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### **Required Question**

Middle adulthood begins at approximately forty years of age and extend to about sixty to sixty-five years of age. For many people middle adulthood is a time of decline physical skills and expanding responsibility. Although everyone in middle adulthood experiences some physical changes due to aging, the speed of aging process changes varies considerably from one individual to another. Genetic makeup and lifestyle factors play important roles in whether chronic diseases will appear and when.

One of the most visible signs of change in middle adulthood is physical appearance. The first outwardly noticeable sign of aging usually apparent by the forties and fifties. The skin begins to wrinkle and sag because of a loss of fat and collagen in underlying tissue. Small localized areas of pigmentation in the skin produce age spots, specially in areas that are exposed to sun light such as the hands and the face. Fingernail and toenails develop ridges and become thicker and more brittle.

Individuals lose height in middle age, and many gain weight. On average from twenty to fifty years of age, man lose about half an inch in height. The height loss for women can be as much as two inches. In regards to strength, joints, and bones, the maximum strength often is attained in the twenties. Muscle loss with age occurs at a rate of approximately one to two percent per

year past the age of fifty. A loss of strength specially occurs in the back in the back and legs. Also, a recent study found that smoking and diabetes were risk factors of accelerated loss of muscle mass in middle aged-women.

Accommodation of the eye, the ability to focus and maintain an image on the retina declines sharply between forty and fifty-nine years of age. In particular, middle-aged individuals begin to have difficulties viewing close objects, which means that many individuals have to wear glasses with focal lenses-lenses with two sections that enable the wearer to see items at different distances.

### **Question 1.**

As stated above, middle adulthood begins at approximately forty years of age and extend to about sixty to sixty-five years of age. For many people middle adulthood is a time of decline physical skills and expanding responsibility. Is a period in which people become more conscious of the young-old polarity and the shrinking amount of time left to live. Is a point when people seek to transmit something meaningful to the next generation. Is a time when people reach and maintain satisfaction in their careers. In sum, middle adulthood involves balancing work and relationship responsibilities in the midst of physical and physiological changes associated with aging.

In midlife, as in other age periods, individuals make choices selecting what to do, deciding how to invest time and resources, and evaluating what aspects of their lives they need to change. For the increasingly large proportion of healthy adults, middle age is lasting longer. Indeed, a growing number of experts on middle adulthood describe the age period of fifty-five to sixty-

five as late midlife. Compared with early midlife, late midlife is more likely to be characterized by the death of a parent, the last child leaving the paternal home becoming a grandparent, and preparing for retirement.

#### **Question 4.**

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 interest, family matters, diminishing energy levels, and routine may contribute to this decline.

In the Sex in American survey, the frequency of sexual activity was greatly for individuals twenty-five to twenty-nine years of age. Living with a spouse or partner makes all the difference in whether people engage in sexual activity especially for women over forty years of age. In one study conducted as part of the Midlife in the United States Study, nine-five percent of women in their forties with partner said that they had been sexually active in the last six months compared with only fifty-three percent of those without partner.

A large-scale study of U.S. adults forty to eighty years of age, found that premature ejaculation and erectile difficulty were the most common sexual problems of older men. In this study the most common sexual problem of women were lack of sexual interest and lubrication difficulties.

A person's health is a key factor in sexual activity in middle age. A study of adults fifty-five years of age and older revealed that their level of sexual activity was associated with their physical and mental health.

Menopause is the time in middle age, usually in the late forties or early fifties, when a women menstrual period ceases completely. The average age at which women have their last period is

51. However, there is large variation in the age at which menopause occurs from thirty-nine to fifty-nine years of age. In menopause, production of estrogen by the ovaries declines dramatically and this decline produces uncomfortable symptoms in some women such as hot flashes, nausea, fatigue, and rapid heartbeat.

**Question 9.**

In research that was part of the Midlife in the United States Study, more than seventy percent of U.S. middle-aged adults said that they are religious and that spirituality is a major part of their life. In thinking about religion an adult development, it is important to consider the role of individual differences. Religion is a powerful influence in some adult's life, but plays a little or no role in other's life. In another study of individuals from their early thirties through their late sixties and early seventies, show a significant increase in spirituality between late middle age.

Females have consistently showed a stronger interest in religion than male have. Compared with men, they participate in both organized and personal forms of religion, are more likely to believe in a higher power or presence, and are more likely to feel that religion is an important dimension of their lives. This study revealed that spirituality of women increases more than that of men during the second half of life. Researchers are increasingly finding positive links between religion and physical health. Spiritual well being predicted which heart failure patients would still be alive five years later. Adults who volunteer had lower resting pulse rates and their resting pulse rates improved if they were more deeply committed to religion.

**Question 19.**

There is a consensus among middle-aged Americans that a major component of well being involves positive relationships with others, especially spouse, parents, and off-spring. Two major forms of love are romantic love and affectionate love. The fires of romantic love burn strongly in early adulthood. Affectionate or companionate love increases during middle adulthood. That is physical attraction, romance and passion are more important in new relationship especially those begun in early adulthood. Security, loyalty, and mutual emotional interest become more important as relationships mature, especially in middle adulthood.

Middle-aged partners are more likely to view their marriage favorably if they engage in mutual activities. Also, a study found that middle-aged married individuals had a lower likelihood of work-related health limitations than single adults in the same age group. A study revealed that positive marital quality was linked to better health for both spouses. Married couple were forty to fifty years old and had been married for at least fifteen years were periodically observed while they engaged in fifteen minutes unrehearsed conversations about an area of disagreement in their marriage. For both husbands and wives, negative emotional behaviors decreased and positive behavior increased with age.

#### **Question 20.**

An important event in a family is the launching of a child into adult life. Parents face new adjustment as a result of the child's absence. College students usually think that their parent suffer for their absence. Parents who live vicariously through their children might experience the empty nest syndrome, which include a decline in marital satisfaction after children leave the home. Rather, for most parents' marital satisfaction increase during the years after child rearing

has ended. With their children gone, marital partners have more time to pursue careers and other interest and more time for each other. The transition to an empty nest increased marital satisfaction and that this improvement was linked to an increase in the quality of time but not the quality of time spent with partners.

In today's uncertain economy climate, the refilling of the empty nest is becoming a common occurrence as adults children return to the family home after several years of college, after graduation of collage, or to save money after taking a full-time job. Young adults also may move back in with their parents after an unsuccessful career or a divorce. And some individuals don't leave home at all until their middle or late twenties because they cannot financially support themselves. The middle generation has always provided support for the younger generation, even after the nest is bare. Through loan and monetary gifts for education and through emotional support, the middle generation has support has helped the younger generation.

**Question 21.**

One of the most common complaints voiced by both adult children and their parents is loss of privacy. The adult children complain that their parent restrict their independence, cramp their sex lives, reduce their rock music listening, and treatment as children rather that adults.

Parents often complain that their quit home has become noisy, that they stay up late worrying until their adult children come home. That meals are difficult to plan because of conflicting schedules, that their relationship as a married couple has been invaded, and that they have to shoulder too much responsibilities for their adult children.

When adult children ask to return home to live, parents and their adult children should agree on the conditions and expectations beforehand. For example, they might discuss and agree on whether the young adult will pay rent, wash their own clothes, cook their own meals, do any household chores, pay their phone bills, come and go as they please, be sexually active or drink alcohol at home, and so on. If these conditions aren't negotiated at the beginning, conflicts often results because the expectations of parents and young adult children will likely be violated.

### **Question 22.**

Family is important for most people. In a study in twenty-one countries, middle aged and older adults expressed a strong feeling of responsibility between generations in their family, with the strongest intergenerational indicated in Saudi Arabia, India, and Turkey. More than eighty percent of middle aged and older adults reported that adults have a duty to care for their parent in time of need later in life. Adults in midlife play important roles in the lives of the young and the old. Middle-aged adults share their experience and transmit values to younger generation. They may be launching children and experiencing the empty nest, adjusting to having grown children return home or becoming grandparents. They may also be giving or receiving financial assistance caring for a widower or a sick parent or adapting to being the oldest generation after both parents have died. A recent study has indicated that middle-aged adults are happiest when they have harmonious relationships with their parents and their grown children.

