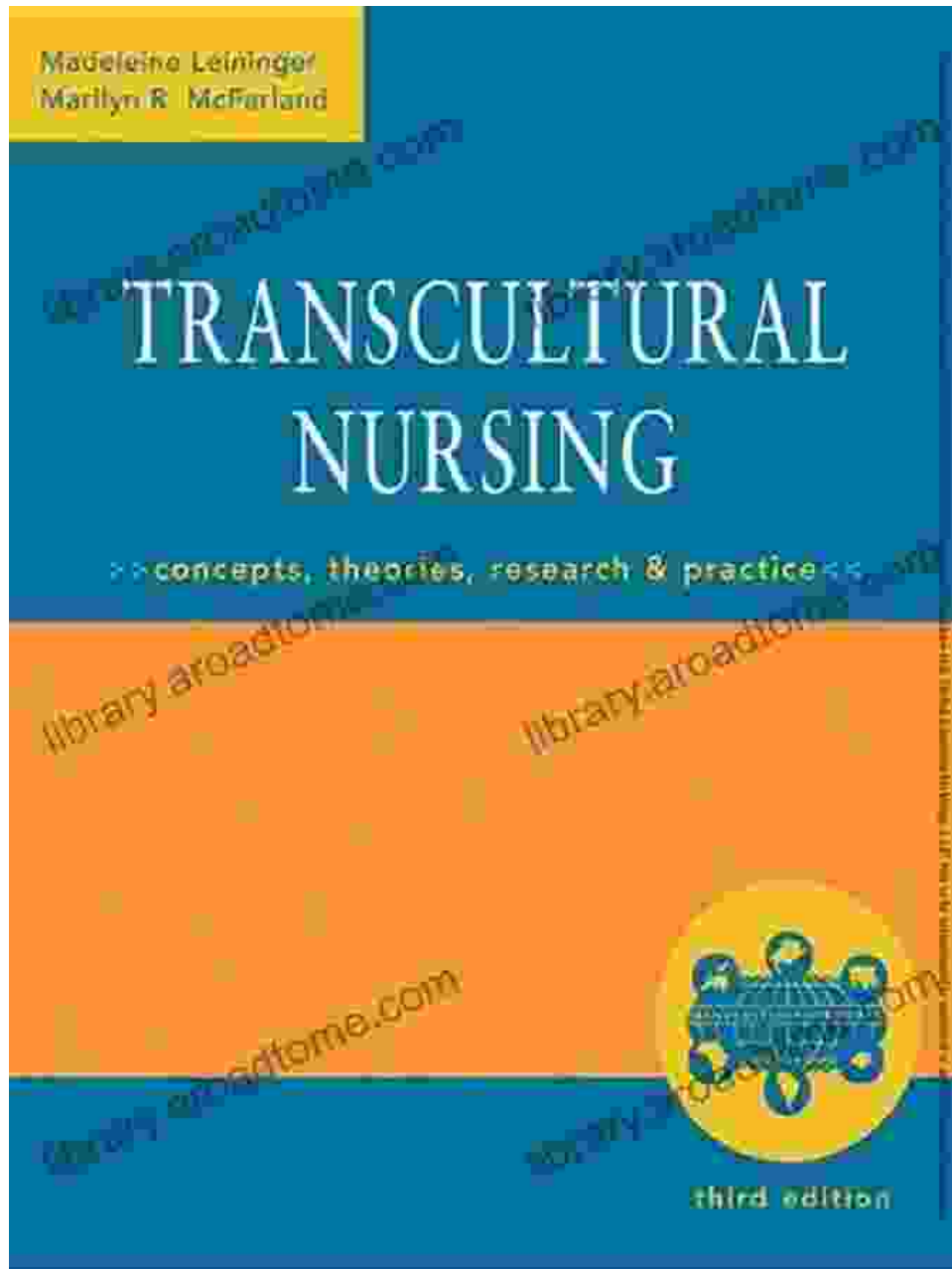


# Emerging Adulthood: A Global Perspective on Theory, Research, and Practice



Emerging adulthood, a period of life between adolescence and young adulthood, is characterized by significant physical, cognitive, and emotional changes. Individuals in this stage are navigating new challenges and

opportunities as they transition into adulthood. Understanding the unique challenges and strengths of emerging adults is essential for promoting their well-being and success.



## Leaving Care and the Transition to Adulthood: International Contributions to Theory, Research, and Practice (Emerging Adulthood Series)

★★★★★ 5 out of 5

Language	: English
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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This article provides an overview of the latest research and theories on emerging adulthood, including international perspectives. It explores the key challenges and opportunities faced by emerging adults globally and discusses best practices for supporting them.

### Key Challenges and Opportunities

Emerging adulthood is a time of both great potential and vulnerability. Emerging adults are faced with a number of challenges, including:

- \* Identity formation: Emerging adults are still developing their sense of self and purpose. They may explore different roles and identities as they try to figure out who they are.
- \* Relationship formation: Emerging adults are

forming new relationships with peers, romantic partners, and family members. These relationships can be both rewarding and challenging. \* Career development: Emerging adults are entering the workforce and beginning to establish their careers. This can be a time of uncertainty and stress. \* Financial independence: Emerging adults are becoming more financially independent. This can be a source of both freedom and responsibility.

However, emerging adulthood is also a time of great opportunity. Emerging adults are developing new skills and knowledge, becoming more independent, and expanding their social networks. They are also becoming more aware of their potential and the possibilities that lie ahead.

## **International Perspectives**

The experience of emerging adulthood varies significantly around the world. In some cultures, emerging adults are expected to become independent and self-sufficient quickly. In other cultures, emerging adults may remain dependent on their families for longer periods of time.

These cultural differences can impact the challenges and opportunities that emerging adults face. For example, emerging adults in cultures that value independence may be more likely to experience stress and anxiety as they transition into adulthood. Conversely, emerging adults in cultures that value family support may be more likely to have a smooth transition into adulthood.

It is important to be aware of these cultural differences when working with emerging adults. Understanding the unique challenges and opportunities

that emerging adults face in different cultures can help professionals provide them with the support they need.

## **Best Practices for Supporting Emerging Adults**

There are a number of things that professionals can do to support emerging adults:

- \* Create supportive environments: Emerging adults need environments that are safe, nurturing, and supportive. This includes providing opportunities for them to develop their skills and knowledge, to explore their interests, and to connect with others.
- \* Encourage identity exploration: Emerging adults are still developing their sense of self. Encourage them to explore their interests, values, and beliefs. Help them to develop a positive self-concept and a strong sense of purpose.
- \* Foster healthy relationships: Emerging adults need healthy relationships with peers, romantic partners, and family members. Help them to develop strong communication skills and coping mechanisms. Encourage them to seek support from others when needed.
- \* Promote career development: Emerging adults are entering the workforce and beginning to establish their careers. Help them to develop the skills and knowledge they need to be successful in the workplace. Encourage them to explore different career paths and to find a career that they are passionate about.
- \* Support financial independence: Emerging adults are becoming more financially independent. Help them to develop good financial habits and to manage their money wisely. Encourage them to save for the future and to make informed financial decisions.

Emerging adulthood is a critical period of life. By understanding the unique challenges and opportunities that emerging adults face, we can better support them as they transition into adulthood. Creating supportive

environments, encouraging identity exploration, fostering healthy relationships, promoting career development, and supporting financial independence are all essential for helping emerging adults to thrive.

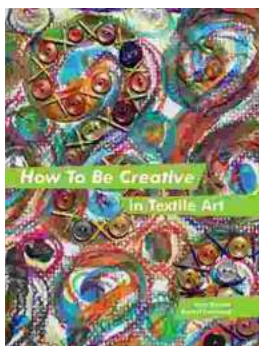
By working together, we can help emerging adults to reach their full potential and become successful, healthy, and productive members of society.



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