

Psychology Lecture Notes Module 6: Adult and Aging (Page 1)

Early Adulthood Transitions and the Social Clock

Social Clock

- The culturally (society's) preferred timing of social events such as marriage, parenthood, and retirement
- The "best" timing for certain life events
- The timing varies from culture to culture.

Emerging Adulthood

- Developmental period between adolescence and adulthood

Physical Changes and Transitions:
Middle Adulthood's Physical Changes
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Menopause

- The time of natural cessation of menstruation
- Referred to as the biological changes a woman experiences as her ability to reproduce declines
- Usually occurs between age 45 and 55
- Does not usually lead to depression

Physical Changes and Transitions:
Later Adulthood's Physical Changes

Physical Changes: Vision
Physical Changes: Sense of Smell
Physical Changes: Hearing
Physical Changes: Hearing
Physical Changes and Transitions:
Diseases Related to Aging
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Alzheimer's Disease

- A progressive and irreversible brain disorder characterized by gradual deterioration of memory, reasoning, language, and physical functioning

Alzheimer's Disease

- Play "Alzheimer's Disease" (7:06) Module #19 from The Brain: Teaching Modules (2nd edition).

Alzheimer's Disease

- Play “Understanding Alzheimer’s Disease” (11:40) Segment #19 from The Mind: Psychology Teaching Modules (2nd edition).

Senile Dementia

- The mental disintegration that accompanies alcoholism, tumor, stroke, aging, or Alzheimer's disease

Senile Dementia Parkinson’s Disease

- Play “Brain Transplants in Parkinson’s Patients” (11:09) Module #31 from The Brain: Teaching Modules (2nd edition).

Cognitive Changes and Transitions: Memory Module 6: Adult and Aging

Aging and Memory Cognitive Changes and Transitions: Intelligence Module 6: Adult and Aging

Fluid Intelligence

- One’s ability to reason speedily and abstractly
- Can be used to solve novel logic problems
- Declines as people get older

Crystallized Intelligence

- One’s accumulated knowledge and verbal skills
- Tends to increase with age

Age and Verbal/Nonverbal Intelligence Memory and Aging

- Play “Aging and Memory” (11:16) Segment #17 from The Mind: Psychology Teaching Modules (2nd edition).

Social Changes and Transitions: Life’s Commitments Module 6: Adult and Aging

Erik Erikson

- Constructed an 8-stage theory of social development
- Each stage has its own psychosocial developmental task.
- The last 4 stages deal with Adolescence through late adulthood.

Generativity

- Erikson's term for being productive and supporting future generations

Commitment to Work

- Most high school/college students aren't sure of their career goals.
- Happiness seems to be correlated with work that is challenging, provides a sense of accomplishment, and is interesting.

Commitment to Love

- An important factor in adult happiness
- Lasting love includes:
 - Intimate self-disclosure
 - Shared emotional and material support
 - Similar interests and values

Commitment to Marriage

- 90% of the population gets married
- 50% divorce rate
- 75% of those who have divorced remarry

Commitment to Children

- Children result in a change in the marital relationship
- Potential disagreement on the division of labor with children

Empty Nest

- The change married couples go through as a result of their children leaving home
- Not necessarily a negative event for couples

A Lifetime of Well-Being

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Overall Life Satisfaction

- Most studies show the elderly as happy and satisfied with life.
- People tend to mellow with age.
- Most regrets focus on what the person didn't do rather than mistakes they have made in life.

Overall Life Satisfaction

Death and Dying

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Reactions to Death

- Reactions to death are different from culture to culture.

