

Quiz #5

GCN 603 Counseling and Human Development

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1. What is the age range of middle adulthood and what two groups is it understood to include?
 - **Middle adulthood begins from mid-30's to 40 and extends up to 60 to 65 years old. The two groups that are included in this range are the baby boomers and Generation X**
2. How might a lack of resolution of the Generativity vs. Stagnation "crisis" contribute to secondary aging?
 - **The lack of resolutions of Generativity vs. Stagnation can contribute to secondary aging because when stagnation occurs the individual becomes self-absorbed and uninterested in others once a life goals are achieved. However generativity, when achieved the client would be able to build upon their self-acceptance, strong sense of autonomy, an ability to control external activities.**
3. What factors might affect cognitive abilities in middle adulthood?
 - **How often a person uses a cognitive skill, the longer they can keep their intellectual functioning longer.**
 - **Men reach their cognitive peak before women, however women who have declining levels of estrogen are at risk for memory loss and dementia.**
 - **Reaction time and processing speed tends to decrease with age.**
 - **Older adults also have difficulty manipulating working and episodic memory, but semantic memory is maintained and can increase over the lifespan.**
4. What factors have contributed to increased average life expectancy (ALE) in both developed and undeveloped countries since 1900?
 - **Factors that have contributed to increased average life expectancy is improvement in public health, such as sanitation laws, vaccinations and clean water. Another factor is the reduction in infant and child mortality.**
5. Why are relationships and community so important in later adulthood? And what positive outcomes are associated with these two factors?
 - **Social support both given and received, can positively affect cognitive function, mitigate adversity or negative life experiences, and lower risk of morbidity and premature mortality among older adults. This means that the quality of social relationships held in later life may be a key indicator of the needs and risk older adults may encounter as they age.**
6. How does Erikson define Ego Integrity vs. Despair in the stage of Later Adulthood and Old Age?
 - **Those who feel that time is too short or feel helpless to correct or make meaning of past failures often results in them feeling despair and disgust with themselves.**

They often express it as misanthropy and disdain for life. They may struggle with regrets, question their personal worth, and believe that the time they have left on earth is too short to “make right” any poor decisions made in the past. On the other hand, most, adults are able to develop and maintain an overarching sense of integrity. They see that the events of their past -success, failures, and paths not taken- as meaningful contribution to a unique life course period they are able to view life in the larger context of humanity and find increase contentment and recognizing who they are within that context.