

Chapter 11: Emerging Adulthood: Body, Mind, and Social World

Emerging adulthood: Period of life between ages of 18 to 25. It is now thought of as a separate developmental stage.

Biosocial Development:

- Biologically 18-25 is prime time for physical work and reproduction
- However, during emerging adulthood, society expects more education, later marriage, and fewer children
- Desk and factory jobs have replaced hard labor
- Fertility rates have been on the decline not only in advanced nations but across the world like Iran (from 7 to 1.5), Kenya (8-4), South America (6-2)
- World wide the birth rate from 1960-2010 fell from 4.9 to 2.45

Strong and Active Bodies

- Health does not change it improves, digestive, respiratory, circulatory, and sexual reproductive systems all function optimally at beginning of adulthood
- Serious diseases are not apparent and childhood ailments are outgrown (ex. Asthma). Emerging adults continue poor health habits, however trend toward better diets, regular exercise which improves mental and physical health
- Low birth weight, under nutrition in infancy, and rapid weight gain in early childhood result shorter height, reduced body functioning and high risk of disease in early adulthood

Fertility, Then and Now

- Young adults enjoy sexual interactions; orgasms are frequent and sex drive is powerful and this helps preserve the species
- Fertility is optimal, miscarriage less common, serious birth complications unusual
 - 25 is now the average for first birth in US

Premarital Sex

- Bodies want sex but they know they are not prepared for parenthood and most couples consider if they can afford a baby
- Solution is modern contraception:
 - Long acting contraception (implant, IUD, Depo-Provera) failure is 1 in 400 women
 - Short-acting measures (pill, patch, or ring) failure is 1 in 20 women
 - Failure rates higher in adolescents than in emerging adults
- More people believe premarital sex is “not wrong at all”, only few young adults believe living together before marriage is bad for society,

and fewer young adults are getting married and hope to be good parents

- As economy went down so did birth rate because being a good parent means to also provide financially
- Emerging adults still believe extramarital sex is “always wrong”

Sexual Diseases

- Sexual freedom has raised sexually transmitted infections (STIs), half the new cases are of people younger than 26; this rise has been seen all over the world nations are trying to stop it
- Globalization accelerates every contagious disease including STIs. Due to international travel STI caught from one sex worker in one place quickly spreads to young adults miles away, before prostitution was local which kept STIs local.
- HIV/AIDS began in remote parts of world, then confined to gay men, then to drug users by sharing needles or to transfusion recipients before donated blood was screened for viruses had limited carriers.
- But now because of young adults sex activities HIV is a world wide epidemic. More female than male victims and more heterosexual than homosexual
- AIDS epidemic is slowing because young adults are using protection against HIV. Protection includes fewer sex partners, later sex, more condom use, and volunteer circumcision among young adult men. Also stopping forced sex (rape) would help young women (20% contracted because of rape)

Taking Risks

- Taking risks is affected by gender, genes, hormones, and culture

Benefits and Liabilities

- Society and individuals benefit from this characteristic because things like starting a business, filming a documentary, enlisting in army, joining Peace Corps, rescuing a stranger; without this characteristic events like these would happen less.
- Risk taking can be destructive as well, because emerging adults have more accidents that send them to the emergency than any other age group and because of their good they are discharged in short timeframe
- The low rate of serious disease is counteracted by the high rate of severe injuries and violent death (males 2 time more than females)
- Common destructive risks:
 - Unprotected sex with a new partner
 - Driving fast without a seat belt
 - Carrying a loaded gun
 - Abusing drugs

- Addictive gambling
- The reason for this is do to the adrenaline rush

Risky Sports

- Mountain climbing, swim in oceans, run un pain, play past exhaustion, sky diving, etc. all done to satisfy the joy of risk
- **Extreme sport:** forms of recreation that include apparent risk of injury or death and are attractive and thrilling as a result
- Competitive extreme sports are thrilling and the thrill overwhelms reason

Drug Abuse

- **Drug abuse:** the ingestion of a drug to the extent that it impairs the user's biological or psychological well-being.
- Abusers are also addicts most of the time they need it to feel OK and become chronic users, drug abuse and addiction is most common in emerging adulthood age group
- Drug abuse most common in college students and alcohol abuse is most common. This abuse arises from the same drive as extreme sports and other risks

Cognitive Development

- Piaget's fourth stage *formal operational thought* he thought is continued life long however recent scholar contend that adult thought differs from adolescent thinking. Adult thinking is more practical, more flexible, better able to coordinate objective and subjective perspectives.

Postformal Thought

- **Postformal thought:** a proposed adult stage of cognitive development, following Piaget's four stages. Postformal thought goes beyond adolescent thinking by being more practical, more flexible, and more dialectical (ie. More capable of combing contradictory elements into a comprehensive whole).

Combing Emotions and Logic

- Adolescents use two modes of thinking but have difficulty combining the two. First is formal analysis to learn science, distill problems, develop arguments, resolve world's problems; second is thinking spontaneously and emotionally.

Really a Stage?

- Social cognition continues to improve, since cohort changes, cultural variations, and genetic uniqueness combine to make this the most complex type of thought.

- During adulthood, change in thinking becomes more qualitatively and quantitatively

Countering Stereotypes

- Stereotype Threat: the possibility that one's appearance or behavior will be misread to confirm another person's oversimplified, prejudiced attitudes
- Stereotype threat begins with the thought that other people hold unspoken prejudices against one's social group, and then that thought becomes a threat which produces anxiety
- Adults have both unconscious prejudice and conscious tolerance- a combination of emotions and reason that illustrate dual-processing.

The Effects of College

- Massification: the idea that establishing higher learning institutions and encouraging college enrollment could benefit everyone (the masses), leading to marked increases in the number of emerging adults in college.
- College graduates tend to live 10 years longer than a person without a high school diploma, stating college graduates have healthier habits
- Hundreds of new universities have opened in Asia, Africa, and the Middle East so most undergrads stay at home to study
- Other research confirms Perry's conclusion of more years of school, deepens the thoughts and more postformal that person's reasoning becomes.
- Professors also advance on their thinking as they teach more and research they do and share with their students.
- Within a two-decade period, students currently have a growth in critical thinking, analysis and communication compared to the students two decades before.
- Adult cognition has been described as postformal, a fifth stage, although not every scholar agrees with that description.
- As the prefrontal cortex matures, thinking in adulthood becomes more flexible, better able to combine emotions and analysis.
- College attendance is rapidly increasing in developing countries, as it is apparent that tertiary education improves health, productivity and income.
- College education advances thought, not only through academic work, but also via the diversity of the student body.

Ethnic Identity

- Challenge is how to identify oneself amidst a multi-culture society
- Students in 4 year college programs were more extracurricular involved than the two year program students. This explains why the adoption of an ethnic label that includes the word "American" (eg. Not Chinese, not Chinese American) is more in 4 year colleges than the 2 year programs
- Developing a vocational identity is considered part of growing up

- Between the ages of 18 to 27, more working students, this shows the exploration part of the identity search.

Personality in Emerging Adulthood

- After adolescence, new characteristics may appear and negative traits diminish
- This age period is now characterized by years of freedom from settled lifestyles, which allows a shift in attitude and personality

Rising Self-Esteem

- Adults are making their own decisions now causing them to be more happy and reducing self-esteem
- Psychopathology may be increasing, and some emerging adults develop serious disorders, but most enjoy their new maturity and independence

Worrisome Children Grow Up

- Having friends that are seen often help in the long run because they are not anxious or depressed. Employment and partnership opportunity were successful.
- Aggressive as children, later grew up to do well

Serious Psychological Disorders

- Rate of emotional disorders rise during the end of adolescences
- Most troubling increase is in schizophrenia, rare before the mid-teens but showing a peak in the ages of 21, with men more likely to develop it then women
- Anxiety and depression is also common for young women

Plasticity

- Emerging adults have personality shift to experience an eagerness in adventuresome
- Emerging adults have becomes more caring for others and less self-centered

Intimacy

- Intimacy vs Isolation: the six of Erikson's eight stages of development. Adults seek someone with whom to share their lives in an enduring and self-sacrificing commitment. Without such commitment they risk profound loneliness and isolation
- Having close friends in early adulthood correlates with close relationships earlier in life and helps in other aspects of current life- including the ability to do well in college

Romantic Partners

- Love, romance and commitment are all of primary importance for emerging adults
- Two types of sexual interaction patters: 1) hookups- when two people have sex without any interpersonal relationships 2) friends with benefits- when two friends, sometimes have sex, but not in a dating relationship
- Gay and lesbian couples argue that many political benefits (in taxes, health insurance, etc) are unfairly reserved for married couples. As for the opposing perspective, many argue that churches, temples, schools, and the media will be harmed if homosexuals marry
- Faithfulness is the most important

Love and Ethnicity

- Reasons for romance within groups involve not rejection of other groups so much as bonding with co-ethnics over matters of daily life- habits of speech, food preference etc.
- College students tend to choose sexual partners (from hookups to marriage) from within their own group
- Interethnic marriages happen about 50% of the time and are increasing with more acceptance
- Interethnic marriages also show the same interests as mentioned in point 1, but also political, religious, or economic values, which overcome their ethnic differences

Finding Each other

- Choice overload: Having so many options that a thoughtful choice becomes difficult, and regret after making a choice is more daily
- Selection of a spouse requires thought about advantages and disadvantages

Living Together

- Cohabitation: an arrangement in which a couple live together in a committed romantic relationship but are not formally married
- Most emerging adults live a cohabitation life

Family Forces

- Many emerging adults continue their identity search, especially for vocational and ethnic identity
- Personality shows continuity and change in emerging adulthood, with many people gradually becoming happier. Another, smaller group develops serious disorders
- Marriage is often postponed but intimacy needs are met in other ways
- Computer matches and cohabitation have become the norm in the US, each with obvious advantages but also troublesome disadvantages

- Intergenerational bonds continue to be important in every culture, with many parents helping their emerging adult children, financially and emotionally.

Adulthood: Body and Mind

Chapter Twelve

- Adulthood covers 4 decades. (25-65)
- **Senescence:** As soon as growth stops. Gradual physical decline related to aging. It affects everyone and every body part, but the rate of decline is highly variable within and between persons.
- Three aspects of the body functioning protects adults from recognizing senescence: organ reserve, homeostasis, and allostasis
- **Organ reserve:** The extra capacity built into each organ, such as the heart and the lungs, that allows a person to cope with extraordinary demands or to withstand organ strain
- **Homeostasis:** The adjustment of all the body's systems to keep physiological functions in a state of equilibrium, moment by moment. As the body ages, it takes longer for these homeostatic adjustments to occur, so it becomes harder for older bodies to adapt to stress.
- **Allostasis:** A dynamic body adjustment related to homeostasis, that over time affects overall physiology. The main difference is that while homeostasis requires an immediate response, allostasis requires long-term adjustment.
- Many people over eat when they are upset, and eat less when they have recently exercised (**Homeostasis**)

Sex and Fertility

- Sexual arousal occurs more slowly with age, or orgasm takes longer
- These slowdowns are counter balanced by reduced anxiety, longer lovemaking, and better communication
- **Infertility:** The inability to conceive a child after trying for at least a year
- Today, age is a common factor in fertility because most teenagers/ young adults postpone pregnancy
- Conception becomes increasingly more difficult with each passing adulthood year
- One third of infertile couples the problem is the man, and the other one third the cause is the women, and the remaining one third the cause is uncertain.
- In most men, 100 million sperm reach maturity each day after 75 days of development
- Any impair (fever, radiation, drugs, time in sauna, excessive stress, alcoholism, cigarette smoking) can reduce sperm number and activity
- Men older than 45 take five times as many months to impregnate a woman as one would younger than 25
- Female fertility is also affected by anything that impairs physical functioning

Culture and Infertility

- In Nigeria, a woman is not considered a female until she bears a child
- In Germany, not having a child is admirable, accepted, fertility is more often a problem than the goal
- In the United States, 15% of couples are infertile, 15% choose not to have children, 70% half become pregnant as desired and half by mistake
- Fertility rates are also effected by economy (birth rates went down in 2008)

Fertility Restored

- The past 40 years advances in medicine have solved about half of all fertility problems
- Drugs can precipitate ovulation, several ova
- Ova can be surgically removed form an ovary and fertilized in a glass lab dish
- **In vitro fertilization:** A technique in which ova (egg cells) are surgically removed from a woman and fertilized with sperm in a laboratory. After the original fertilized cells (the zygotes) have divided several times, they are inserted into the woman's uterus
- IVF: has produced 4 million babies world wide
- In the US half of all IVF babies are low-birth weight, twins, or triplets

The Aging Brain

- Brain slows down with age
- Reaction time lengthens, multi-tasking becomes harder, processing takes longer, and complex working memory tasks becomes virtually impossible
- If severe brain loss occurs before late adulthood, the cause is not normal senescence but one of the following
 - Drug abuse
 - Poor circulation: Everything impairs blood flow, such as high blood pressure and heavy cigarette smoking, also impairs cognition
 - Viruses: The blood-brain barrier keeps most viruses away, but a few, including HIV and the prion that causes mad cow disease, can destroy neurons
 - Genes: About 1 in 1,00 people inherits a dominant gene for Alzheimer disease which destroys memory.
- Each sense becomes less accurate
- Peripheral vision ages faster than frontal vision, perception of some colours fade faster than others, nearsighted perception decreases as farsightedness increases
- Sounds at high frequencies become inaudible sooner than sounds with low frequencies

Physical Aging Appearance

- First visible change is the skin: it becomes dryer and rougher
- Collagen, a component of the body's connective tissue, decreases by about 1 percent every year after the age of 20
- Becomes thinner, less flexible, wrinkles appear,
- Diet has an effect (fat slows down wrinkling)

- Especially on the face where it has been exposed to sun, rain, heat, cold, pollution, the skin loses firmness and elasticity which leads to sagging areas
- Hair usually turns grey and thins, at the temples by age 40
- Body hair becomes thinner and lighter
- Occasional thick, unwanted, hair may appear on the chin, inside nose, or in some other place
- Body changes between ages of 25 and 65
- “middle age spread” increase waist circumference, muscle weakens, pocket fat settles on abdomen, upper arms, buttocks, and chin
- Late middle age: back muscles, connective tissue, bones lose density, the vertebrae in the spine shrink
- Agility is also reduced: joints lose flexibility, stiffness is evident, and bending is harder

Declining Hormones

- **Menopause:** The time in middle age, usually around 50, when a woman’s menstrual periods cease and the production of estrogen, progesterone, and testosterone drops.
- Common symptom is: change in body temperature (hot flashes and cold sweats)
- Psychological symptoms vary: new zest for life, others become depressed
- **Hormone replacement therapy:** taking hormones to compensate for hormone reduction. Most common in women at menopause or after removal of the ovaries, also used by men to restore their decreased testosterone level.
- **Andropause:** a term coined to signify a drop in testosterone levels in older men, which normally results in reduced sexual desire, erections, and muscle mass

Health, Habits, and Age

- Morality: death
- Morbidity: disease
- Disability: the usual result of morbidity, the inability to do something that people usually can do.
- Vitality: also known as life force, most important but most difficult to measure. Some people with morbid conditions that increase disability and the risk of mortality are nonetheless happy and active.
- Goal of good health: reduce illness, and to increase wellness, so that adults can live for decades at full vitality
- Metabolism decreases by one third between ages of 20 and 60
- Obesity increases with age and now is recognized as a major health problem
- Stopping a food addiction: A diet but needs to be sustained for over a decade and reduce calories and involve exercise, or sustained counseling and encouragement.
- Regular exercise protects against illness even if a person is overweight or a smoker

- Benefits of exercise: lower blood pressure, stronger heart and lungs, reduced risk of every disease (depression, diabetes, osteoporosis, heart disease, arthritis, cancer)
- **Stressor:** Any situation, event, experience, or other stimulus that causes a person to feel stressed. Many circumstances become stressors for some people but not for others.
- Stress increases blood pressure, speeds up the hearts, reduces sleep, and produces other reactions that lead to serious illness
- **Problem-focused coping:** A strategy to deal with stress by tackling a stressful situation directly
- **Emotional-focused coping:** A strategy to deal with stress by changing feelings about the stressor rather than changing the stressor itself
- Under stress, men have a “fight or flight” manner
- Under stress, women have a “tend and befriend” manner, they seek the reassurance of other people when they are under pressure
- With age and experience, adults may learn to respond wisely, as age brings a more positive attitude toward life

What is Adult Intelligence?

- Charles Spearman proposed: general intelligence
- **General Intelligence:** The idea of g assumes that intelligence is one basic trait, underlying all cognitive abilities. According to this concept, people have varying levels of this general ability.
- Longitudinal research: testing people again and again as they ages, IQ scores improve
- Cross-sectional research: intellectual ability peaks in adolescence and then gradually declines
- **Flynn effect:** The rise in average IQ scores that has occurred over the decades in many nations
 - Hypothesis: most of the past century, each generation was healthier and better educated than the previous one.
 - Typical 75 year old had never attended college, now the typical 25 year old has some college education
 - These 25 year olds have had better childhood health, more information available to them
 - This results in younger cohorts having higher IQ scores on cross-sectional research
- Scientists now realize that neither cross sectional nor longitudinal research is accurate. The best way is to combine the two

Fluid and Crystallized Intelligence

- 1960's
- Raymond Cattell and John Horn
- Adult intelligence is best understood if various measures are grouped into two categories, called fluid and crystallized

- **Fluid Intelligence:** it is quick and flexible, enabling people to learn anything, even things unfamiliar and unconnected to what they already know. Abilities such as: short-term memory, abstract thought, speed of thinking, are part of fluid intelligence.
- People high in fluid abilities can draw inferences, understand relations between concepts and quickly process new ideas and facts
- Puzzles are often used to measure FI
- People with high FI were more exposed to stress but were less likely to suffer from it
- **Crystallized Intelligence:** accumulation of facts, information, and knowledge, as a result of education and experience. Size of vocabulary, knowledge of chemical formulas, and memory for dates in history.
- An example a question to test CI would be: what is the meaning of the word misanthrope?
- Crystallized intelligence reflects fluid intelligence
- Fluid intelligence decreases with age because the brain and the body slow down, often valued in a youth environment
- Crystallized intelligence increases if a person continues to read and think

Three forms of Intelligence: Sternberg

- Robert Sternberg agrees that single intelligence score is misleading
- **Analytic intelligence:** a form of intelligence that involves such mental processes as abstract planning, strategy selection, focused attention, and information processing, as well as verbal and logical skills. Multiple choice tests.
- **Creative Intelligence:** capacity to be intellectually flexible and innovative. Creative thinking is conflicting, valuing unexpected, imaginative, unusual thoughts rather than standard and conventional ones. Scores are earned by those with many unusual ideas.
- **Practical Intelligence:** involves the capacity to adapt to the demands of a given situation. Including an accurate grasp of expectation and needs of the people involved and an awareness of the particular skills that are called for, along with the ability to use these insights effectively. "Street smarts"
- Without practical intelligence, a solution found by analytic intelligence is doomed to fail
- Sternberg says, choosing which intelligence to use takes wisdom

CHAPTER 13 – PSYCHOSOCIAL DEVELOPMENT

Theories of Adult Personality

Erikson – adults seek intimacy and generativity

- stages can occur at many different ages of adulthood – no set age

Erikson's Stages of Adulthood

1. *Identity vs. Role Confusion*
 - identity concerns can be life long, and reassessed in adulthood (ie. sexual/gender, political/ethnic)
2. *Intimacy vs. Isolation*
 - seeking of intimacy is life long
 - isolation can occur when death/divorce interrupts intimate relationships
3. *Generativity vs. Stagnation*
 - adults carry on their legacy of culture and generation through care/teaching/helping of the next generation
4. *Integrity vs. Despair*
 - each persons life a journey to the achievement of integrity
 - could be through the goal of combating prejudice, and helping all humanity

Midlife Crisis – a period of unusual anxiety, radical self-reexamination, and sudden transformation as age 40 approaches that doesn't have to do with chronological age, but rather other factors in life (ie family pressures, personal reflection).

Personality Traits

The Big Five – 5 basic clusters of personality traits that remain stable through adulthood

1. **O**penness: imaginative, curious, open to new experiences
2. **C**onscientiousness – organized, self-disciplined
3. **E**xtroversion – outgoing, assertive
4. **A**greeableness – kind, helpful, easy-going
5. **N**euroticism – anxious, moody, critical

***OCEAN** – way to remember Big Five

Ecological Niche – the particular lifestyle and social context that adults settle into because it is compatible to their personality traits

Intimacy

Every adult experiences the crisis of *Intimacy vs. Isolation*, where they seek someone to share their lives in a self-sacrificing and enduring commitment.

Social Convoy – collectively, the family members, friends, acquaintances, and even strangers who move through life with an individual

Friendship and Acquaintances

- by adulthood, friendships are close and not problematic, compared with adolescent friendships
- humans are healthier with supportive friends and family, and sicker when they are socially isolated
- acquaintances provide information, support, social integration, etc.
- Consequential Strangers: people who are not in a person's closest convoy, but nonetheless have an impact

*Friends and consequential strangers are part of the social convoy that helps adults navigate happily through the years.

Family Bonds

- relationship between adults, children, and siblings strengthen as adult children live apart from their parents and siblings
- childbearing is shown to strengthen sibling relationships as well, since parents want their children to know their aunts, uncles, etc.
- fictive kin: someone who becomes accepted as part of a family to which he or she has no blood relation

*Family connections remain important, especially between parent and adult child and between siblings

Committed Partners

- adults seek long-term partners to help meet their needs for intimacy, as well as to raise children, share resources, and provide care
- marriage can bring happiness, but can also disappointment
- Empty Nest: the time in the lives of parents when their children have left the family home to pursue their own lives -> often improves relationships through intimacy as partners can focus on each other's needs
- Divorce occurs when aspects of the marriage become difficult to endure, or at least one half of the couple believe they will be happier not married – most often occurs within the first 5 years
- even though finalized on a particular day, divorce is a developmental process that begins years before the decree, and has effects for years after
- remarriage restores intimacy and health, bringing relief, but the happiness may not endure

*Happiness in marriage ebbs and flows, with highs in the first months of a new relationship and lows when children are very young. Divorce is almost always difficult; remarriage can bring new happiness and new problems.

Generativity

- according to Erikson, comes after the stage of *intimacy vs isolation*
- adults seek to be productive in a caring way, 'needs to be needed'

- achieved through caregiving and employment

Parenthood

- gaining generativity by 'establishing and guiding the next generation' ie parenthood
- bearing and rearing children is seen as a transformative experience where every parent is tested
- fostering children is an option to gain generativity, but can be hard to deal with. Ie whether to love the children, or maintain a cool, aloof environment with little responsive interactions
- a loving bond is better for both the foster parent and child, but if that forms, separation is painful for both
- step-parenting faces similar challenges to foster-parenting, with the children sometimes resisting a new parent figure, due to connections with their biological parents
- personality of adults, and nature of marriage will determine if a family will have negative detriments, or positive effects

*Adults strive to meet their generativity needs, primarily through raising children, caring for others, and being productive members of society.

*Parenthood of all kinds is difficult yet rewarding, with foster, step-, and adoptive parents facing special challenges.

Caregiving

- kin keeper: a caregiver who takes responsibility for maintaining communication among family members. They gather everyone for holidays, spread word of illness, relocation, accomplishments, provides important date reminders (ie birthday). Guided by a kinkeeper, all the family members become more generative
- Sandwich Generation: middle-aged adults that are expected to help both the older and younger generations. Some can feel pressure, but most enjoy fulfilling the needs of others
- Caregiving of elders differs with cultures:
 - in some nations (ie North America) elders cherish their independence, and don't want to burden their children, whereas in others (ie Latino families) dependence on others is a desirable personality trait

*Caregivers are generative, with each adult caring for other family members.

Employment

- other major venue for generativity
- work meets generativity needs by allowing people to do the following:
 - o develop and use their personal skills
 - o express their creative energy
 - o aid and advise coworkers, as mentor or friend

- support the education and health of their families
- contribute to the community by providing goods or services
- extrinsic rewards of work: the tangible benefits such as salary, health insurance, and pension
- intrinsic rewards of work: the intangible gratifications of actually doing the job.
- extrinsic rewards tend to be more important at beginning of establishing a career, but after a few years intrinsic rewards become important in achieving generativity

*Employment ideally aids generativity, via productivity and social networks.

The Changing Workplace

- dramatic changes have occurred in who has a job and what they do (ie. percentage of white vs non-white, male vs female,)
- rate of resignation, firings and hirings occur more often
- relocations are a major factor in reducing intimacy and generativity
- hours of work can be crucial for job satisfaction – working too long, or not by choice can be a detriment to psychological and physical benefits provided by the salary
- flextime: work schedules are flexible so that employees can balance personal and occupational responsibilities
- Telecommuting: employee can work from home and keep in touch with the office electronically

Combining Intimacy and Generativity

- adult development depends on particulars of job, home and personality that affect the ability to balance intimacy and generativity
- combining work schedules, caregiving requirements, and intimacy needs is not easy; consequences are mixed. Some adults benefit from new patterns within the labor market while others find that the demands of work impair family well-being

*Many parents seek to combine child rearing and employment, with mixed success, depending on the specifics of employment and family life.

Human Development- Chapter 14

Late Adulthood- Body and Mind

- **Ageism** is a prejudice whereby people are categorized and judged solely on the basis of their chronological age
- Ageism is not recognized as readily as racism or sexism
- The effects of ageism, whether they are benevolent or not, affects the older persons' feelings of competence and may foster anxiety, morbidity and sometimes, mortality

- With racism or sexism, parents often teach their children to recognize signs, however when children believe in an ageist idea, few people ever teach them otherwise
- A reason that people accept ageism is that it often seems complimentary ('young lady') or soliticious

Ageist Elders

- Ageism often becomes a self-fulfilling prophecy as people older than 70 think they are doing better than most people their age---often if an older person forgets something, they claim to have a 'senior moment', not realizing the ageism of that reaction
- When asked how old most 80-year-olds feel, they are usually a decade off and say they feel like a 70-year-old. In this example, old people reject their own ageist stereotype of 80-year-olds even though they feel the same way most 80-year-olds do.
- In an ageist culture, thinking you feel younger than your chronological age is self-protective
- **Stereotype threat** can be as debilitating for the aged as for the other groups. If the elderly feel that they are losing their minds, the fear itself may undermine cognitive competence
- When older people believe that they are independant and in control of their own life, despite the ageist assumptions of others, they are likely to be healthier-- mentally and physically than other people their age
- Elders must find "a delicate balance...knowing when to persist and when to switch gears...some aspects of aging are out of ones' control"

Ageism Leading to Illness

- Ageism also leads others to undermine the vitality and health of the aged.
- Ageism not only results in stereotypes, but it also makes people think that the patterns of the young are ideal
- Self-imposed ageism leads the elderly to exercise less, which increases stiffness and reduces range of motion while impairing circulation, digestion and thinking. Thus, internalized as well as externalized ageism makes people sick
-
- **Elderspeak** is a condescending way of speaking to older adults that resembles baby talk, with simple and short sentences, exaggerated emphasis, repetition, and a slower rate and higher pitch than used in normal speech

The Demographic Shift

- **Demographic shift** is a shift in the proportions of the populations of various ages---in an earlier era, there were 20 times more children than older people, and only 50 years ago, the world had 7 times more people under age 15 than over the age of 64

Aging Population

- Nearly 8 percent of the world's population in 2010 was 65 or older, compared with only 2 percent a century ealier and this number is expected to double by the year 2050
- **Dependency ratio** is a calculation of the number of self-sufficient, productive adults compared with the number of dependents (children and the elderly) in a given population
- **Young-old** is healthy , vigourous, financially secure older adults (generally those 60-75) who are well integrated into the lives of their families and communities
- **Old-old** is older adults (generally, those older than 75) who suffer from mental, physical or social deficits
- **Oldest-old** are elderly adults (generally, those older than 85) who are dependent on others for almost everything, requiring supportive services such as nursing homes and hospital stays
- **Wear and tear** is a view of aging as a process by which the human body wears out because of the passage of time and exposure to environmental stressors
- **Genetic clock** is a purported mechanism in the DNA of cells that regulates the aging process by triggering hormonal changes and controlling cellular repair and reproduction

Selective Optimization

- The hope that they elderly will compensate for any impairments of senescence and will excel (optimize) at whatever specific tasks they select

Individual Compensation: Sex

- intercourse becomes less frequent than earlier, often stopping completely
- research finds that older women, more often than older men say they have no sexual desire
- after divorce or death of a partner, selectivity is evident. Some elders think sex is a thing of the past, some cohabit and others divorce or remarry

Ecological Validity is the idea that cognition should be measured in settings that are as realistic as possible and that the abilities measured should be those needed in real life

Control Processes is the part of the information-processing system that regulates the analysis and flow of information. Memory and retrieval strategies, selective attention and rules or strategies for problem solving are all useful control processes

Aging and Disease

Primary Aging is the universal and irreversible physical changes that occur in all living creatures as they grow older

Secondary aging is the specific physical illnesses or conditions that become more common with aging but are caused by habits, genes and other influences depending on the person

Compression of Morbidity is a shortening of the time a person spends ill or infirm, accomplished by postponing illness

Dementia is an irreversible loss of intellectual functioning caused by organic brain damage or disease. Dementia becomes more common with age, but it is abnormal and pathological even in the very old

Delirium is a temporary loss of memory, often accompanied by hallucinations, terror, grandiosity, and irrational behaviour

Alzheimer's Disease is the most common cause of dementia, characterized by gradual deterioration of memory and personality and marked by the formation of plaques of beta-amyloid protein and tangles of tau in the brain

Other Dementias

Vascular Dementia is a form of dementia characterized by sporadic and progressive, loss of intellectual functioning cause by repeated infarcts, or temporary obstructions of blood vessels, which prevent sufficient blood from reaching the brain

Frontal Lobe Dementia is deterioration of the amygdala and frontal lobes that may be the cause of 15 percent of all dementias

Parkinson disease is a chronic, progressive disease that is characterized by muscle tremor and rigidity and sometimes dementia; caused by reduced dopamine production in the brain

Lewy Body Dementia is a form of dementia characterized by an increase in Lewy body cells in the brain. Symptoms include visual hallucinations, momentary loss of attention, falling, or fainting

Mini-mental state examination is a test that is used to measure cognitive ability, especially in late adulthood

Polypharmacy refers to a situation in which elderly people are prescribed several medications. The various side effects and interactions of those medications can result in dementia symptoms

Cognitive Development

Self-actualization is the final stage in Maslow's hierarchy of needs, characterized by aesthetic, creative, philosophical, and spiritual understanding

Life review is an examination of one's own role in the history of human life, engaged in by many elderly people

Maximum life span is the oldest possible age that members of a species can live under ideal circumstances. For humans, that age is approximately 122 years old

Average life expectancy is the number of years the average newborn in a population is likely to live

Chapter 15

Late Adulthood- Psychosocial Development

Theories of late adulthood

Self theories

- Emphasize the ways people negotiate challenges to the self
- Particularly crucial when older adults are confronted with multiple challenges
- Each person ultimately depends on himself or herself
- And individuals high or low level on each of the Big Five personality traits tends to remain the same
- Erik Erikson's 8th and final stage of development is called **integrity versus despair**, a period in which older adults seek to integrate their unique experiences with their vision of community
 - Older people express pride and contentment
 - "sucker to the saint" phenomenon- people interpret their experiences as signs of their nobility, not their stupidity (getting arrested)
 - that integration of death and the self is an important accomplishment of this stage
 - The life review and the acceptance of death are crucial aspects of the integrity envisioned by Erikson
- Objects and places become more precious
- **Compulsive hoarding**, the urge to accumulate old papers, furniture, and mementos becomes stronger with age
 - Seen as maintain the self
 - Elderly restrict self-destruction
- May avoid surgery or reject medicine because they fear anything that might distort their way of thinking or emotions
- The importance of self-validation is apparent among older immigrants
- Elderly immigrants from the Middle East and from Korea struggle to reconcile their traditional values with those of their children
- One strategy for selective optimization is known as the **positivity effect**

- Elderly people are more likely to perceive, prefer, and remember positive images and experiences than negative ones
- Via selective recall: unpleasant experiences are reinterpreted as inconsequential
- Adults everywhere report gradually increasing happiness from age 50 on

Stratification theories

- Emphasize societal forces that place each person in a social strata or level
- Results in inequality for reasons beyond the individual
- Stratification by age:
 - Age effects a persons life in many ways, including income and health
 - Most controversial version of age-stratification theory is **disengagement theory**
 - As people age, traditional roles become unavailable or unimportant, the social circle shrinks, coworkers stop asking for help, and adult children turn away to focus on their own children
 - Mutual process
 - The younger people disengage from the old, who disengage themselves from the young
 - **Activity theory**
 - Holds that the elderly seek to remain active with relatives, friends, and community groups
 - Contend that if the elderly disengage, they do so unwillingly
 - Could be argued that disengagement itself is the result of past stratification
 - Both theories need to be applied with caution
 - Disengagement in one aspect does not mean disengagement overall
 - One study found that among the Chinese young-old, activity correlated with health, particularly if the activities involved social interactions, but among the oldest-old, activity did not correlate with longevity
- Stratification by gender:
 - Puts males and females on separate tracks
 - When combined with ageism, makes people expect older women to be either warm and compliant, or ugly and cold
 - Both sexes provided care if their spouse became needy, but they did so in opposite ways:
 - Women quit their jobs
 - Men worked longer
 - Both sexes followed the gender stratification of decades earlier
 - Past stratification disadvantages the older women: their caregiving response leads to poverty and loneliness
- Stratification by ethnicity:
 - Stress of past discrimination is thought to catch up to African Americans, causing “weathering”, an increased allostatic load that shortens life
 - One crucial factor is past employment
 - Home ownership

- After laws against housing discrimination allowed many African Americans to become homeowners, a number of them lost their homes in the foreclosure crisis
 - Explains developmental changes in self esteem
 - Adolescent African Americans have higher self-esteem than European-Americans do, but the oldest-old of all backgrounds have lower self-esteem than they did earlier in life
 - Ethnic disparity in survival and self-esteem is evident for the young-old, it disappears at about age 80 and then reverses by age 100
 - Elderly Hispanics also seem to have a longevity advantage over elderly non-hispanics in the US
 - One explanation is *race crossover* is selective survival
 - A particular form of ethnic stratification may effect immigrant elders raised in another nation
- Stratification by SES:
 - A poor child experiences stress of all kinds, accumulating disadvantages that are increasingly limiting as the years go by
 - Problem may begin even before birth
 - Migrating poverty early in life may be critical for well-being in late adulthood
 - Medical care and inflation make low income particularly difficult for the old
 - Inflation makes retirement income worth less than half of what it did when that money was first set aside
 - There are more poor elders than before

Activities in late adulthood

Paid Work

- Work provides social support and status, boosting self-esteem
- Participation in the labor force after age 60 is higher among nonunionized low-wage workers than among those in between
- Retirement
 - Gain in health because of it
 - Only when retirement is precipitated by poor health or fading competence does it correlate with illness
 - Many baby boomers now reaching retirement age calculate that they need their pay
 - Many retirees live longer than they expected, not having anticipated inflation, lost pensions, and increased health costs
- Volunteer work:
 - Longitudinal as well as cross-sectional research find a strong link between health and volunteering
 - Volunteers are typically healthy and socially active before they volunteer as well as after

- Volunteer work attracts older people who always were strongly committed to their community and had more social contacts
- Volunteering reduces the odds of death
- Culture or national policy affects volunteering
- Microsystem also has an affect
- Fosters social connections ◇ huge benefit
- Retired people are less likely to volunteer than are middle-aged, employed adults
- Reasons why more elders aren't volunteers:
 - Social culture
 - Volunteer opportunities are geared toward the young
 - Organizations
 - Institutions lack recruitment
 - The elderly themselves
 - The science
 - Surveys of volunteer work ignore daily caregiving and informal helping

Home sweet home

- Favourite activities of many retirees is caring for their own homes
- More challenging hobbies correlate with less dementia and longer life
- Older people demonstrate that they prefer to **age in place**, rather than moving to another residence
- **Universal design**, which is the design of physical space and common tools such that people of all ages and all levels of ability can use them
- **A naturally occurring retirement community (NORC)**, a neighborhood where people who moved in as a young adult never move out
 - Content to live alone
 - They enjoy home repair so neighbors can notice
- To age in place successfully, elderly people need many community services

Religious involvement

- Older adults attend fewer religious services than do middle-age adults but faith and praying increase with age
- Religious practices of all kinds correlate with physical and emotional health
 - Religious prohibitions encourage health
 - Joining a faith community increases social relationships
 - Beliefs give meaning to life and death, thus reducing stress
- Especially important for older members of minority groups
- African Americans, churches may be cherished spiritual home
- Suicide after 65 among elderly European American men occurs 50 times more often than among African American women
 - Possible explanation is that African American women's religious faith is often strong

Political Activism

- Elderly are more politically active than people of any other age

- Difference seems to be more of a result of age than of cohort
- Percent of adults who are registered to vote increases with age
- More likely than young adults to keep up with the news
- Largest organized interest group in the world, **AARP** advocates for the elderly
- Some suggest “gray power” is a myth

Friends and relatives

Long-term partnerships

- Married older adults are healthier, wealthier, and happier than unmarried people their age
- A lifetime of shared experiences brings partners closer
- Such disparities do not seem to bother older parents, who typically accept each other frailties and dependencies, remembering times when the situation was reversed
- Sexual intercourse decreases with each decade
- Some choose to live apart (LAT)
 - Not only because they want to age in place but also because they want independent relationships with their own children or parents

Relationships with younger generations

- *Beanpole family*, representing multiple generations but with only a few members in each, is becoming more common
- *Familism* prompts siblings, cousins, and even more distant relatives to care for one another as adulthood unfolds
 - One manifestation is called **filial responsibility**, the obligation of adult children to care for their aging parents
 - Value in every nation
- Some elders resent supportive behaviours
- No evidence that recent changes in family structure reduce the sense of filial responsibility
- Younger cohorts endorsed *more* responsibility toward older generations
- China found depression more common among the elderly people whose daughters took care of them instead of their daughters-in-law
 - In Asia, the first-born son takes care of the parents

Tensions between older and younger adults

- Relationships between parents and adult children are affected by:
 - Assistance arises both from need and from the ability to provide
 - Frequency of contact is related to geographical proximity, not affection
 - Love is influenced by the interaction remembered from childhood
 - Sons feel stronger obligation; daughters feel stronger affection
- Financial and emotional support flow more often from the older generation downward

Grandchildren

- Grandparents fill one of four roles
 - *Remote grandparents*

- Emotionally distant
- Esteemed elders
- *Companionate grandparents*
 - Entertain and “spoil” in ways the parents would not
- *Involved grandparents*
 - Active in day-to-day lives
- *Surrogate parents*
 - Become the parents because they are unable to do so
 - Skipped generation because the middle generation is absent
 - Both young and old are sad about missing middle generation
 - Grandparents totally responsible for grandchildren experience more illness, depression, and marital problems
 - Children of skipped generation families are less likely to graduate from high school

Friendship

- Oldest generation is the most married cohort in history
- Quality of friendship is crucial especially among the oldest-old
- Study of widows found that those who fared best increased their contact with close friends after the death of their spouse

The frail elderly

- Those who are infirm, very ill, seriously disabled, cognitively impaired

Activities of daily life

- Inability to perform the tasks of self-care to maintain independence, Often assess five physical **activities of daily life (ADLs)**: bathing, toileting, dressing, and moving from a bed to a chair
- **Instrumental activities of daily life (IADLs)**, which require intellectual competence and forethought
- More difficult to list IADLs because they vary from culture to culture
- The elder, the family, and the community could prevent or at least postpone frailty

Caring for the frail elderly

- Caregiver of a married frail elderly person is usually the spouse
- Less often, son and daughters-in-law or adult grandchildren provide care
- In northern European nations, most elder care is provided through social safety net of senior day-care centers, senior homes, and skilled nurses
- One study found that caregiving African Americans are less depressed than caregivers of other ethnicities
 - If one adult is the primary caregiver, other siblings feel both relief and jealousy
 - Care receivers and caregivers disagree about schedules, menus, doctor visits, and so on. Resentment on both sides
 - Public agencies rarely provide services unless a crisis arises
- Widespread fear of nursing homes

- Abuse is likely if the caregiver suffers from emotional problems or substance abuse, if the care receiver is frail and demanding, and if care location is an isolated place where visitors are few and far between
- Often elder abuse is financial versus physical
- Major problem is awareness

Alternative care

- **Assisted living**, an arrangement that combines some of the privacy and independence of home life with some of the medical supervision of a nursing home
 - Medical assistance is readily available
 - Range from group homes for 3 or 4 elderly people to large apartment or townhome developments for hundreds of people
- Village care
 - Elderly contribute financially and that they be relatively competent