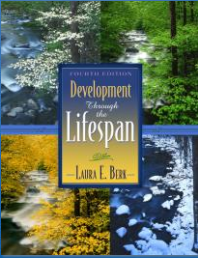


Development Through the Lifespan




Chapter 15

Physical and Cognitive Development in Middle Adulthood

This multimedia product and its contents are protected under copyright law. The following are prohibited by law:


- Any public performance or display, including transmission of any image over a network;
- Preparation of any derivative work, including the extraction, in whole or in part, of any images;
- Any rental, lease, or lending of the program.

Copyright © Allyn & Bacon 2007




Managing Stress

- Reevaluate the situation
- Focus on events you can control
- Consider alternatives
- Exercise regularly
- Relaxation techniques
- Constructively reduce anger
- Seek social support



Copyright © Allyn & Bacon 2007



Problem- versus Emotion-Centered Coping

<h3>Problem-Centered Coping</h3> <ul style="list-style-type: none"> Identify and appraise problems Choose and implement potential solutions 	<h3>Emotion-Centered Coping</h3> <ul style="list-style-type: none"> Control distress when situation can't be changed
---	---

Copyright © Allyn & Bacon 2007

Hardiness

- **Control**
 - Regard most experiences as controllable
- **Commitment**
 - Find interest and meaning in daily activities
- **Challenge**
 - View as normal part of life, chance for growth



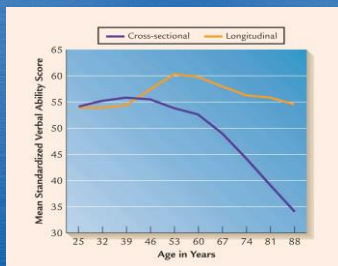
Copyright © Albee & Bacon 2007

Double Standard of Aging

- Aging men rated more positively; women more negatively
- Evolutionary roots; media, social messages
- May be declining

Copyright © Albee & Bacon 2007

Cohort Effects in Intelligence Studies



Copyright © Albee & Bacon 2007



Fluid and Crystallized Intelligence

Fluid

- Depends on basic information processing skills:
 - Detecting relationships among stimuli
 - Analytical speed
 - Working memory

Crystallized

- Skills that depend on:
 - Accumulated knowledge
 - Experience
 - Good judgment
 - Mastery of social conventions
- Valued by person's culture

Copyright © Allie & Bacon 2007



Individual and Group Factors in High Intelligence Scores

Lifestyle

- High education
- Complex job or leisure
- Lasting marriage
- High SES

Personal

- Flexible personality
- Healthy
- Gender
- Cohort
- Perceptual speed

Copyright © Allie & Bacon 2007



Age-Related Slowing of Information Processing

Neural Network View

- Neurons in brain die, breaking neural connections
- Brain forms new connections
- New connections are less efficient

Information-Loss View

- Information lost at each step through cognitive system
- Whole system slows down to inspect, interpret information

Copyright © Allie & Bacon 2007



Attention in Middle Adulthood

- More difficulties in
 - Multitasking
 - Focusing on relevant information
 - Switching attention
 - Connecting visual information
 - Inhibition
- May be linked to slower processing
- Experience, practice, training help adults compensate

Copyright © Allyn & Bacon 2007



Memory in Middle Adulthood

- Working memory decreases from 20s to 60s
 - Less use of memory strategies--may be due to slower processing, attention problems
- Adults can compensate
 - Self-pacing
 - Strategy reminders
 - Relevant information
- Few changes in:
 - Factual Knowledge
 - Procedural Knowledge
 - Metacognitive Knowledge



Copyright © Allyn & Bacon 2007



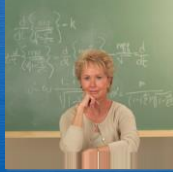
Practical Problem Solving and Expertise

- **Practical Problem Solving**
 - Evaluate real-world situations
 - Achieve goals that have high uncertainty
 - Helped by expertise
- **Expertise**
 - Extensive, highly organized knowledge base
 - Provides efficient, effective approaches to solving problems
 - Organized around abstract principles
 - Result of years of experience

Copyright © Allyn & Bacon 2007

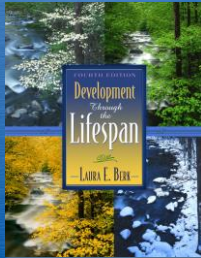
Changes in Creativity

- More deliberate, thoughtful
 - Less spontaneous, intensely emotional
- Sum up or integrate ideas
 - Less focus on unusual new ideas
- Goals more altruistic



Copyright © Allyn & Bacon 2007

Development Through the Lifespan



Chapter 16

Emotional and Social Development in Middle Adulthood

This multimedia product and its contents are protected under copyright law. The following are prohibited by law:

- Any public performance or display, including transmission of any image over a network.
- Preparation of any derivative work, including the extraction, in whole or in part, of any images.
- Any rental, lease, or lending of the program.

Copyright © Allyn & Bacon 2007

Erikson's Theory: Generativity versus Stagnation

Generativity

- Reaching out to others in ways that give to and guide the next generation
- Commitment extends beyond self
- Typically realized through child rearing
- Other family, work mentoring relationships also generative

Stagnation

- Place own comfort and security above challenge and sacrifice
- Self-centered, self-indulgent, self-absorbed
- Lack of involvement or concern with young people
- Little interest in work productivity, self-improvement

Copyright © Allyn & Bacon 2007

Levinson's Middle Adult Season

- Midlife transition (40–45)
 - Sense of time running out in life
 - Evaluate early adulthood
 - Make drastic or small changes
- Entry life structure (45–50)
- Age 50 transition (50–55)
- Culminating life structure (55–60)



Copyright © Allyn & Bacon 2007

Levinson's Four Tasks of Middle Adulthood

Young-Old	Find new ways of being both young and old
Destruction-Creation	Acknowledge past destructiveness, try to create products of value
Masculinity-Femininity	Balance masculine and feminine parts of self
Engagement-Separateness	Balance involvement with external world and separateness from it

Copyright © Allyn & Bacon 2007

Vaillant's View of Midlife

- Keepers of meaning
 - Guardians of culture
 - Adults in 40s and 50s carry responsibility for functioning of society
- "Passing the torch" becomes important
 - Focus on longer-term goals
 - Prevents too rapid change



Copyright © Allyn & Bacon 2007

Midlife Crisis?

Research: Wide individual differences

- Gender differences
 - Men – changes in early 40s
 - Women – late 40s–50s, different directions
- Sharp disruption uncommon
- Differences in handling regrets
 - Changes or not
 - Interpretation, acceptance

Copyright © Allie & Bacon 2007

Midlife: Stage or Life Events?

Stage View

- Midlife changes are developmental transitions or crises

Life Events View

- Midlife changes simply adaptation to normal life events

Many researchers suggest a combination of continuity and stagewise change

Copyright © Allie & Bacon 2007

Possible Selves

- What one hopes or fears becoming
- Become fewer, more modest & concrete with age
- May become more time-oriented with age
 - Compare to what you had planned
- May help with adjustment and self-esteem

Copyright © Allie & Bacon 2007

Self-Perceptions in Midlife

- More complex, integrated self-descriptions
- Increases in feelings of
 - Self-acceptance
 - Autonomy
 - Environmental mastery
- Linked to increased well-being, happiness
 - Varies with culture



Copyright © Allyn & Bacon 2007

Coping Improvements in Middle Adulthood

- Identifying positives
- Postponing action during evaluation
- Anticipation and planning
- Humor
- Integrating strengths and weaknesses
- Confidence, experience



Copyright © Allyn & Bacon 2007

Gender Identity in Middle Adulthood



- Women: Increase in “masculine” traits
- Men: Increase in “feminine” traits
- Theories
 - Parental Imperative
 - Decline in sex hormones
 - Demands of midlife

Copyright © Allyn & Bacon 2007

Relationships at Midlife

- Many people have more close relationships than any other period of life
 - Children
 - “launching”
 - Parents
 - Friends



Copyright © Allyn & Bacon 2007

Caring for Aging Parents

- “Sandwich generation”
- Finances, location, gender, culture are factors
- Highly stressful
 - Average 20 hours/week
 - Often starts suddenly, duration uncertain
 - Work and costs increase
 - Hard to witness parent’s decline
 - Support needed

Copyright © Allyn & Bacon 2007

Relieving Caregiving Stress

- Use effective coping strategies
- Seek social support
- Use community resources
- Get workplace help
- Work for helpful public policies



Copyright © Allyn & Bacon 2007



Siblings in Middle Adulthood

- Contact and support decline during middle adulthood
 - Demands of diverse roles
- Still, often feel closer
 - Share similar events
- Affected by
 - Earlier relations
 - Culture



Copyright © Allyn & Bacon 2007



Friendships in Middle Adulthood

- Gender trends continue
 - Men less expressive than women
- Fewer friends; more selective
- More complex ideas of friendship
 - Rely on for pleasure more than support
- Invest more time, effort in friends

Copyright © Allyn & Bacon 2007
