

Thinking About Psychology: The Science of Mind and Behavior

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Module 06

Adulthood and Aging

Module 6: Adult and Aging

Early Adulthood Transitions and the Social Clock

Adulthood

- Play “Stages of Adult Development” (3:07) Segment #23 from Psychology: The Human Experience.
- This segment is a good introduction to adulthood and the changes throughout life.

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

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Physical Changes and Transitions: Middle Adulthood's Physical Changes

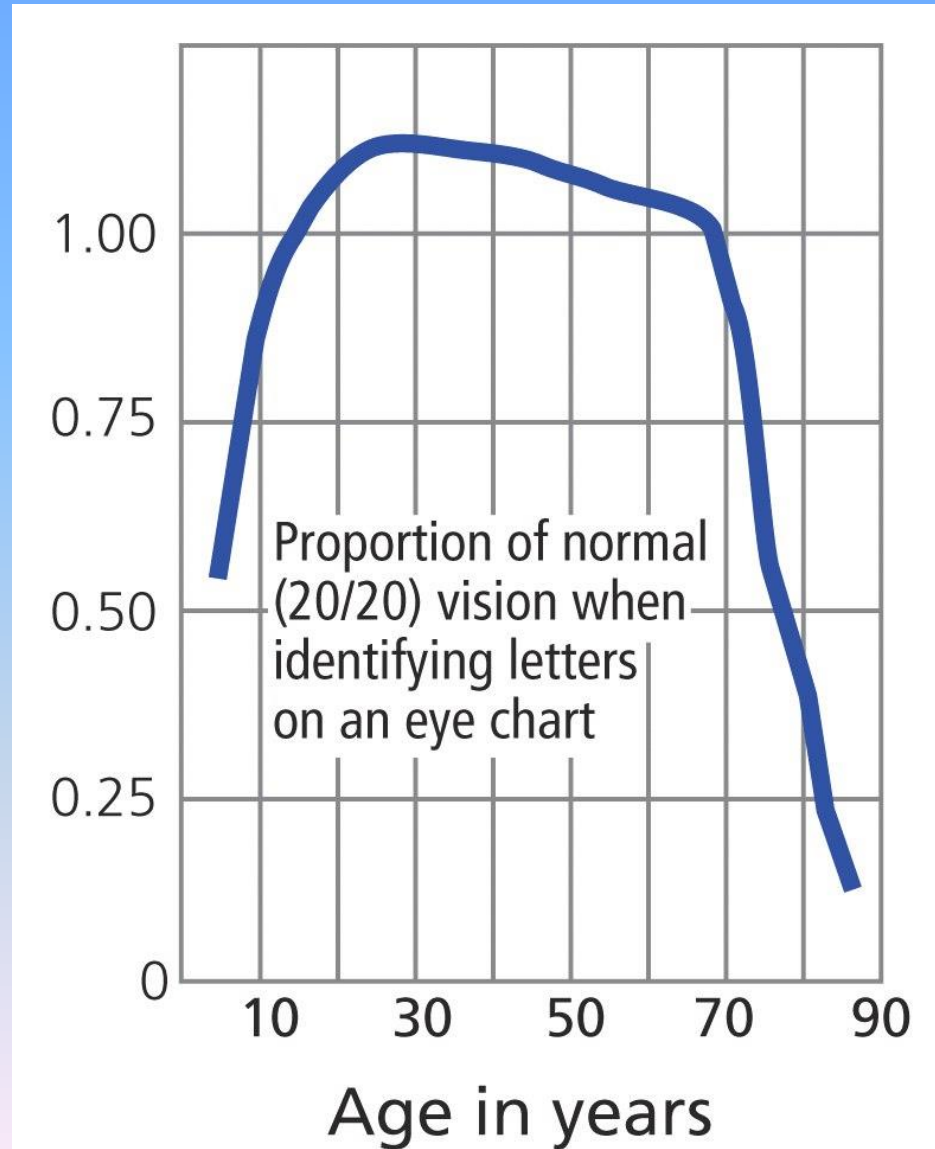
Menopause

- 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

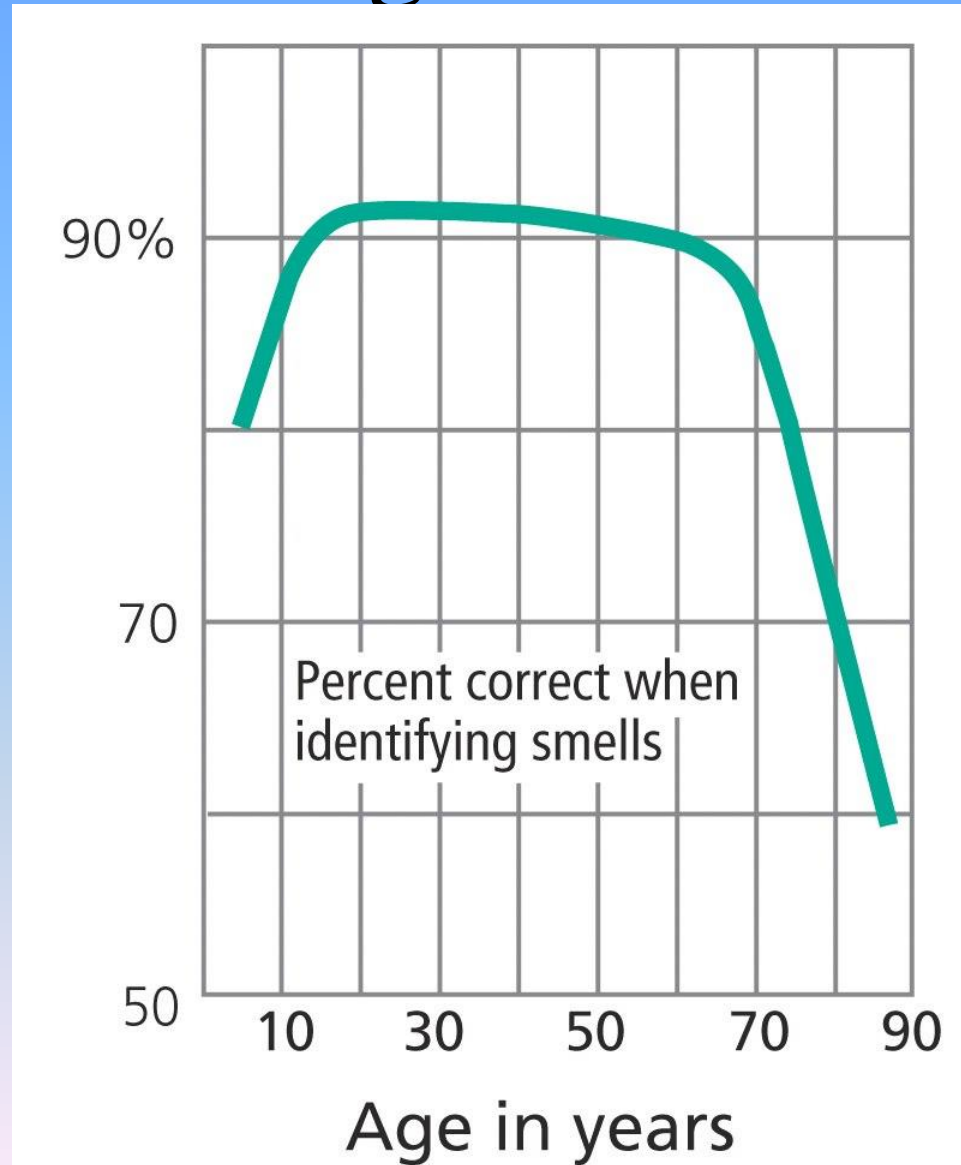
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Physical Changes and Transitions: Later Adulthood's Physical Changes

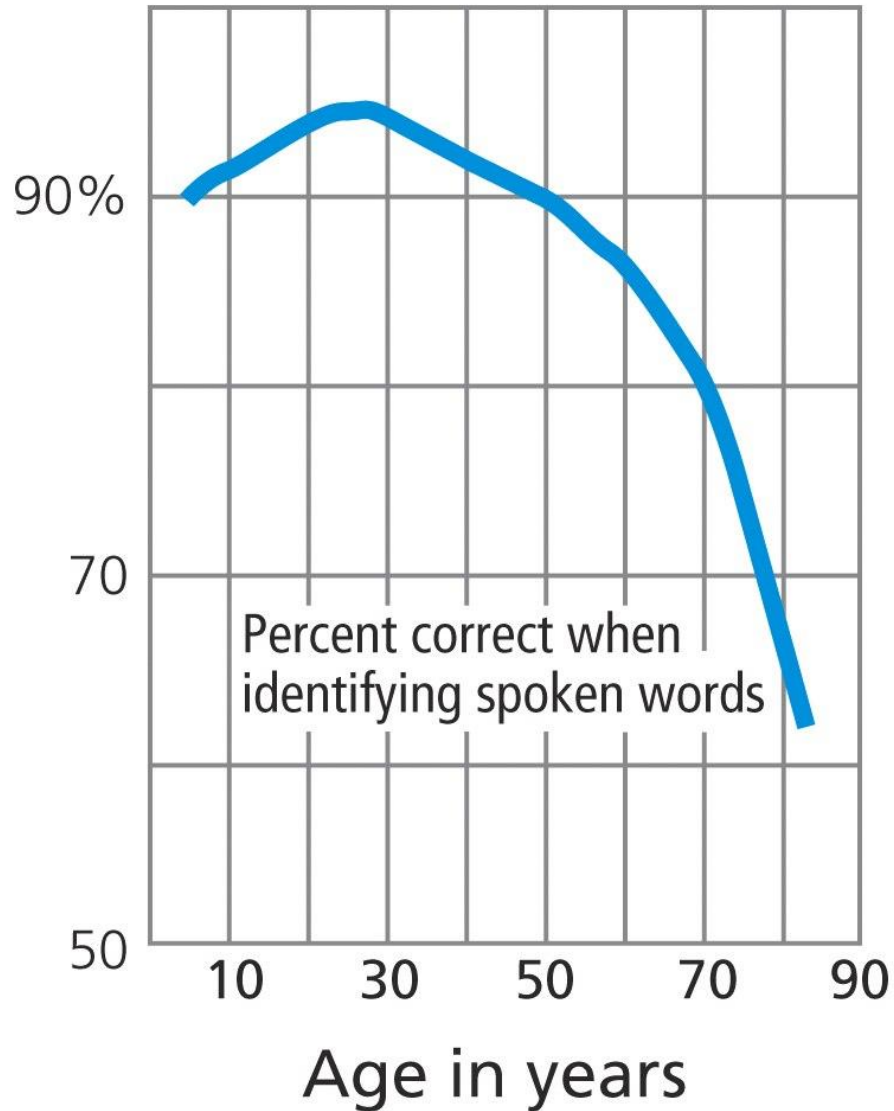
Physical Changes: Vision



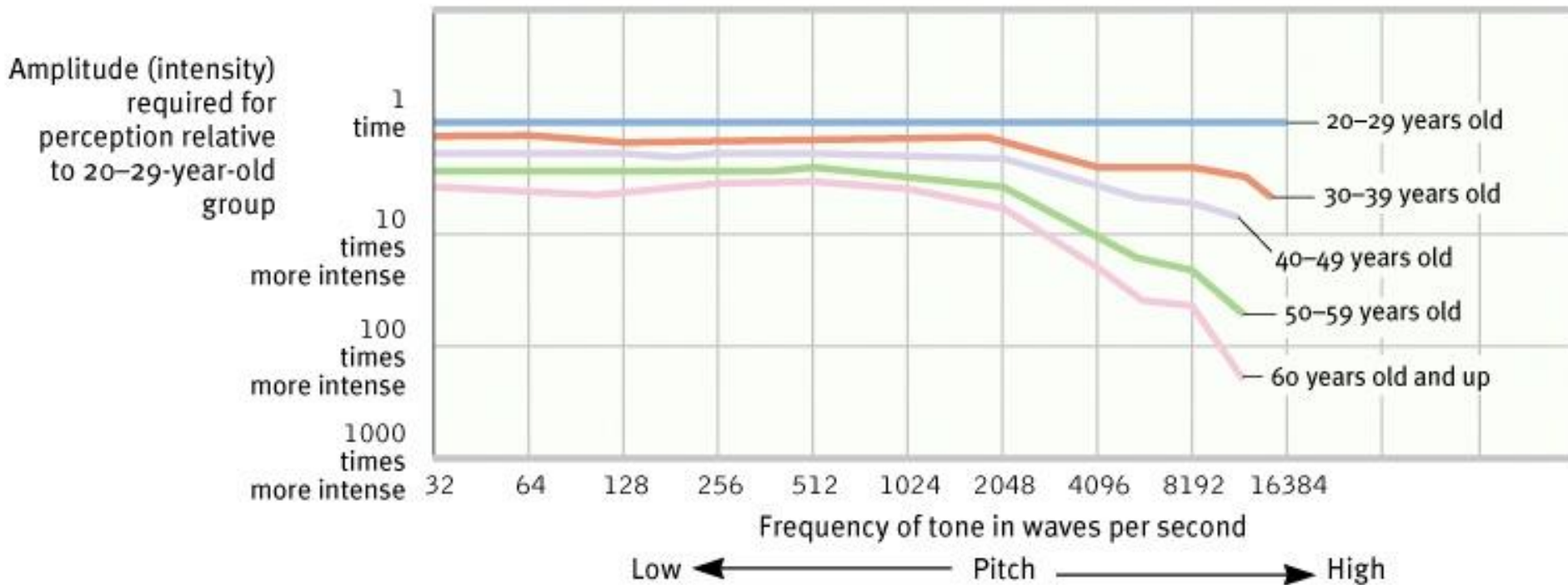
Physical Changes: Sense of Smell



Physical Changes: Hearing



Physical Changes: Hearing



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Physical Changes and Transitions: Diseases Related to Aging

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).

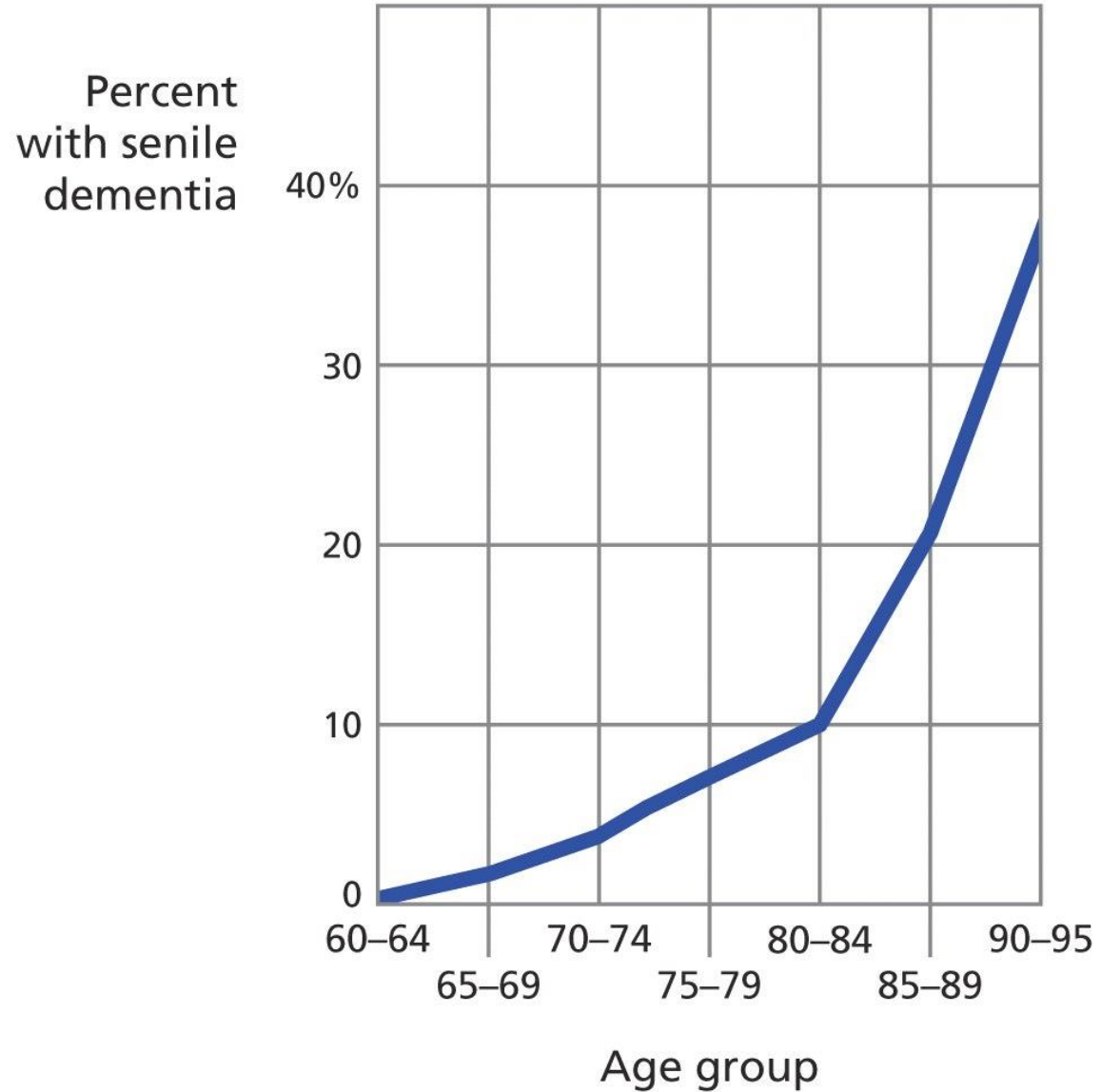
Alzheimer's Disease

- 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



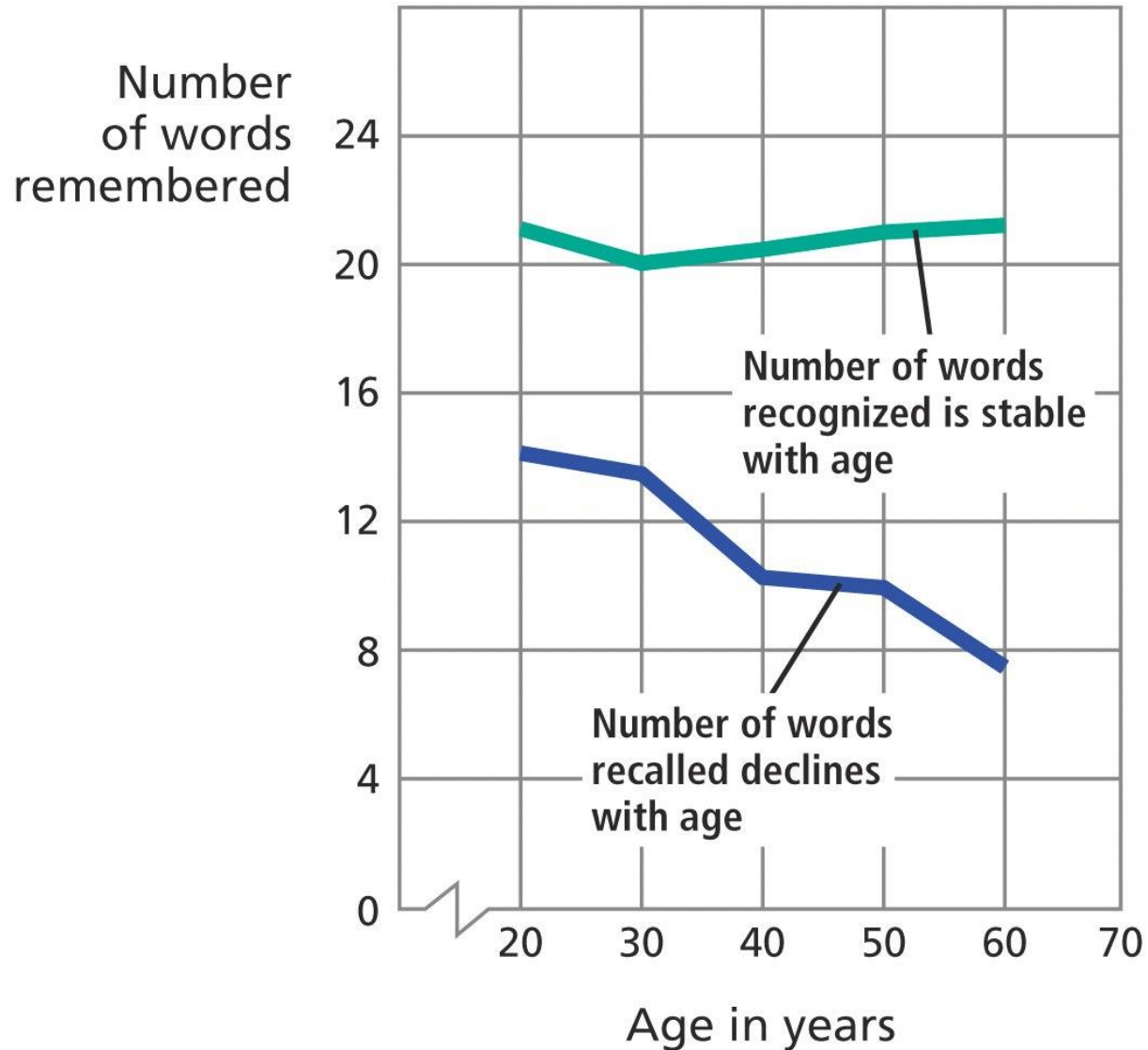
Parkinson's Disease

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

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Cognitive Changes and Transitions: Memory

Aging and Memory



Module 6: Adult and Aging

Cognitive Changes and Transitions: Intelligence

Fluid Intelligence

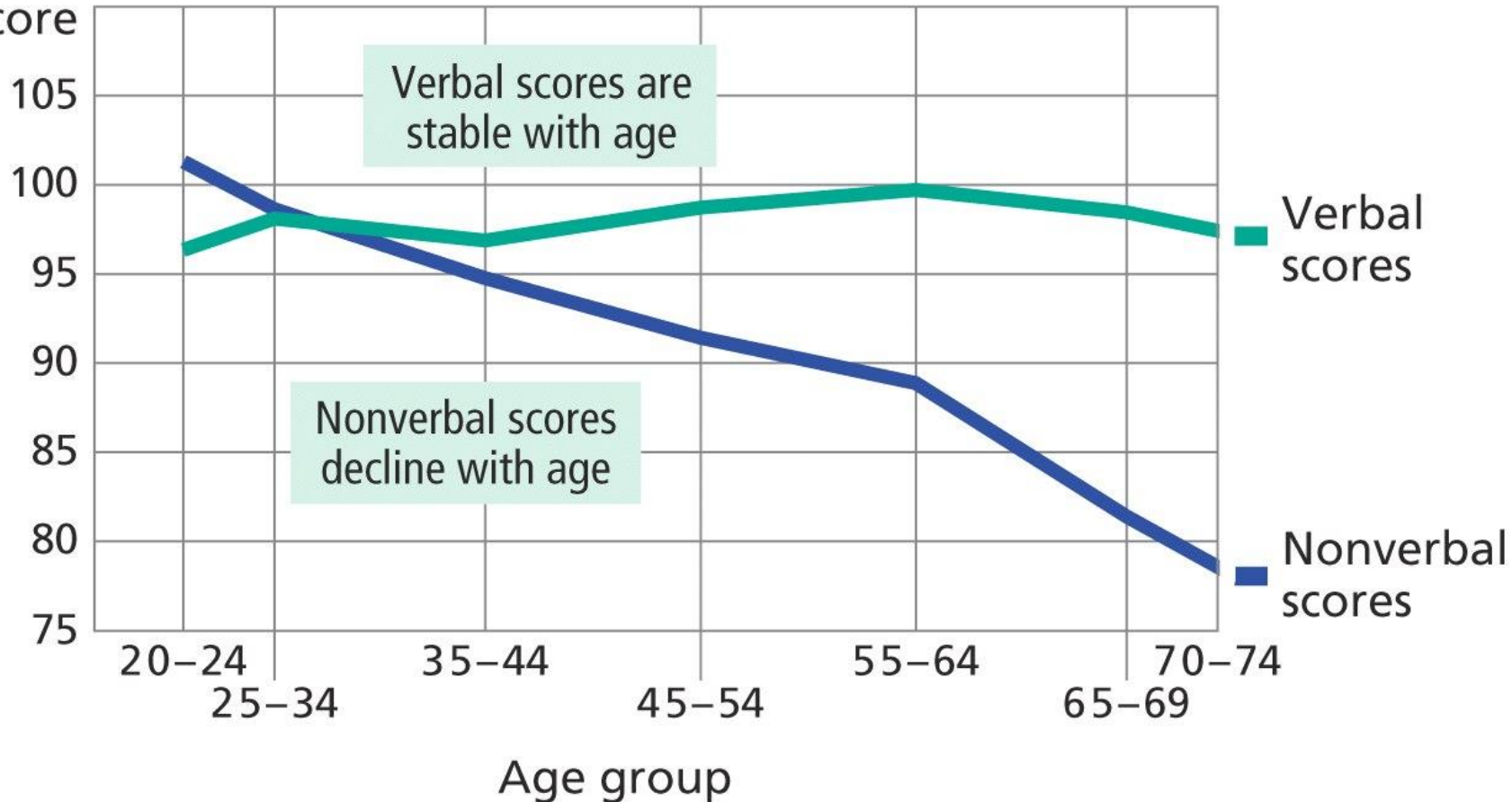
- One's ability to reason speedily and abstractly
- Can be used to solve novel logic problems
- Declines as people get older

Crystallized Intelligence

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

Age and Verbal/Nonverbal Intelligence

Intelligence
(IQ) score



Memory and Aging

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

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Social Changes and Transitions: Life's Commitments

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.

TABLE 5.1 ERIKSON'S STAGES OF PSYCHOSOCIAL DEVELOPMENT

IDENTITY STAGE (APPROXIMATE AGE)	ISSUES	DESCRIPTION OF TASK
<i>Adolescence (teen years into 20s)</i>	<i>Identity vs. role confusion</i>	Teenagers work at refining a sense of self by testing roles and then integrating them to form a single identity, or they become confused about who they are.
<i>Young adulthood (20s to early 40s)</i>	<i>Intimacy vs. isolation</i>	Young adults struggle to form close relationships and to gain the capacity for intimate love, or they feel socially isolated.
<i>Middle adulthood (40s to 60s)</i>	<i>Generativity vs. stagnation</i>	The middle-aged discover a sense of contributing to the world, usually through family and work, or they may feel a lack of purpose.
<i>Late adulthood (late 60s and up)</i>	<i>Integrity vs. despair</i>	When reflecting on his or her life, the older adult may feel a sense of satisfaction or failure.

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

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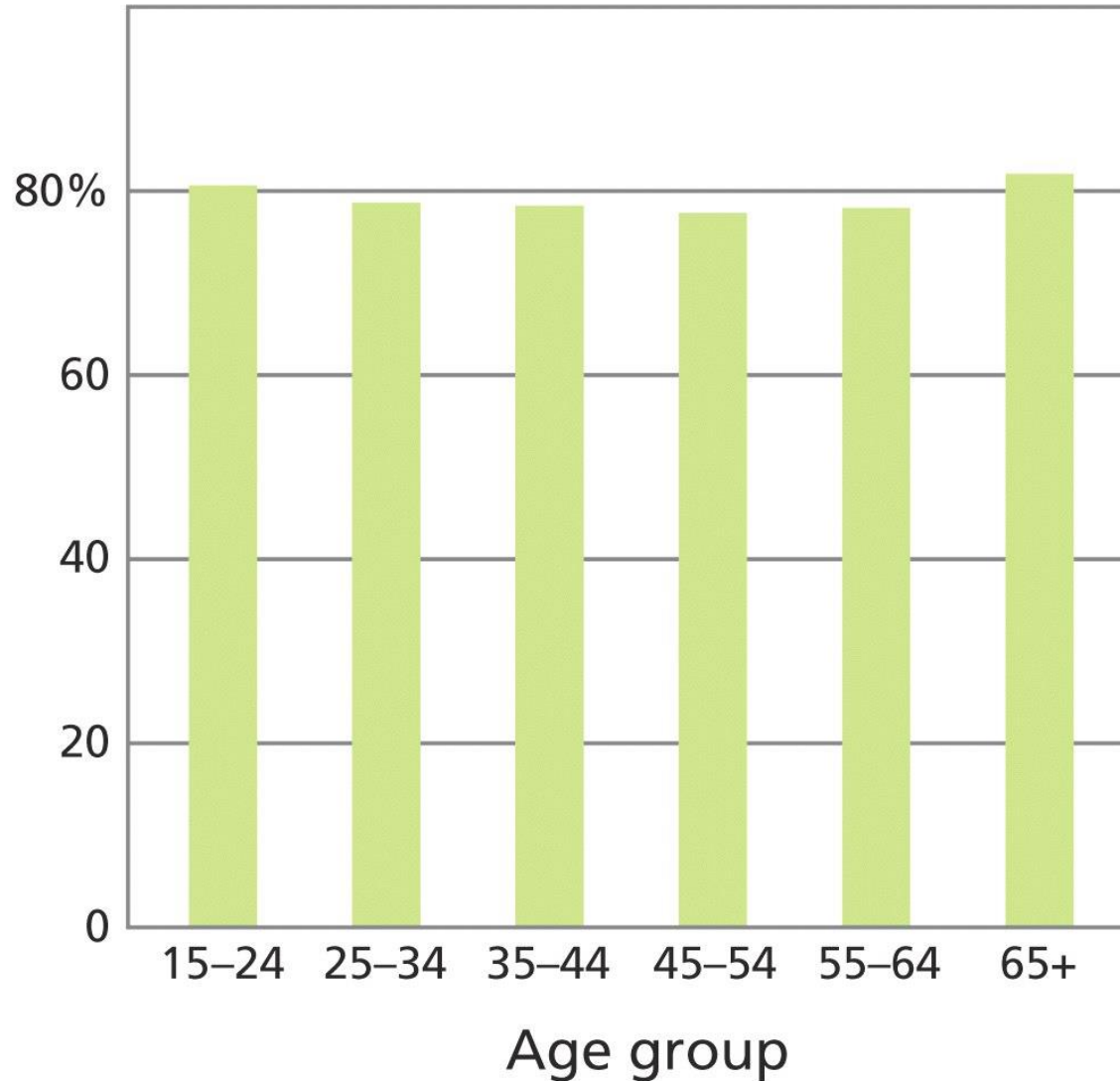
A Lifetime of Well-Being

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

Percentage
"satisfied"
with life as
a whole



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Death and Dying

Reactions to Death

- Reactions to death are different from culture to culture.
- Attitudes toward death and dying are changing in the United States.
 - more openness
 - facing death with dignity; hospice helps

The End

Name of Concept

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Name of Concept

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