

Unit 6

Chapter 13

Question #1

Middle age follows young adulthood and is generally between 40 and 60. It is accompanied by several physiological and psychological changes, such as a minor decline in vision, osteoporosis, and decreased hearing ability. Women in midlife also experience menopause, leading to hormonal changes and reduced estrogen levels. People in middle age may also experience a midlife crisis, where they may feel that they have not been able to accomplish all of their goals and have not been productive. Crystallized intelligence that involves knowledge of skills tends to improve with age, but fluid intelligence abilities that involve information processing tend to decline as middle age progresses. The middle age path is different for everyone.

Question #2

Physical health peaks in early adulthood, and aging starts at 30. During middle adulthood, physical energy, stamina, and muscle strength begin to decline; weight changes may occur, reproductive health declines, vision problems may occur, and hormonal changes may lead to mood problems and irritability. The middle adulthood period and early adulthood period changes are not the same, and the person undergoes many significant changes during the middle adulthood period. A person's physical health declines quickly during middle adulthood, whereas it is relatively stable in early adulthood.

Question #9

Research as a part of the Midlife in the United States Study found that many U.S. middle-aged adults stated they were religious. They considered spirituality a significant part of their lives. Although it was found that religion is a powerful influence in some adults' lives, others had very little, if any, religion as part of their everyday lives. Females have shown a more substantial interest in religion than males. Researchers have found increasingly positive links between religion and physical health. Spiritual well-being predicted which heart failure patients would remain alive five years later. In another study, adults who volunteered had lower resting pulse rates, and their resting pulse rates improved if they were more deeply committed to religion. In an analysis of several studies, adults with a higher level of spirituality/religion had an 18 percent increase in longevity,

Question #10 Video: Suicide

1) The primary cause of Loiseau's suicide was a mixture of depression and obsessive-compulsive behaviors. Loiseau was obsessed. In reality, his mind and ability to carry on took over his life. No matter what he succeeded at, it was never good enough. Loiseau never felt good about himself either.

2) Nothing was ever enough for Bernard. He suffered from horrific delusional thoughts. He viewed life through a pessimistic lens. He was also extremely paranoid. Finally, his mind took over, and he began to believe his thoughts.

3) Yes, I believe his suicide was inevitable. He was not receptive to anything or what anyone was saying. He had gone so far into a manic state that nothing could stop him. I think the only possible way to stop him was to lock him up, but eventually, he would get out and find another way to end his life without some severe treatment.

What forms of therapy might help treat potential victims of suicide?

Cognitive therapy would be effective and helpful in treating potential suicide victims. Another therapy that would be helpful is psychotherapy and prescribed medications while they work through their suicidal thoughts.

Chapter 14

Question #11

Levinson's theory suggests that we adapt and let go of certain things as we move through life, while Erikson's developmental stages are based on age and experience.

Erikson's theory proposed that middle-aged adults face a significant issue of generativity versus stagnation. Generativity is the desire to leave their legacies to the next generation, while stagnation is when individuals sense that they have done little or nothing for the next generation.

Whereas Levinson instead conducted extensive interviews with 40 middle-aged men, focusing on midlife change in men. He described several stages and transitions from 17 to 65, emphasizing that developmental tasks must be mastered at each stage. He bolstered his conclusions with biographies of famous men and the development of memorable characters in

literature. Levinson sees midlife as a crisis and maintains that only a minority of adults experience a midlife crisis.

Question #17

Individual variations in personality development mean everyone has a different experience. Variations in personality development mean that other people have different experiences, cognition, and sociological factors. The term personality development implies the development of organized attitudes and behaviors that makes a person unique or distinctive. It varies how a person experiences different parts of their life. The way a person stays the same or changes also varies. Their development is the result of various factors. Since there are factors determining personality development that are different for different people, personality also differs.

Question #20

The empty nest syndrome is a term used to indicate a decline in marital satisfaction after children leave home. However, for most parents, marital satisfaction increases during the years after child-rearing has ended. With their children gone, married partners have more time to pursue careers and other interests and more time for each other. One study found that the transition to an empty nest increased marital satisfaction and was linked to improved quality of time spent with partners.

Question #22

The relationships between aging parents, mature children, and teen grandchildren are intergenerational. Families may have different interactions, such as being close to each other and providing care but not feeling close emotionally. In the US, intergenerational relationships are developing and growing positively because it is alive and well. New generations marry and build relationships in nuclear family units but still mirror relationships with older family members. This way, the older generation is involved in the lives of younger family members, which leads to family members being less prone to depression and healthier. Maintaining intergenerational relationships positively affects people's lives because it makes them healthy and enhances social intelligence.