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Human Behavior 2
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1. There are several reasons why Alcoholics Anonymous (AA) may work for some people, but the three primary reasons are:

- The social support aspect: AA provides a sense of community and a support system for individuals who are struggling with alcoholism. It's a program that's beneficial for those who feel isolated, alone, and unsupported throughout life. Through AA, people can meet others who are going through similar struggles and build lasting relationships that provide ongoing support and encouragement.
- The spiritual component: AA is based on a spiritual program that encourages individuals to look beyond themselves and their problems and seek a higher power. While this spiritual component may be controversial, for some people, it provides a sense of purpose and guidance that helps them overcome their addiction. This spiritual aspect can help people feel more connected and grounded, which can be especially helpful when they are facing difficult challenges.
- The accountability factor: AA encourages individuals to take responsibility for their actions and be accountable for their choices. Through the program's 12-step approach, individuals are encouraged to examine their past behavior, make amends, and develop a plan for staying sober in the future. This accountability factor can be incredibly empowering for people who have struggled with addiction, helping them to take ownership of their lives and move forward with a positive outlook.

2. There are several problems related to the deinstitutionalization of the mentally ill:

- Lack of funding - After deinstitutionalization, many individuals suffering from mental illness were supposed to receive care from community-based mental health programs. However, many

of these programs were not adequately funded, leaving mental health patients without the proper access to care.

- Increase in homelessness - Without adequate support, many mentally ill individuals were left without a permanent address and ended up living on the streets.
- Overcrowding in jails and prisons - Due to the lack of adequate mental health care programming and resources, mentally ill individuals are often funneled through the criminal justice system and end up in jails and prisons.
- Inability to access care - Even with adequate funding for community-based care, some mentally ill individuals may not seek out these services if they feel that the stigma of mental illness is too great, or they are otherwise unable to navigate the complex network of resources available.
- Insufficient staffing - Community-based mental health programs may be understaffed or have high turnover rates, which can result in limited access to care for individuals with mental illness.

3. During middle adulthood, which typically spans from age 40-65, there are several strengths and landmarks of development that individuals often exhibit. Some of these include:

- Increased emotional stability: As people mature into middle age, they tend to experience increased emotional stability and resilience. They are more likely to stay calm under pressure and bounce back more quickly from adversity.
- Greater self-awareness: Middle-aged adults tend to have a better understanding of themselves, their strengths, and their weaknesses. This self-awareness can help them make better decisions about both their personal and professional lives.

- **Improved relationships:** Middle-aged adults tend to have more stable and fulfilling relationships. They have had time to develop deeper relationships with their partners, and their children are often grown and more independent, which can provide them with more opportunities to focus on their personal relationships.
- **Professional success:** Many middle-aged adults have reached a high point in their careers. They have had time to build their skills, contacts, and experience, which can help them achieve their professional goals.
- **Healthy lifestyle:** Middle-aged adults who have taken care of their physical health throughout their lives may enjoy an increased level of health and vitality. This can include regular exercise, healthy eating habits, and other lifestyle factors that contribute to overall wellness.
- **Generativity:** According to Erikson's theory of psychosocial development, middle-aged adults often experience a sense of generativity, which is the desire to make a positive impact on future generations. This can include involvement in their community, volunteering, mentoring, or other activities that help make the world a better place.