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## Chapter 14

22. When discussing intergenerational relationships, we discuss the connections between grandparents, great-grandchildren, aging parents, and adult children. Any family member exhibits some fairness, which is advantageous to all next in line. Through their ability to unite people of different generations, intergenerational relationships bolster societies, households, and people. Developing friendships across eras can give you an entirely new viewpoint on existence as the more seasoned individuals guide younger individuals in learning about their futures and providing guidance to assist them in their desired lives. To help elderly individuals break free of their daily lives, more youthful individuals can encourage them to be slightly higher open. These various viewpoints and methods of life can be advantageous to both individuals.

My grandmother and I have an example of an intergenerational relationship: whenever she has a technical problem, I am always there, willing to help her. Back in her days, there were no phones or televisions but radios. Whenever she had technical difficulties, she came to me since I had more knowledge of technology. In exchange, she also teaches me how to play card games. Nowadays, our games are all on our phones, but my grandmother, when she was younger, would play different card games. She taught me, and it is interesting to be taught various card tricks and contests. She would also teach me other home remedies for sicknesses instead of always relying on pills.

Another intergenerational example is how young people are willing to help their elderly's. Elders need the strength and capacity to do certain things teens can do. Elders are at more risk of more physical and mental problems. Teens or youngsters are there for moral support and assistance. For instance, most of the time, I accompany my grandma to her appointments. Whenever I can't go, my mom goes with her.

20. The moment when children move out of their houses to go to college, get a job, and live with their partner, parents develop a range of indications known as empty nest syndrome. This includes isolation, sorrow, and a sense of purposelessness. This common occurrence can lead to depression and anxiety, but it is not understood as a mental health illness. Some parents experience relaxation from having the house to themselves, and some may experience persistent anxiety due to their kids' leaving. Empty nest syndrome can be more likely to occur when unhappy marriages and single parenthood occur. While guardians are susceptible to empty nest syndrome, this seems more common in women because they are still frequently anticipated to serve as the primary caretakers for kids. When children move out, parents or guardians are left alone at home. Being isolated from their children can detriment one's mental health, harming the parents' relationship. This syndrome can cause both parents to drift away. This can also occur without them being conscious of it. An absence of emotionally engaging communication or a feeling of not sharing many interests with a spouse is some indication to look out for. Parents occasionally pit the welfare of their kids ahead of their requirements or conflict with relationships due to the equal duty of raising their kids. These problems might emerge from the shadows after the kids go home. Empty nest conditions can cause divorce in a marriage. However, not all marriages are the same. Some unions may experience difficulties, but some may experience better satisfaction. Parents focus more on their relationship- communication, and intimacy. Kids being out of the house gives them more time to spend with each other.

21. Higher expenditures will be one of the primary parental worries. However, in numerous instances, parents' payments can significantly rise. At the same time, if they have student loans, which is common, it is difficult to get rid of, even in cases where an adult child returning home may decrease or maintain the cost level. A further issue is general family dynamics. A returning adult child causes several problems for households, mainly while young kids reside there. For instance, what is the adult child's regulation, how much resources will be allocated to them, and what is the input of the other siblings' opinions and how they fit into this situation? Parents are concerned for the happiness and future of their adult children. They desire to see them happy and achieve and have a prosperous lot. Parents begin to worry if their children will ever grow up independently. The circumstance of an adult child needing to proceed back into the household bears the parents' capacity to set aside funds for their retirement. The difficulty of supporting adult children arises at a point when numerous parents discover they don't have enough money set aside for their individual retirement.

Problems with adult children include career dissatisfaction. Several gifted young adults struggle to find suitable employment. Being frustrated is simple, particularly when specific individuals have no trouble finding jobs while numerous others struggle. Adult Children experience mental stress. This circumstance frequently causes shame, a lack of self-worth, and severe stress. Children in this circumstance may develop depression, irritability, and future anxiety. Although some people are willing to hustle nonstop to find work, others lose their optimism and drive. Alcohol or other drug use to numb the discomfort or function distractedly in social situations can worsen the situation. Adult children are worried about having no money to pay back student loans. Moving back to their parent's home gives them a lack of privacy. College students are not held accountable for their social interactions or financial decisions. Returning to

your parents' house can result in disagreements about boundaries and a possible invasion of secrecy.

19. In the middle years of life, safety, fidelity, and shared sentimental desire become more crucial. The majority of married people in their middle years are content with their unions. Divorce during median age can be less traumatic than divorce during young adulthood. By middle age, these modifications may have already begun to be noticeable. Love evolves gradually. In growing up, consummate love, also known as whole love, is the perfect kind of love that combines the three elements of enthusiasm, closeness, and loyalty. Most frequently connected to intimate relationships, this kind of love is selfless, dedicated, and unconditional. Love often wanes as commitment and closeness increase in middle-aged relationships. Therefore, many middle-aged people end up in marriages characterized by companionate love—a kind of commitment and intimacy that is not driven. Love does not have to be this way, and modifications like this aren't always a sign that an ongoing relationship must come to a finish. In the US, the divorce rate is around 50% of all partnerships.

In proportion to the total number of interactions, connections end for various motives. When an issue lasts a long time, both parties occasionally struggle to cope. In other situations, the partners experience different changes and stages of growth. Nevertheless, in other cases, both partners are, from the beginning, utterly mutually exclusive. Instability with a single partner is a highly uncommon factor in relationships that endure breaking up. Naturally, both sides are involved in disputes, difficulties, growing apart, and "empty nest" concerns.