



# **Adulthood Age Group Growth & Development**

## **Lecture 11**

# Three Phases of Adulthood

Period	Significant Events
<b>Early (young) Adulthood</b>	<ul style="list-style-type: none"><li>•Begins when adolescence reaches maximum height</li><li>•Girls –age 20 yr</li><li>•Boys – age 22 yr</li><li>•Lasts until age 40 yr</li></ul>
<b>Middle Adulthood</b>	<ul style="list-style-type: none"><li>•Ages 40-60 yrs</li></ul>
<b>Late (old) Adulthood</b>	<ul style="list-style-type: none"><li>•Age 60 until death</li></ul>

# Emerging Adulthood

In some countries, added years of education and later marriage has delayed full adult independence. This seems to have created a new phase which can be called **emerging adulthood**, ages 18-25.



*"When I was your age, I was an adult."*

# Early (Young) Adulthood

- Begins in late teens/early 20s and lasts through the 40s
- Term for the transition from adolescence to adulthood that is characterized by experimentation and exploration
- Early adulthood is a time of:
  - establishing personal and economic independence
  - Identity exploration, especially in **love** and **work**
  - Instability; Self-focused
  - Feeling in-between

# Young Adulthood Physical Development

- Physical strength typically peaks in early adulthood (the 20's and 30's)
- Although physical changes are minimal during this phase , the weight and muscle mass change as a result of diet , exercise ,pregnancy and lactation.
- Growth and strength in early adulthood, then slow process of decline afterwards
- Decline affected by health and lifestyles

# Cognitive Development in Early Adulthood

- Piaget believed that the **formal operational stage** (ages 11 to 15) is the highest stage of thinking
- Adults gain knowledge, but ways of thinking are the same as those of adolescents
- Some researchers disagree with Piaget and believe that thinking in early adulthood becomes more realistic and pragmatic
- **Post-formal thought** - thought that is
  - Reflective and relativistic
  - Realistic, their idealism decreases
  - Emotion & subjective factors can influence thinking
  - Late adolescence to early adulthood is the main age window for wisdom (expert knowledge about the practical aspects of life that permits excellent judgment about important matters).

# Emotional Development in Early Adulthood

- In his theory of psychosocial development, Erikson described two fundamental themes that dominate adulthood: love and work
- During early adulthood, individuals enter Erikson's **intimacy versus isolation stage** (developmental task of forming intimate relationships with others or becoming socially isolated)
- Independence : separation from family of origin
  - Learn to function without using parents as major source of comfort, security, direction
  - Establish sense of “equality” with parents
  - Develop adult friendships



# Becoming a Parent

- Advantages of Having Children Early:

- Parents are likely to have more physical energy
- Mother is likely to have fewer medical problems with pregnancy and childbirth
- Parents may be less likely to build up expectations for their children


- Advantages of Having Children Later:

- Parents will have had more time to consider life goals
- Parents will be more mature and will benefit from their life experiences
- Parents will be better established in their careers and typically have more income



# Friendships

- The focus of adult friendships is somewhat different for men and women
  - Female friends tend to:
    - confide in one another about their feelings, problems, and interpersonal relationships
  - Male friends typically:
    - minimize discussions about relationships or personal feelings or problems;
      - Instead, male friends tend to do things together that they find mutually interesting,
        - » such as activities related to sports or hobbies



# Health promotion guidelines for young adults

- Health tests and screening :
  - Routine physical examination. dental assessment. vision and hearing. breast self exam. testicular self exam, pap smear.
  - . screening for cardiovascular diseases.
- Safety.
- Nutrition and exercise
- Social interaction
- Stress management techniques are essential.



# Middle Adulthood

- **Period from 40 years of age to about 60**
- **Middle adulthood is time of:**
  - expanding personal and social involvement and responsibility
  - assisting next generation in becoming competent, mature individuals
  - reaching and maintaining satisfaction in a career
  - A decline of physical skills
  - Balancing work and relationships
  - A reassessment of life's priorities



## Height, weight and strength: The benchmarks of Change in Middle Adulthood

- Height reaches a maximum during the 20's for most people, and remains stable til about age 55.
- After age 55, bones become less dense and ultimately women lose 2 inches and men lose 1 inch in height.
- People get shorter with aging due to bone loss in their vertebrae
- Weight typically drops after we reach age 50; likely because we lose muscle
- Joint stiffness and difficulty of movement usually accompany a progressive loss of bone in middle age



# Physical Development

- **Females may experience bone loss as early as age 35. Men may not experience it until age 65.**
- **Muscle strength and stamina may begin to decline.**
- **Hair may begin to turn gray and thin; wrinkles appear in the skin.**
- **Chronic health problems such as hypertension, heart disease, and diabetes may surface.**

# Sensory Effects of Aging

## ■ Vision:

- Decline in vision becomes more pronounced
- Adaptation to dark and driving at night becomes especially difficult
- Color vision may decline as a result of the yellowing of the lens of the eye
- Eye lenses become hard and cannot accommodate for near vision; result is farsightedness in many people by age 45

and experienced ophthalmologists, optometrists, anesthesiologists, nurses, and ophthalmic and surgical technicians. The medical and administrative staff works as a team to meet each patient's needs and expectations. This approach enables us to best fulfill our goal of providing excellence in eye care.

# Hearing in Middle Age



- Hearing undergoes a gradual decline beginning in middle adulthood.
- The primary sort of loss is for sounds of high pitched, a problem called Presbyopia.
- Men are more prone to hearing loss than women.
- Because the two ears are not always equally affected by hearing loss, sound localization, the ability to detect the origin of a sound, is diminished.
- Some (but not all) hearing problems can be corrected by hearing aids

# The Female Climacteric & Menopause

- Starting about age 45, women enter a period known as the FEMALE CLIMACTERIC, *the transition from being able to bear children to being unable to do so.*
  - This period lasts about 15 to 20 years.
  - The most notable sign in MENOPAUSE, the cessation of menstruation.
  - The production of estrogen and progesterone drop.
  - Symptoms such as "hot flashes", headaches, feeling dizzy, heart palpitations, and aching joints are common during menopause.
  - Half of women report no symptoms at all.



# Men in Middle Age...



- Do men experience the equivalent of menopause? Not really.
  - ~Men do experience some changes during middle age that are collectively referred to as the MALE CLIMACTERIC (Andropause), *the period of physical and psychological change relating to the male reproductive system that occurs during late middle age.*
- The most common is the enlargement of the prostate gland.
- Symptoms are problems with urination, including difficulty starting to urinate and frequent need to urinate during the night.
- Men still produce sperm and can father children through middle age.



# Mortality Rates

- ▣ Chronic diseases are the main cause of death during middle adulthood
  - Leading cause of death is heart disease
  - Second leading cause is cancer
  - Cerebrovascular disease is the third leading cause
- ▣ In the 1<sup>st</sup> half of middle age, cancer claims more lives than heart disease; trend is reversed during the 2<sup>nd</sup> half of middle age
- ▣ Accidents because of decrease visual acuity.
- ▣ Men have higher mortality rates than women



# Cognitive Development in Middle Adulthood

- Some intellectual abilities decline in middle age, but others increase
- **Crystallized intelligence** [acquired store of information, skills, strategies] increases in middle adulthood
- **Fluid intelligence** [ability to deal with new situations]) begins to decline in middle adulthood

# Emotional Development in Middle Adulthood

- **Generativity versus stagnation** - Erikson's seventh stage, in which individuals leave a legacy of themselves to the next generation (generativity)
- Active involvement in teaching/guiding the next generation
- Stagnation involves not seeking outlets for involvement / being self-centered.
- Guiding the next generation, or improving society in general or may be self-centered, isolated and unable to participate meaningfully in the world



# Grand parenting

- Many adults become grandparents during middle age
- Three prominent meanings:
  - Source of biological reward & continuity
  - Source of emotional self-fulfillment

## **Grand parenting styles:**

- Fun-seeking style (source of pleasure).
- Formal style



# Aspects of Care

- Adequate rest is needed to be able to perform daily tasks.
- The need for social contact continues.
- Stress-management techniques should be applied.
- Regular health and dental checkups should continue.

# Late (Old) Adulthood

- **Period** that begins in the 60s and lasts until death
- Late adulthood is the time of:
  - adjusting to retirement
  - decreasing strength and health
  - new social roles
  - reviewing one's life





# Physical Changes

## The Heart

- The arteries harden; The blood vessels shrink
- Reduction in the capacity of the heart to pump blood through out the circulatory system
- A 75-year-old's heart pumps less than three-quarters of the blood it pumped during early adulthood

## Digestive System

- Produces less digestive juice
- Is less efficient in pushing food through the system
- The result is constipation





# Physical Appearance

- Wrinkles and age spots become more noticeable, skin loses its elasticity & collagen
- Hair becomes thinner and grayer
- Nails become thicker and more brittle with ridges
- Yellowing of teeth
- Sleep has more wakeful periods, with more time spent lying in bed – more tiredness in the mornings

# Sensory Development

## Diseases of the Eye:

- **Cataracts:** a thickening of the lens of the eye that causes vision to become cloudy, opaque, and distorted
- **Glaucoma:** damage to the optic nerve because of the pressure created by a buildup of fluid in the eye
- Depth perception declines.





# Sensory Development

- Smell and Taste:
  - Smell and taste losses typically begin about age 60
- Touch and Pain:
  - Slight decline in touch sensitivity with age
  - Older adults are less sensitive to pain



# Health Problems

- **Arthritis:** an inflammation of the joints accompanied by pain, stiffness, and movement problems
  - Common in older adults
  - Symptoms can be reduced with:
    - Use of some drugs like aspirin
    - Range-of-motion exercises
    - Weight reduction
- **Osteoporosis:** extensive loss of bone tissue lead to became brittle & fragile
  - Affects women more often than men (decreased bone density).
  - Can be prevented by:
    - Eating calcium-rich foods and vegetables
    - Having a regular exercise program
    - Medication



# Wellness in Late Adulthood

**According to the Centers for Disease Control and Prevention, every adult should get at least 30 minutes of moderate-intensity physical activity daily.**

- walking
- gardening
- climbing stairs
- reduces risk of heart disease, osteoporosis, weight gain, and hypertension
- psychological benefits of sense of control and well-being



# Cognitive Development in Late Adulthood

## × Speed of Processing:

- + Speed of processing information declines in late adulthood
  - × Often due to a decline in brain and CNS functioning

## × Attention:

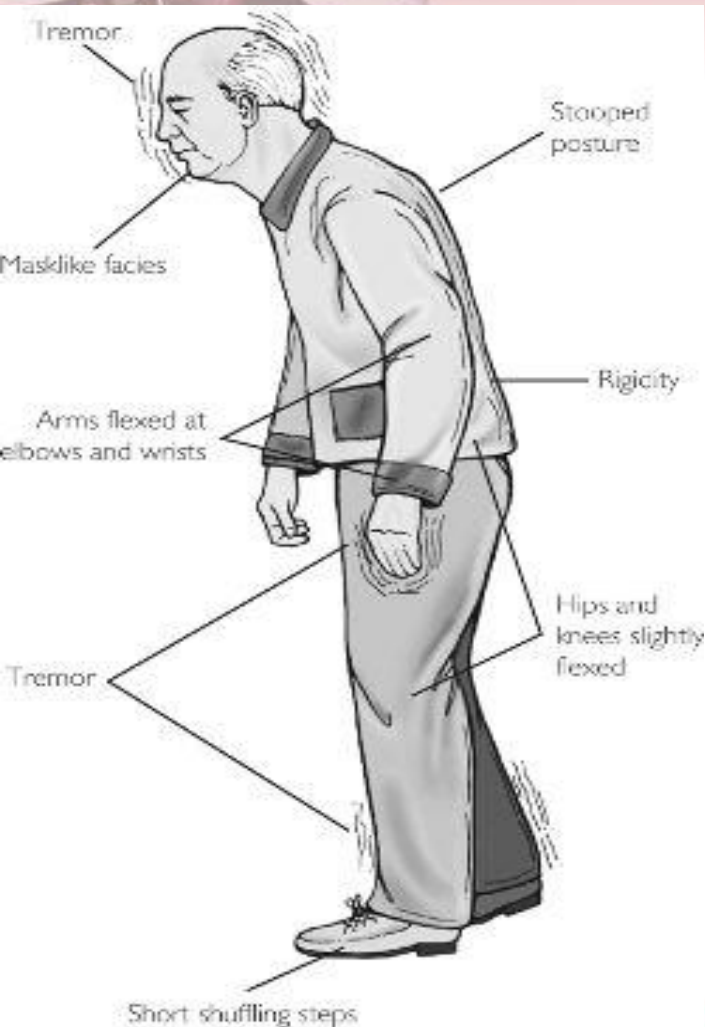
- + **Selective attention:** Reduce performance in areas in which they are not competent
- + **Divided attention:**
  - × The more difficult the tasks, the less effectively older adults divide attention. perform in areas in which they can still function effectively (**optimization**)

# Psychological & Mental Disorders

- **Depression** is one of the more common problems characterized by intense sadness and hopelessness.
  - May be a result of cumulative losses in life.
- Some psychological problems such as anxiety may be caused by inappropriate drug doses
- Women show more depression at 50 and 60 years of age, but depression in men increases from 60 to 80



# Dementia and Parkinson Disease



- ✘ **Dementia**: a progressive loss of intellectual functioning caused by repeated temporary obstruction of blood flow in cerebral arteries
  - + More common among men with a history of high blood pressure
  - + Recovery is possible
- ✘ **Parkinson Disease**: a chronic, progressive disease characterized by muscle tremors, slowing of movement, and facial paralysis
  - + Several treatments are available



# Alzheimer Disease

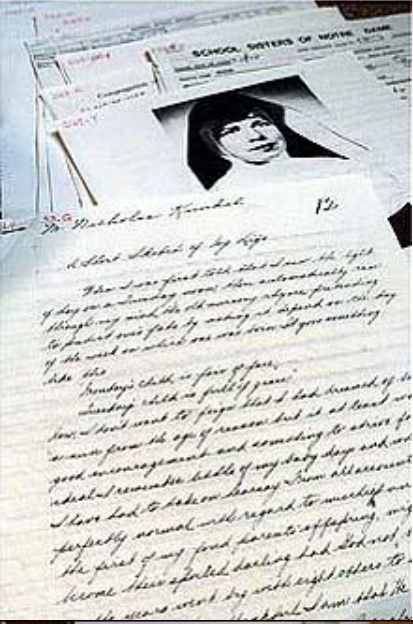
- ✘ Progressive irreversible & brain disorder. A common form of dementia that is characterized by a gradual deterioration of memory, reasoning, language, and eventually, physical function

The symptoms of Alzheimer's disease appear gradually: Unusual forgetfulness; Trouble recalling particular words during conversation; First recent memory goes, then older memories; Eventually, total confusion, inability to speak intelligibly or to recognize family and friends.



# Use It or lose it

- ✘ Changes in cognitive activity patterns can result in disuse and lead to atrophy of skills
- ✘ Certain mental activities can benefit the maintenance of cognitive skills
  - ✚ Reading books, doing crossword puzzles, going to lectures
- ✘ Research suggests that mental exercise may reduce cognitive decline and lower the likelihood of developing Alzheimer disease



# Emotional Development in Late Adulthood

- **Includes achieving what Erikson called Ego Integrity** :The feeling that one's life has been meaningful, **vs. Despair** – feelings of regrets or bitterness about past mistakes, missed opportunities, or bad decisions; a sense of disappointment in life
- **Life review** - involves looking back on one's life experiences and evaluating them
- **Integrity versus despair** -individuals engage in a life review that is either positive (integrity) or negative (despair)

# The Empty Nest



- **Some may experience a sense of loss, known as the “empty nest” syndrome.**
- **Empty Nest Syndrome:** a decline in marital satisfaction after the children leave the home
- A woman become depressed after her last child leaves home





# Social Development

**Some mature adults experience an increased spirituality.**

- Some religious encourage behaviors that negatively affect health, such as refusing medications or ignoring sound medical advice
- Religion may promote better health:
  - Psychologically: supporting better coping skills
  - help them face impending death
  - find and maintain sense of meaningfulness in life
  - accept inevitable losses of old age

# Friendship

- Friendships have been found to be more important than family relationships in predicting mental health
- Unmarried older adults with a strong network of friends fared better physically and psychologically than other unmarried older adults
- **Positive Psychology and Aging:** The more active and involved older adults are, the more satisfied they are and the more likely they are to stay healthy





# Aspects of Care

- **The need for sleep may decrease, but short periods of rest throughout the day may offset the loss.**
- **Social contact should persist.**
- **Regular health and dental checkups should continue.**
- **Individuals should maintain active interests.**



# Adulthood Moral development

- According to Kohlberg's theory – post conventional level.
- The person is able to separate self from the expectation and rules of others and to define morality in terms of personal principles



# Degree of Personal Life Investment at Different Points in Life

25 to 34 Years



Work

Friends

Family

Independence

35 to 54 Years



Family

Work

Friends

Cognitive fitness

55 to 65 Years



Family

Health

Friends

Cognitive fitness

70 to 84 Years



Family

Health

Cognitive fitness

Friends

85 to 105 Years



Health

Family

Thinking about life

Cognitive fitness



# Death and Dying

- Death is “the final stage of growth”
- Experienced by everyone and no one escapes
- Young people tend to ignore its existence
- Usually it is the elderly, who have lost others, who begin to think about their own death

# Grieving

Grief = emotional numbness, disbelief, separation anxiety, despair, sadness, and loneliness that accompanies loss of someone you love

- For most individuals, grief becomes manageable over time
- Many grieving spouses report that they have never gotten over their loss



# Death and Dying

## Stages of Grief

- **Denial:** The patient unconsciously can not accept the diagnoses and refuses to believe he/she is dying.
- **Anger:** This stage is often directed at the physician or staff when no longer able to deny
- **Bargaining:** The patient frequently tries to strike a bargain with God or a higher being (accept death, but wants more time)
- **Depression:** The patient feels distant from others and seems sad and hopeless.
- **Acceptance:** The patient deals calmly with his/her fate and is able to use/enjoy the remaining time with family and friends.

# Coping with Death and Dying

Individual responses to death may vary.

- Grief is more intense when death occurs unexpectedly (especially if also too early on the social clock).
- There is **NO** standard pattern or length of the grieving process.
- It seems to help to have the support of friends or groups, and to face the reality of death and grief while affirming the value of life.

