

Unit 6: Middle Adulthood

Andia Bernard

Alliance University

PSY244: Human Growth and Development: OA

Professor Maret

April 18, 2023

Once the body no longer grows and changes because of hormones, the growth of the human body during middle adulthood starts to slow down. Contrary to popular belief, the effects of aging on the body begin considerably earlier than most people realize. The middle years of an adult's life are a time of physical, mental, and emotional change. When a person is between the ages of 35 and 64, or in the middle of their adult life, this is known as the middle adulthood phase. Many people have arrived at this stage of their lives and are content. While some feel like they are getting closer to death without accomplishing anything, others do not. Daily coping with the changes and stresses of middle life can be difficult. How one approaches these challenges will determine whether one reaches complete self-satisfaction. People first experience a lot of responsibility throughout their middle years, which may entail caring for their elderly parents or young children. Women often start to experience menopause at age 50, one of the first indications of aging. Women undergo several hormonal changes throughout menopause, which might disrupt their routine. Insomnia, mood fluctuations, and hot flashes are physical signs of menopause. There are drugs available to treat the symptoms of menopause. When people reach middle age, the idea of remaining time on earth becomes prevalent. They start to consider their past as they consider what they have accomplished with the time they have been given. They frame their future intentions regarding the time left to complete their objectives. Older folks are more likely than middle-aged adults to look back due to the shorter future ahead of them. It is hardly surprising that emerging adults and young adults gaze forward more often than backward because they are still many years younger (p. 1063).

1. Generally speaking, middle adulthood lasts from roughly 40 to 60, though there are no rigid age restrictions. People become more aware of the disparity between the young and the old

and the short time left in their lives when many people's physical abilities are declining, and their responsibilities are increasing. At this point, people have found career fulfillment and want to leave a legacy for the next generation. Individuals juggle the demands of their jobs and relationships as they experience the physical and emotional changes of aging (p. 1067). I'm currently in the middle adulthood phase, which lasts from 40 to 60, having recently turned 40. I have a hard time believing how much time has passed. I was getting married and having children yesterday.

I look in the mirror and see a few indications of middle age. I have trouble reading the menu because of my deteriorating eyes. I don't have wrinkles yet, but gray hair is starting to show, and I don't have the same energy I used to. Looking back on my life, I see that it hasn't been all bad; I have made a few accomplishments that I'm proud of. I also want to improve my health, so I'll eat a balanced diet, exercise, and occasionally consume alcohol. I have a greater awareness of time as I get older. I use my time as efficiently as possible to avoid wasting it. My brain is affected more as I get older as well. In some ways, it is troubling that I am experiencing more significant brain fog. My bodily aches are worse than they were when I was younger. I'm inspired and content since I'm chasing my desire to become a social worker and trying to achieve my objectives and goals. I want to maintain my ability and the time I invest in learning.

4. Even though older individuals view sex as a significant component of life, it is customary to express dissatisfaction with their present sexual relationships. Satisfying sex is not just for young folks. At this stage in my life, I am more satisfied than I was at a younger age. Couples continue to experience fulfilling and healthy sex well into their 40s, 50s, and beyond. However, there are some difficulties due to hormonal changes, long-term medical illnesses and drugs, stress, exhaustion, and weight gain in middle age; many people sustain solid personal

relationships as they age. The ovaries' decreased estrogen synthesis causes menopause symptoms like hot flashes, exhaustion, nausea, and a rapid heartbeat. Our bodies alter significantly as we get older. When menopause approaches, a woman's hormone levels drop. Not just the hormones that we identify with women, such as progesterone and estrogen, are present here. The hormone that promotes libido also declines in women along with testosterone levels. According to common misconceptions, as soon as a woman enters menopause, she will begin to face significant physical and psychological issues caused by menopause, which is not the case. It doesn't appear that women's reproductive systems are more susceptible to depression after menopause than at previous periods (p. 1083).

9. Many people experience increased apathy as they age, so they meditate to find purpose. The quality of life and subjective well-being are all increased when there is a strong sense of purpose in one's life. Particularly when confronted with the reality of mortality, the search for life's meaning can significantly impact spiritual experiences and emotions. More than 70% of middle-aged American adults mention the importance of religion and spirituality in people's lives. Although faith significantly impacts some people's lives, it has little impact on others. Throughout life, people develop a firmer grasp of their identity and how it relates to their culture. Around this time, many people start to question the meaning of their lives. A vital aspect of this path to self-awareness as we grow older is spirituality. Spirituality is a natural component of aging, regardless of religious affiliation. Women have historically shown a greater interest in religion than men have. Women are more likely than males to feel that there is a higher power, to think that religion plays a significant role in their lives, and to engage in more formalized and private forms of religion (p. 1108). The participation of religion could have advantages. Some people may experience improved health when they adopt a new lifestyle due to their religious

involvement. Participating in religious events and gatherings allows people to get to know one another. People can deal with stress when encountering challenging situations because they have comfort and support (p. 1110).

19. The two basic kinds of love are romantic love and affectionate love. Romantic love in adulthood has a certain intensity. That kind of love, which is warmer and more sympathetic, tends to increase as we get older. There is physical attraction, to put it another way. Romance and passion are more important in new relationships, especially as adults (p. 1039). Marriages will be dominated by affectionate love during middle adulthood, whereas romantic love will control new partnerships. Middle-aged adults do not require the same passion in their marriages as young adults. Security, loyalty, and shared emotional interest are given higher importance. There is a tendency for married couples to find a deep and solid foundation that will anchor their love for one another after going through many challenges in their marriage. Middle-aged adults are more likely to think favorably about marriage when actively participating in activities. When a couple has a strong marriage, both partners are likely to be healthy (p. 1144). Passion often wanes for many middle-aged couples as intimacy and commitment grow. The average marriage experience for middle-aged couples is companionate love, or a love that is dedicated and intimate but not intense. Such changes only sometimes imply the end of long-term partnerships. On the other hand, middle-aged couples frequently have success enhancing their communication, reigniting their desire, and expanding as a couple. Beautiful things can occur when two people grow accustomed to each other over time.

20. The transition of a child into adulthood is a significant family occasion. An absent child forces a parent to make changes. I recall how difficult it was for me when my daughter moved out. I was left feeling lost without her. I suffer from "empty nest syndrome" and miss her.

Because I gave my daughter good parenting, she grew up more independent. My biggest epiphany was when I began to live and felt more content spending time with myself. Some people frequently feel lonely once their children have left the nest. It is undeniable that having an empty nest after all the children have grown up, left the house, and started their own lives impacts the quality of the marriage. When their children leave the house, it's not unusual for parents to have "empty nest syndrome." Parents may feel lonely and depressed when children aren't present. With the loss of their connection to their children, a parent experiencing Empty Nest Syndrome (ENS) feels a sense of loss. Many people's marriages improve as their children leave the house, but many others have said that when their children leave the house, they experience ENS. The quality, not the quantity, of time spent with spouses is what makes marriages more content after the empty nest (p. 1148).

21. When adult children move back in with their parents, it can have an adverse effect on both. Children's relationships with their parents and their use of time and money are all impacted by having a child move back in with their parents. These elements may have both advantageous and harmful effects. The occurrence of these situations has a significant impact on both parents and kids. Returning children affects every part of a parent's life. Their parents adjust everything, including regular plans like going to the grocery store and much-anticipated vacations. There will be several difficulties for them to overcome as parents and children if their grown children decide to return to live with them. To adjust, a moving adult child must first think about it. Due to the unstable economy, many young adults have returned home after graduating to save money. Once their marriages end in divorce or their professions fail, it is not unusual for adults to move back in with their parents. Despite its empty nest, the middle generation has consistently provided for the younger generation (p. 1149). My son is a young adult and appreciates his

father's and my daily financial support. I can tell he struggles with money and is working hard to get a well-paying job, so he doesn't have to rely on us as much. A drawback of having an adult child at home is that I frequently forget that he is an adult. I still consider him to be my baby. I become agitated when his girlfriend visits, not because I don't like him; I just don't like it when the door is shut, and the music is blasting.

22. Intergenerational relationships are social and family ties created through accountability, trust, loyalty, and fortitude. Intergenerational relationships among family members are essential. Families with a common ancestral lineage, such as parents and their offspring or grandparents and grandkids, are regarded as related families. Family interactions between generations differ from societal relationships between ages. Both forms of relationships must have interaction between individuals as well as values, support, and conflict. These connections bind families and society. Intergenerational interactions are more crucial now than ever as the world's population ages. Research on intergenerational family ties shows that parents and children have the most vital links worldwide. Nonetheless, some families still experience hostility-related separation, which results in family breakups and generations drifting apart. Generational disparities in families also lead to much suffering since younger generations are keener to create their own identities and legacies. In comparison, older generations are more at risk because they have more authority. The knowledge and direction of middle-aged folks are helpful to younger generations. With the birth of their children, it might be challenging for them to adjust to their grown children visiting or even to their new role as grandparents. If someone is caring for a child or a sick parent, they may give or receive financial aid. The most satisfying relationships for adults are those between parents and their grown children (p. 1156). Intergenerational interactions also influence gender disparities.

For women maintaining familial ties across generations is crucial. Women generally bond more closely than other family members do throughout their lives. Compared to a father's bond with his kid or daughter, a mother's relationship with her daughter is significantly tighter. Married men's wives' families are closer to them than their husbands'. Maternal grandmothers and aunts were mentioned more frequently in the maternal family than their equivalents regarding the importance of love-related relationships in the prenatal family.

## Reference

Santrock, J. W. (2018). *Essentials of life-span development* (Fifth). McGraw-Hill Education