

EARLY ADULthood



- Early adulthood is the age between 20 to 40 years.
- Early adulthood is also called "young adulthood") is a stage of life between 20 and 40 years, when grown ups become more independent and explore different life possibilities.

PHYSICAL CHANGES IN EARLY ADULTHOOD



- ◆ Appearance
- ◆ Weight and height
- ◆ Skeleton development
- ◆ Respiratory system
- ◆ Teeth
- ◆ Immune system
- ◆ Sensory
- ◆ Cardiovascular changes
- ◆ Neurological changes
- ◆ Muscular system

Appearance:

During early adulthood few people notice signs of ageing in their appearance.

Their skin is smooth and taut and their hair of the same colour that it has been for years. Many young adults, males and females, worry about their physical appearance as it relates to muscles and body build. Women normally have more fat and less muscle than men a mirror shows that crows feet grey hairs building and slack muscles have started in earnest. The first signs of ageing surprise most people.



Weight and height:

As young adults, people reach their maximum height. Height remains stable through middle adulthood. Men can be expected to decrease an average of one-half inch for every 10 years of age. Height changes for women follow a similar pattern as for men. At 18 to 24 years, the average height can be expected to be 64.3 inches, decreasing to 64.1 inches at 25 to 34 years and remaining constant at 35 to 44 year.



Skeletal development :

It is completed as the long bones of the upper legs and arms finish changing from cartilage to bone.

The long bones of the skeleton grow until we are about 25 years old and the vertebral column until we are about 30.

Respiratory system :

a man's lung function reaches its peak at about 25 years or woman peak is at about 20 years. The ability of the lungs to move air in and out is known as vital capacity. The vital capacity decreases between ages 20 and 40, this gradually decline is owing to lose the elasticity in the lungs. the amount of air flowing into the young adult's lungs is 20-30% more than it is in older adult. Vital capacity will diminish at faster rate if the person is cigarette smoker.

Teeth:

Most individuals retain all of their permanent teeth during early adulthood.

A small percentage has lost all of their upper or lower teeth. The loss of teeth is more likely to occur to women and than to Men during this period.



Immune system :

early adulthood is potentially the Healthiest portion of the lifespan . Many young adults have become desensitised to childhood allergies with the expectations of asthma and "hayfever" . By age 20 people have developed immunity to many of the infections agents causing illness in children.

Sensory system :

acuity also is at its peak in the early 20s maintaining a high level of sensory acuity enables us to participate actively in the life around us. Sustaining the ability to see, hear, taste and smell, keep a sense of balance : touch and feel pain and regulate the body temperature during exposure to heat or cold are important factors in enabling people to maintain the contact with the outside world and to adjust to the information that they receive.

Cardiovascular system : At rest, the muscles of the heart, pump 75 gallons of blood an hour; it may pump 750 gallons during strenuous exertion. Cardiac output, which is the measure of the blood volume the heart



pumps in one minute, drops by 1% every year after age 20. Maximum cardiac output is just between ages 20 and 30; after that cardiac output gradually declines. By the time a person enters early adulthood the cardiovascular system has established adult size and rhythm.

Neurological system: although the brain reaches physical majority before 20 years. The weight of the brain declined about 1 gm per year beginning at 30 years but the size of the weight of the brain is no indication of intelligence or wisdom. Time reaction, the speed at which a person response to a stimulus , increases noticeably between ages 20 and 30.

Muscles and fat: Muscles continue to gain strength throughout the 20s and reach peak strength at about age 30, depending on exercise .

Although men have more muscle mass and tend to be stronger than women physical strength in both sexes peaks during the late 20s and early 30s declining slowly throughout the rest of life.

Coordination and dexterity peak around the same time. Until people are about 39 years old their muscles grow increasingly dense but thereafter the muscles shrink and their fibres grow fewer in number and smaller in diameter. The "use it or lose it" principle applies to aging muscles. When people do not use their muscles, they weaken- a trend that may set in as early as age 30.

