

Journey Across the lifeSpan

In This specific chapter I learned that the description of the child's stages at separation is an important learning point.

Protest: The child is upset by the separation from his mother. He or she may show it by crying, trying to follow, moaning and calling for the mother. The intention seems to be to get his mother back. Proximity and contact are what the child is looking for. He is angry and rages or shows displeasure until these occur

Despair: However, as the period of separation continues despite the child's protests, the child may show sadness, calm down and become lethargic. He or she looks miserable and unhappy. He might stop playing or exploring.

Detachment: The child may begin to be less withdrawn and at first glance seem less moody. However, when the mother returns, the child may seem disinterested and distant. In some cases, the child hardly seems to know his mother. This gives the impression that the child had to withdraw from the mother as part of her healing from the pain of separation.

I also learned the development of a concept of death which is a complex process that evolves throughout an individual's life. According to Polan and Taylor: Human Development and Health Promotion, "infants and young children generally do not have a full understanding of the finality and irreversibility of death. They may view it as a temporary separation or a state of sleep.

As children get older, they begin to develop a more concrete understanding of death, but their opinions may still be influenced by cultural or religious beliefs.

Adults generally have a more mature understanding of death, recognizing it as a natural and inevitable part of life. They may also have a greater awareness of their own mortality and begin to think about end-of-life issues such as wills, advance directives, and funeral arrangements.

Grief and loss Across the lifeSpan

The most important point about learning about grief and loss in young adults (older years) is that it is a normal and natural part of the aging process. As individuals enter this stage of life, they may experience losses such as retirement, the death of friends and family members, and changes in their health status. These losses can lead to feelings of grief, sadness and loneliness.

Additionally, social support is crucial in old age, as it can help individuals manage their grief and give them a sense of connection and purpose. By remaining socially engaged, seeking support from family, friends, or community resources, individuals can maintain their physical and emotional health and adapt to the changes that come with aging.

I also learned the difference between grief and loss in young adulthood (the third age) and the fourth age. The difference is that in old age, individuals may suffer losses related to retirement, changes in health status and the death of friends and family members. These losses can lead to feelings of grief, sadness and loneliness. However, senior citizens are generally still able to maintain some level of independence and social connection.

In contrast, in the fourth age (the last stage of life), individuals may suffer multiple losses, including loss of physical abilities, independence, and social connections. Grief and loss in later life can be more complex and pervasive, and individuals may experience a sense of impending death or existential questioning about the meaning and purpose of their lives.

Also, in old age, people may need higher levels of care and support from their caregivers, and there may be a greater need to address end-of-life planning and palliative care. .