

Adulthood: Body & Mind

CHAPTER 12

Senescence

- Gradual physical aging (once growth stops)
- Aging...what comes to mind?
- What have you seen in your parent(s)?
- Sexual desire
 - Sexual arousal is slower, orgasm longer
 - Less anxiety, longer lovemaking, and better communication (better self and other sexual awareness)
 - More satisfied when in committed, monogamous relationship

Reproduction

- Delayed childbirth (higher ed, focus on career)
- Infertility: unable after 1 year
- Age 35 older: 6 months
- 1/6 Canadian couples experience infertility
- Factors: age, pollution (environ.), stress
- Women: also extreme dieting, obesity
- Meaning of infertility has cultural meaning
- “Real woman”?
- Accepted?
- IVF: Dolce & Gabbana vs. Elton John

Aging Brain

- Brain loss is inevitable but if severe:
- Drug use
 - Psychoactive drugs, esp. prolonged excessive use of alcohol
- Poor circulation that impaired blood flow
 - Hypertension, smoking
- Viruses: e.g., HIV can destroy neurons
- Genes: 1/1,000 inherit dominant gene for Alzheimer's

Physical Appearance

- How's your skin?
- Skin: dryer, rougher
- Collagen ↓ (connective tissue)
- Skin is thinner, less flexible
- Wrinkles....ugh!
- ↓ Firmness, elasticity: sun, rain, heat, cold, pollution
- Grey hair?
- UGH!....and thinning
- New hair....where?

Shape & Agility

- Middle-age spread
- Muscles weaken
- Pockets of fat – under arms, abdomen, chin
- Loss of bone density
- Height ↓ 2/3 cm by 65 (sorry guys!)
- Exercise activity: Stand up!
- Agility ↓, harder to get up, walking is harder...

Menopause!

- What have you seen?
- Ovulation, menstruation stops, estrogen ↓
- Age: ~ 42 – 58
- Hot flashes (temp)! Hot flushes (face)!
- Cold sweats
- ↑ Osteoporosis (Fragile bones)
- Psychological: some “zest for life”, depressed
- Symptoms vary by ethnicity
- Cultural meaning: Losing one’s mind (western) vs. liberation (Hindis)

Hormone Replacement Therapy

- Hormone (estrogen) and progesterone to combat symptoms
-risk of heart disease, stroke, breast cancer?
- Depends on age, length of treatment....
- Can also prevent neurocognitive disorders

Andropause

- What have you seen?
- ↓ Testosterone, sexual desire, erections, muscle mass
- More psychological than physiological like women (no sudden ↓ hormones)

Health Habits & Age

- Leading cause of death (25 – 65): cancer
- Smoking: lung cancer
- Smoking ↑ women, esp. China, India, Indonesia
- Alcohol *in moderation* (2 glasses/day) live longer than abstainers
 - ↓ Heart disease and strokes
- Overeating: metabolism ↓ 1/3 betwn 20 – 60 years
- Need to move more!

Stressors!

- Stressor: any experience, event that negatively affects you
- *HOW* you cope with stress affects health
- *Problem-focused coping*: attack the problem!
- *Emotion-focused coping*: change their emotions
- Worst – denial!

Adult Intelligence

- *General* : inferred from abilities (vocab, memory, reasoning)
- *Fluid* : quick, flexible, able to learn anything (like water)
- *Crystallized*: accumulated (ed, experience), set knowledge (learned, memorized)

Forms of Intelligence

- *Analytic* : mental processes that foster academic performance
 - Abstract planning, strategy selection, focused attention
 - Verbal and logical skills
 - Valuable for younger adults in higher ed, job training
- *Creative*: thinking is flexible, innovative
 - Unexpected, imaginative, usual thoughts (e.g., marketing, writing stories)

Forms of Intelligence

- *Practical*: adapt to demands of event (concrete)
 - Expectations and needs of ind?
 - “School of hard knocks”, “street smarts”
 - Needed in adulthood for business, social, school
 - “A students make good workers, B/C students make good leaders”...why?
 - Playing the social game!

Adulthood: Psychosocial Development

CHAPTER 13

Midlife Crisis!

- Have you seen your parents go through a midlife crisis?
- No evidence of one....

Personality Traits: The Big 5

- Similar to temperament (Chapter 4)
- *Openness*: imaginative, artistic, open to new ideas
- *Conscientiousness*: organized, deliberate
- *Extroversion*: outgoing
- *Agreeableness*: kind, helpful, generous
- *Neuroticism*: anxious, moody, critical
- Links to one’s choices in life (job, environment)

Committed Partners

- Canadian longitudinal data: committed
 - 1961: married couples - 91.6%
 - 2011: 67.0%
- Canadian longitudinal data: common-law
 - 1981: 5.6%
 - 2011: 16.7%

Marriage & Happiness

- Developmental: marriage is a useful institution, beneficial to each family member
- Individual: results are mixed
 - Satisfying marriage ↑ health, wealth, happiness for some....
 - Cohabitation has led to ↓ happiness but this is changing x cohort and culture

Other Relationships

- Cohabiting leading to marriage?
 - If yes:
 - ↑ Children
 - Man earns ↑ \$\$
 - Woman ↑ household chores
- Some use Living Apart Together (LAT)
- Foundation for love: passion, intimacy, and commitment

Partnerships over Time

- Personal well-being directly affected by *quality* of marriage (esp. 8+ yrs)
- Partner violence more likely in first yr
- ↓ Happy with birth of first child, puberty
- **Empty nest** (no kids!) improves relationship

Tensions in Relationships

- Different cultural backgrounds (e.g., religion, values...)
- Clashing personality traits
- Economic stress
- Extended family pressure
- Substance abuse
- Emotional and physical abuse
- Different parenting practices

Gay & Lesbian Partners

- 2005: Same Sex Marriage (SSM) was legalized in Canada
- Statistics Canada: SSM from 0.5% in 2001 to 0.8% in 2011
- SSM couples often face the same challenges that heterosexual couples do

Divorce & Separation

- 1986: Divorce Act changed from 3 years of separation before divorce to ONE!
- 1987: Canadian divorce rate: 50.6%
- Since 2008: 35% - 42%
 - Yukon: highest at 59.7%
 - Newfoundland, Labrador: lowest at 25.0%

Divorce & Separation: Challenges

- Emotional stress (e.g., self-esteem, anxiety, stress, loneliness...)
- Reduced income (both partners)
- Lost friendships
- Weakened relationships with children
- Other relatives
- Custody of children
- Lengthy process
- Re-parenting (becoming a single parent)

Erikson: Generativity vs. Stagnation

- Seeking to be productive in a caring way
- Guiding the next generation, creating one's lineage!
- 40 - 65 yrs
- Raising, caring for children: more positive than negative...right?

Parenthood

- Parenthood is a common expression of generativity
- Foster children
 - Attachment not dependent on biology
 - Fear of separation (another foster home, return of parent)
- Step-parenting
 - Complex relationships
 - Pros and cons

Parenthood

- Adoption
 - Canada: most adoptions are "open"
 - ~ 78,000 Canadian children waiting for adoption
 - Top 5 countries: China, Haiti, US, Vietnam and Russia

Caregiving

- Mature adult requires physical, emotional, and psychological needs to be met
- Need to feel useful, achieving, successful and instrumental for their psychosocial well-being
- *Kinkeeper*: role of keeping family together
- *Sandwich generation*: taking care of 2 generations (one above, one below)

Generativity: Employment

- Develop and use personal skills
- Express creative energy
- Help and advise co-workers as a mentor
- Support education and health of their families
- Contribute to the community
- Extrinsic rewards of work
 - E.g., salary, health insurance, pension
- Intrinsic rewards of work
 - E.g., job satisfaction, self-esteem, pride

Changing Workplace

- Diversity
- Changing jobs
- Work schedules
 - Flextime
 - Telecommuting