

Middle Adulthood

Chapter 13

- 1) Middle age follows after young adulthood and is generally between 40-60 years of age. This is the period that precedes old age. Middle age is accompanied by a number of physiological and psychological changes.

Certain physiological changes that take place during this time include minor decline in vision, osteoporosis and decline in ability to hear. Women in mid life also experience menopause which also leads to a lot of hormonal changes. Due to menopause, there is a decline in estrogen levels which eventually put women at a risk of cardiovascular diseases.

People in middle age may also experience midlife crises. This is a period of reevaluating one's own life. If the individual feels that he/she has been able to fulfill all their responsibilities, have a good family, have been able to secure the future of their children and is satisfied with the achievements then they tend to develop generativity. If not, then individuals at this stage may experience stagnation and mid life crisis where they may feel that they have not been able to accomplish all of their goals and have not been productive.

- 2) Early adulthood is the peak of physical growth, but by the time we reach middle adulthood, our physical abilities are at their peak. Around the age of 30, eyesight changes, hair starts to thin and turn gray, skin starts to dry up and wrinkles, the ability to reproduce begins to wane, and the immune response becomes less effective. Presbyopia, or the inability of the eyes to focus on things at different distances, occurs at the age of 60, and adults in their middle years have a larger chance of developing glaucoma than those in their early years. Menopause, the end of the menstrual cycle, approaches in women around the age of 50, and hormonal changes are a part of this process, which can lead to anxiety, memory

loss, difficulty concentrating, depression, irritability, mood swings, and decreased desire in sexual activities.

4) Biological changes -

- *Desirability decreases*- The bodily changes like fatness and others makes one believe that s/he is no more attractive or desired.
- *lack of arousal*- Due to age increase the arousal towards sexual activities is decreased, due to decrease in LIBIDO.
- *Priorities*- The roles change and people choose other things over sex , due to **decreased libido** .
- Dysfunctions occur- sexual dysfunction occur both in men and women, like erectile dysfunctions and no orgasms.

Stereotypes-

- *False concepts* - A lot of false concepts are there like ,my partner does not find me attractive anymore . The decrease in desirability, whilst the reality is self confidence is lost and that ruins everything.
- *Lack of interest* - There is nothing like lack of interest, it is all about the lack of expression.
- *Personal differences* - Priorities change but the partnership is all about coping. They can be coped up but people rather choose to believe that this is how it is after a certain age due to the stereotypical beliefs.

Chapter 14

12) According to Piaget's cognitive development theories, Kohlberg's moral development theory, we can see the midlife effects on the process of development. The midlife entails crisis in development because this age experiences various physical and emotional changes and reduced passion which help this stage to create a development crisis, midlife belongs to transition between more energetic to less energetic which enables lack of attention as well as memory development. Midlife also experiences changes in interests and lack of curiosity so that a mid-aged person shows slow but steady mental and physical development. With the comparison of early age, the mid age person experiences target oriented learning rather than multi-dimensional learning so that the development process takes place in a single direction which seems to be less developed than at a young age.

The higher level of development occurs in early age so that if we compare to early age we may find less development than other stages.

15) The culture does have an impact on the concept of middle age. The goals set by every culture differ and it has a direct impact on the concept of middle age. It is a time when an individual tries to find meaning in life. The meaning of life differs from one culture to the other. Based on the definition of meaning of life in culture the idea of middle age differ from one culture to the other

17) Yes true, there is indeed a variation in adult personality development and it simply means that the experiences, cognition, sociological factors etc are different for different people. In very simple terms personality development means development of organized attitudes and behaviors that makes a person unique or distinctive. This development is the result of various factors. In the following part you will get to know that since the factors which determine personality development are different for different people, the personality also differs. Hence we can say that since society, one's cognitive ability, parenting differs from person to person, personality also differs.

19) For many middle-age couples, passion fades as intimacy and commitment build. In other words, many middle adults find themselves in a marriage typified by companionate love, which is both committed and intimate but not passionate.

20) Empty nest syndrome is the emotional experience of parents where they feel sad, lonely, grief, etc due to their children leaving them for the first time, going to university, joining college, etc. This is not a clinical disorder. This occurs when a child becomes independent in their life. These independent feelings of the child make parents happy but also sad at the same time as their children will have to go away from them, take a departure and feelings of detachment. At high intensity, parents get into depression which is not recognized.

Studies have suggested that empty nest feelings bring out positive changes towards marital satisfaction. Older women become more attached to their husbands. parent relationship strive towards being there for each other. The attention of love, care and nurturance shifts from child to the partner.