

Human Behavior Reflection 10-

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

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

One of the main benefits of caregiver support groups is that they provide much-needed social support. This is especially important when family and friends aren't supportive. Support groups can help the caregiver feel less lonely, isolated, or judged. Caregivers may feel they don't have anyone to understand why they are caregivers. Support groups assist in reducing depression, anxiety, or distress. It helps caregivers to gain a sense of empowerment and control over their situation. Some support groups focus on improving caregiving skills, giving a better quality of life advice, teaching a better understanding of what to expect in the future, and giving advice or information about practical solutions or treatment options available. Being part of a support group also allows caregivers to debrief, get out of the house, and focus on self-care.

2-Identify and discuss the four major social roles of women in American society. Pg440

Women's four major social roles in American Society are Wife, homemaker, mother, and employee.

In the role of wife, the woman is expected to be a helper and support to her spouse and to respect and love their husband. This role carries a heavy weight. It is a partnership made through an exchange of vows and is supposed to last until death due to them apart; Marriage is a unification of 2 people that want to share their lives until eternity.

As a homemaker, the woman is expected to clean the house, serve, cook meals, take care of the children, and spend one on one time with their husband/spouse.

In the role of mother, the woman is expected to bear children, cater to the needs of the child(ren), keep the child safe and healthy, and build a bond with the child(ren), in addition, teach the children, and keep the family together. This role can be challenging and even more different when the woman is a single parent as there is no other caregiver, which means the mother is on duty 24 hours with little to no support.

In the role of women as employees, they are expected not to be assertive, gentle to all employees, and emotional support to other staff members. In a society where men are seen as the more dominant employee in the workplace, women are finding a voice for themselves and proving that they can do the same job as men.