functioning 639

Health behaviours in late adulthood 640

Diet 640

Exercise 641

Focusing on *Getting stronger: resistance training for living better and longer* 642

Alcohol consumption 643

Medication use 644

Chronic illnesses 644

Cardiovascular disease 645

Cancer 646

- Arthritis 647
- Common symptoms in later years 647

Mental health and ageing 649

- Elder suicide 650

COGNITIVE DEVELOPMENT

Wisdom and cognitive abilities 653

- Cognitive mechanics 654
- Cognitive pragmatics 655
- Cognitive plasticity and training 657

The ageing brain 658

- Brain changes 659
- Multiinfarct dementia 660

Multicultural view *Assessing cognition in older Indigenous Australians* 661

- Alzheimer's disease 663

Theory in practice *Memory rehabilitation in dementia* 665

Work and retirement 666

- What is retirement? 667
- Wellbeing in retirement 670

Summary 671

Key terms 672

Review questions 672

Discussion questions 672

Application questions 672

Essay question 673

17 Psychosocial development in late adulthood 675

Personality development in late adulthood 676

- Continuity and change in late life 676
- Integrity versus despair 678
- Optimal ageing 679

Marriage and singlehood 681

- Spouses as caregivers 683
- Widowhood 685

Focusing on *Older adults online* 687

- Dating and remarriage 688
- Older lesbians and gay men 690
- Ever-single older adults 692

Relationships with family and friends 693

- Siblings 694
- Adult grandchildren 695
- Friends 697
- Fictive kin 698
- Childlessness 698

Problems of living: the housing continuum 699

- Independent living 700
- Assisted living 701
- Long-term care 702
- Control over living conditions 702

Interests and activities 703

- Community involvement 705

Multicultural view *Ageing well in a multicultural society* 707

- Religion and spirituality 708

Looking back and looking forward 712

Summary 713

Key terms 714

Review questions 714

Discussion questions 714

Application questions 714

Essay question 714

PART 9 Endings

18 Dying, death and bereavement 717

Attitudes towards death 718

- Defining death 719

Facing one's own death 721

- Death acceptance 721

Multicultural view *Death and dying among traditional Māori and Aboriginal-Australian people* 724

- The dying process 726

- Quality of death 727

Focusing on *Advance care planning* 729

Caring for the dying 730

- Terminal care alternatives 730

Theory in practice *Palliative care is everybody's business* 733

- Euthanasia and assisted suicide 735

Bereavement 739

- Grief 739

- Support groups 743

- Funeral and ritual practices 744

- Mourning 745

- Recovery 748

Looking back 748

Summary 749

Key terms 750

Review questions 750

Discussion questions 750

Application questions 750

Essay question 750

Glossary G-1

References R-1

Name index NI-1

Subject index SI-1

ABOUT THE AUTHORS

Michele Hoffnung

Michele Hoffnung is Professor of Psychology at Quinnipiac University. She received her BA at Douglass College and her PhD at the University of Michigan. Her teaching has been in the areas of research methods, psychology of women, and adult development. She is editor of *Roles Women Play: Readings Towards Women's Liberation* (1971) and author of *What's a Mother to Do? Conversations About Work and Family* (1992) and numerous articles, essays, and book reviews.

Robert J Hoffnung

Robert J Hoffnung is Emeritus Professor of Psychology at the University of New Haven and Associate Clinical Professor of Psychiatry at the Yale University School of Medicine. Robert has taught about childhood, adolescence, and lifespan development; he has also done clinical work with children, adolescents, adults, and families. He received his BA at Lafayette College, his MA at the University of Iowa, and his PhD at the University of Cincinnati. He has published articles on educational, developmental, and mental health interventions with children, adolescents and families.

Kelvin L Seifert

Kelvin L Seifert is Professor of Educational Administration, Foundations and Psychology at the University of Manitoba. He received his BA at Swarthmore College and his PhD at the University of Michigan. Kelvin's teaching has focused both on teacher education and on the education of adult learners outside of school settings. His current research focuses on how teachers and other adults form communities online in order to develop their own learning. He is author of *Educational Psychology* (1991), *Constructing a Psychology of Teaching and Learning* (1999), and *Contemporary Educational Psychology* (2009), as well as articles and chapters about gender issues in teacher education and on the dynamics of online adult learning communities.

Alison Hine

Alison Hine teaches and supervises undergraduate and postgraduate students in the areas of developmental and educational psychology at the University of Western Sydney. She has received a top ten standing in the UniJobs Lecturer of the Year for the University of Western Sydney for two consecutive years, and was a national finalist in the awards in 2009. She holds a Masters degree in Educational and Developmental Psychology, and has worked extensively with leading international researchers in these fields. Alison has researched, published and presented at international and national conferences in the areas of mentoring, adult metacognition, gifted and talented, thinking skills, intelligence, and self-reflection strategies. In her career, Alison has had the privilege of meeting and dialoguing with B. F Skinner, Jerome Bruner, Howard Gardner, David Perkins and Robert Sternberg. Recently,

Alison has researched and published in the areas of e-learning and metacognition, self-efficacy and procrastination. She is researching in the area of first-year university student engagement and motivation and the emerging area of dance psychology, creativity, experiencing 'flow' and optimal performance, and maintains an active consultancy practice within these areas of interest, working with educators, administrators and business professionals. Alison also conducts workshops with parents and professionals in the areas of child and adolescent development, learning styles, motivation, intelligence, gifted and talented, and the development of thinking skills. Alison has 35 years of teaching experience and has taught extensively from preschool to tertiary education, specialising primarily in the areas of special education and gifted and talented.

Lynn Ward

Lynn Ward received her PhD from the University of Adelaide in 1995, and is a senior lecturer in the University's School of Psychology. Since 1990 she has taught undergraduate courses in developmental psychology, adult development and ageing, cognitive psychology, and statistics, and a postgraduate course on clinical geropsychology. Her research supervision has covered diverse developmental topics including cross-cultural ageing, capacity assessment, resilience in parents, help-seeking in rural communities, leadership development, and health habits in older adults. She was awarded a Barbara Kidman Fellowship at the University of Adelaide in 2014, a High Commendation in the Stephen Cole the Elder Prize for Excellence in Teaching from the University of Adelaide in 2003, and was a national finalist in the UniJobs Lecturer of the Year in 2009. Her teaching is informed by her research on resilience and successful ageing, emotional functioning in older adults, and factors that influence age-related changes in cognitive abilities.

Cat Pausé

Cat Pausé is a Senior Lecturer in Human Development and Fat Studies Researcher at Massey University. Her research focuses on the construction, revision and maintenance of spoiled identities and the effects on the health and wellbeing of marginalised populations, specifically fat individuals. She has published in top journals such as *Human Development*, *Feminist Review*, *HERDSA* and *Narrative Inquiries in Bioethics*, and her co-edited book *Queering Fat Embodiment* was released by Ashgate in late 2014. Cat hosted the 'Fat Studies: Reflective Intersections' conference in 2012, and guest edited an issue on intersectionality for the *Fat Studies Journal*. Her work has been featured on *The Huffington Post*, *Yahoo*, *NPR* and *20/20*.

Karen Swabey

Karen Swabey is an Associate Professor in Health and Physical Education Pedagogy in the Faculty of Education at the University of Tasmania and is the Head of School. Before entering the

university sector in 1994, she had an extensive career in primary, secondary and senior secondary teaching and school leadership in Tasmania, in both state and independent schools. At the post-graduate level, Karen coordinates a number of units relating to coaching and mentoring and health and wellbeing, and also supervises a number of research higher degree students. Her areas of research interest are in social and emotional wellbeing and student preparedness for teacher education. Karen's publication output includes book chapters, academic journal articles and peer-reviewed conference papers. She is also a Consulting Editor for the Australian Journal of Teacher Education, and reviews for a number of international journals.

Karen Yates

Karen Yates is a lecturer with the College of Healthcare Sciences at James Cook University in Cairns. She is a registered nurse and registered midwife, with a strong interest and background in midwifery clinical care, education and maternity service provision. Karen teaches in both undergraduate and postgraduate nursing and midwifery programs, including coordinating a first-year nursing lifespan development subject with over 500 students enrolled across five campuses. She received her PhD in 2011 from James Cook University. Karen has a keen interest in nursing and midwifery education and the use of technology in teaching and

learning. Her research interests include midwifery and new graduate nurse workforce issues, enhancing active learning for students enrolled across multiple campuses or in distance mode, and the use of technology and social media to enhance teaching and learning.

Rosanne Burton Smith

Rosanne Burton Smith obtained her PhD in Psychology from the University of Tasmania and also holds a Masters degree in Educational Psychology from the University of Exeter in the United Kingdom. Her professional work as a psychologist includes several years in Papua New Guinea, mainly in educational and occupational psychology, and later in the United Kingdom and New Zealand, working in the area of developmental disabilities. Her teaching and research interests include psychological assessment, developmental issues such as childhood anxiety and the effects of divorce on children and adolescents, children's peer relationships, body image, dietary behaviour and gender differences. Rosanne has taught and supervised research at both undergraduate and postgraduate levels in the School of Psychology, University of Tasmania since 1989. Rosanne retired from teaching in 2007, but continues as an Honorary Research Associate at the School of Psychology, University of Tasmania.

HOW TO USE THIS BOOK

Physical and cognitive development in early childhood

6

FOCUSING QUESTIONS

- 1 What constitutes normal physical growth during early childhood and how do individual variations affect development in different domains?
- 2 What are the nutritional requirements needed for normal development during early childhood?
- 3 What are the major threats to children's health in the preschool years and how does poverty affect children's health?
- 4 When do children achieve bowel and bladder control and what influences the age at which it is achieved?
- 5 What motor skills do children acquire during the preschool years and what causes variations in these skills?
- 6 What are the special features and strengths of preschoolers' thinking?
- 7 How does the language of preschool children develop and how does it differ from that of older children?
- 8 How do children acquire language?
- 9 How does hearing impairment influence preschoolers' language development?
- 10 What constitutes effective early childhood education and how does it affect preschoolers' cognitive development?

Key content is listed as a series of focusing questions at the start of each chapter, with the subsequent chapter content structured around these topics.

Multicultural view

This boxed feature in each chapter highlights an issue of development from a cross-cultural or multicultural perspective within the Australian or New Zealand contexts. While this perspective is generally a consistent aspect of the text, the boxes in each chapter focus on specific issues.

Theory in practice

Selected chapters feature either an interview with a local practitioner discussing the application of relevant developmental theory or a boxed feature highlighting significant Australian or New Zealand research on a specific issue. The interviews provide occupational examples for students who may be considering a variety of careers within psychology, allied health or education.

Focusing on

Each chapter's Focusing on box expands the discussion in the text by highlighting a significant and timely local issue for Australia or New Zealand.

What do YOU think?

These questions appear regularly throughout each chapter and are designed to stimulate reflection and discussion about key issues and concepts of development. While addressed directly to the student, the What do you think? questions can also serve as a basis for class activities and discussion. Many encourage collaboration among classmates and can be used as group assignments.

Looking **BACK** AND looking **FORWARD**

At the end of each of the five parts of the text, this section examines an issue in light of the four themes of the book: Continuity within change, Lifelong growth, Changing meanings and vantage points, and Developmental diversity. These sections reinforce the developmental themes of the text by approaching key concepts from a fresh angle and linking them to earlier developmental periods and/or those yet to come.

SUMMARY

1 How diverse is middle age?

Contrasting stereotypes of middle age present it as a boring plateau and a time of inevitable crisis. Perceptions of this stage of life vary by social class, gender and age. Psychologists also have differing views of midlife.

A summary of key concepts is provided at the end of each chapter and linked back to the chapter's opening Focusing questions.

KEY TERMS AND GLOSSARY

A list of key chapter terms is provided at the end of each chapter. These appear as margin definitions and are compiled for all chapters in the end-of-book glossary.

REVISION EXERCISES

Review, discussion, application and essay questions are available at the end of each chapter for student self study and revision, or for use as individual or group tutorial activities.

REAL WORLD APPLICATIONS

■ Mental health
 ■ Education
 ■ Mental health and physical health
 ■ Physical health
 ■ General

Chapter	Opening vignette	Focusing on	Multicultural view	Theory in practice
1. Studying development	■ An introduction to the study of development	■ Closing the gap for Indigenous Australians	■ Cross-cultural parental acceptance and rejection	
2. Theories of development	■ Starting high school	■ Love hurts — lessons from Erikson	■ Freedom of speech — a threat to racial cohesion?	
3. Biological foundations, genetics, prenatal development and birth	■ Inheritance	■ Domestic violence in pregnancy	■ Cultural difference and genetic counselling	
4. Physical and cognitive development in the first two years	■ Infant development by the first birthday	■ Developing culturally appropriate SIDS prevention strategies	■ Language development and culturally specific parenting styles	■ Supporting breastfeeding mothers
5. Psychosocial development in the first two years	■ Behaviour patterns in infancy	■ Longitudinal studies of children in Australia and New Zealand	■ Attachment theory and Aboriginal parenting	■ Aboriginal and Torres Strait Islander perinatal social and emotional screening
6. Physical and cognitive development in early childhood	■ The preschool stage	■ Children in rural and remote Australia: tyrannies of distance and disadvantage?	■ Engaging Indigenous families in early childhood settings	
7. Psychosocial development in early childhood	■ Tantrum at the supermarket	■ Erikson's psychological development theory: initiative versus guilt	■ Vietnamese-Australian parenting styles and early childhood development	
8. Physical and cognitive development in middle childhood	■ Personal choice in physical activities	■ The smartphone generation ■ Indigenous views of giftedness: cultural perceptions and interpretations	■ Girl Rising: educating girls to make a difference	
9. Psychosocial development in middle childhood	■ Middle childhood and peers	■ Fostering resilience and coping skills in children	■ The impact of racism, abuse and violence on the wellbeing of Australian children	■ Cyberbullying research
10. Physical and cognitive development in adolescence	■ Entering adolescence	■ Adolescent risk-taking: is education an effective intervention?	■ Is moral reasoning universal or culture-specific?	■ Education and adolescent social and emotional wellbeing issues

■ Mental health
 ■ Education
 ■ Mental health and physical health
 ■ Physical health
 ■ General

Chapter	Opening vignette	Focusing on	Multicultural view	Theory in practice
11. Psychosocial development in adolescence	■ Storm and stress in adolescence	■ Observing gender differences in a co-educational school	■ Adolescence and the development of ethnic identity	
12. Physical and cognitive development in early adulthood	■ Growth and change in early adulthood	■ Health at Every Size	■ Hauora: an indigenous perspective on health	■ Living with illness
13. Psychosocial development in early adulthood	■ Relationships in early adulthood	■ Identity maintenance and revision in adults	■ Demographic characteristics of domestic violence in Australia and New Zealand	■ Helping individuals through crises
14. Physical and cognitive development in middle adulthood	■ Life at fifty	■ Burnout	■ Cancer screening in Chinese Australians	■ Addressing the psychosocial needs of rural cancer patients
15. Psychosocial development in middle adulthood	■ Changing paths of friends	■ The sandwich generation	■ Diversity in intergenerational families	
16. Physical and cognitive development in late adulthood	■ Physical and mental health in adulthood	■ Getting stronger: resistance training for living better and longer	■ Assessing cognition in older Indigenous Australians	■ Memory rehabilitation in dementia
17. Psychosocial development in late adulthood	■ Optimal ageing	■ Older adults online	■ Ageing well in a multicultural society	
18. Dying, death and bereavement	■ Death and dying	■ Advance care planning	■ Death and dying among traditional Maori and Aboriginal-Australian people	■ Palliative care is everybody's business

Part 1 Beginnings

1 Studying lifespan development

- ▶ voices across the lifespan in Australia
- ▶ closing the gap for Indigenous Australians — health outcomes, early childhood development, remote housing and schooling
- ▶ Australian research on personal perspectives and plasticity
- ▶ the longitudinal Dunedin Multidisciplinary Health and Development Study
- ▶ child protection in Australia

2 Theories of development

- ▶ the relationship between Erikson's identity crisis, intimacy and romantic relationship — comparing two cultural groups (Australian and Chinese young adults)
- ▶ proposed changes to the *Racial Discrimination Act 1975*
- ▶ cultural applicability of lifespan development theories among Aboriginal Australians and Māori

3 Biological foundations, genetics, prenatal development and birth

- ▶ Australian statistics for chromosomal alterations
- ▶ Cystic fibrosis in Australia and New Zealand
- ▶ genetic screening services and cultural sensitivity for Māori infertility rates in Australasia
- ▶ gene disorders in Australia
- ▶ live birth rates from assisted reproductive technology techniques in Australia and New Zealand
- ▶ the history and legality of abortion in Australia and New Zealand
- ▶ abortion law in Australian states and territories
- ▶ the history and legality of surrogacy in Australia
- ▶ teenage pregnancies in Australia
- ▶ domestic violence rates compared between Indigenous and non-Indigenous women
- ▶ domestic violence in pregnancy in Australia and New Zealand
- ▶ childbirth settings in Australasia
- ▶ midwifery in Australasia
- ▶ breastfeeding in Australia and New Zealand

Part 2 The first two years of life

4 Physical and cognitive development in the first two years

- ▶ Australian developmental growth charts
- ▶ contextual development of Aboriginal Australian and Anglo-Australian infants
- ▶ sudden infant death syndrome (SIDS) in Australia and New Zealand
- ▶ culturally appropriate SIDS prevention strategies in New Zealand
- ▶ achievement of motor milestones among Australian infants
- ▶ nutrition in Australasian infants
- ▶ an Indigenous child health and nutrition program in practice in the Northern Territory
- ▶ low-birth-weight infants in Australia
- ▶ failure to thrive from an Australian researcher's perspective
- ▶ infant mortality in Australia and New Zealand
- ▶ supporting breastfeeding mothers (an interview with a regional Australian Lactation Consultant)
- ▶ co-sleeping in Indigenous communities
- ▶ controlled crying methods in practice in an Australian focus group
- ▶ research on late-talkers in Australia
- ▶ an Australasian perspective of the cognitive effects of parent–infant communication

5 Psychosocial development in the first two years

- ▶ father–infant interactions in Australian families
- ▶ sibling interactions in Australasian families
- ▶ the role of grandparents in Australasian families
- ▶ informal care, grandparent care and childcare as caregiving mechanisms for Australian families
- ▶ Longitudinal Survey of Australian Children (LSAC) data on employment patterns of parents with an infant
- ▶ the Australian Children's Education and Care Quality Authority (ACECQA) and the New Zealand Ministry of Education as childcare quality assurance system providers

- ▶ the Budget Based Funded Programme and consultations with Indigenous communities as a means of developing appropriate early childhood services
- ▶ the link between culture and temperament in Aboriginal and Anglo-Australian infants
- ▶ Aboriginal and Torres Strait Islander perinatal social and emotional wellbeing screening
- ▶ cultural differences in applying attachment theory to Aboriginal parenting
- ▶ personality dimensions apparent from early infancy: Australian Temperament Project research
- ▶ continuity in temperament from birth to adult life: Australian and New Zealand longitudinal research
- ▶ cross-cultural variations in attachment
- ▶ father–infant attachment in Australasia
- ▶ paternal involvement in day-to-day child caring tasks in Australia and New Zealand
- ▶ ‘Footprints in Time’: a longitudinal study of Indigenous children
- ▶ Growing up in New Zealand: a longitudinal study of New Zealand children and their families
- ▶ extended families and communal childrearing: a contributor to wellbeing in Aboriginal Australian communities
- ▶ social–emotional development in infancy
- ▶ autism research in Australia

Part 3 Early childhood

6 Physical and cognitive development in early childhood

- ▶ average physical characteristics of Australian and New Zealand children
- ▶ Australian and New Zealand safety legislation for children
- ▶ comparative intentional injury (child abuse) statistics for boys and girls: Australian Institute of Health and Welfare (AIHW) research
- ▶ professional obligations to report child abuse in Australian states
- ▶ children in rural and remote Australia: tyrannies of distance and disadvantage
- ▶ comparative statistics on physical abuse, emotional abuse and neglect among Australian children: AIHW research
- ▶ poverty as a precursor to detrimental health effects in Aboriginal Australian children
- ▶ health and welfare services for Northern Australian Aboriginal children
- ▶ the achievement of bowel and bladder control from a cultural perspective

- ▶ motor development in Aboriginal-Australian and Anglo-Australian children
- ▶ New Zealand research showing the association between children’s theory of mind and executive functioning
- ▶ Australian and New Zealand children’s mastery of phonemes, including differences in vowel pronunciation
- ▶ Australian Sign Language (Auslan) in Australia and New Zealand
- ▶ longitudinal study of Australian children
- ▶ Australian childcare trends for preschoolers
- ▶ developmentally appropriate practices in preschool programs in Australia and New Zealand
- ▶ engaging Indigenous families in early childhood settings
- ▶ cognitive and social development of Anglo-Australian and Lebanese-Australian children

7 Psychosocial development in early childhood

- ▶ parenting programs in Australia
- ▶ preferred parenting standards and practices in Australia and New Zealand, including a discussion of cultural variance
- ▶ Vietnamese-Australian parenting styles and early childhood development
- ▶ helping Sudanese parents living in New Zealand to adopt positive parenting attitudes in a new host country — S.K.I.P program
- ▶ longitudinal New Zealand study of intergenerational effects of child abuse
- ▶ average family size in Australia and predominance of two-child families in Australia and New Zealand
- ▶ research on play among Australian preschoolers
- ▶ Australian research on the association between emotional regulation and prosocial behaviour
- ▶ Australian research on relational aggression as a significant aspect of bullying
- ▶ Australian research on link between parenting style and child aggression
- ▶ legal standards for children’s programming in Australia
- ▶ broadcasting codes and children’s programming restrictions in New Zealand
- ▶ parental awareness of media regulation of children’s programming in Australia
- ▶ the popularity of electronic media in Australian households

Part 4 Middle childhood

8 Physical and cognitive development in middle childhood

- ▶ height, weight and wellbeing statistics of Australian and New Zealand children
- ▶ negative stereotyping of obese children by Australian children
- ▶ body size and nutrition: a cross-cultural perspective
- ▶ weight and obesity statistics for Australian and New Zealand children
- ▶ Australian research on high body dissatisfaction among young girls
- ▶ mortality rates of Australian children
- ▶ acute illnesses (e.g. asthma) as a health concern for Australian and New Zealand children
- ▶ Indigenous children's health in Australia, including a discussion of research showing a correlation between remoteness of residency and Indigenous children's wellbeing
- ▶ Australian support organisations for unwell children and their families
- ▶ favourable environmental conditions for play in Australia and New Zealand
- ▶ research conducted on rural Aboriginal Australian children shows how practising conservation tasks affects attainment rates
- ▶ a discussion of current educational practices in Australian and New Zealand classrooms
- ▶ attentional capacity in middle childhood: increased flexibility demonstrated in Australian children
- ▶ Australian research on rates of smartphone use among children
- ▶ superior spatial memory of Aboriginal children
- ▶ bilingualism in Australia and New Zealand, including English as a second language for Aboriginal children
- ▶ Indigenous views of giftedness — cultural conceptions and interpretations
- ▶ compulsory education in the Australian and New Zealand school systems
- ▶ the impact of assessment and evaluation of student learning (including NAPLAN in Australia)
- ▶ Australian research on the correlation between the gender composition of groups and problem-solving behaviours of primary school children

9 Psychosocial development in middle childhood

- ▶ development of the sense of self in Australian and New Zealand children
- ▶ the impact of racism, abuse and violence on the wellbeing of Australian children
- ▶ cultural stereotypes of the family unit in Australia and New Zealand
- ▶ statistics showing motherhood is no longer a barrier to employment for Australian and New Zealand women
- ▶ a process model of parental monitoring of adolescent children developed by Australian researchers
- ▶ Australian programs to foster resilience and coping skills in children
- ▶ divorce and its effects on children in Australian and New Zealand families
- ▶ the Australian Parliamentary Standing Committee on Family and Community Affairs' legislative recommendations for parenting of children by separated parents
- ▶ the effectiveness of equal shared care and alternative parenting arrangements in Australian families
- ▶ an overview of leading Australian researcher Jennifer McIntosh's research on the effects of parental divorce on children
- ▶ the Australian Psychological Society's recommendations for promoting a secure environment for children before, during and after divorce
- ▶ the parenthood gap in Australia, and Australian statistics on the effects of parental employment
- ▶ before-and-after-school-care (BASC) statistics for Australian children
- ▶ 'National day of action' — an anti-bullying, government initiative
- ▶ Australian cyberbullying research
- ▶ same-sex and opposite-sex friendships of Australian children
- ▶ an overview of the history of ethnically segregated education in Australia
- ▶ Australian research on the correlation between girls' peer groups and the avoidance of harmful dieting behaviours
- ▶ the cultural component of social competence (a discussion of the relativity of behaviours displayed in peer groups in different cultures)
- ▶ Australian research on the association between interpersonal behaviours and peer acceptance and rejection
- ▶ segregation in an Australian primary school

Part 5 Adolescence

10 Physical and cognitive development in adolescence

- ▶ adolescent transitions — the initiation ceremonies of Aboriginal male teenagers and pubescent females in remote communities
- ▶ weight and height changes of Australian and New Zealand adolescents
- ▶ variations in pubertal development over time (including New Zealand research on the average age of menarche)
- ▶ education and adolescent social and emotional wellbeing issues — an Australian perspective
- ▶ the similarity between teenagers' and adults' perceived invulnerability as outlined by an Australian researcher
- ▶ adolescent overweight and obesity rates in Australia
- ▶ the National Strategy for Prevention of Overweight and Obesity — approaches to tackling the obesity epidemic in Australia
- ▶ the onset of body image and weight concerns among young Australian girls
- ▶ the incidence of unhealthy dieting behaviours in Australian adolescents relative to adolescents from other Western countries
- ▶ Australian longitudinal research on negative self-comparisons in primary school as important psychological precursors to eating disorders during adolescence
- ▶ Australian rates of anorexia nervosa and bulimia nervosa
- ▶ practising 'safer sex', a workable alternative to abstinence among Australian and New Zealand adolescents
- ▶ Australian research on the deficiencies of sex education as a mandatory part of the school curriculum
- ▶ New Zealand rates of adolescent pregnancy
- ▶ Australian rates of sexually transmitted infections
- ▶ substance abuse among Australian and New Zealand adolescents, including Australian National Council on Drugs research
- ▶ New Zealand research on the correlation between early use of cannabis and premature exit from school
- ▶ the binge drinking epidemic among Australian adolescents
- ▶ primary smoking prevention strategies implemented by the Australian government
- ▶ tertiary interventions administered to Australian teenage drug addicts: AIHW research
- ▶ Australian research on the relationship between orderly parallel idea processing and age (cognitive complexity theory)

- ▶ the importance placed on critical thinking in Australian and New Zealand high schools, including discussion of the Australian National Curriculum
- ▶ Australian and New Zealand research on different influences to moral judgement
- ▶ research from the Australian Curriculum Assessment and Reporting Authority and the Australia School Library Association

11 Psychosocial development in adolescence

- ▶ New Zealand research on lifelong identity development
- ▶ psychological moratorium for Australian and New Zealand teenagers
- ▶ New Zealand research on gender differences in identity achievement
- ▶ the correlation between friendship and dieting among Australian teenage girls
- ▶ Australian research on the association between disease and disability and identity formation
- ▶ Australian research on parenting styles and self-esteem during adolescence
- ▶ New Zealand research on low self-esteem during adolescence and negative outcomes in early adulthood
- ▶ Australian research on the differential effects of romantic relationships on young men's and young women's global self-esteem
- ▶ Australian research on perceptions of the appropriate mean age for achieving autonomy milestones
- ▶ New Zealand research on controls and limits on adolescent children's behaviour
- ▶ Australian research on intergenerational conflict among Australian cultural subgroups (including Chinese-Australian)
- ▶ co-educational schooling in Australia
- ▶ youth gangs and ethnic gangs in Australia
- ▶ Australian youth bullying statistics and research
- ▶ Australian research on student friendship quality in same-sex and opposite-sex friendships
- ▶ sexual activity among Australian youth
- ▶ Australian sexual preference statistics
- ▶ the sexual revolution in Australia and New Zealand and the prevalence of the double standard in different cultures
- ▶ Australian research on sexual orientation, including the disclosure of minority sexual orientation
- ▶ Australian and New Zealand research and statistics on teenage pregnancies
- ▶ developing an ethnic identity

Part 6 Early adulthood

12 Physical and cognitive development in early adulthood

- ▶ Australian statistics on growth in height and weight during early adulthood
- ▶ National Health and Medical Research Council guidelines for a healthy diet and Nutrition Australia's Healthy Eating Pyramid
- ▶ exercise in early adulthood (New Zealand and Australian trends)
- ▶ *hauora*: An indigenous perspective on health
- ▶ Australian research on the association between stress and health
- ▶ Australian statistics and research on smoking and its associated health risks
- ▶ Aboriginal Australian and Māori smoking prevalence trends
- ▶ smoking-related legislation in Australia and Australian media campaigns on the health risks of smoking
- ▶ Australian and New Zealand research on alcohol use and drug abuse during early adulthood
- ▶ Australian and New Zealand research on participation in unsafe sex practices during early adulthood
- ▶ risk factors for disordered eating in different Australian ethnic groups
- ▶ eating disorders and self-perceptions of Māori females
- ▶ bushfires as a precursor for post-traumatic stress disorder in Australia
- ▶ Australian and New Zealand rape statistics
- ▶ Australian Research Centre in Sex, Health, and Society survey findings on sexual attitudes and experiences
- ▶ Australian and New Zealand research on sexual desire and sexual dysfunction
- ▶ Australian and New Zealand research on same-sex relationships
- ▶ Australian and New Zealand infertility and reproductive technologies statistics
- ▶ overview of Australian colonialism
- ▶ discussion of Indigenous spirituality in Australia and New Zealand
- ▶ religious affiliation of New Zealanders and Australians
- ▶ post-secondary education in Australia and New Zealand
- ▶ Australian and New Zealand research on the ramifications of work and non-work
- ▶ the influence of race and ethnicity in the workplace for Māori, Pakeha and Indigenous Australians

- ▶ Australian research on the occupational segregation of migrant workers
- ▶ Australian and New Zealand labour market participation rates

13 Psychosocial development in early adulthood

- ▶ mentoring in the New Zealand workforce
- ▶ Australian research on social isolation and internet use, including online dating
- ▶ counselling in New Zealand following the Christchurch earthquake
- ▶ Australian Bureau of Statistics research on cohabiting, and research on cohabitation following divorce
- ▶ age of first marriage and marriage rates in Australia and New Zealand
- ▶ same-sex partnerships in Australia and New Zealand, including government legislation
- ▶ social perceptions of marriage and marriage customs in cultural subgroups, including among Māori, Greek Australians and Indigenous Australians
- ▶ Australia Institute of Family Studies research on marital equality and satisfaction
- ▶ partner abuse in Australia and New Zealand
- ▶ Australian and New Zealand divorce and remarriage statistics
- ▶ Australian research on postpartum adjustment
- ▶ single-parent families in Australia and New Zealand
- ▶ childfree relationships in Australia
- ▶ research on the family transitions Australian children commonly encounter

Part 7 Middle adulthood

14 Middle adulthood

- ▶ Australian cricketer Brad Hogg — physical prowess in middle adulthood
- ▶ life expectancy in Australia and New Zealand
- ▶ Australian Heart Foundation exercise recommendations for adults
- ▶ the gender gap in life expectancy in Australia and New Zealand
- ▶ National Health Survey results
- ▶ Australian research on the impact of smoke-free workplaces on workday cigarette consumption
- ▶ Australian research on health-compromising behaviours
- ▶ Australian National Mental Health and Wellbeing Survey results
- ▶ New Zealand Mental Health Survey results

- ▶ Australian and New Zealand breast cancer statistics
- ▶ cancer screening and cultural differences in Australia
- ▶ South Australian breast cancer focus group results
- ▶ Australian and New Zealand prostate cancer statistics
- ▶ Australian research on the psychosocial needs of rural cancer patients
- ▶ life expectancy (at birth) for Australian and New Zealand Indigenous and non-Indigenous populations
- ▶ human development index scores for Australian and New Zealand Indigenous and non-Indigenous populations
- ▶ menopause: findings from Australian and New Zealand research
- ▶ life coaching in Australia
- ▶ discrimination in the workforce (Indigenous and non-Indigenous Australian statistics)
- ▶ New Zealand research on discrimination in the workforce
- ▶ Australian midlife labour market participation rates
- ▶ Equal Opportunity for Women in the Workplace survey findings
- ▶ diversity of family structures in Australia and New Zealand
- ▶ Australian caregiving statistics, including the average time men and women spend daily on domestic tasks
- ▶ Australian research on the negative consequences of unemployment in middle adulthood
- ▶ career transitions in Australia

15 Psychosocial development in middle adulthood

- ▶ Australian research on undergraduate students' perceptions of personality stability and change across the lifespan
- ▶ research on social clock expectations of Australian university students
- ▶ Australian and New Zealand marriage, divorce and parenting statistics
- ▶ Australian cohabitation statistics
- ▶ legal provisions for civil unions in Australia
- ▶ alternative family circumstances in Australia, including a discussion of differences across cultural groups
- ▶ Australian employment statistics (gender and work patterns)
- ▶ Household, Income and Labour Dynamics in Australia survey results
- ▶ Australian and New Zealand research on preferred family size, rate of births and normative age range for the birth of the first child
- ▶ age of peak fertility in Australia and New Zealand

- ▶ demographics, health risk behaviours and outcomes of new mothers (data from the Longitudinal Study of Australian Children)
- ▶ relationship quality in Australian and New Zealand families
- ▶ research on Australian women's quality of life after children leave the home
- ▶ the prevalence of extended family households in Australia
- ▶ forced separation in Australia: a historical perspective and Western Australian Aboriginal Child Health Survey results
- ▶ midlife divorce in Australia and New Zealand
- ▶ research on Australian and New Zealand grandparents, including Māori customs
- ▶ rates of contact between paternal versus maternal grandparents following a divorce (Australian research)
- ▶ New Zealand research across four ethnic groups on the meaning of grandparenthood
- ▶ grandparents as a source of informal childcare and Australian and New Zealand research on grandparents as surrogate parents
- ▶ diversity in intergenerational families
- ▶ the association between gender and caregiving in Australian families
- ▶ statistics on ethnic status and caregiving burden in Australian ethno-specific communities
- ▶ Australian research on the comparative intensity of bereavement response for adults
- ▶ Australian and New Zealand research on sport and leisure activities
- ▶ Australian Longitudinal Study on Women's Health data on participation in leisure activities and cognitive performance among midlife adults

Part 8 Late adulthood

16 Physical and cognitive development in late adulthood

- ▶ overview of Australian longitudinal studies relevant to ageing
- ▶ Dr Norton Jackson, Member of the Order of Australia (a modern perspective on ageing)
- ▶ Australian nurses' beliefs about the attributes and capacities of older adults
- ▶ Australian and New Zealand life expectancy statistics
- ▶ projected age profile for Australia's population 2004–2101
- ▶ addressing issues created by the falling aged dependency ratio in Australasia

- ▶ social and economic progress among older adults in Australia and New Zealand
- ▶ Australian statistics on the socioeconomic status of older adults
- ▶ hospital overcrowding in Australia and New Zealand
- ▶ leading causes of death for men and women in Australia
- ▶ statistics on sensory system changes in late adulthood, including Indigenous Australians: AIHW research
- ▶ Australian research on mild, moderate and severe hearing loss in late adulthood
- ▶ health concerns and medical conditions among older Australians
- ▶ potentially hazardous drinking by age in New Zealand
- ▶ Australian research and statistics on prescription use and hospital admissions for adverse drug reactions
- ▶ cardiovascular disease as a major chronic illness in Australia and New Zealand
- ▶ Australian prevalence rates for cancer, depression and stroke
- ▶ common medical conditions and symptoms for older Australian women in urban, rural and remote areas
- ▶ hospital admissions of older adults in New Zealand
- ▶ conditions responsible for hospital admissions and hospital bed days in New Zealanders (for patients over 60 years of age)
- ▶ results from the Australian National Mental Health and Wellbeing Survey and the New Zealand Mental Health Survey
- ▶ prevalence of mental disorders in a community-based sample of older Australians
- ▶ review of ECT use in young-old and old-old adults in Australia
- ▶ older suicide in Australia and New Zealand
- ▶ suicide rates by age, age group and gender among Australians
- ▶ data on completed suicides in New Zealand
- ▶ the association between binge drinking and suicide attempts in Australians over 60
- ▶ assessing cognition in older Indigenous Australians
- ▶ Australian research on dementia
- ▶ statistics for Alzheimer's disease in New Zealand
- ▶ retirement patterns for Australian and New Zealand Baby Boomers
- ▶ retirement transitions research on Australian women
- ▶ Australian research on the importance of choice in adapting to retirement

17 Psychosocial development in late adulthood

- ▶ marital status of older Australians by age and sex
- ▶ caregiving in Australia
- ▶ Australian research on the association between coping with grief and decline in health maintenance behaviours
- ▶ Australian longitudinal research on educational status, income levels and unexpected bereavement
- ▶ friendships for Australian widowers
- ▶ older Australian and New Zealand adults online — a study on the benefits of internet use
- ▶ the double standard of sexuality in late adulthood
- ▶ Australian survey of aged gay, lesbian, bisexual and transgender people
- ▶ New Zealand study on where older adults would like to grow older
- ▶ Australian research on ever-single older adults
- ▶ gender differences in Australian social networks
- ▶ childlessness in Australian cohorts
- ▶ Australian research on independent and assisted living in late adulthood
- ▶ community involvement among older Australians (including Indigenous Australians) and New Zealanders
- ▶ Australian volunteer rates by age and gender
- ▶ informal volunteering and identity in late adulthood for Australian women
- ▶ older Australian adults as a mechanism for informal childcare
- ▶ ageing well in a multicultural society
- ▶ religion and spirituality among older Australians and New Zealanders

Part 9 Endings

18 Dying, death and bereavement

- ▶ mortality in Australia and New Zealand
- ▶ death settings in Australia and New Zealand, including culturally appropriate palliative care in Aboriginal communities
- ▶ views on euthanasia in Australian and New Zealand
- ▶ death and dying among traditional Māori and Aboriginal Australian people
- ▶ the Respecting Patient Choices program at Austin Hospital, Melbourne
- ▶ Australian research on death preferences
- ▶ death preferences of Aboriginal Australians

- ▶ Dr Philip Nitschke and euthanasia in Australia and New Zealand
- ▶ end-of-life decision making by doctors in Australia and New Zealand
- ▶ Australian statistics on feelings of shame at public expressions of grief, by religion/culture
- ▶ bereavement support groups in Australia and New Zealand
- ▶ funeral and ritual practices in Australia and New Zealand
- ▶ inappropriate behaviour following the death of a loved one in different ethnic and religious groups in Australia
- ▶ traditional Australian, New Zealand and Asian mourning beliefs

ACKNOWLEDGEMENTS

The authors and publisher would like to thank the following copyright holders, organisations and individuals for their permission to reproduce copyright material in this book.

Images

- ©Shutterstock.com: **1** Bohbeh; **5 (left)** Julie Campbell; **10** XiXinXing; **34** 5nizzaneva; **42** Kovnir Andrii; **46** 2xSamara.com; **56** Sue McDonald; **66** JMiks; **71** Alan Bailey; **82** Juan Gaertner; **94** auremar; **96** esmo; **102** CroMary; **112** Pavel L Photo and Video; **129** Fanfo; **143** mu_che; **148** altafulla; **154** ZouZou; **160, 242, 253, 328** Dragon Images; **162** Vikulin; **165** FamVeld; **167, 271, 317, 341, 356, 390, 408, 483, 530, 608, 688** Monkey Business Images; **170** Irina Rogova; **179** Volt Collection; **180** Shaun Robinson; **183** Martin Novak; **191** Dejan Ristovski; **200** Alex Kosev; **204 (top)** urosr; **207** sukiyaki; **220** Lucky Business; **215** Ami Parikh; **229** gorillaimages; **236** Aleph Studio; **243** Nadasazh; **245** Edward Lara; **274** Kaderov Andrii; **277** Zurijeta; **280, 415, 420** Pressmaster; **289** RimDream; **290, 521** Goodluz; **293, 563, 682** bikeriderlondon; **301** BestPhotoStudio; **312** Black Rock Digital; **315** szefei; **321** stefanolunardi; **329** Photographee.eu; **333, 339, 488** Diego Cervo; **350** Gina Smith; **351** Sonja Foos; **379** BigLike Images; **385, 502** Blend Images; **393** Syda Productions; **398** Elena Rostunova; **401, 511** oliveromg; **405** Christine Langer-Pueschel; **418, 598, 697** CREATISTA; **424** Pekic; **433** merzzie; **436** ArrowStudio; **437 (top)** pistolseven; **440** muzsy; **466** Andres; **482, 613** michaeljung; **490** SpeedKingz; **493** racorn; **496** Bornfree; **509** CandyBox Images; **514** Zdorov Kirill; **520** Dubova; **540** Featureflash; **542** KPG_Payless; **545** Alexander Rath; **567** baki; **578** Norman Pogson; **594, 642, 686, 701** wavebreakmedia; **601** Umkehrer; **626** StockLite; **623** imtmphoto; **634** T-Design; **639** Martina Ebel; **641** Mandy Godbehear; **646** Lighthunter; **668** Tyler Olson; **680** paintings; **685** Jaren Jai Wicklund; **700, 704** Mark Hayes; **709** Stacy Barnett; **715** Kristo-Gothard Hunor; **722** Tamas Panczel; **728** James Steidl; **747** MSPPhotographic. • 123RF: **4** Serhiy Kobayakov; **5** Paul Maguire; **6** Archana Bhartia; **19** Susan Stevenson; **36** Paul Vasarhelyi; **44** Jaromir Chalabala; **50** Goodluz; **58, 79, 617** Dmitry Shironosov; **72** Denys Kuvaiev; **93** Tatiana Gladskikh; **92, 97, 360, 531, 561, 590, 618** Cathy Yeulet; **109** Anna Omelchenko; **117 (bottom)** Dmitri Kotin; **122** nyul; **125** Atthapol Saita; **133, 212** Tyler Olson; **136** Marin Conic; **194** stylephotographs; **197** Oksana Kuzmina; **204 (bottom)** Iakov Filimonov; **209 (left)** Laura Palazzolo; **209 (right)** Ronnachai Palas; **210** designua; **216** Paul Michael Hughes; **249** Gennadiy Poznyakov; **251** Robert Hainer; **260** Olesia Bilkei; **261, 266** Irina Schmidt; **347** Olha Shtepa; **363** rioblanco; **366** Joshua Resnick; **368** Syda Productions; **370** HONGQI ZHANG; **371** Arindam Banerjee; **376** Warren Goldswain; **437 (bottom)** Aleksei Potov; **439** Błażej Łyjak; **446** Edyta Pawlowska; **448** dotshock; **453** Graham Oliver; **467** Adrin Shamsudin; **476** racorn; **516, 527** spotmatikphoto; **536** Vaclav Hroch; **547** otnaydur; **551** stylephotographs; **584** Steven Frame; **603** Wavebreak Media Ltd; **612** arnoaltix; **718** kzenon; **741** Evgeniya Tipliyashina. • Estate of Paul B. Baltes: **12**. • AAP Newswire: **13** Paul Miller/AAP Image; **494** AAP Image/AFP Photo/Christchurch Press/Carys Monteath. • Getty Images: **17** Ryan Pierse; **39** Ted Streshinsky/Time Life Pictures; **54** Jennifer Polixenni Brankin; **66** CNRI CRNI; **172** Martin Rogers; **298** Michael Coyne; **303** Andrew Burton; **691** Gareth Cattermole/Elton John AIDS Foundation; **737** Matt Cardy; **744** Foto24. • Copyright Clearance Center: **51** Gagne and Medsker, 1996, p. 45. From GAGNE. *The Conditions of Learning*, 1E. © 1996 Wadsworth, a part of Cengage Learning, Inc. Reproduced by permission. www.cengage.com/permissions; **498** Sternberg (1988); **588** Table 2. Grandmother and other markers of old by ethnic group, p. 193, from M. Jocelyn Armstrong (2003), *Is being a grandmother being old? Cross ethnic perspectives from New Zealand*, vol. 18, pp. 185–202; **687** Friemel (2014); **732** Joanna B. Broad, Merryn Gott, Hongsoo Kim, Michal Boyd, He Chen, Martin J. Connolly, *International Journal of Public Health*, April 2013, vol. 58, no. 2, pp. 257–267. • Alamy Australia Pty Ltd: **75** BSIP SA; **77** Nordiephotos; **630** © National Geographic Image Collection. • Elsevier: **88** Reprinted from *Before We Are Born: Basic Embryology and Birth Defects*, 2nd ed., by K. L. Moore, p. 111, with permission of W. B. Saunders Company, © 1983; **438** Fries (2000). • Dr Sally Abel: **117 (top)** Whakawhetu — National SUDI Prevention for Maori, www.whakawhetu.co.nz. • Wiley Blackwell: **145** Baillargeon (1991); **606** Ruiz and Silverstein (2007); **651 (top, bottom)** Snowden and Hunt (2002). • The Image Works: **137 (left)** Elizabeth Crews. • iStockphoto.com: **137 (right)** sturti. • Creative Commons: **166, 682, 706** Australian Bureau of Statistics; **366** White & Bariola (2012, p. 91); **443, 540** © Australian Institute of Health and Welfare 2013; **595** Australian Institute of Family Studies; **629** Crown copyright ©. All data and other material produced by Statistics NZ constitutes Crown copyright administered by Statistics NZ. • Kelvin L. Seifert: **208**. • Newspix: **428** Phil Hillyard/News Ltd; **661** Chloe Erlich. • Lippincott Williams & Wilkins: **442** Adapted from Selye (1974). • © Australian Bureau of Statistics: **459, 630**. • Random House Inc. **489** Levinson (1986). • American Psychological Association: **561** Artistico, Daniele; Cervone, Daniel; Pezzuti, Lina, *Psychology and Aging*, vol. 181, March 2003, pp. 68–79, <http://dx.doi.org/10.1037/0882-7974.18.1.68>; **743** Bonanno et al. (2002). • Oxford University Press: **592** Based on cross-sectional results from Van Laningham, Johnson, and Amato (2001). • Scientific American: **659** From *Aging Brain, Again Mind* by Dennis J. Selkoe. Copyright 1982 by Scientific American, Inc. All rights reserved. • Kylie Challenor: **676**. • David Lovell Publishing: **746** *Bereavement and Health in Australia: Gender, Psychological, Religious and Cross-Cultural Issues* by Dr. A.W. Ata, David Lovell Publishing, 1994. • Taylor & Francis: **747** Taylor & Francis Ltd., Bereavement anxieties and health amongst the Australian-Italian Catholic community, 10.1080/13674676.2011.599370, www.tandfonline.com.

Text

• Pearson Clinical Assessment: **124** Bayley Scales of Infant Development BSID. Copyright © 1969 NCS Pearson, Inc. Reproduced with permission. All rights reserved. • Creative Commons: **103** Department of Health, Australia; **166** Copyright 2013 Commonwealth of Australia; **423** The Great Australian Sex Census. • Mary Mulcahy: **132**. • Random House, Inc.: **194** 'Credo' from *All I Really Need to Know I Learned in Kindergarten: Fifteenth Anniversary Edition Reconsidered, Revised & Expanded with Twenty-Five New Essays* by Robert Fulghum, copyright © 1986, 1988, 2003 by Robert L. Fulghum. Used by permission of Ballantine Books, an imprint of Random House, a division of Penguin Random House LLC. All rights reserved. • Relationships Australia: **327**. • American Psychological Association: **337**, **666**. • Katrina Newey: **341**. • Helen Partridge: **356**. • Bevan Erueti: **444**. • Kate Gunn: **544**. • John Wiley & Sons: **455** Reprinted with permission of John Wiley & Sons, Inc. • Copyright Clearance Center: **604** Armstrong (2003); **609** © Marcoen A 1995 Filial

maturity of middle-aged adult children in the context of parent care: model and measures, *Journal of Adult Development*, vol. 2; **740** Adapted from DeVries et al. (1994). • Australian Bureau of Statistics: **438**, **633** © Australian Bureau of Statistics. • Morag Cunningham: **493**. • Wiley Blackwell: **656** Baltes and Staudinger (1993). • Chris J. Materne: **665**. • Deidre Wurm: **733**.

Every effort has been made to trace the ownership of copyright material. Information that will enable the publisher to rectify any error or omission in subsequent editions will be welcome. In such cases, please contact the Permissions Section of John Wiley & Sons Australia, Ltd.

John Wiley & Sons, Australia: Terry Burkitt (Publishing Manager), Kylie Challenor (Managing Content Editor), Tara Seeto (Senior Publishing Assistant), Delia Sala (Graphic Designer), Jo Hawthorne (Senior Production Controller), Rebecca Cam (Digital Content Editor).

