

## Late Adulthood & Death

### Chapter 16

14) Late adulthood is that time period of human development which begins at 65 years. It is also called old age or aging.

There are various developmental tasks at this stage. According to Erikson, it is Ego-integrity versus despair. Integrity involves the task of a realization that they have come a long way and live their life with all the possible happiness whereas despair involves dissatisfaction from life, there is anger, unhappiness and failure that their wishes are not fulfilled.

15) socio- emotional selectivity theory : with gradual increasing aging , a person's social goal shifts knowledge to emotional relatedness . It describes the life span theory of motivation . This theory also focuses on cognitive processes. With the gradual increase of age , people's social activities also decreased and reduction of social interaction is considered as a positive notion. Motivational and cognitive factors also contribute to the progression of age . Socio-emotional theory mainly focuses on adaptation capability of human behavior with changing environment. In socio emotional selectivity theory , there are two kinds of goals where one is knowledge seeking and another is emotional regulations . It also changes with psychological , social and emotional perception by the time of an individual . New social relationships and friendships are declining at this stage. Quality of relationship really does matter more than Quantity. But younger people mostly engaged with many friendships for guidance , seeking knowledge and other things.

Erikson socio - emotional development theory :

He gives eight stages of development. This theory talks about individual and universal needs. Self- esteem is positive affirmation . This theory is opposite of psycho- sexual

theory of Freud . Here people are growing on the basis of their social needs and proper emotional development rather than focusing on sexual energy. The Major Stage is trust vs mistrust . Autonomy vs shame , intimacy vs isolation etc . It has shown how people have changed their social and emotional needs with passage of time .

Socio - emotional selectivity theory and psycho- social theory both focus on life span human experience . Socio emotional selectivity theory doesn't define the specific age of particular social and emotional development where psycho- social theory provides a clear stage of development .

18) Older adults can live in various settings such as private homes or apartments, retirement homes, assisted living facilities, nursing homes, continuing care retirement facilities, multi-generational housing and senior co-housing

23) Selective optimization with compensation model:

It is a psychological model approach in individual life to lead their social life by minimizing losses and maximizing their gains for their normal period of aging. Based on these, individuals are choosing their mates for their successful aging.

According to selective social interaction theory, individuals often possess higher selectivity thoughts in selecting a partner who can satisfy their individual needs associated with emotional features.

Selection is operating as the age is going on, at some point, individual choose to pick things on which they are preferentially good thereby it is illustrated that successful choosing a partner as one individual getting older where optimization is operating like how playing Piano as an individual getting older but preferentially choosing a slower pieces to keep the things up. Finally compensation is operating when there is loss of an emotionally connected partner from an individual as the aging is going.

## Chapter 17

24) First, there is the clinical death which states that the nonfunction of the heart and the respiratory system is termed as clinical death. However, this was considered to be a bit lopsided so they added another definition

The complete stoppage of function of the brain and its peripheral areas, such as the brain stem, is termed as brain death.

These two were occasionally distinguished but most medic professionals think that if clinical death extends for more than 5 minutes it will lead to the non functionality of other vital organs.

And so is the function of brain death, where it's claimed that the loss of immediate person's self consciousness is considered to be death, which indeed follows in clinical death too.

In a spiritual sense, death is defined by many religions and spiritual leaders that death is when the soul of an individual leaves the body and proceeds to another life or one of the realms. Of course each religion addresses and describes the aftermath of death in a different manner. However, the definition of death almost remains pervasive across cultures.

28) The most consistently indicated system for understanding the way toward biting the dust in the container was introduced by Dr. Elizabeth Kubler-Ross in her booklet, *On Death and Dying*. The book examined the experience of going through gatherings with basically sick patients and portrayed Five Stages of Dying: Denial, Anger, Bargaining, Depression, and Acceptance. Kubler-Ross' Five Stages of Dying are:

Denial is a typical guard instrument used to shield oneself from the difficulty of thinking about a disturbing reality. Kubler-Ross noticed that after the underlying stun of getting a terminal determination, patients would regularly dismiss the truth of the new data. Patients may straightforwardly deny the diagnosis, attribute it to flawed tests or an unfit doctor, or just evade the subject in discussion.

Anger, as Kubler-Ross called attention to, is ordinarily capable and communicated by patients as they surrender the truth of a terminal disease. It could be coordinated, similarly as with fault of clinical suppliers for insufficiently forestalling the disease, of

relatives for adding to hazards or not being adequately strong, or of otherworldly suppliers or higher forces for the conclusion's unfairness.

29) Mourning for the dead differs across cultures and forms one of the significant ways in which humans associate with the subjective idea of death. However central to all the morning is the subjective feelings of denial, anger, bargaining, depression, and acceptance. These are the ways people mourn the death of others.

30) Long-term grief takes place when disappointment and now self-detriment defeat someone after a pal or family member has died.

Prolonged grief is the factor at which the sentiment of hopelessness maintains going over an all-encompassing time body and this form of lamenting can effectively affect physical and mental wellness.

Disappointed grief is when sorrow doesn't arise straightforwardly or socially and people's emotions can be heightened since they will now not be identified from the beginning or is not referred to to special people.

Disenfranchised grief is when a guy or woman can not transparently grieve the departure of a character, for example, a misfortune from a fetus removal.

These griefs require a little serious power and takes place as one adapts to the passing of another character and can be thought boggling. Prolonged grief at the same time as the man or woman is managing a person they had been reliant on.