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Human Growth & Development

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## Unit 6

### Required Question

Some physical changes in the middle adulthood developmental period include change in skin pigment and wrinkles appear on skin that has been significantly exposed to the sun. They also tend to shrink in height by half an inch for men and for women is two inches. People reach their peak of their strength in their twenties so by this age they are declining in strength and fitness. They also have a tendency to have a decline in vision and hearing. With their fitness in decline their health begins to decline as well including concerning blood pressure, high cholesterol and a higher mortality rate.

1.

Middle age is defined as the developmental period beginning at approximately fourth years of age and extending to about 60 to 65 years of age. It's channeling nature might include the realization that many are in their decline of life both physically and in time they have left. They can also experience a need to pass on and teach younger generations of the knowledge they have accumulated which can create an internal conflict. Lastly by this age many have settled into their life financially and socially and a a disruption to that could seem catastrophic.

4.

In this time period women experience menopause which would significantly lower their sexdrive and cause their bodies to go through a whole new set of changes. Similarly men lose their sex drive but they don't lose their entire ability to have children though it does become more difficult. All together there is a decline of sexual activity and their focus begins to turn elsewhere.

10.

Bernard seems to never be satisfied with the life he had no matter how successful. He was obsessed with his status and seemed to not want to live to the day that his restaurant was in a decline. One of the closest people to him said that the week before the incident he seemed to be so tired and fed up with every little thing. They also explained in the video that he seemed to mentally be fighting demons and thought that the press was out to tarnish his reputation. Thinking that the birth of their child was on purpose to try and take away the significance of him earning his third star gives more reason to this. I think that he could have possibly gone under a psychological evaluation and be considered for medication as well as attend regular therapy.

13.

A mid life crisis is a common term used to describe someone who has gone through a significant psychological change and has made an irrational decision because of it. For the typical real midlife crisis we see adults who are conflicted with feeling they are at the older end of their life but not feeling quite old enough to be considered "old". The irrational decisions have to do with something that brings them back to their younger days to make or convince themselves and others that they are still young and wild.

20.

Empty nest syndrome is described as a term used to indicate a decrease in mutual satisfaction after children leave the home. The parents that once had a busy and full house now venture off into what hobbies they want to pursue. At this time the parents also have more time to invest in each other leading to them having more marital satisfaction.

21.

I have seen situations when an adult child decided to move back in with their parents and it seems to depend on the period of time it happens, the search stances and the relationship they have. Those who come back home within a short period of time seem to have a more peaceful situation because the parents are still missing their presence. Though for those who wait years and then come back, if not the last resort, there is typically conflict as most times the parents will feel that they need to face the real world on their own. Another factor is how long they are planning to stay.

23.

We are said to be sexual beings and though relationships should depend on only sexual relations it can most definitely play a major role. I think they should only be used when needed and should be abused because it could create more bad than good. I think it could also be risky if the individuals that feel a need for the medication are using it due to other medical complications. If people are experiencing serious negative feelings that are affecting their everyday lives and there is a safe and reasonable medication that will help, I think it is safe to say they should try it.

