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Chapter 13

1-Middle Age is the period of human adulthood that immediately precedes the onset of old age. Though the age period that defines middle age is somewhat arbitrary, differing greatly from person to person, it is generally defined as being between the ages of 40 and 60. During this time people experience many physical changes that signal that the person is aging, including gray hair and hair loss, wrinkles and age spots, vision and hearing loss, and weight gain, commonly called the middle age spread. Lower quality of life at middle age. Begin to feel, aches and pains.

2- Physical changes in early adulthood include reaching full height and weight, muscle gains, and a slight increase in body fat. Early adulthood also peak in in physiological functioning, as they experience increased muscle strength, reaction time, agility, bone density, and cardiac functioning.

9- Thirty nine percent of people of across the world attend a religious service every week, but of them, few know just how beneficial religious involvement can help you remain healthy. No matter your prior involvement or abilities, you can experience the benefits of religion. Here are four reasons why you should embrace your faith as a means toward healthy aging. Research shows the social structures of religion can combat loneliness from social isolation by increasing the number of meaningful social ties through religion community. Involvement in religion can improve mental and emotional well-being by buffering the effects of mental health issues, such as depression and anxiety. Attending religion services can reduce you're the risk of developing numerous disease and physical health issues. Religion can encourage behaviors that protect cognition by keeping the mind active. Additionally, participating in focused spiritual exercise, such as prayer or listening to a sermon, can train your episodic memory (which helps you remember personal experiences) and improve your mindfulness abilities, such as introspection. Religious involvement has many social, mental/ emotional, physical, and cognitive benefits. People can experience these benefits through simply participating within a religious space, performing activities from socializing with others, to studying scripture, to meditation/ prayer, so even singing with the choir.

3- Type A personality implies a temperament which is stress-prone, concerned with time management. They are ambitious, rigidly organized, hard -working, anxious, highly status-conscious, hostile and aggressive. **Type b personality** is one that is less prone to stress, easy going, and work steadily, enjoy achievement, modest ambition, and live in the moment. They are social, creative, thoughtful, procrastinating .People with a type A personality may be more at risk of stress and burnout than people with a type B personality.

Chapter 14

20- Empty nest syndrome refers to the grief that many parents feel when their children move out of home. This condition is typically more common in women, who are more likely to have had the role of primary career. Unlike the grief experienced when for example, a loved one dies; the grief of empty nest syndrome often goes unrecognized, because an adult child moving out of home is seen as a normal, healthy event. Upset parent may find new sources of support or sympathy. In many cases, empty nest syndrome is compounded by other difficult life events or significant changes happening around the same time, such as retirement or menopause. Marital satisfaction increased as the women got older. Marital satisfaction increased for women who stayed with the same partners and for women who remarried. Women who had made the transition to an empty nest increased more in marital satisfaction than women who still had children at home. Even more interesting, it was shown that an empty nest does not increase levels of marital satisfaction simply because the parents have more time to spend with each other; instead the results suggest that women whose children had left home enjoyed their time with their partners more compared to women whose children were still at home. In other words, it was an increase in the quality, and not the quantity, of time spent together once children moved out, that led to increase in marital satisfaction.

19- The course of love changes over time, and these changes may become evidently by middle adulthood. The ideal form of love in adulthood involves the three components of passion, intimacy, and commitment-called consummate love or complete love. This type of love is unselfish, devoted, and most often associated with romantic relationships. Unfortunately, achieving consummate love, as Sternberg noted, is similar to losing weight. Getting started is easy; sticking to it is much harder. For many middle-age couples, passion fades as intimacy and commitment build. In other words, many middle adults find themselves in a marriage typified by companionate love, which is both committed and intimate but not passionate. In contrast, many middle adult couple finds effective ways of improving their ability to communicate; increasing emotional intimacy, rekindling the fires of passion, and growing together. The understanding that evolves between two people over time can be wonderful.

22- Intergenerational relationships refer to the chain of relationships between aging parent, adult children, grandchildren and even great-children. There's certain reciprocity between each family member that benefits each of the generations. The older adults can read books and tell jokes to the children while the younger generation can teach their elders to play modern devices like video games. You and the older family members can find common hobbies or interests that all of you can do together.

Required question

Middle adulthood is the period of life that spans from the late 30s to the early 50s; this is a transitional period where people experience a great deal of change, both personally and professionally. Physical changes in middle adulthood increased of muscle mass and size: Men at this age can grow up to 2 inches taller over five years; women might experience their growth spurt later than men because women produce estrogen, which makes them develop slower. Several physical changes characterize middle adulthood. Weight gain, graying hair, age spots, wrinkles, muscles loss, presbyopia.