

disinterested with school. In this stage, both genders will make important life choices when they start going to college or think of finding a job at the age of 16.

Both girls and boys will go through emotional times during puberty. Girls may feel anxious about getting their first period. Some may even feel nervous about it. Girls and boys may worry about their grades after finishing school and college. They may also worry about their future. Both genders will experience mood swings often as it will ease out as they grow older. Also, they may explore their sexual identity and start a relationship and be happy.

Socially, during this time girls and boys may want more time to spend with their friends than their family. They may feel that their parents are interfering in their life too much and spend their time with their friends. They may want to make friends for life. Teenagers will socialise with their friends through the internet, social media's and mobile phone. Their social circle will include from the same sex and the opposite sex.

Life stage 5- Adulthood (19-65 years)

In the early adulthood people's bodies are at their peak of performance. But as they turn older they lose some strength and speed. Some older people may be at their peak of performance if they take up exercise. When people get older some of them start losing their eyesight, hearing and their hair.

At the age of 45 and 55 a woman's period may stop which is known as menopause. Women will not be able to have any more children as hormonal changes in the body stop the ovaries from producing any eggs. The hormonal changes can cause irritability, hot flushes and night sweats. The reduction of the sex hormones oestrogen and progesterone can cause shrinkage of the sexual organs and a reduction in sexual interest. Middle age spread can occur as people may become less active as they grow older. Also, they are more prone to get ill and getting disability.

Intellectually, young adults will be learning new skills and knowledge for education or a career. They will be independent. During middle adulthood, some people may decide to have further education to study more. Sometimes in middle and later adult people may suffer from memory loss if they develop early Alzheimer's.

Emotionally, during early adulthood they may be concerned and worried about their future. People may find it hard to cope with the changes in the early adulthood such as leaving home, starting work and having a family of their own. During the early adulthood, people may start a relationship, get married and have children. During later adulthood they may feel happy if they have grandchildren. Women going through menopause will feel different emotions.

Socially, in the early adulthood people will enjoy going out with their friends and spending time with them. They will have responsibilities and be independent on carving out their own identity. But when they start a job or have a child their freedom will be restricted as their job may require their