

Definition of Adulthood

by Definition Of Adulthood Definition Of Adulthood

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Adulthood has typically been defined using various combinations such as accomplishment of societal milestones. Many societies and nations have a discrete age when they define an individual as a person who has achieved the age of maturity. According to Brizio et al. (2015), many societies of the world define age as a period when an individual is self-sufficient and self-reliant. Societies are transforming, and so is the onset of adulthood. Literature discusses whether adulthood is self-reliant or sufficient, has changes in society brought changes in adulthood onset and why or why not is this way of defining adulthood.

The society has experienced various transitions to adulthood as it is considered that adulthood is when an individual has new responsibilities and roles such as the formation of a family, employment, and education. Gilbert et al. (2015) argue that when people are transforming from adolescent to adulthood, it implies that they are growing in maturity and it comes with expectations such as one being accountable of himself or herself, become self-sufficient and make independent and informed decisions. Development of pathways of an individual is evaluated by decisions towards education, residential arrangements, parenthood, and marriage. If a person can arrange such elements of life successfully then the society regards him or her as an adult.

Significant changes in the responsibilities and roles can develop stress and assess a person's capacity for enduring the situation. However, these changes are also accompanied by opportunities that help an individual overcome earlier hardships and to start a new trajectory for life development. Social opportunity constructs and cultural anticipations determine the patterning and timing of a person's possibility to enter into new roles and exit time during the transition to adulthood (Brockett & Hiemstra, 2018).

In conclusion, having discussed whether adulthood is self-reliant or sufficient, has changes in society brought changes in adulthood onset and why or why not is this way of defining adulthood, literature concludes that the societal way of defining adulthood is not legitimate. This is because family disruptions and poverty may trigger young people to go away from home in search of greener pastures to support themselves and their loved ones at an early age. Such people may perhaps interrupt their academic journey and confine their future to only two options: the formation of family and career development. Therefore, such a person may be doing roles meant for adults when he or she is still young. So, the societal way of defining adulthood is not valid.

References

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