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**Chapter 13 & 14**

**Required question:**

Middle age is the period of life between the ages of 40 and 60. People go through a number of physical changes known as the middle age spread, or the spread of gray hair and hair loss, skin wrinkles and age spots, loss of vision and hearing, joint pain, and weight gain during this time.

Men see a decline in the capacity to procreate around mid life however, after menopause women are no longer able to procreate. A variety of factors influence physical changes that come with aging in each individual like unhealthy lifestyles, including lack of physical exercise, poor diet, stress, diabetes, arthritis, and reduce overall health.

**Chapter 13**

**Question 1:**

Middle age, the stage of human adulthood that comes just before old age, although the exact age range that constitutes middle age varies greatly from person to person and is somewhat arbitrary. It is typically regarded as falling between the ages of 40 and 60.

People go through a number of physical changes known as the middle age spread or the spread of gray hair and hair, loss, wrinkles, loss of vision and hearing and weight gain during this time.

**Question 2:**

They are variety of changes that our body undergo as we age. Our bodies change at different rate as we approach adulthood. Changes occur more quickly in middle adulthood than an early adulthood.

A physical bodies are at their best in early adulthood and muscular power is at its highest. Additionally, all senses reaction times, and heart related cardiac functions are all affected these function start to decline around middle age.

When it comes to vision our eye begin to thicken, it is an impact on people's capacity to concentrate, especially on nearby objects. This becomes more challenging in middle adulthood, and the person has trouble focusing, and seeing things clearly.

Men experience this loss of sound sensitivity more quickly than women. It continues to decline more and more as adults.

Early in adulthood, the skin changes are not as noticeable, however, as adults, age, wrinkles, and dry skin become more visible.

Early adulthood still has a good ratio of muscle to fat, but by middle adulthood, it has begun to decline, and both men and women are starting to develop stomach fat deposits.

Men's hair thinning would becomes more severe in middle adulthood

Adult in the middle years are at the high risk for disease like glaucoma. Women at this age experience a decline in Fertility as they approach menopause. The affects of the hormonal changes on them are varied. In the early stages of adulthood this is not the case.

### **Question 5:**

People who identify as heterosexuals, have a sexual attraction to those of the other sex, the availability of a sexual partner, physical illnesses, like diabetes and hypertension and other conditions all affect sexual performance negatively in middle age. Medication use can also have an indirect negative impact on sexual performance.

By the time a person reaches middle-age, the nature and extent of heterosexual activity have change due to the body going through significant physical changes, such as a decline in hormone levels, changes in circulatory functioning, etc. which results in issues, like vagina pain in a woman or erectile dysfunction in a man. Even though there is less sexual activity, then there was in youth, the experiences is more satisfying because of the increase in maturity. Improved communication abilities, and lowered inhabitation.

## **Chapter 14**

### **Question 13:**

Different life stages include an adolescent, young adulthood, and midlife are the social clock effect and cohort effect. The social clock effect describes how cultural norms that control specific life events such as getting married, and having children and finding a job, influences the individuals life. An unmarried person who is 25 years old my face significant social, pressured to get married, because in some cultures age is regarded as the ideal one.

The cohort effect theory explains how long until a specific cohort group of people going through the same experiences has an impact on the individual. People can be affected by these affects at any time in their lives from childhood to old age.

### **Question 17:**

Personality development is the process of creating an organized or particular pattern of attitudes and behaviors that tend to set one person apart from another. Environment, temperament and character are typically involved in the development of personality.

Every persons development is unique in its own right and distinct from that of another person every person's biological, psychological and environmental development is unique so their personality will also develop

differently from that of another person. Each person grows and develops in a new unique way that is influenced by both genetic and environmental factors. Due to the unique, genetic makeup of each person development were also very.

### **Question 19:**

Marriage and love are significant parts of a persons life in middle adulthood. This is so that they can overcome the challenges that life presents. At this point when they need to partners support, some couples report higher levels of martial satisfaction, especially as their children start to leave the house, and the couple becomes even more reliant to one another. However, they are instance when a married couple tense of spend last time together which decreases their intimacy.

Long-term relationships really end there are times when the partners grow apart, they may clash frequently, they may lose their sense of direction, etc.. when people are in the middle years, their relationship is characterized as compassionate love, which includes a feeling of intimacy and commitment but lacks passion. Some couples experience, a passionate break up.

### **Remaining question/chapter 14**

### **Question 20:**

When children leave the nest parents, especially women experience, a period of hopelessness and loss of meaning. Only after the kids move out their marriages get better.

The emptiness syndrome is widespread among parents in the middle age years children often experience, grief, and a sense of loss after leaving the parents home to become independent parents, increasingly experience, depression, identity crisis, and discontentment.

Even when parents are encouraging the children to become independent, growing apart, can be challenging because the emptiness syndrome gives couples time and space to reconnect with one another. It has been suggested that these couples tend to have more marital satisfaction. Even though parents are still concerned about their children safety. They are able to spend more time together. Which can strengthen their marriage and lessen any depression, or anxiety brought on by the children's departure.