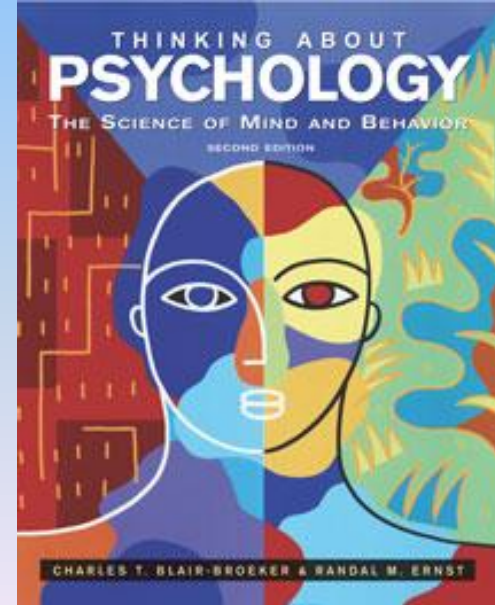


Thinking About Psychology: The Science of Mind and Behavior 2e

Charles T. Blair-Broeker
Randal M. Ernst



Developmental Domain



Life-Span Development Chapter



Module 16

Adulthood and Aging

Module 16: Adult and Aging

Early Adulthood Transitions and the Social Clock

Stages of Adulthood

Table 16.1

Periods of Adulthood

Period	Approximate Age Brackets
Early adulthood	20–35 years
Middle adulthood	36–64 years
Late adulthood	65 years and over

Social Clock

- Culturally (society's) preferred timing of social events such as marriage, parenthood, and retirement
- The “best” timing for certain life events
- The timing varies from culture to culture.

Emerging Adulthood

- Developmental period between adolescence and adulthood
- No longer a teenager, but have not quite made the transition to adulthood either
- May deal with some responsibilities of adulthood, but still not independent

Module 16: Adult and Aging

Physical Changes and Transitions: Middle Adulthood's Physical Changes

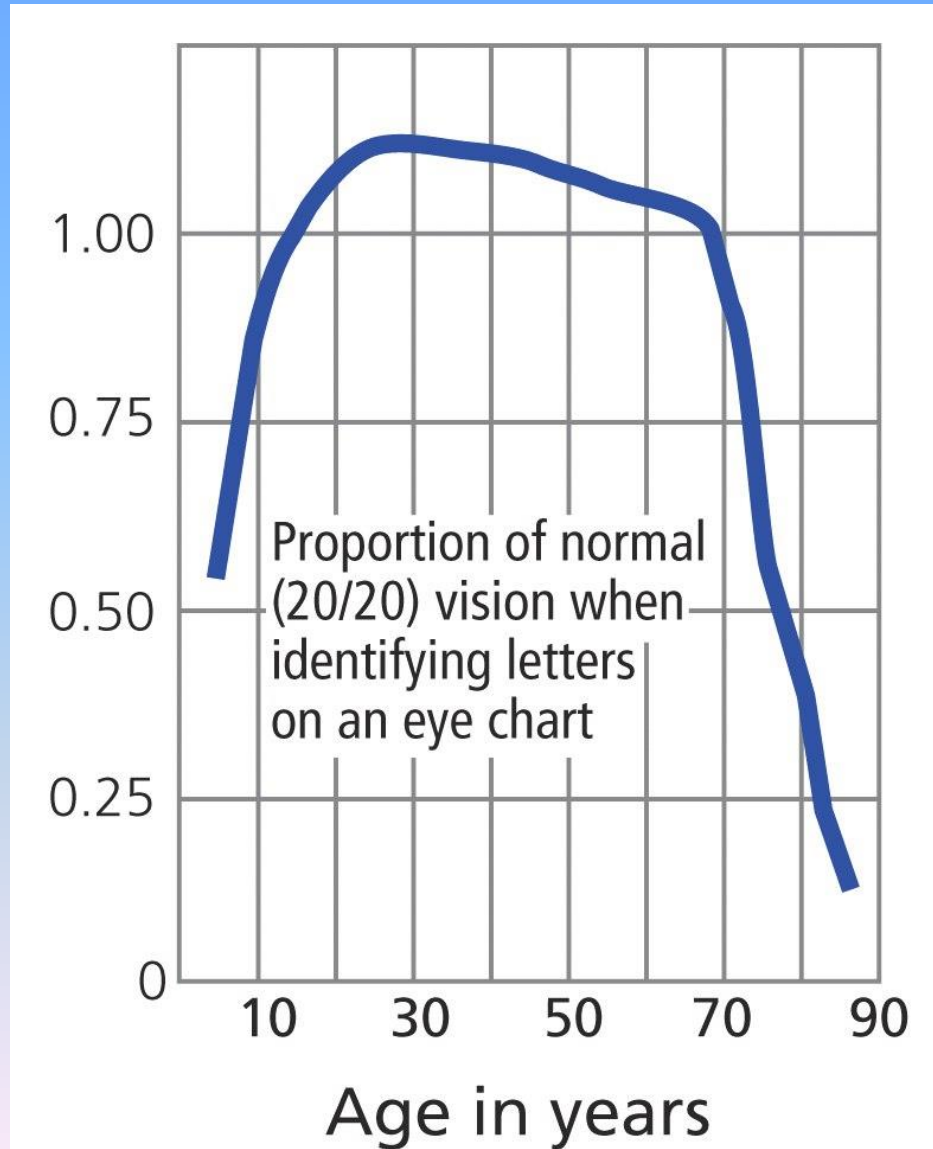
Menopause

- When the menstrual cycle ends
- Also refers to the biological changes a woman experiences as her ability to reproduce declines
- Usually occurs between age 45 and 55
- Contrary to popular belief, does *not* make most women depressed or irrational

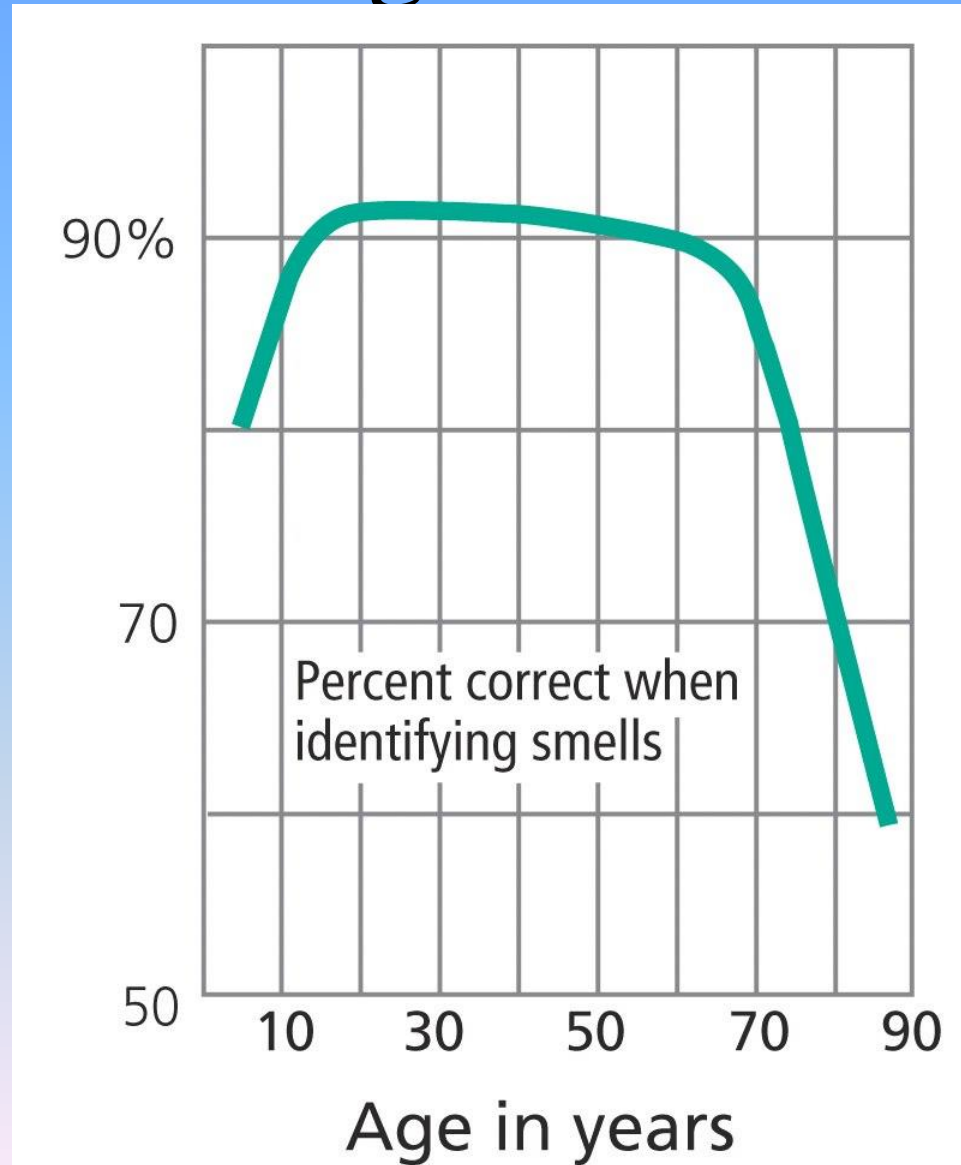
Module 16: Adult and Aging

Physical Changes and Transitions: Later Adulthood's Physical Changes

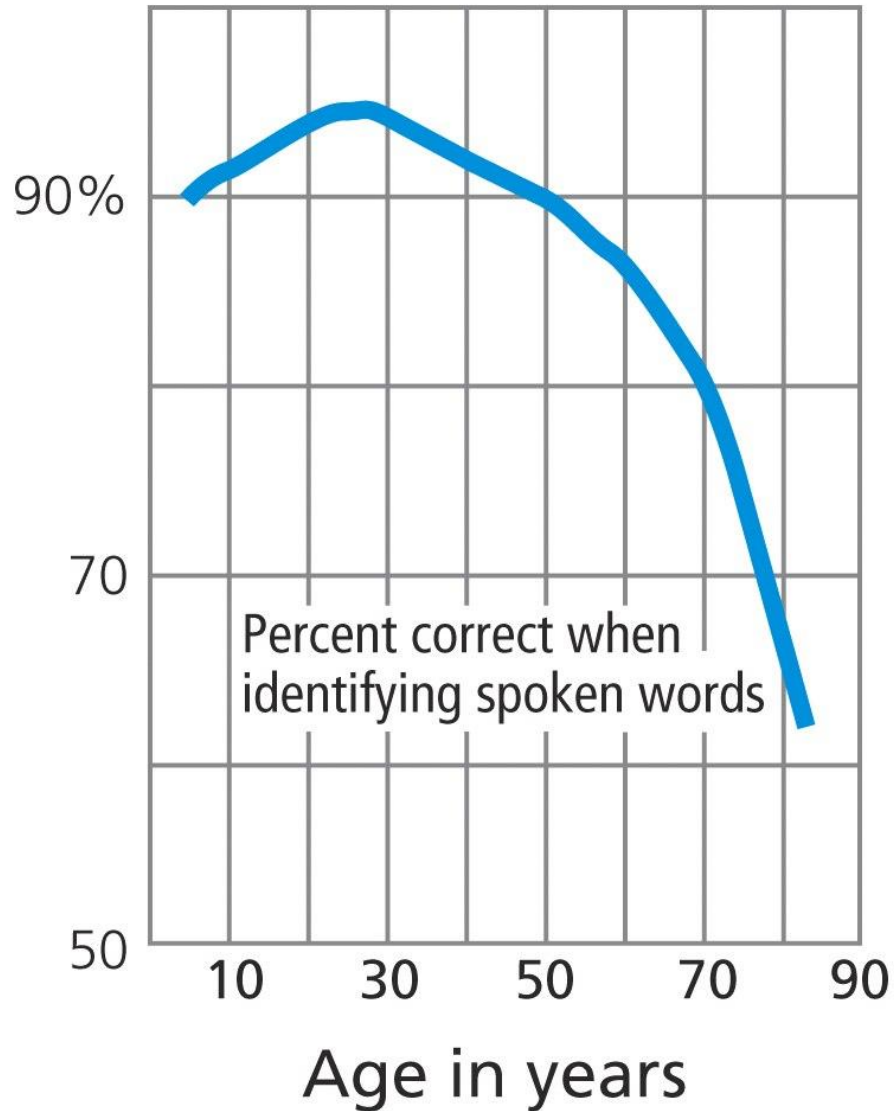
Physical Changes: Vision



Physical Changes: Sense of Smell



Physical Changes: Hearing



Physical Changes: Hearing

Module 16: Adult and Aging

Physical Changes and Transitions: Diseases Related to Aging

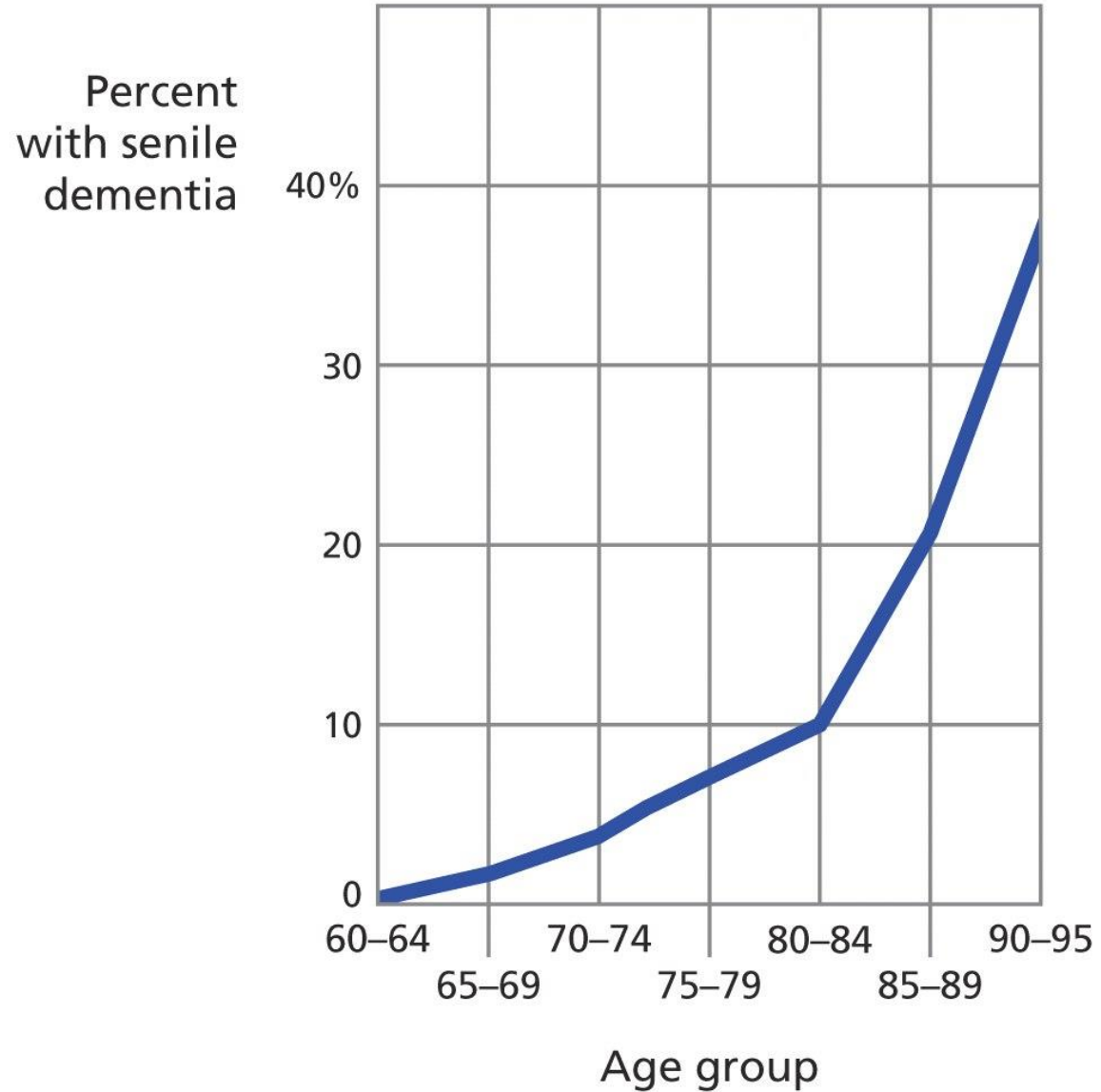
Alzheimer's Disease

- A progressive and irreversible brain disorder characterized by gradual deterioration of memory, reasoning, language, and finally, physical functioning

Senile Dementia

- Mental disintegration that accompanies alcoholism, tumor, stroke, aging, and most often, Alzheimer's disease

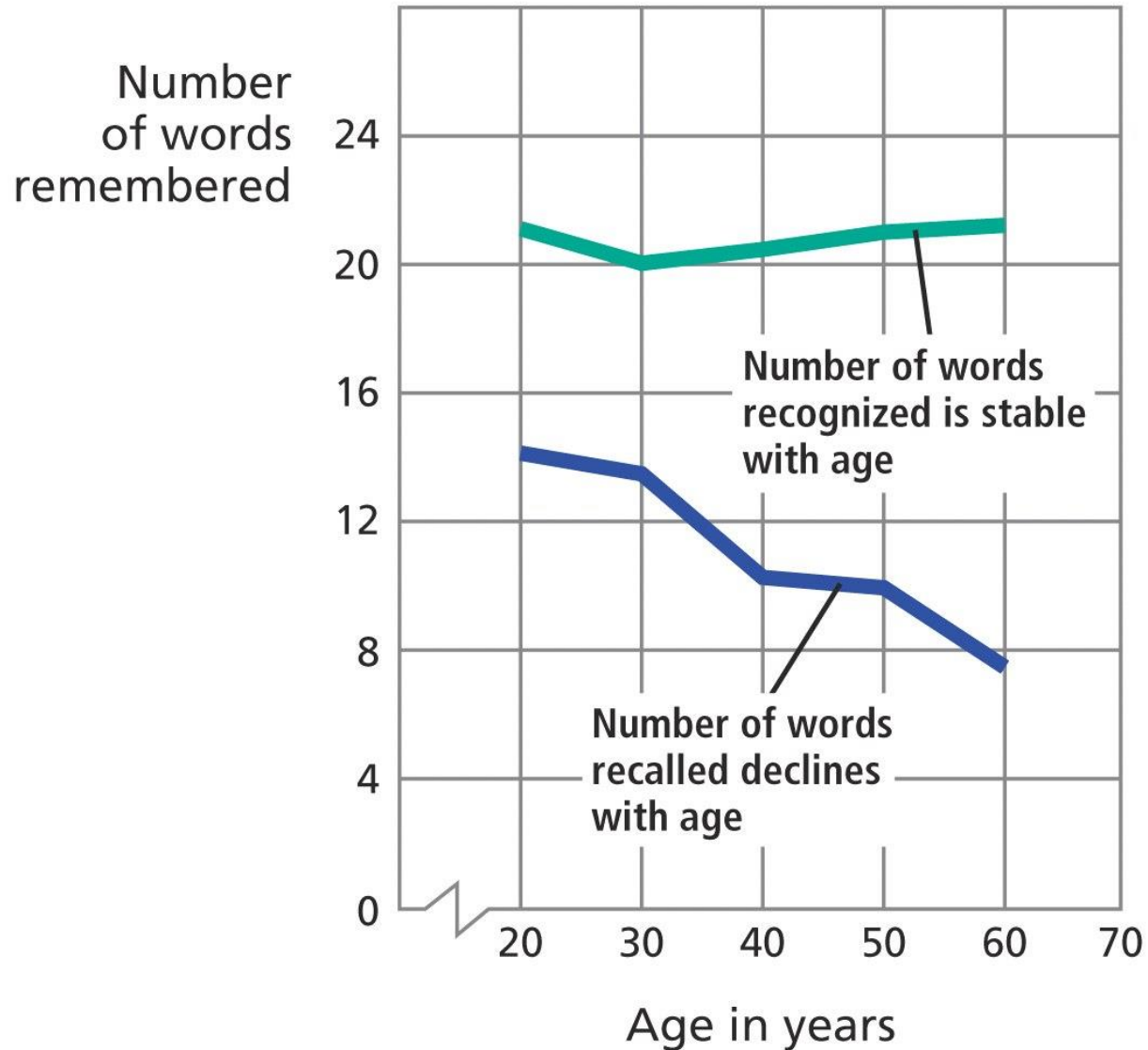
Senile Dementia



Module 16: Adult and Aging

Cognitive Changes and Transitions: Memory

Aging and Memory



Module 6: Adult and Aging

Cognitive Changes and Transitions: Intelligence

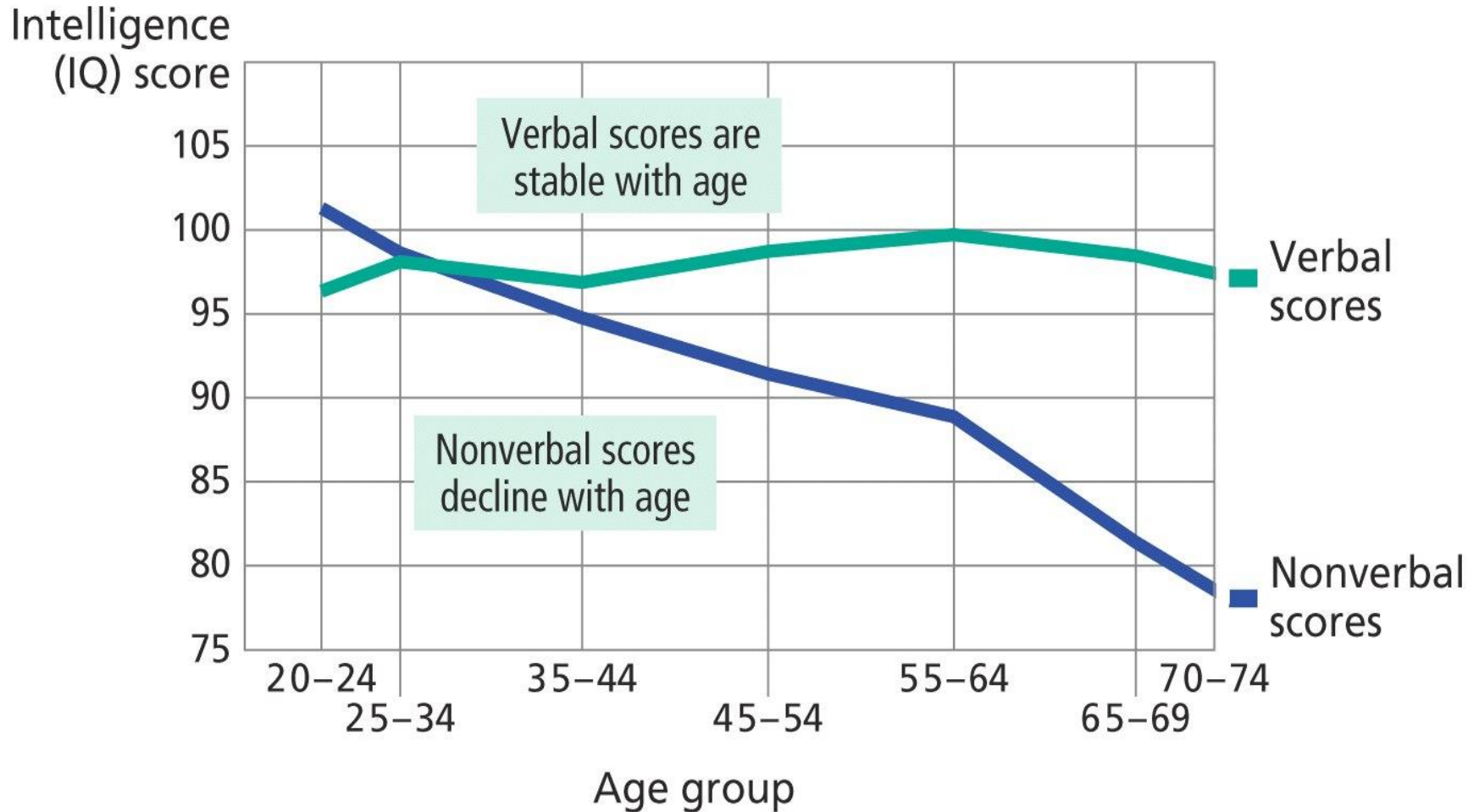
Fluid Intelligence

- Ability to reason *speedily* and abstractly
- Can be used to solve novel logic problems
- *Declines* as people get older

Crystallized Intelligence

- *Accumulated knowledge* and verbal skills
- Tends to *increase* with age

Age and Verbal/Nonverbal Intelligence



Module 16: Adult and Aging

Social Changes and Transitions

Commitment to Love

- An important factor in adult happiness
- Lasting love includes:
 - Intimate self-disclosure
 - Shared emotional and material support
 - Similar interests and values

Commitment to Children

- Children result in a change in the marital relationship
- Potential disagreement on the division of labor with children

Empty Nest

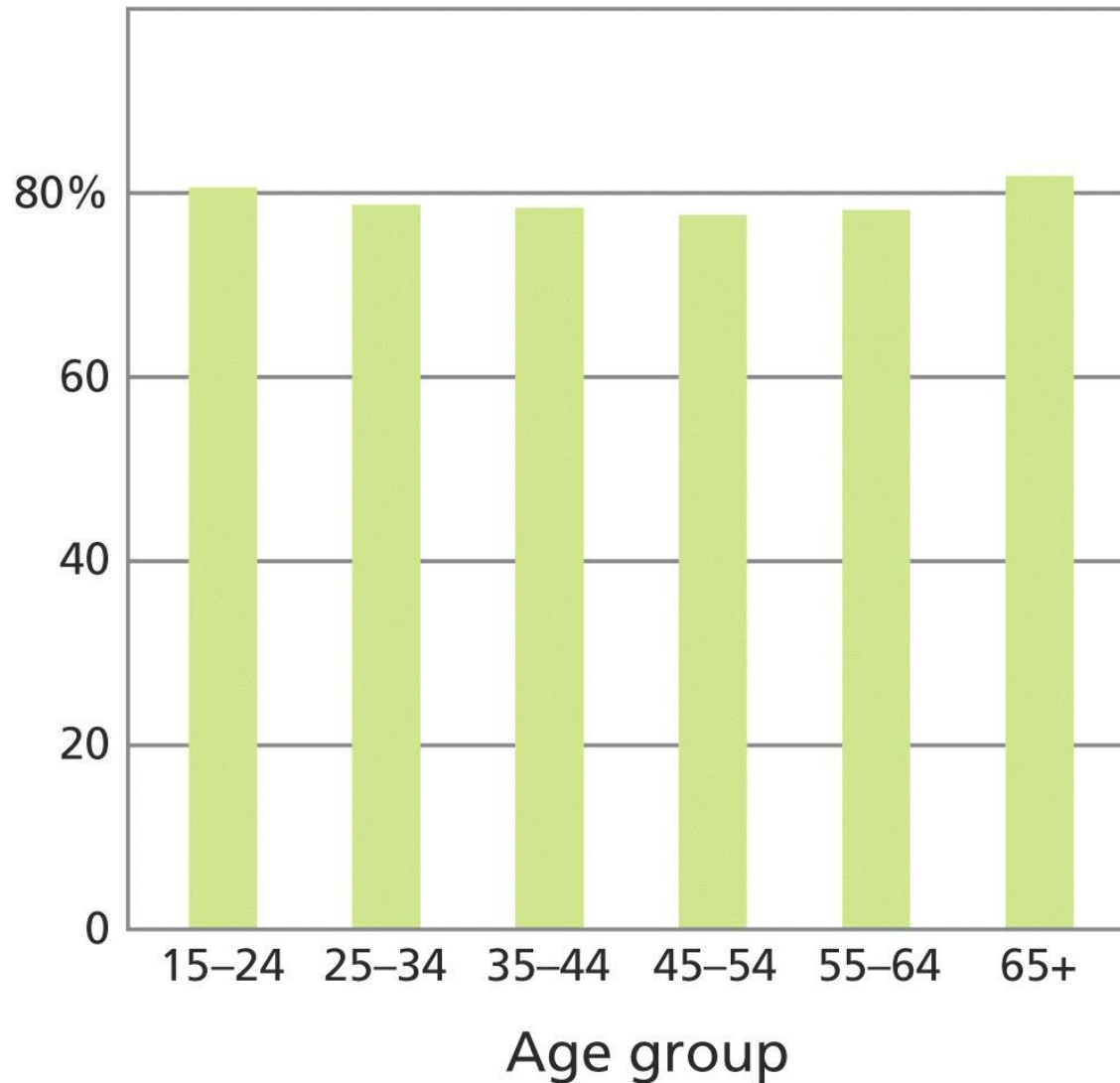
- The change married couples go through as a result of their children leaving home
- Not necessarily a negative event for couples

Overall Life Satisfaction

- Most studies show the elderly as happy and satisfied with life.
- People tend to mellow with age.
- Most regrets focus on what the person didn't do rather than mistakes they have made in life.

Overall Life Satisfaction

Percentage
"satisfied"
with life as
a whole



Reactions to Death

- Reactions to death are different from culture to culture.
- Attitudes toward death and dying are changing in the United States.
 - more openness
 - facing death with dignity; hospice helps

The End