

Marguerite Slavin

Professor Maret

Psych 244

April 14, 2023

Unit 6

1. In middle adulthood, the body goes through physical and physiological changes.

Although everyone in middle adulthood experiences some physical changes due to aging, the speed of the aging process varies considerably from one individual to another. genetic makeup and lifestyle factors play important roles in whether a chronic disease will appear and when. Visible signs of change consist of wrinkles and sagging due to the loss of fat and collagen. small, localized areas of pigmentation in the skin produce age spots, especially in areas that are exposed to the sun. Hair becomes thinner and grayer, and fingernails and toenails develop ridges and become thicker and more brittle. individuals lose height in middle age and many gain weight. individuals begin to have difficulty viewing close objects, which means that many individuals have to wear glasses. The hearing also can start to decline by age 40. Midlife is the time when high blood pressure and high cholesterol take many individuals by surprise. Required Question.

2. Middle age is the developmental period beginning at approximately 40 years of age and extending to about 60 to 65 years of age. For many people, middle adulthood is a time of declining physical skills and expanding responsibility; a period in which people become more conscious of the young-old polarity and the shrinking amount of time left to live; a

point when individuals seek to transmit something meaningful to the next generation; and a time when people reach and maintain satisfaction in their careers. Question 1.

3. During middle adulthood, there are biological changes that occur during middle age.

Climacteric is a term used to describe the midlife transition during which fertility declines. Menopause is the time in middle age, usually in the late forties or early fifties, when a woman's menstrual periods cease completely. The production of estrogen by the ovaries declines dramatically, and this decline produces uncomfortable symptoms in some women- hot flashes, nausea, fatigue, and rapid heartbeat. During middle adulthood, most men do not lose their capacity to father children, although there usually is a modest decline in their sexual hormone level and activity. Although the ability of men and women to function sexually shows little biological decline in middle adulthood, sexual activity usually occurs less frequently than in early adulthood. Career interests, family matters, diminishing energy levels, and routine may contribute to this decline. The stereotype that I think of when it comes to sexuality in middle adulthood is the lack of interest from women. But I have also heard of women and men in middle adulthood having higher sex drives but vying for the younger generation in early adulthood to meet their sexual needs. I would say after reading this chapter, that married couples get lost in living life and tend to put sex on the back burner during this period. Question 4.

4. My leisure interests include playing guitar, working on artsy projects, writing, going on walks on the beach, and playing lacrosse. As I age and my time becomes limited due to responsibility and life, I can imagine I will not have time for all of my hobbies. I could see myself losing time for art projects and not playing guitar as often as I do now. But for the most part, I hope I can have a stable balance in my hobbies. I coach lacrosse now and

am joining the board of my local youth lacrosse league, I also live very close to the beach; so those two interests seem like they will be the most stable in my life. Writing is one of my favorite and most frequent outlets because I am mostly a note app writer. I can see myself continuing the tradition of opening my notes app and writing non-stop but not as frequently as I do now. All of this depends on if I have a family. I am all for having children and growing a life with someone, but I am still very much immature and in my early twenties. I do not want to give up my interest to serve others yet. So until then, I will enjoy my freedom and lack of responsibility! Question 8.

5. A contemporary life-event approach is an event that influences an individual's development depending on not only the life event but also other mediating factors such as the individual's adaptation to the event, life-stage context, and the sociohistorical context. A life event could be a new job. Mediating factors could be physical health, intelligence, personality, or family support. On sandwiching those factors and a new job are the influences of the life stage the individual is in and the sociohistorical context. The adaptation process consists of the individual appraising the threat (a new job in midlife) and strategizing how to cope. Question 16.
6. There is individual variation in adult personality development because people are different. Depending on the cards dealt to a person, depending on their genetic makeup, depending on their past life choices all can affect the adult personality. If a person is working their dream job with no stress their personality might be a lot more bubbly than the guy working a boring 9-5 to pay the bills. How we cope with our past and our present continuously affects our personality today. In midlife adulthood, there is much more

control, but if you do not like what you are doing then your personality will most likely show that. Question 17.

7. In middle adulthood marriage has gone past the passions of its beginnings and now is more anchored around security, loyalty, and mutual emotional interests. Middle-aged partners are more likely to view their marriage favorably if they engage in mutual activities. There are also studies that show that positive marital quality was linked to better health for both spouses. Marriage evolves into a partnership between the spouses. For the most part midlife couples have been married for some time and have built a life together, at this point it is about working together and enjoying life. It is also a time when many couples call it quits. If spouses are not in a rhythm together by middle adulthood and are not enjoying the life they built with their spouse then divorce may be the right answer. But I think that the change to a boring lifestyle that is middle adulthood marriage scares some people. I do not think those who are scared to adapt to a slower, more routined lifestyle should divorce but rather communicate their worries with their partner.

Question 19

8. Empty nest syndrome is the decline in marital satisfaction after children leave the home. Due to the child's absence their parents may find it difficult to adjust to living with their spouse and no middle ground. But for the most part, marital satisfaction does not decline after children leave home. Partners have more time to pursue careers and other interests and more time for each other. Question 20.