

## **Article Analysis**

### **Article 1: “Energy drink overload is unhealthy for students”**

(See Original Articles, Attachment 1)

#### **Article Summary:**

SLCC student Jeremy Hanson used to use energy drinks such as Five Hour Energy every day. He soon noticed many negative side effects including the fact that he had become dependent on the caffeine. Understanding what was happening to his body helped him pull away from his habit. Facts and warnings about the overuse of energy drinks are presented.

#### **Some Important developmental and/or psychological terms, concepts and theories represented:**

This article illustrates several behaviors typical to emerging adults. Primarily, Jeremy exhibited “taking risks” as he recklessly turned to energy boosts at every opportunity. This was done with disregard of the warnings on the bottles and became a habitual behavior. Addiction, drugs and drug abuse were discussed in class, and even in this minor case, Jeremy admitted taking the boost just to feel normal. This is an important characteristic of an addictive behavior. In the article he states “Many nights I was up late doing homework or studying I would use energy drinks to keep me awake” (Rallis). Jeremy’s former habit also points to the poor dietary problems young people have in the United States. His unhealthy eating habits are not only a reflection of his age group, but also his American culture. Yet for the addiction and all of the negative consequences this amount (and frequency) of caffeine consumption provided, Jeremy could still see other options. His brain is (or soon will be) fully developed. Therefore, he was able to accommodate (rather than assimilate) the statistics, warnings and new information well enough to make a positive change.

### **Is the Article accurate to what was learned in class?**

Although next to no time in class was dedicated in discussing the effects of caffeine, this article, I believe, reflects the same viewpoints as the textbook and class. Perhaps the writer added much greater emphasis on the negative effects of caffeine, but the overall thrust to mind our dietary choices matches the tone of the class. After all, our eating habits not only affect our current health, but may have dramatic effects on our future health and/or the health of our children (especially in the case of teratogens). This realistic view of cause and effect are considered dramatically in the lines, “The consequences of consuming this much caffeine includes seizures, liver damage or even death. In pregnant women, energy drinks can cause late miscarriages, small fetus size and stillbirths” (Rallis).

### **Article 2: “When Fetuses Yawn In The Womb”**

(See Original Articles, Attachment 2)

#### **Article Summary:**

Nadja Reissland, a researcher in the United Kingdom, has developed a specialized ultrasound imaging device which has aided in the study of yawning in developing babies. She believes that yawning aids in brain stimulation and development. Although most yawning research has focused on how it can be “contagious,” Reissland finds promise in this new study.

#### **Some Important developmental and/or psychological terms, concepts and theories represented:**

“What's more, [Reissland] found that yawning was common at 24 weeks but then dropped to zero at 36 weeks...” (Greenfieldboyce). This is a great snap-shot example of what the science of development is all about. Finding consistencies among the growth of human beings of all races and origins is the real trick. The article suggests that the 24 week and 36 week points in time may represent a “critical period” or “sensitive period” in early brain development where yawning must (or may) take place with different results. Yawning in the womb is also theorized to stimulate brain activity. This is an example of the environment having an important effect on a maturing fetus, and therefore would be classified a role of

“nurture” rather than “nature.” Near the end of the article, it is also discussed how babies will imitate their mother’s facial expressions, but not their yawns. Yet this habit may, as is the case with most early behaviors, be learned (again) through observation and emulation.

**Is the Article accurate to what was learned in class?**

This article does not contradict or throw an opposing view on any class material. The congruity, to me, comes mostly from the phrasing of the article. It is truly science based as so much of it contains “maybes” and “seems-likes.” The author, as well as the researcher featured, understands that correlation is not causation. Although the arguments or conjectures are compelling, they are presented in lackluster plainness, without assumed conclusions. This technique is perhaps a hallmark of scientific research. It is exciting to see how this field is always adapting and changing. In class we often observed that the data was “of a certain year” or “according to this study” and so forth. This adaptive nature and flexibility of the science of human psychology is something every student learns in this class.

**Article 3: “Prescribe 'Morning After' Pill For Teens Before They Need It, Doctors Say”**

(See Original Articles, Attachment 3)

**Article Summary:**

The American Academy of Pediatrics has updated its policies to encourage practitioners and doctors make more readily available emergency contraception (such as “the day after pill”) for teenagers. The Academy also states that doctors have a moral obligation and duty to education teens of this option, given all of the positive results of its use.

**Some Important developmental and/or psychological terms, concepts and theories represented:**

The United States is unusually high in teen pregnancies compared to other developed nations. Not only does this represent a growing issue for the teenage population, but also for babies born to teen mothers. These babies tend to have lower birth weights, live under lower SES conditions and can be more

prone to other negative factors which could dramatically affect their development. The moral, ethical and political debate over the issue of emergency contraception is a hot topic, and one addressed in this article. The rights of an individual as well as the tools which should or should not be made available to teenagers is in question. This leads back to the debate concerning sex education. “The new policy... urges practitioners to counsel both male and female teens about the use of emergency contraceptives... as part of routine anticipatory guidance in the context of a discussion on sexual safety and family planning regardless of current intentions for sexual behavior” (Rovner). The topic of when sexual education should be taught, by whom, where, etc. has and will be an important development issue.

**Is the Article accurate to what was learned in class?**

The article was true to what was taught in class. Sex education, teenage sexuality, sexual behavior, and the likelihood of a senior in high school having sex, for example, were all discussed. And, as was the case in the discussions, this article reflects the controversial nature of the topics.

**Article 4: “Happiness In Adolescence Tied To Wealth In Adulthood”**

(See Original Articles, Attachment 4)

**Article Summary:**

The National Academy of Sciences conducted a study to find factors in adolescents which helped to determine their later success. They found that the greatest factors dealt with the individual’s level of contentment after seventh grade. Therefore, a teenager’s level of “happiness” has shown to be directly proportionate to how much money that person will make.

**Some Important developmental and/or psychological terms, concepts and theories represented:**

This was a longitudinal study involving many subjects. The study revealed yet another case supporting the growing understanding of what the environment brings to our own personal health. Also

the important topic of socioeconomic status was brought up. Although rather than being the factor in this study, a raise in SES was the result.

**Is the Article accurate to what was learned in class?**

The article discusses something that is not in line with what is taught in class. Often, SES is said to be determined by things such as culture, lifestyle, opportunity, family situation, and so forth. The idea that the teenage contentment level has a dramatic effect on future SES is radical. The article asserts: “Those who said they were very unhappy as adolescents had incomes around age 29 that were 30 percent below the average, while those who reported satisfaction had incomes 10% above the average” (RTT Staff Writer).

**Article 5: “National Report Says Teen Neurology Should Shape Juvenile Justice Reform Efforts”**

(See Original Articles, Attachment 5)

**Article Summary:**

The Federal Department of Justice and the National Research Council both agree that the juvenile justice system should be reformed to adapt to new findings in teen brain development research. Both groups see that the limits in decision making and other factors in the teenage brain make traditional sentencing ineffective. Community based programs seem to be a better solution for juveniles.

**Some Important developmental and/or psychological terms, concepts and theories represented:**

Many key factors in juvenile brain development are addressed in this article. The organizations and author realize that this is a time for increased risk-taking, a disregard for long-term effects and a higher level of influence from peers and community in the mind of a teenager. The article also asserts that this mental immaturity is biological, where most factors which lead to criminality are environmental. The main concept behind the reform is that this phase is a transitional one for the young offenders, and the

state and federal government leaders can make the transition to adulthood a more promising one for those in the juvenile justice system.

### **Is the Article accurate to what was learned in class?**

Although this article did not contradict any issues or topics taught in class, it did bring up a main concept which did not come up in detail. This is the topic of the juvenile justice system and the causes for criminality. With that in mind, I do believe that the information in the article would hypothetically match well with the curriculum of the class.

## **Original Articles**

### **Attachment 1**

“Energy drink overload is unhealthy for students” | By Stephanie Rallis | The Globe | November 08, 2012

Fatigue affects many students, and some turn to energy drinks to give them a study boost. Students use energy drinks throughout the semester to give them energy for school, work and other activities.

SLCC student Jeremy Hanson used to rely on them on a daily basis.

“I used to drink energy drinks everyday,” says Hanson. “I was a big fan of the 5 Hour Energy. My body was so used to them that I would drag if I didn’t have at least one a day. Many nights I was up late doing homework or studying I would use energy drinks to keep me awake.”

Most energy drinks contain at least as much caffeine as an eight-ounce cup of coffee or a 12-ounce soda. The small “energy shot” drinks like 5 Hour Energy contain an even higher concentration of caffeine-between 90 and 171 mg per ounce.

Caffeine is addictive and can act as a stimulant and a diuretic. As a stimulant, caffeine can cause heart palpitations, insomnia and anxiety attacks.

In addition to the caffeine, energy drinks also contain large amounts of sugar and herbal stimulants

“I was having problems sleeping at night,” says Hanson. “I thought I might have had insomnia. I also had dizzy spells throughout the day. I told my doctor that I was drinking energy drinks frequently and he told me to stop immediately. As soon as I went off them my sleeping improved.”

When consumed in large amounts, caffeine can cause jitters and irritability.

Caffeine is a diuretic that causes the kidneys to get rid of extra fluid from the body. If consumed while sweating, energy drinks can cause severe dehydration.

“I replaced my energy drinks with water and it made such a difference in how I felt,” says Hanson.

Many younger people mix energy drinks with alcohol

Alcohol and caffeine together can cause severe dehydration that can be dangerous, and the energy from caffeine can make a person underestimate his or her impairment from alcohol.

The consequences of consuming this much caffeine includes seizures, liver damage or even death. In pregnant women, energy drinks can cause late miscarriages, small fetus size and stillbirths.

“I’m so glad I stopped drinking energy drinks when I did,” said Hanson. “I didn’t realize the harm I was doing to my body.”

(Article Source → <http://www.globeslcc.com/2012/11/08/energy-drink-overload-is-unhealthy-for-students/>)

## **Attachment 2**

“When Fetuses Yawn In The Womb” | By NELL GREENFIELDBOYCE | Shots, Health News from NPR  
| November 21, 2012

Why people yawn is a mystery. But yawning starts in the womb.

Past studies have used ultrasound images to show fetuses yawning, but some scientists have argued that real yawns were getting confused with fetuses simply opening their mouths.

So Nadja Reissland, a researcher at the University of Durham in the United Kingdom, used a more detailed ultrasound technique to get images of fetal faces that could distinguish a true yawn from just an open mouth.

"They seem to open their mouths widely much less often than they yawn," Reissland says.

What's more, she found that yawning was common at 24 weeks but then dropped to zero at 36 weeks, according to a report by Reissland and her colleagues in the journal PLOS ONE.

Reissland believes that fetal yawning may somehow help trigger brain maturation, by acting as a kind of self-stimulation for the developing fetus.

"It could be that yawning is something which you need in order to have a functioning brain, which is a hypothesis," she says, adding that she would like to compare yawning in healthy fetuses, like the ones she studied, with yawning in fetuses that have medical conditions.

Reissland says she suspects that yawning has a different function for adults than for fetuses. Most studies on yawning have focused on its contagious nature. But some research suggests that children are immune from "catching" another person's yawn until about five years of age.

And Reissland says one study showed that babies don't imitate their mother's yawns, even though babies do imitate mouth movements such as smiles and pursed lips. "How is it possible that these babies can imitate mouth movements, but they don't imitate the yawning?" Reissland wonders.

(Article Source → <http://www.npr.org/blogs/health/2012/11/21/165664636/when-fetuses-yawn-in-the-womb>)

### **Attachment 3**

"Prescribe 'Morning After' Pill For Teens Before They Need It, Doctors Say" | By JULIE ROVNER | Shots, Health News from NPR | November 26, 2012

The nation's largest group of pediatricians is urging its members to write prescriptions in advance to enable teenagers to have fast access to the so-called morning-after birth control pill.

"Emergency contraception is an important backup method for all teenagers," says a policy statement issued by the American Academy of Pediatrics. "Advanced provision increases the likelihood that teenagers will use emergency contraception when needed, reduces the time to use and does not decrease condom or other contraceptive use."

Such medications as Plan B and Next Choice work best when taken soon after unprotected intercourse.

Last December, over the objections of its own Food and Drug Administration, the Obama administration declined to fully overturn a Bush Administration policy from 2006 that limited access to the drugs without a prescription for those under age 18. (In 2009 the age was lowered to 17.)

The new policy, which will be published in the December 2012 issue of the organization's journal, Pediatrics, urges practitioners to counsel both male and female teens about the use of emergency contraceptives "as part of routine anticipatory guidance in the context of a discussion on sexual safety and family planning regardless of current intentions for sexual behavior."

The new policy takes into account — and rejects — the idea that practitioners may have a moral objection to what could be seen as tacit approval of underage sex or use of a product some consider to cause very early abortion.

"Pediatricians have a duty to inform their patients about relevant, legally available treatment options to which they object and have a moral obligation to refer patients to other physicians who will provide and educate about those services," the policy says. "Failure to inform/educate about availability and access to emergency-contraception services violates this duty to their adolescent and young adult patients."

(Article Source → <http://www.npr.org/blogs/health/2012/11/26/165941407/prescribe-morning-after-pill-for-teens-before-they-need-it-doctors-say>)

#### **Attachment 4**

“Happiness In Adolescence Tied To Weath In Adulthood” | By RTT Staff Writer | RTT News.com |

November 21, 2012

Adolescents who report high levels of contentment are more likely to have higher levels of income when older, compared with their unhappy, and eventually poorer peers, says a study published in the Proceedings of the National Academy of Sciences (November 19).

The study surveyed data from 15,000 adolescents, who were tracked from roughly seventh grade to adulthood. Those who said they were very unhappy as adolescents had incomes around age 29 that were 30 percent below the average, while those who reported satisfaction had incomes 10% above the average. "These findings have important implications for academics, policy makers, and the general public," study author Dr Jan-Emmanuel De Neve, a political science professor at the University College London, said in a press release.

The report adds that their results included other influencing factors, such as genetic variation, IQ, self-esteem, health and education.

(Article Source → <http://www.rttnews.com/2010638/happiness-in-adolescence-tied-to-weath-in-adulthood.aspx?type=kh>)

## **Attachment 5**

“National Report Says Teen Neurology Should Shape Juvenile Justice Reform Efforts” | By James Swift | YouthToday.org | November 16, 2012

A new report from the National Research Council suggests that juvenile justice reform efforts should be grounded in the emerging understanding of adolescent development.

“Reforming Juvenile Justice: A Developmental Approach,” sponsored by the federal Department of Justice, draws strong connections between the neurological development of teens and their environmental influences as factors in juvenile delinquency.

“Adolescence is a distinct, yet transient, period of development between childhood and adulthood characterized by increased experimentation and risk-taking, a tendency to discount long-term consequences, and heightened sensitivity to peers and other social influences,” the report says.

The report continues: “Evidence of significant changes in brain structure and function during adolescence strongly suggests that these cognitive tendencies characteristic of adolescents are associated with biological immaturity of the brain and with an imbalance among developing brain systems.”

The study says that confinement deprives young people of the ability to develop critical thinking and decision-making skills, and argue that instead, “well-designed, community-based programs” would better serve juvenile offenders.

According to the authors of the report, “accountability practices” implemented in the adult court system should not be used as a model for juvenile justice, advocating the use of detention only when young people present a physical threat to themselves or others. Even in instances of violent crimes, researchers state that they do not believe that juveniles should be held in adult facilities, and encourage maintaining the confidentiality of juvenile records as a means of establishing more successful “transitions into adulthood” for young offenders.

The report also finds that minority youths are disproportionately represented in the nation’s juvenile justice system, generally receiving more severe sentences for committing many of the same offenses as Caucasian adolescents. Researchers also state that juvenile courts should make sure that young people are both competent enough to understand court proceedings and receive representation from well-trained counselors, adding that young people are more likely to accept responsibility for their actions when they perceive legal proceedings to be fair and understandable.

“Given current fiscal constraints, collaboration among federal agencies should also be geared toward pooling resources and simplifying processes for the delivery of support and services,” the report concludes. “Sustained progress toward formulating and implementing developmentally appropriate juvenile justice policies and practices will depend on the willingness of state, local and tribal juvenile justice policy makers and federal agencies to collaborate fully and share the responsibility for carrying out their important missions.”

(Article Source → [http://www.youthtoday.org/view\\_article.cfm?article\\_id=5696](http://www.youthtoday.org/view_article.cfm?article_id=5696))