

JOHNSON'S THEORY

Adolescence is a period in which physiological change promotes changes in a person's self perspective and his or her relationship with the social environment. It is also a time when one's cognitions begin to solidify; fundamental schema reflective of the individual's mental adaptation to their environment have formed and are increasingly resistive to change.

Personality and the adolescence experience is the product of the interaction of seven variables. The relationship and strength of these variables can be expressed in a mathematical formula:

$$P = (V_g G) \cdot (V_e E) \cdot (V_b B) \cdot (V_c C) \cdot (V_f F) \cdot (V_h H) \cdot (V_r R)$$

P = Personality

V_g = Variance in DNA

V_e = Variance in Physical Environment

V_b = Variance in Physiology

V_c = Variance in Culture

V_f = Variance in Family of Origin

V_h = Variance in History

V_r = Variance in Reflective Processing

These 7 variables are assigned different weights (G, E, B, etc.) which are determined by both the general and specific influence of each variable. Each variable can have a greater or lessor influence at different times in a person's life span so weights also vary over time.

Genotype: The blueprint or “the entire DNA base sequence of an individual organism.” Kirschner & Gerhart

Phenotype: “All the observable and functional features (traits) of an organism, that is, its anatomy, physiology, development, and behavior, and also all its conserved core processes [that reflect the interaction of] heritable and . . . environment factors.” Kirschner & Gerhart

Autoplastic and Alloplastic Adaptation