ADULTHOOD

✓ Interaction among body, mind and environment

YOUNG ADULTHOOD
(20 – 40 years)

✓ new tasks, new roles
✓ establish a self that is separate from parents is a major task
  o adolescence: 2nd individuation
  o young adult: 3rd individuation
✓ develop adult friendships
✓ develop capacity for intimacy
✓ adult work identity
✓ adult forms of play
✓ integrate new attitudes toward time

✓ Erik Erikson: intimacy vs isolation
  o contact with others are made
  o intimate relationships develop
  o commitment to another person develops

Developmental Tasks

| Work Identity | Occupation: Blue collar vs. White collar
Healthy adaptation to work
Maladaptation – dissatisfaction w/ oneself and w/ the job (absenteeism, job change, mistakes at work, accident proneness, sabotage)
More women enter workplace
  1960: 35%
  2000: 70%
Unemployment |
|----------------|------------------------------------------------|
| Develop Adult Friendships | Before marriage: friendship = emotional sustenance
After marriage: central emotional importance of friendship diminishes |
| Sexuality and Marriage | Marriage: late 20s to early 30s
Cohabitation: Live-in
Marital adjustment (Reed)
  Advocate comm. & verbal confrontation
  Openness, more talking
  Inc. sensitivity to feelings
  Personalizing of language symbols
  Keep communication channels open
How a Marriage works out:
  Partners selected
  Personality organization
  Original reasons for the union
Marital Problems
  When you expect too much
  Look to spouse to meet unfulfilled childhood needs for good parenting
  Irrational expectations
  Financial issues
Marriage Counseling – identify immediate concerns, less psychotherapeutic training
Marriage Therapy – professionals, restructure interactions between couples |
| Parenthood | Age 30s
  Economic burden and emotional cost
  Single-parent families
  Alternative lifestyle parenting
  Adoption |

MIDDLE ADULTHOOD
(40 – 60 years)

✓ golden age of adulthood
✓ occupation: gap between early aspirations and current achievements
✓ gender changes
  o women: nurturing → independence
  o men: → become emotional and dependent
✓ transition from young adult to middle adult is slow and gradual

Developmental Tasks

✓ Robert Butler
  o aging
  o taking stock of accomplishments and setting goals for the future
  o reassessing commitments to family
  o work and marriage
  o dealing with parental illnesses and death
  o attending to all developmental tasks without losing capacity to engage in play

✓ Erik Erikson (generativity or stagnation)
  o generativity: guides oncoming generation
    ▪ having children
    ▪ for those who don’t have children, they can be generative by;
      1) helping others
      2) being creative
      3) contributing to society
  o stagnation: stops developing
    ▪ is an anathema
    ▪ “within a cocoon of self-concern and isolation”

✓ George Vaillant
  o strong correlation between physical and emotional health
  o childhood and adult work habits are correlated
  o longest continuous study ever performed

✓ Developing Midlife friendships
  o do not have the usual sense of urgency and the need for frequent physical presence of the friend
  o in case of disrupted marriage, pressure, etc., friends may be the direct vehicles for direct expression of impulses

✓ Reappraising relationships
✓ Sexuality; For sexual intimacy to continue, the participants must;
  1) accept appearance of partner’s middle aged body
  2) continue to find it sexually stimulating
  3) accept the normative changes that occur in sexual functioning

✓ Climacterium
  o women: menopause (gradual experience)
    ▪ vasomotor instability (hot flashes)
  o men: no clear demarcation
    ▪ midlife crisis
Features Salient to Middle Adulthood

<table>
<thead>
<tr>
<th>Issues</th>
<th>(+) Features</th>
<th>(-) Features</th>
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<tbody>
<tr>
<td>Prime of life</td>
<td>Responsible use of power; maturity; productivity</td>
<td>Winner-loser view, competitiveness</td>
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<tr>
<td>Stock taking: what to do with the rest of one’s life</td>
<td>Possibility; alternatives; organization of commitments; redirection</td>
<td>Closure, fatalism</td>
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<tr>
<td>Fidelity and commitments</td>
<td>Commitment to self, others, career, society; filial maturity</td>
<td>Hypocrisy, self-deception</td>
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<td>Growth-death (to grow is to die); juvenescence and rejuvenation fantasies</td>
<td>Naturality regarding body, time</td>
<td>Obscene or frenetic efforts (e.g. to be youthful), hostility and envy of youth and progeny, longing</td>
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<tr>
<td>Communication and socialization</td>
<td>Matters understood; continuity; picking up where left off; large social network; rootedness of friendship, places and ideas</td>
<td>Repetitiveness; boredom; impatience; isolation; conservatism; confusion; rigidity</td>
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Midlife Transition and Crisis
- Intense reappraisal of all aspects of life precipitated by growing recognition that life is finite and approaching an end
- Characterized by mental turmoil, not action
- Sudden and abrupt change
- Daniel Levinson: transitional period bet ages 50-55 during which a developmental crisis occurs when persons feel incapable of changing an intolerable life

Empty Nest Syndrome – a depression that occurs in parents when the youngest child is about to leave home

Divorce
- Paul Bohannan’s Types of Separation
  1) Psychic Divorce
  2) Legal Divorce
  3) Economic Divorce
  4) Community Divorce
  5) Coparental Divorce

Custody
- Joint custody – equal time for both parents
- Split custody – siblings are separated and each parent has custody over one or more children
- Single custody – only one parent gets all the kids
* Child support is given during joint custody or if one parent is given visitation rights.

Adultery – voluntary sexual intercourse between a married person and someone other than the spouse

Adult Maturity – a mental state, not an age

Late Adulthood (Old Age)
- From pursuit of wealth ↔ maintenance of health
- Begins at age 65
  - 65 – 74: young-old
  - 75 – up: old-old
  - > 85: oldest-old
  - Unhealthy: sick-old
  - Health: well-old

Old Age Developmental Theorists

Sigmund Freud
- ↑ Control of ego and id, aging = autonomy
- Regression = permit primitive modes of functioning to reappear

Erik Erikson
- Integrity vs. Despair
- Old Age Developmental Theorists: Stability vs. Change
  - Stability in five basic personality traits:
    1. extraversion
    2. neuroticism
    3. agreeableness
    4. openness to experience
    5. conscientiousness

Heinz Kohut
- Must continually cope with narcissistic injury as aging process continues
- Major task = Maintenance of self-esteem

Bernice Neugarten
- Major conflict = giving up authority and evaluating achievements and former competence
- A time for reconciliation and resolution of grief over death of others and approaching death of self

Daniel Levinson
- Ages 60-65 = “transition period”
- Narcissistic = preoccupied with death
- Creative mental ability > reduced physical activity

Psychosocial Aspects of Aging
- Social Activity
DEATH, DYING AND BEREAVEMENT

Death – absolute cessation of vital functions
Dying – losing these functions
good death – free from avoidable distress and suffering
bad death – needless suffering and dishonoring

According to the President’s Commission for the Study of Ethical Problems in Medicine and Biomedical and Behavioral Research, a person is dead when he/she sustained either:

1) irretrievable cessation of circulatory/ respiratory functions
2) irretrievable cessation of all functions of the entire brain including the brainstem

Stages of Death and Dying

✓ developed by Elisabeth Kubler-Ross

Stage 1: Shock and Denial
Stage 2: Anger
Stage 3: Bargaining
Stage 4: Depression
Stage 5: Acceptance

Bereavement, Grief and Mourning

✓ terms that apply to the psychological reactions of those who survive a significant loss
✓ Grief – subjective feeling precipitated by death of a loved one
✓ Mourning – process by which grief is resolved
✓ Bereavement – state of being deprived of someone by death or refers to being in a state of mourning

✓ Anticipatory Grief – brought by slow dying of a loved one
✓ Anniversary reactions – acute grief reaction in a special occasion of the dead loved one (birthday, anniversary of death, etc.)

Normal Bereavement Reactions (response to loss)

1) Protest
2) Searching
3) Despair and detachment
4) Reorganization

Complicate Bereavement

✓ abnormal
✓ atypical
✓ disoriented
✓ morbid
✓ traumatic
✓ unresolved
✓ has three (3) patterns:
  1) Chronic Grief – most common type, bitterness and idealization of the dead, extremely close relationship bet. the person and the dead
  2) Hypertrophic Grief – seen in sudden and unexpected death, extraordinarily intense
  3) Delayed Grief – from prolonged denial, anger and guilt may complicate its course

Traumatic Bereavement - both chronic and hypertrophic

Bereavement is associated with:

- depression
- posttraumatic stress
- can be resolved by grief therapy

Source:
Kaplan & Sadock’s Synopsis of Psychiatry 10th Ed.
Lectures, Department of BehMed, UST-FMS