

Becoming an Adult (Maria Mims)

'How To Be An Adult' Guides Young People Through The Challenges — And Joys — Of Adulthood

- *Your Turn: How to Be an Adult* by Julie Lythcott-Haims is a guide (not a checklist) about how to navigate adulting. Julie, a mother of two young adults and a mentor for young adults at Stanford University, was inspired to write this book because they are aware of how hard adulting is in the 21st century.
- The evolving definition of adulting has offered more space for freedom. Freedoms: finishing your education, getting a job, leaving your parents home, and marrying.
- Julie defines “adulting” as “the stage of life between childhood and death”. We are completely cared for as children and if we are lucky, cared for when we are older. Adulthood is the in-between where we are independent for decades and able to make our own way.
- Adults (Millenials and gen z) were more likely to be raised by helicopter parents. This prevalent parenting style was heavily influenced by technology, the ever-changing world, and an increase in negative news coverage.

<https://www.wbur.org/hereandnow/2021/04/07/how-to-be-an-adult-book>

Adulthood 101: How to prepare for the future

- Experts agree that waiting until you are 30 to “adult” is a mistake. Dr. Meg Jay, author of *The Defining Decade* states that 80% of life’s most pivotal moments happen by 35. Personality can change more in your 20’s than at any other time of your life.
- Career paths are a lot less linear than they used to be. Almost 30% of people change fields after college and change career paths more than once in their lifetime.

- Budgeting is different now than ever before. People out of college are working more, getting paid less, expenses are at an all-time high and student loan debt needs to be paid back. Budgeting for adults in 2021 is nearly non-existent.
- Planning for the future is difficult. Most adults right now are still trying to find a job and manage their bills. When money is scarce, planning ahead is difficult.
- As an adult, being alone is more expensive than living with friends, families or a partner.

<https://bungalow.com/articles/adulting-101-how-to-prepare-for-the-future>

Becoming an adult; are you ready??

- Being 18 legally makes you an adult, but there is no magical experience that happens to an individual on the night of their 18th birthday. You likely still feel like a little kid.
- Transitioning from young adult to adult is not clear. The definition of being an adult is not black and white.
- It is still important for “adults” to channel and cherish the child in them. If you lose that, it would be like losing yourself.

<https://www.voicesofyouth.org/blog/becoming-adult-are-you-ready>

Becoming an Adult During the Pandemic: Trauma and Resilience

- Young adults are experiencing some of the worst developmental setbacks due to the pandemic
- Due to the plummet of the economy and the psychological distress from the pandemic, young adults are experiencing one of the hardest transitions of all time.
- Experts are predicting an exponential increase in mental health services for young adults likely from this pandemic.

<https://behavioralhealthnews.org/becoming-an-adult-during-the-pandemic-trauma-and-resilience/>

Becoming an Adult: Challenges for Those with Mental Health Conditions

- Becoming an adult for young people with serious mental health conditions often causes cognitive, social, moral, social-sexual developmental delays and identity formation issues.
- Becoming an adult also signals changes in family dynamics. Roles change as adolescents enter adulthood.
- Youth transition services to help adolescents transition to adulthood smoother would be beneficial for youth with mental health issues. These services would even be beneficial for adolescents who do not experience mental health issues because this transition is complex and unpredictable.

<https://www.umassmed.edu/globalassets/center-for-mental-health-services-research/documents/products-publications/issue-briefs/age-youth/becoming-an-adult.pdf>

Becoming an Adult

- Signals like playing outdoors, planning play dates, and running in the rain are identities of childhood. Signals to identify adulthood are subjective to families, individuals, cultures, and ethnicities.
- Interviewees in this discussion prompt identify conformity to “productive” society as a signal of entering adulthood.
- Other signals: children, marriage, a salary job, and mortgage.

<https://www.pbs.org/pov/engage/resources/minding-gap-discussion-guide/discussion-prompts-becoming-adult/>

Emerging Adulthood and Young Adult Mental Health

- 18 to 30 is the period of time people transition from adolescence to the responsibilities and independence of young adulthood.
- Many young adults will not make this transition in this period of time or at all
- 1 in 5 young adults between the ages 18-25 have experienced mental illness issues and these issues have severely affected their lives in the last three years.
- 75% of young adults with these mental health disorders typically develop in young adulthood. 7% of adolescents begin the transition to adulthood with serious challenges (psychiatric disorders, substance abuse, intellectual processing difficulties)
- Failure to Launch is not an official disorder but it is a relevant problem in the US. A high number of 18 to 34 year olds still live at home with their parents. This is likely due to mental health issues, high expenses/low income, and lack of education, etc.

<https://www.rtor.org/emerging-adults/>

Adulthood Is Hard

- The transition from high school to college and college to graduate school is overwhelming for young adults. Juggling work/life/school balance is draining and can have a negative impact. Especially since transitions like these are not properly prepped.
- Competition in finding a job or career path as a young adult has increased. 74% of recruiters have reported an uptake in competition.
- Navigating a relationship as a young adult considering all of the changing factors during this period, is complex. Moving in together is more convenient and affordable than living alone. Therefore, relationships will move exponentially quickly.

<https://www.cbc-psychology.com/resources/adulthood-is-hard>

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<https://www.wbur.org/hereandnow/2021/04/07/how-to-be-an-adult-book>

Single Adults (Austin Magette)

Studies from Department of Social and Organizational Psychology Add New Findings in the Area of Sexual and Reproductive Health (Predictors of Condomless Sex and Sexual Health Behaviors in a Sample of Portuguese Single Adults).

- 415 Portuguese adults ages 18-46 were participants of this study and they were neither dating nor in a romantic relationship at the time of study.
- The researchers “aimed at understanding to what extent individual motivations are predictive of condomless sex behavior among single individuals.”
- Condomless sex was more likely among the less-educated, those who are less likely to restrain from sexual behaviors, and those who perceived their partners to be more trustworthy than others.

<https://pubmed.ncbi.nlm.nih.gov/31759931/>

'Boomerang' trend of young adults living with parents is rising -- study; Exclusive: researchers believe increase in single Britons not fully leaving home till their 30s is here to stay

- Affected by the social impact of coronavirus, many young adults (20-30~ years old) live with their parents as a way to save money, or they were forced to move in due to the current economic crisis.
- This tends to be a common trend across all ethnic backgrounds and most income groups.
- This change from the norm will require a reevaluation of expectations and life plans from both parents and children.

- Due to a combination of the quality of the job market, low wages, overpriced private sector rents, and break ups, roughly 3.5 million childless adults either never left or have moved back home in the UK.
- 55% of adults aged 25-34 owned a home in 1996 and that number decreased to 34% in 2016.
- In 1961, individuals who rented privately 9% of their wages to pay rent and by 2017 it increased to 36%.

<https://www.theguardian.com/society/2020/oct/18/boomerang-trend-of-young-adults-living-with-parents-is-rising-study>

Illegal U.S.-Mexico Border Crossings Are Rising Again, Driven by Single Adults

- Illegal border crossings plummeted at the beginning of the coronavirus pandemic, but there has been a large increase in illegal crossings, especially of single adults.
- During the past 5 years, the majority of people entering the US without legal authorization was asylum-seeking families and children from Central America.
- Border Patrol is considering transporting those who have been caught multiple times while crossing the border illegally to the center of Mexico as a means of limiting the amount of repeat offenders that attempt to enter the United States without authorization.
- Many Mexicans are attempting to cross the U.S.-Mexico border in order to find jobs, such as working in the agricultural field.

<https://www.wsj.com/articles/illegal-u-s-mexico-border-crossings-are-rising-again-driven-by-single-adults-11597665044>

Is shared housing a viable economic and social housing option for young adults?: Willingness to pay for shared housing in Seoul

- Many people consider a “home” to have six components: privacy, security, family, intimacy, comfort, and control
- Saving money is one of the more popular reasons why young adults live in shared housing, but other reasons are to have close and social relationships with roommates and also to prevent and combat loneliness.
- Those who live in shared housing tend to prefer affordable housing and will sacrifice privacy for affordability.

<https://www.sciencedirect.com/science/article/abs/pii/S026427511930931X?via%3Dihub>

The Bridget Jones Effect: The Relationship Between Exposure to Romantic Media Contents and Fear of Being Single Among Emerging Adults

- In the media, single individuals are often the victims of negative stereotyping.
- Both men and women can benefit from being single, such as less financial pressure and less work hours compared to married people.
- Many young adults report having a fear of being single, and this fear alone is strongly associated with loneliness and depression.
- Those who have a fear of being single tend to lessen their relationship standards in order to be in a relationship with someone.
- Women are exposed to romantic media content significantly more than men.

<http://dx.doi.org.dml.regis.edu/10.1037/ppm0000175>

Promoting Healthy Relationships and Families: An Exploratory Study of the Perceptions of Resources and Information and Skill Needs Among Couples, Single Adults, and Parents

- Study looks at what people perceive to be resources for a healthy relationship and they asked 3 different groups of people: couples, single adults, and parents
- Single adults greatly value services that someone they know has used before.
- Most single adults reported the top barrier to achieving a healthy relationship is “they don’t know where to turn for help”.
- Single adults requested more information about communication skills and workshops that foster relationships.

<https://doi.org/10.1177%2F1066480719852357>

Desire, Familiarity, and Engagement in Polyamory: Results From a National Sample of Single Adults in the United States

- Polyamory has increasing numbers in the amount of people participating in polyamorous relationships as well as the number of people who are interested in them as well.
- Consensual non monogamous relationships can include polyamorous relationships, swinging relationships, and polyamorous relationships.
- Peoples’ desire to participate in polyamory is common across a wide range of diverse racial, political, income, religious, and geographic backgrounds.
- LGB individuals could be more inclined to desire polyamory due to their questioning of a heteronormative model of relationships can encourage the consideration of alternative relationship styles

<https://doi-org.dml.regis.edu/10.3389/fpsyg.2021.619640>

Effects of Marriage Preparation Per Satir's Communication Model and Narrative Therapy on Empathy and Emotional Expression in Single Young Adults

- Both Satir's Communication Model and narrative therapy increase emotional expression and empathy by enhancing positive thoughts and emotions.
- Satir believes communication to be the most powerful predictor to determine how people treat others and events occurring around them.
- In this study, narrative therapy improved emotional expression more than the communication model.
- The communication model emphasizes the role of emotions, feelings, and body movements in relationships

<https://doaj.org/article/6d5adb41b3eb4792be84484bee4cfbd7>

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