

Objectives:

1. *Characterize the physical changes that take place during adulthood.*
2. *Describe the social and emotional changes that occur during adulthood.*

I. Introduction

- A. Adulthood is a time of _____. There is success and failure, crisis and stability, joy and sadness. Adulthood is a time when you can _____ fully into who you are, or allow _____ to get the better of you. How each of us reacts depends on _____ and our general _____ on life.

II. Physical Changes

- A. One theory of aging claims that people age because over time our body's _____ become less able to repair themselves. Another theory claims that our cells have biological "_____" that limit the number of times cells can divide and multiply. When they reach their limit, cells begin to die and _____ occurs.
- B. In general, adults are at their physical peak between the ages of _____ - _____. Between these ages, we are _____, healthiest, and have the quickest _____. Physical decline is usually _____ and not easy to _____.
- C. In _____ (usually defined as between 45-65 years of age), _____ starts to turn gray and thin. _____ may become dry and wrinkled. In old age (66 years and older), muscles and fat break down, causing people to lose _____ and become _____. Over time, the _____ stop working as well as they used to. Older people may not be able to see, hear, or react as well as they used to.
- D. Good health comes from a lifetime of making good _____. If you _____ well, avoid _____ and _____, you will look and feel younger compared to those that do not make healthy choices. The most common causes of death in later adulthood are _____, _____, and cirrhosis of the _____. Many health problems faced later in life are a result of poor decisions made as a young adult.
- E. Between the ages of 45-50, a woman's body begins to produce fewer sex hormones. This stage is called _____. The woman stops producing eggs, stops having a menstrual period, and can no longer get pregnant. Menopause does not, however, reduce a woman's sex drive or enjoyment of sex. Men do not go through a biological change like menopause and can father children even in old age.

III. Marriage and Divorce

- A. Nearly _____% of all adults in the United States will marry at some point in their lives.
- B. _____ to _____ percent of new marriages, though, end in divorce.
- C. Researchers who have performed longitudinal studies on married couples have proposed that success or failure largely depends on two factors: how couples handle _____ and how often couples share _____ and _____ moments. Happy couples listen to each other and focus on solving _____. Unhealthy ways of dealing with conflict are _____ the conflict, making issues seem _____ than they are, and _____ at each other.

IV. Cognitive Changes

- A. People are better at learning new _____ and _____ in their mid-20s than they were in _____.
- B. At one time, many psychologists thought that _____ development peaked in the mid-20s and then declined; further investigation revealed that some parts of these tests measure speed, not intelligence.
- C. Even with a decline in speed, people continue to acquire _____ and expand their _____ as they grow older.

V. Social and Personality Development

- A. An individual's basic _____ – his or her style of adapting to situations – remains about the same over the years. For example, confident youth remain confident adults, passive youth become passive adults.
- B. Despite the stability of character, people do face challenges as adults. Like adolescents, adults must learn the _____ needed to cope with _____.
- C. From about age 22 to age 28, a young man is considered, both by himself and by society, to be a _____ in the adult world—not fully established as a man, but no longer an adolescent.
- D. During this time, he must attempt to resolve the conflict between the need to _____ the options of the adult world and the need to establish a _____ life structure.
- E. Psychologist Daniel Levinson's _____ suggested that males pass through transition periods around ages _____, _____, _____, and _____. Each stage lasts about 5 years.

- F. Around age 30, men often look at the _____ choices they made in their 20s. They may question their choices of _____ partner, _____, and _____ goals. They feel that if parts of their lives are not satisfying they must make big _____ now before it is too late. After resolving the “ _____”, men settle down into a second life structure and focus on “ _____” in the adult world.
- G. Around age 40, men begin to ask themselves _____ about their _____ and their _____. Examples: “What have I done with my life?” and “What do I still wish to accomplish?” Men at this time often become _____ to younger men. They have a desire to pass on their _____ to the next generation. This desire is called _____. The opposite, _____, can also occur. Men may choose to hang on to the past rather than continue to develop. This is known as the _____.
- H. By age _____ and beyond, men enter _____ and by age _____ they enter _____. In middle adulthood men make _____ to answer the questions from their mid-life transition. As men progress into later adulthood they begin to reflect on their past _____ and _____. Men begin to focus on making _____ with one self and with others, including _____.
- I. Far more studies have been done with men than with women. Some studies with women show, however, that for _____ women midlife may be a time of _____ rather than crisis, as it is for some men. As children become independent and leave home, mothers have more freedom to go back to _____, go to _____, and focus on new _____.
- J. Some women will experience _____ during middle age, especially when the last child leaves home... a phenomenon known as the “ _____”. In early adulthood, women may feel a sense of personal _____ in their roles as daughter, lover, wife, and mother. These roles change as _____ grow, _____ die, and _____ fail. Some women begin to feel worthless. At menopause, some women feel a loss when they can no longer bear children. Many women _____ this time of life, however, when they no longer have to focus their attention on the needs of their _____.