

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

1-Discuss the benefits of a support group for caregivers.

Caregiving is a significant undertaking; caregiving is something that has been done since the world began. Caregiving involves physical and emotional care. As per the text, parents aged 75 need assistance, Caregiving has increased, and caregiving culture is changing due to medical advancements and people living longer. Some caregivers receive support. The federal and state governments have financial support for people wanting to be caregivers for their families. There are many resources that the state and federal make for the caregivers.

Support groups for caregivers would be a great benefit, allowing them to get support from one another and network for resources that other caregivers do not know about or have access to. It would be interesting if there were a Facebook or LinkedIn type of system that could connect caregivers virtually. Financial and social support for caregivers is critical for the caregiver and the family they support.

2-Identify and discuss the four major social roles of women in American society.

Social roles of women in American society Women's roles have changed throughout history; they have remained the same but changed due to society. Historically, Women are wives, homemakers, and out-of-the-house workers. In ancient and some 3rd world societies, women still work in agricultural roles to support the family and tend to the children. I notice that the roles of women are many. Today women have the same roles. Women today are still having children, becoming wives,

and starting families. Today women also work and take care of their home and family. Now some women are single mothers, and the stress on them is on top of being a woman. I noticed with my mother growing up that she had many roles and always seemed to be working or doing something. As a child, I was like, does she ever stop? Women's roles in American society today are similar to the "way it's always been." Women having role strain or conflict can lead to stress and unwanted psychological programs. Women in lower SES or minority will have more problems than white or well-off women. All in all, Women have been the backbone of families for generations. I looked up Proverbs 31 in the Message versions. I like how they explain a godly woman or women ideally in today's terms.

Hymn to a Good Wife

10-31

A good woman is hard to find,
and worth far more than diamonds.
Her husband trusts her without reserve,
and never has reason to regret it.
Never spiteful, she treats him generously
all her life long.
She shops around for the best yarns and cottons,
and enjoys knitting and sewing.
She's like a trading ship that sails to faraway places
and brings back exotic surprises.
She's up before dawn, preparing breakfast
for her family and organizing her day.
She looks over a field and buys it,

then, with money she's put aside, plants a garden.
First thing in the morning, she dresses for work,
rolls up her sleeves, eager to get started.
She senses the worth of her work,
is in no hurry to call it quits for the day.
She's skilled in the crafts of home and hearth,
diligent in homemaking.
She's quick to assist anyone in need,
reaches out to help the poor.
She doesn't worry about her family when it snows;
their winter clothes are all mended and ready to wear.
She makes her own clothing,
and dresses in colorful linens and silks.
Her husband is greatly respected
when he deliberates with the city fathers.
She designs gowns and sells them,
brings the sweaters she knits to the dress shops.
Her clothes are well-made and elegant,
and she always faces tomorrow with a smile.
When she speaks she has something worthwhile to say,
and she always says it kindly.
She keeps an eye on everyone in her household,
and keeps them all busy and productive.
Her children respect and bless her;
her husband joins in with words of praise:
"Many women have done wonderful things,
but you've outclassed them all!"
Charm can mislead and beauty soon fades.
The woman to be admired and praised

is the woman who lives in the Fear-of-GOD.

Give her everything she deserves!

Adorn her life with praises!