

Emotional Challenges

Student's Name

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7-1 Discussion: Emotional Challenges

Over the past several decades, societal expectations for early adulthood have transformed significantly. Post-World War II, young adults were expected to achieve financial independence, start families, and secure stable employment early due to the economic boom (Heffernan, 2024). However, the rise of technology and the information economy has redefined career trajectories, often delaying traditional milestones like marriage and homeownership. This shift emphasized personal development and career establishment.

Economic changes, such as the shift from manufacturing to a service-based economy, significantly impacted these expectations. The Great Recession of 2008 further delayed economic stability for many young adults (Zewde & Crystal, 2022). Technological advancements created new career opportunities but also brought job insecurity and the need for continuous learning. Cultural shifts, including the increasing acceptance of diverse lifestyles and the delay of marriage and parenthood, played a crucial role. Policy changes, such as student loan policies and housing market regulations, influenced the financial realities young adults face today.

The impact of various forms of media exposure on emotional development and health in early adulthood is profound. Social media, television, films, video games, and news media each play significant roles in shaping young adults' emotional landscapes. Social media provides platforms for connection but also contributes to anxiety and depression due to social comparison and cyberbullying. Television and films can offer escapism but often portray unrealistic standards, influencing self-esteem and body image. Video games enhance cognitive skills but can lead to addiction and social isolation if not balanced. News media exposure, particularly to negative news, can heighten stress and anxiety levels.

Scholarly research indicates that media exposure impacts emotional regulation, mental health, and social behavior (Neophytou et al., 2021). Positive effects include developing social networks and access to supportive communities. However, adverse effects are significant, with increased screen time correlating with poorer mental health outcomes.

Looking ahead, developmental expectations for the next generation of young adults are likely to evolve further. Technological advancements, economic conditions, cultural shifts, and policy developments will shape the developmental landscape. Continuous learning and adaptability will be necessary to foster lifelong education. Economic conditions may drive young adults to prioritize financial security before traditional milestones, while cultural changes will validate diverse pathways to adulthood (Neophytou et al., 2021).

In conclusion, understanding the evolving expectations and the impact of media on emotional development is crucial for preparing the next generation of young adults for future challenges and opportunities.

Peer Responses

In your response to your peers, offer additional insight on the impact of media. Be sure to support your perspectives with scholarly research.

Response 01

Hey Max, great post! Adding to your points on media impact, a study by Elson and Przybylski (2017) highlights that moderate social media use can enhance well-being by fostering social connections. However, excessive use correlates with increased anxiety and depression. Additionally, Zewde and Crystal (2022) found that positive media interactions can improve social skills, while harmful content can harm self-esteem. These insights further underscore the complex influence of media on emotional development.

Response 02

We are supposed to write two peer responses. I have addressed the given instructions in one response. Following these instructions, you can write your peer responses to Module 7 Discussion without a hassle.

References

- Elson, M., & Przybylski, A. K. (2017). The science of technology and human behavior. In *Journal of Media Psychology*. Hogrefe Publishing.
- Heffernan, T. (2024). The Evolution of Higher Education. In *Academy of the Oppressed: Paulo Freire and How Academics Lost Control of the University* (pp. 49–67). Emerald Publishing Limited.
- Neophytou, E., Manwell, L. A., & Eikelboom, R. (2021). Effects of excessive screen time on neurodevelopment, learning, memory, mental health, and neurodegeneration: A scoping review. *International Journal of Mental Health and Addiction*, 19(3), 724–744.
- Zewde, N., & Crystal, S. (2022). Impact of the 2008 recession on wealth-adjusted income and inequality for US cohorts. *The Journals of Gerontology: Series B*, 77(4), 780–789.