

Adulthood



The period of time in your life after your physical growth has stopped and you are fully developed.

The state (and responsibilities) of a person who has attained maturity.

Early Adulthood

Middle Adulthood

Late Adulthood

TOO MUCH COFFEE MAN

BY SHANNON WHEELER

LIFE:

PLAY,
PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY,
PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY,
PLAY, SCHOOL, PLAY, SCHOOL, PLAY, SCHOOL, PLAY, SCHOOL,
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FIRST LOVE, BRIEF HAPPINESS, BREAK UP, REGRET, SCHOOL,
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SCHOOL, SCHOOL, SCHOOL, SCHOOL, SCHOOL, SCHOOL, SCHOOL, SCHOOL,
PLAY, WORK, PLAY, WORK, PLAY, WORK, PLAY, WORK,
IDEALISM, EFFORT, REJECTION, FAILURE, WORK, EFFORT, FAILURE,
COMPROMISE, WORK, WORK, WORK, WORK, WORK, WORK, WORK, PLAY,
COMMITMENT, WORK, WORK, WORK, WORK, WORK, WORK, WORK, PLAY,
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WORK, WORK, WORK, WORK, WORK, WORK, WORK, WORK, WORK, PLAY,
RETIRE, PLAY, DIE.



Old Age: Life Expectancy

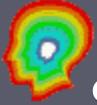
Life expectancy at birth increased from 49 in 1950 to 67 in 2004 and to **82 in 2018** in developed countries. Women outlive men and outnumber them at most ages. (82 for women, 76 for men.)

But, more men are conceived by a rate of 126 to 100. Then 105 to 100 by birth. In other words, men die easier.



Erik Erikson's Theory

The adult stages are as follows (the ages for each stage are very approximate):



Stage 6. Early **adulthood** (20–30 years): most adults commit themselves to a love relationship and to intimacy; other adults develop a sense of isolation; social focus in this stage is on friendships

Stage 7. Middle **adulthood** (30–60 years most adults commit themselves to productive and socially valuable work (including bringing up their own children and being concerned with others within society), or they become stagnant and self-centered

Stage 8. **Old age** (60 years onwards): Adults in this stage try to make sense of their lives. If they are successful in doing so, they gain wisdom; if they cannot do this, then they experience despair. The social focus is on humankind.

Early Adulthood

- ▶ Developing the ability to share intimacy, seeking to form relationships and find intimate love.
- ▶ Career Choices
- ▶ Marriage/Children
- ▶ Successful marriage = how people handle the good times and how they handle the bad times
- ▶ Children (married couples) - 2.3 as of 2008 (US Census Bureau)

Divorce

- ▶ High divorce rate myth
- ▶ United States divorce rates for 1st marriages peaked at about 40% in 1980.
- ▶ In Early 2000s, divorce rate for 1st marriages was at about 30%.
- ▶ For college educated women who marry after the age of 25 and have established an independent source of income, the divorce rate is 20%.
- ▶ The highest divorce rate, exceeding 50 percent, is for AA women in high-poverty areas.
- ▶ The divorce rate is as high as 60% for 2nd and 3rd marriages.

Work/career choice

- socioeconomic status
 - Friends
 - political values
 - residence location
 - child care
 - job stress
 - other aspects of life
- And while income is important in both career selection and career longevity, so are achievement, recognition, satisfaction, security, and challenge.



Physical Changes- Adulthood

- **Primary aging-** gradual, inevitable age-related changes in physical and mental processes
- One theory—our cells break down due to use and cannot repair themselves. **“Damage Theory”**
- Another theory—our cells are “biological clocks” that can only divide and multiply so many times so aging is necessary and natural. **“Programmed Theory”**
- **Secondary aging-** changes resulting from disease, disuse or neglect
- Peak physical condition 18-30
- Changes in sight are **very** noticeable
- Hearing is not as good—especially when more than two people are talking. **“Cocktail Party Effect”**

Middle Adulthood

- **7 major tasks** in the middle years:
 1. accepting and adjusting to physiological changes, such as menopause
 2. reaching and maintaining satisfaction in one's occupation
 3. adjusting to and possibly caring for aging parents
 4. helping teenage children to become responsible adults
 5. achieving adult social and civic responsibility
 6. relating to one's spouse as a person
 7. developing leisure-time activities

Menopause



Manage

MENOPAUSE

- Between the ages of 45-50, a woman stops ovulating and menstruating so she cannot bear any more children.
- Negativity associated with menopause is merely the effect of stereotyping and have no physical basis.
- Men have no counterpart to menopause—men have fathered children well into their 80s (Aaron Burr).

Health Problems

- Staying away from bad stuff keeps up looking younger longer.
- No tobacco, drugs, booze, and a sensible well-balanced diet along with a moderate exercise regimen are also very good.
- The three most common causes for death—heart disease, cancer, cirrhosis may all be a result of the living we do as younger people.
- Lesser causes are drug abuse, and death due to accidents—both more prevalent in younger ages.

Social Development of Adults

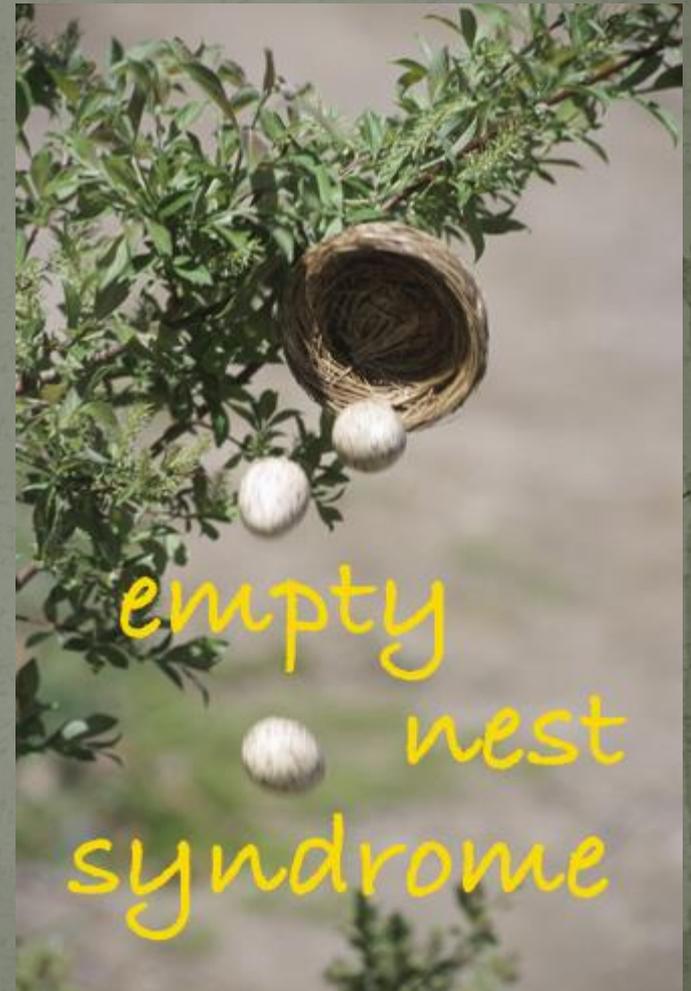


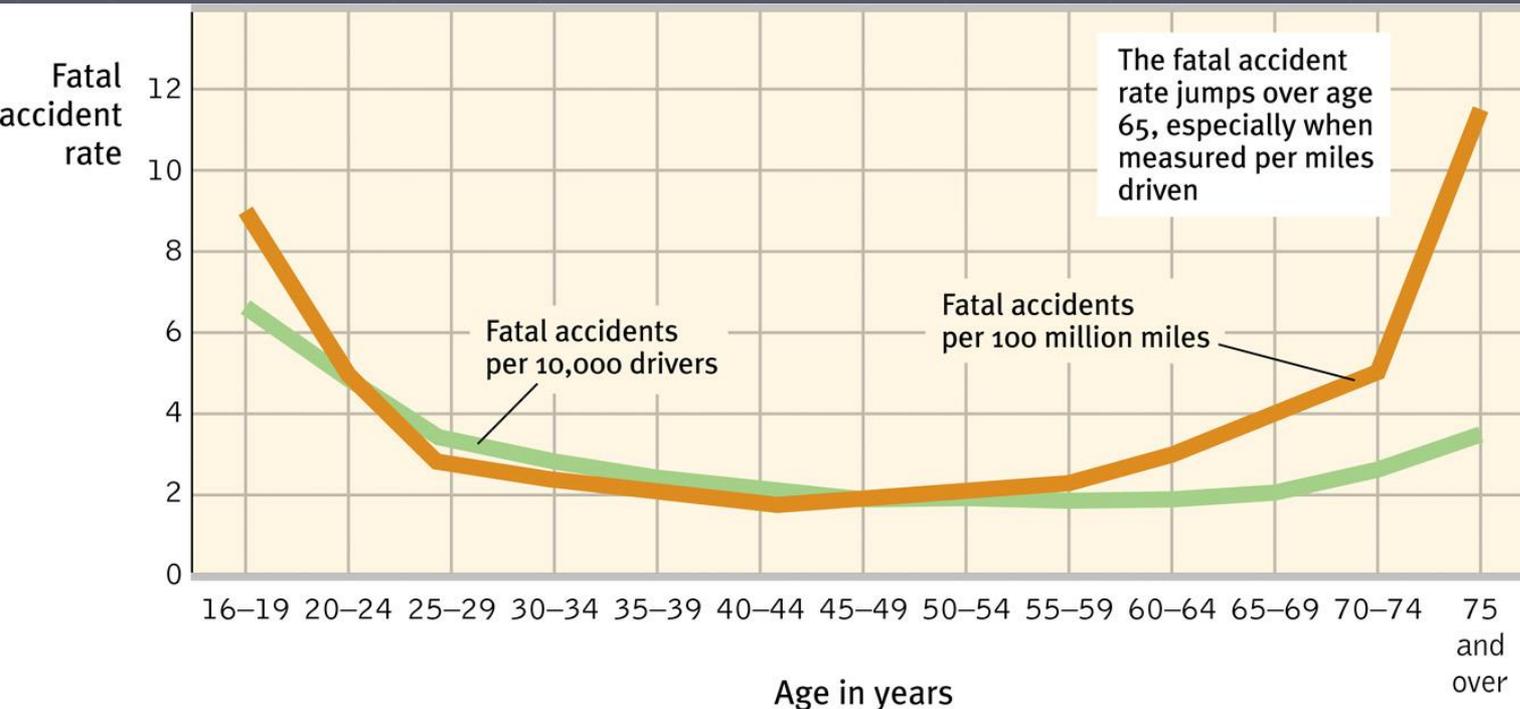
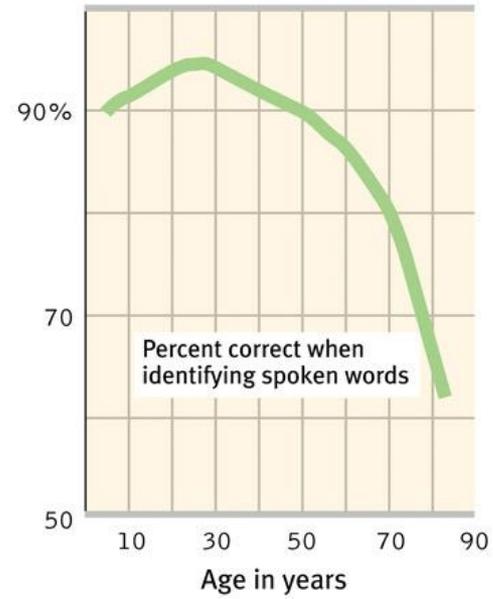
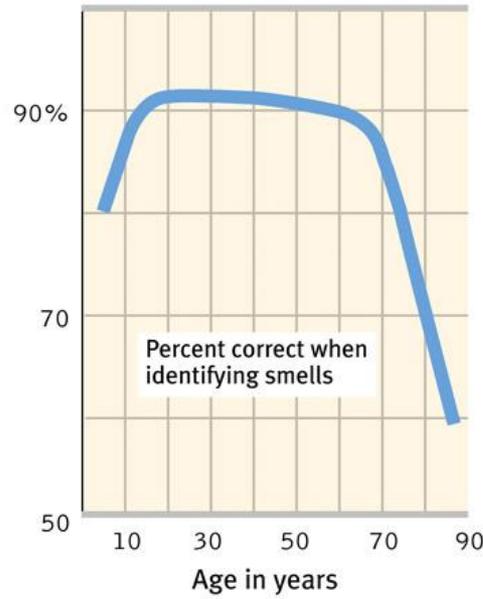
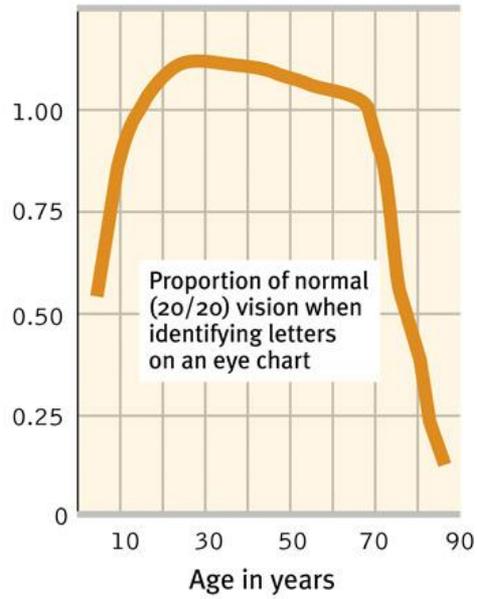
"Social Clock"

Culturally preferred
timing of certain events.

The “Empty Nest” Syndrome

- When the last child has left home the women may suffer from depression especially if her marriage is not so good. Otherwise, they may be at their happiest with the new-found freedom.





- ▶ The brain processes information at slower speeds.
- ▶ Motor response declines

Late Adulthood

- ▶ Old age is generally considered to begin at about age 65.
- ▶ Erik Erikson suggests that at this time it is important to find meaning and satisfaction in life rather than to become bitter and disillusioned, that is, to resolve the conflict of **integrity vs. despair**.

Health/Immunity Changes with Age

The bad news



The immune system declines with age, and can have difficulty fighting off **major** illnesses. (Such as cancer)

The good news



The immune system has a lifetime's accumulation of antibodies, and does well fighting off **minor** illnesses. (Like colds)

Changes in the Brain with Age

- Myelin-enhanced neural processing speed peaks in the teen years, and declines thereafter.
- Regions of the brain related to memory begin to shrink with age, making it harder to form new memories.
- The frontal lobes atrophy, leading eventually to decreased inhibition and self-control.
- By age 80, a healthy brain is 5 percent lighter than a brain in middle adulthood.



More Learning and Memory Changes

- Rote memorization ability declines more than ability to learn meaningful information.
- **Prospective memory**, *planning to recall*, ("I must remember to do...")
- **Retrospective memory** *remembering that you already did something in the past.*

Declines occur in both types of memory



Alzheimer's Disease and Other Dementias

Dementia, including the Alzheimer's type, is NOT a "normal" part of aging.

Dementia Symptoms

- decreased ability to recall recent events and the names of familiar objects and people
- emotional unpredictability; flat, then uninhibited, then angry
- confusion, disorientation, and eventual inability to think or communicate



Brain Changes of Alzheimer's Disease

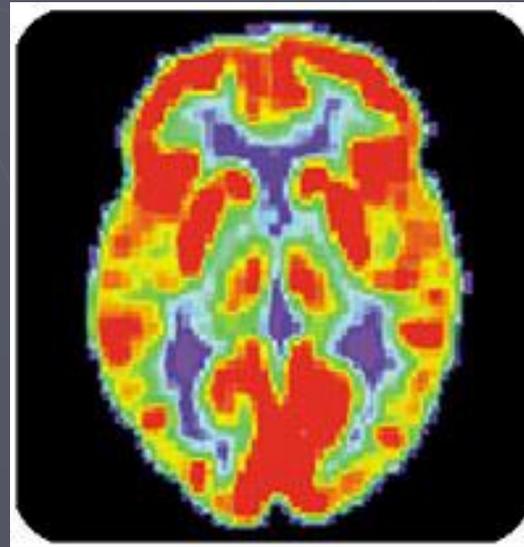
- loss of brain cells and neural network connections
- deterioration of neurons that produce acetylcholine, the memory neurotransmitter
- shriveled and broken protein filaments forming plaques at the tips of neurons
- dramatic shrinking of the brain¹⁹

Alzheimer's Disease

- ▶ A progressive and irreversible brain disorder characterized by gradual deterioration of memory, language and physical functioning.
- ▶ Runs its course in 5 to 20 years.
- ▶ The birth of new cells and neural connections in physically active people helps to compensate for the cell loss.
- ▶ Physical exercise enhances muscles, bones, energy, helps to prevent heart disease and obesity.

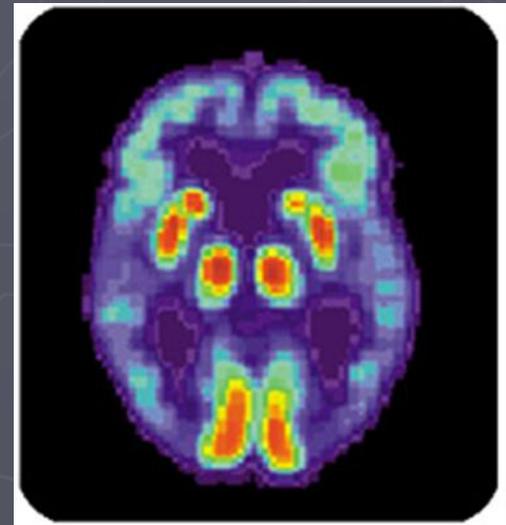
AD Statistics....

- AD is the most common cause of dementia among people age 65 and older.
- Scientists estimate that around 5 million people now have AD.
- For every 5-year age group beyond 65, the percentage of people with AD doubles.
- By 2050, 13.2 million older Americans are expected to have AD if the current numbers hold and no preventive treatments become available.
- No one knows what causes AD to begin, but we do know a lot about what happens in the brain once AD takes hold.



Pet Scan of
Normal Brain

Pet Scan of
Alzheimer's
Disease Brain

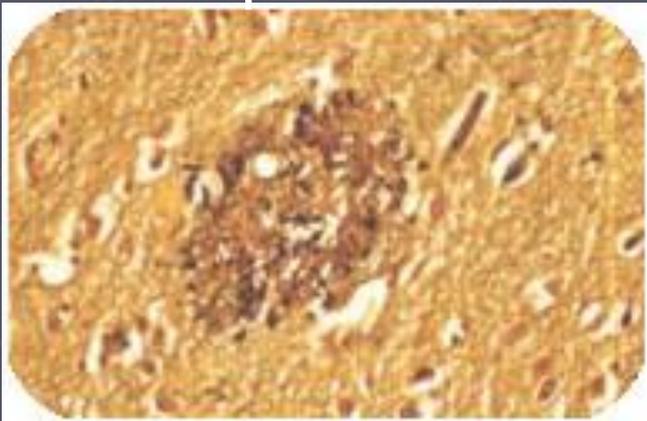


AD and the Brain

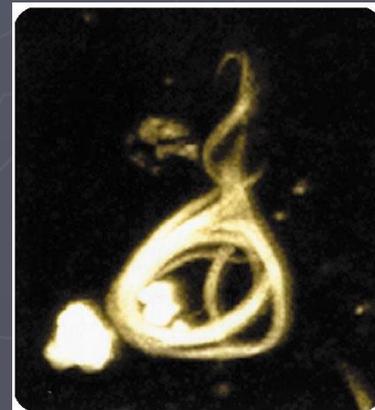
Plaques and Tangles: The Hallmarks of AD

The brains of people with AD have an abundance of two abnormal structures:

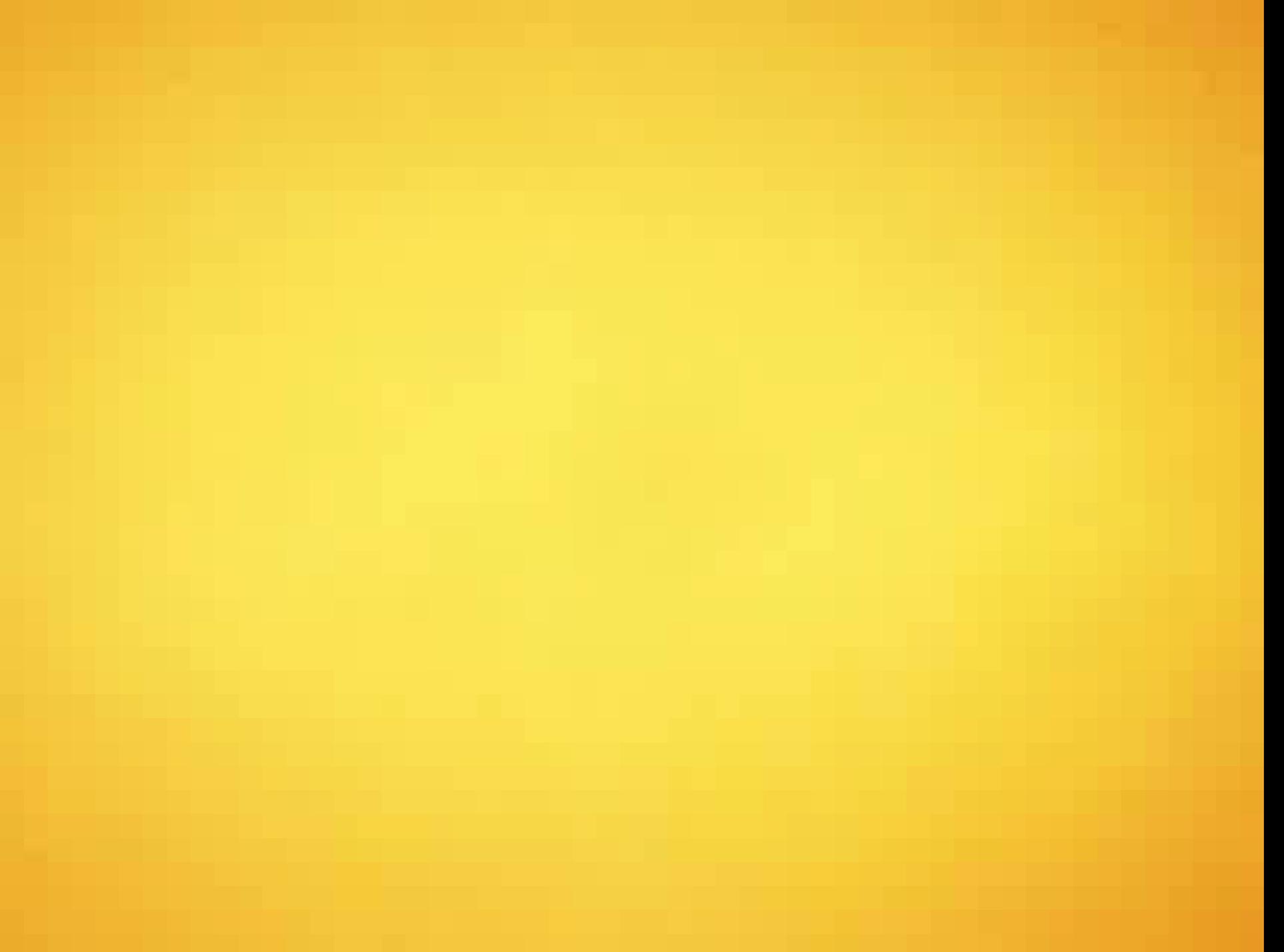
- Plaques are dense deposits of protein and cellular material that accumulate outside and around nerve cells' terminal branches.
- neurofibrillary tangles are twisted fibers that build up in the soma.



An actual AD plaque

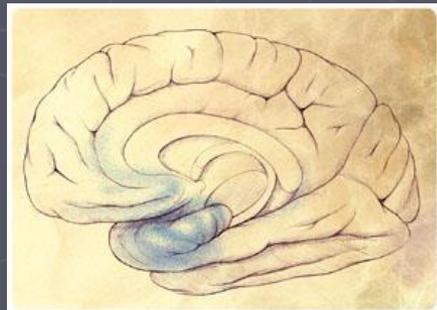
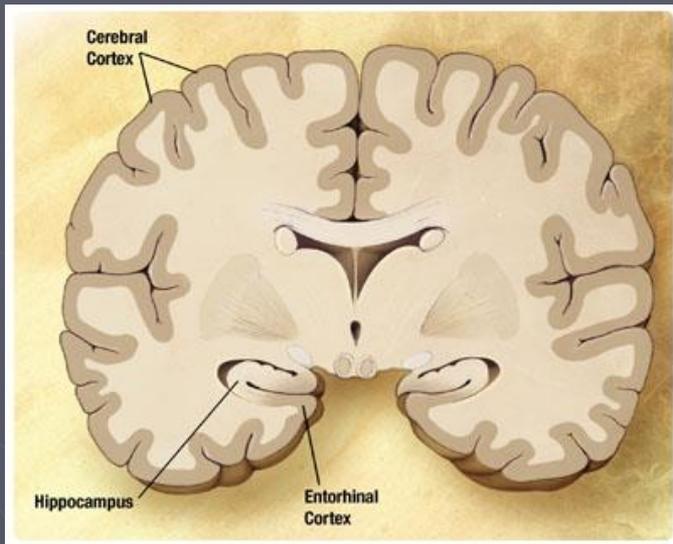


An actual AD tangle



AD and the Brain

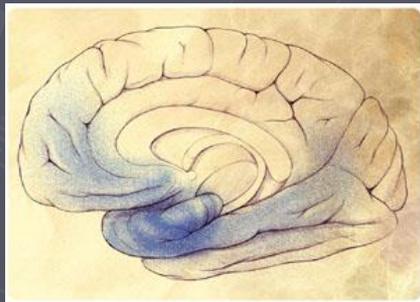
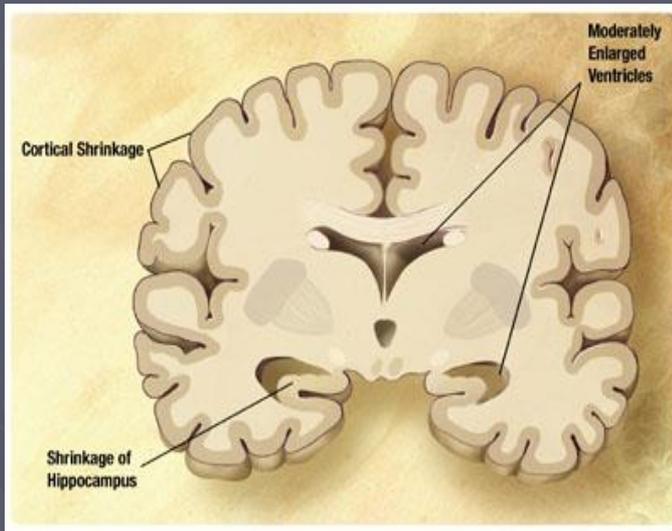
Preclinical AD



- Signs of AD are first noticed in the entorhinal cortex, then proceed to the hippocampus.
- Affected regions begin to shrink as nerve cells die.
- Changes can begin 10-20 years before symptoms appear.
- Memory loss is the first sign of AD.

AD and the Brain

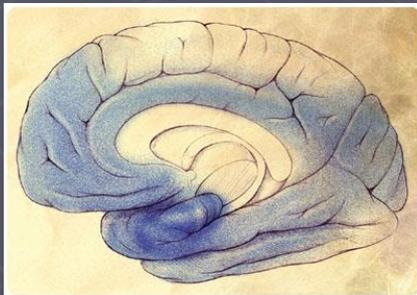
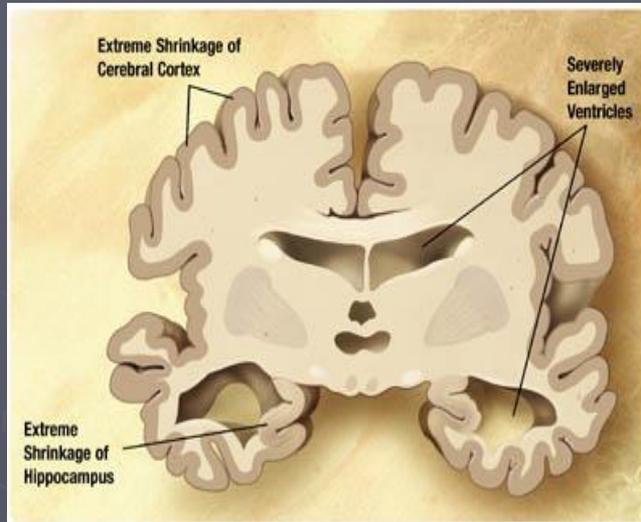
Mild to Moderate AD



- AD spreads through the brain. The cerebral cortex begins to shrink as more and more neurons stop working and die.
- *Mild AD signs* can include memory loss, confusion, trouble handling money, poor judgment, mood changes, and increased anxiety.
- *Moderate AD signs* can include increased memory loss and confusion, problems recognizing people, difficulty with language and thoughts, restlessness, agitation, wandering, and repetitive statements.

AD and the Brain

Severe AD



- In severe AD, extreme shrinkage occurs in the brain. Patients are completely dependent on others for care.
- Symptoms can include weight loss, seizures, skin infections, groaning, moaning, or grunting, increased sleeping, loss of bladder and bowel control.
- Death usually occurs from aspiration pneumonia or other infections. Caregivers can turn to a hospice for help and palliative care.
- [Video](#)

- **Retirement. Retirement** at age 65 is the conventional choice for many people, although some work until much later.
- **Widowhood.** Women tend to marry men older than they are and, on average, live 5 to 7 years longer than men. One study found ten times as many widows as widowers. Widowhood is particularly stressful if the death of the spouse occurs early in life; close support of friends, particularly other widows, can be very helpful.

Adulthood's Commitments

Love and work are defining themes in adult life. Evolutionary psychologists believe that commitment has survival value. Parents that stay together are likely to leave a viable future generation.



Human Diversity: Cross-Cultural Perspectives on Death

- In some societies, one is required to deal with death during one's entire lifetime.
- For all cultures, death is a transition from one stage to another.
- Provides examples of different cultures and how they handle death in different ways.
- In India, death is not considered a taboo subject, while Muslims tend not to discuss it openly.
- Some cultures look at death as the end of life.
- Some cultures look at death as the beginning of a new life.

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.
- People who reach a sense of integrity in life (in Erikson's terms) see life as meaningful and worthwhile.

