

## Human Behavior II- Reflection #11 - **Chapter 9 Middle Adulthood**

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

AA is the most used source of help for alcohol addiction and alcohol-related problems. AA has been shown to help people attain and maintain long-term recovery. This recovery may not work for all. The two main reasons it may help a person become sober are the ability to spend more time with individuals who support your main goals and efforts toward sobriety. It also helps increase your confidence in maintaining abstinence in social situations. Some may see AA as a way to contribute to recovery, including changes in social networks, maintaining motivation, belief in coping with the demands of recovery, decreased depression symptoms, and increased spirituality.

To reduce or stop drinking, people should use whatever method works for them. AA's method may be a good fit for some, and it may be a trigger for some addicts that have recovered or are looking to become sober. But it is far from the only option available, and it doesn't work for everyone. Everyone is different and has different beliefs and belief systems. One method does not fit all. While for one individual, it may be the program that saved their life; another individual may disagree with what one person may see as the positive aspect of the program. Some critics have expressed their concerns about the religious part of AA and how it may not apply to everyone as not everyone is Christian and believes in God, causing some individuals to be put off by the mission statement of AA and may disagree with the personal responsibility that AA puts towards the individual's recovery.

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

Several problems related to the deinstitutionalization of the mentally ill are increased homelessness as people with severe mental health illnesses are regularly released from the hospital and mental institutions with no follow-up care plan. They are left to fend for themselves with no assistance. Most do not know how to care for themselves or their mental conditions and have no outside support system. In addition, there is a lack of supportive housing for people with mental health concerns. Lack of community support is a potential problem with deinstitutionalization, which can lead to a lack of community support for people with mental illness.

An increase in violence and violent crimes is also attributed to deinstitutionalization which has caused an increased number of people with severe mental health illnesses in the prison and jail system and causes an overburdened mental health system. A final potential problem with deinstitutionalization is that it can lead to an overburdened mental health care system. General hospitals may not be equipped to deal with the influx of mental illness patients discharged from psychiatric hospitals. This may mean that people with mental illness do not promptly get the care they need and that the quality of care suffers.

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

Strengths of development that are present in middle adulthood are the adaptation to changes in their physical appearance, there is a developing sense of optimism and happiness, and changes in social roles. Some changes in the role include occupational advantages, career development, and job satisfaction as well as role changes within the family and spouse.

Some landmarks present in middle adulthood are menopause, mid-life crisis, becoming grandparents, potential career changes, and in addition, some role conflicts and role strains may exist.