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Human Behavior in the Social Environment II

Reflexion 11, chapter 9

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Respond to the questions below based on your review of Chapter 9 Middle Adulthood.

1-Discuss the three primary reasons why AA may work for some people.

Alcoholism is one of the social problems that Americans are facing. The book pointed out that:

1. One of the principles of a social worker is to never leave the person alone. Many time, there are some people that they all need support or someone by their side. That's the reason I think AA works for many people and not for others. The book pointed out that; "It provides a needed social context for addressing the problem. IN this social context, it is a safe haven where people can be understood and accepted for who they are. Many people are demoralized and lonely, and any program that can address those issues will be helpful to people."
2. The other reason has to be with group support. Qualitative study illustrated that when an individual is into group support, the individual feels less isolated and also, studies have found that it is useful to talk about your condition with the people that are walking that are in the same journey. The second reason why AA works for some people: "Ir provides a group setting for social support. In most groups, a critical factor to success is feeling that you are not unique. By expressing feelings and receiving emotional support, people gain confidence that they can take action to solve their problems."
3. One day, I was listening to a documentary about routine. It said that routine makes people have a healthy brain because routine helps you to have orden and guidance. This is one of the reasons my instructor and teacher teach kits to have routine. The third reason lead us

into that: “ It provides a clear structure and a path to follow. There is a self-determined behavioral routine that members follow, which can be critical when your life is turned upside-down. The steps provide a mechanism to focus one’s energy.”

2-Discuss several problems related to the deinstitutionalization of the mentally ill.

- Deinstitutionalization is one of the reasons that push people to live in the street. Others are; drugs, joblessness, flight from violence, reduced welfare benefits, in many cases family support...
 - In other cases are:
 - "There are increasing numbers of people with serious mental illness in the nation's jails and prisons." The issue here is that they are not doing a study on the individual before he enters the prisons. And what is happening is that these individuals have severe problems and their condition worsens even more.
 - “Community mental health centers, originally funded to provide community care to people with mental illness would no longer have to go to state psychiatric hospitals, are almost complete failures.” Here the difference between *Community mental health centers* and *state psychiatric hospitals* is that *Community mental health centers* do not have non-hospital based care. The treatments are not the same. Also, according to a study, illustrated that *Community mental health centers* do not provide the same support for those patients that have serious conditions.

3-Identify several strengths and landmarks of development that present in middle adulthood.

- Some strengths that present in middle adulthood are:
 - Crystallized intelligence
 - More purposeful living
 - Job satisfaction
 - Enhanced friendship

- Focus on physical fitness
- Some weakness that present in the middle adulthood are:
 - Physical aging (gray hair, wrinkles, sight/hearing loss)
 - Transparent role
 - For women, menopause
 - For men, testosterone declines
 - Retirement