A circular wreath of various botanical elements surrounds the central text. The elements include green ferns, red autumn leaves, yellow flowers, purple flowers, and large green leaves with detailed vein patterns. The entire composition is set against a dark grey background with a fine white dot pattern.

LIFESPAN
DEVELOPMENT
PSYCHOLOGY

MIDDLE AGE

CONTENT

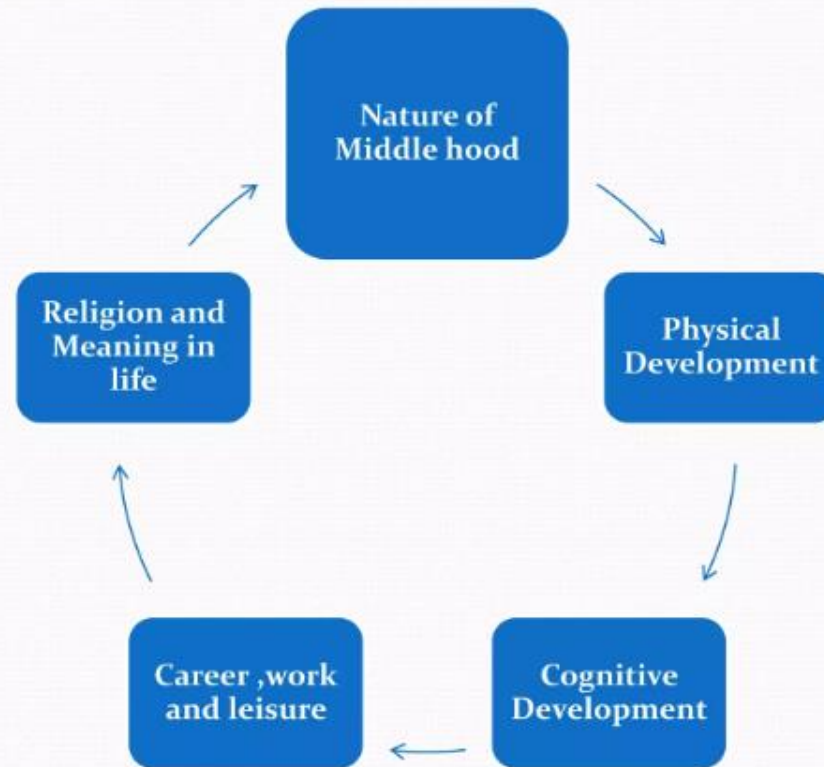
- **MIDDLE AGE:** CHARACTERISTICS, DEVELOPMENTAL TASKS OF MIDDLE AGE - ADJUSTMENTS TO PHYSICAL CHANGES ASSESSMENT OF ADJUSTMENTS OF PHYSICAL CHANGES - ADJUSTMENTS TO MENTAL CHANGES INTEREST AND SOCIAL. ADJUSTMENTS TO VOCATIONAL, FAMILY PATTERNS, SINGLE HOOD, LOSS OF A SPOUSE, APPROACHING RETIREMENT AND OLD AGE - VOCATIONAL AND MARTIAL HAZARDS OF MIDDLE AGE.

What is Middle age,characterstics

- Age between Approx **40-45**, ext **60-65**
- Attraction & reproduction reduced
- Loss of vigor
- Depletion in physical health
- Increase dissatisfaction level
- Uselessness domination
- Young old polarity increase



Physical and Cognitive development in Middle Adulthood



Physical Changes:

I) Social & chronological influences domination :

- Change in B.M.I
- Visibility of spots
- Aging of bones
- Vision and hearing
- Cardio vascular system decrease



Physical Changes:

II) Health & Diseases :

- Frequency of accidents
- Decline in immunity
- Emotional stress
- Cardio vascular diseases
- Arthritis is common
- Stress levels increase



Physical Changes:

III) Mortality rates :

- Chronic disease
- Heart attack
- Blood pressure

IV) Sexuality

- Reduced fertility levels
- Women menopause problem
- Men testosterone problem

Cognitive Development

I) Intelligence :

- Crystallized Intelligence reduced (Retention skills)
- Fluid intelligence (Reasoning)
- Neurobiological implications

II) Information processing :

- Information processing reduced
- Working memory decline
- Expertise remains constant

DEVELOPMENTAL TASKS OF MIDDLE ADULthood

MIDLIFE BRINGS AN INCREASE IN COPING STRATEGIES. MARGIE LACHMAN, PH.D, IS A LEADER IN THE FIELD OF MIDDLE ADULthood AND AGING AND PROVIDES A COMPREHENSIVE OVERVIEW OF THE REWARDS AND CHALLENGES THOSE IN MIDDLE ADULthood MAY EXPERIENCE. THESE INCLUDE:

1. LAUNCHING CHILDREN INTO THEIR OWN LIVES.
2. ADJUSTING TO HOME-LIFE WITHOUT CHILDREN (OFTEN REFERRED TO AS THE EMPTY NEST).
3. DEALING WITH ADULT CHILDREN WHO RETURN TO LIVE AT HOME (KNOWN AS BOOMERANG CHILDREN IN THE UNITED STATES).
4. LOSING PARENTS/CAREGIVERS AND EXPERIENCING ASSOCIATES GRIEF.
5. BECOMING GRANDPARENTS.
6. PREPARING FOR LATE ADULthood.
7. ACTING AS CAREGIVERS FOR AGING PARENTS/CAREGIVERS OR SPOUSES.

PHYSICAL CHANGES IN MIDDLE AGE

- **MIDDLE ADULTHOOD** OCCURS BETWEEN THE AGES OF 46-65.
- DURING THE MIDDLE ADULTHOOD STAGE PHYSICAL CHANGES START TO OCCUR THAT SHOW THE BODY IS AGEING. THESE CHANGES INCLUDE:
- SKIN IS LESS ELASTIC
- WEIGHT GAIN
- GREYING OF HAIR DUE TO LOSS OF PIGMENTS
- THINNING OF HAIR. SOME MEN MAY EXPERIENCE HAIR LOSS
- BECOMING SHORTER
- **WOMEN REACH THE MENOPAUSE**

ASSESSMENT OF ADJUSTMENTS OF PHYSICAL CHANGES

- HOW SUCCESSFULLY MEN AND WOMEN WILL ADJUST TO THE PROBLEMS ARISING FROM THE PHYSICAL AND MENTAL CHANGES THAT ACCOMPANY AGING AND FROM THE CHANGES IN STATUS THAT OCCUR AT THIS TIME WILL BE INFLUENCED BY MANY FACTORS, SOME OF WHICH ARE BEYOND THEIR CONTROL.
- THE MOST IMPORTANT OF THESE FACTORS ARE GIVEN AND BRIEFLY EXPLAINED IN BELOW:

SOME FACTORS INFLUENCING ADJUSTMENT TO OLD AGE

PREPARATION FOR OLD AGE

- THOSE WHO HAVE NOT PREPARED THEMSELVES PSYCHOLOGICALLY OR ECONOMICALLY FOR THE CHANGES THAT OLD AGE INEVITABLY BRINGS OFTEN FIND ADJUSTING TO THESE CHANGES A TRAUMATIC EXPERIENCE.

EARLIER EXPERIENCES

- THE DIFFICULTIES EXPERIENCED IN ADJUSTING TO OLD AGE ARE OFTEN THE RESULT OF EARLIER LEARNING OF CERTAIN FORMS OF ADJUSTMENT THAT ARE NOT APPROPRIATE TO THIS PERIOD OF THE LIFE SPAN.

SATISFACTION OF NEEDS

- TO BE WELL ADJUSTED IN OLD AGE, MEN, AND WOMEN MUST BE ABLE TO SATISFY THEIR PERSONAL NEEDS AND LIVE UP TO THE EXPECTATIONS OF OTHERS WITHIN THE FRAMEWORK OF LIFE PROVIDED FOR THEM.

RETENTION OF OLD FRIENDSHIPS

- THE MORE OLD FRIENDSHIPS THE ELDERLY ARE ABLE TO RETAIN, THE BETTER ADJUSTED AND HAPPIER THEY WILL BE. MOVING TO OTHER AREAS OR OUTLIVING THEIR FRIENDS MILITATES AGAINST THIS.

SOME FACTORS INFLUENCING ADJUSTMENT TO OLD AGE

GROWN CHILDREN

- ATTITUDES OF GROWN CHILDREN TOWARD THEIR ELDERLY PARENTS AND FREQUENT ASSOCIATIONS WITH THEM CONTRIBUTE TO GOOD PERSONAL AND SOCIAL ADJUSTMENT ON THE PART OF THE ELDERLY.

SOCIAL ATTITUDES

- ONE OF THE GREATEST HANDICAPS TO GOOD ADJUSTMENT IN OLD AGE IS SOCIETY'S UNFAVOURABLE ATTITUDE TOWARD THE ELDERLY.

PERSONAL ATTITUDES

- A RESISTANT ATTITUDE TOWARD AGING AND TO ADJUSTMENT TO THE CHANGES AGING BRINGS IS A SERIOUS OBSTACLE TO SUCCESSFUL ADJUSTMENT IN OLD AGE.

METHOD OF ADJUSTMENTS

- *RATIONAL* METHODS INCLUDE ACCEPTING THE LIMITATIONS OF AGE, DEVELOPING NEW INTERESTS, LEARNING TO GIVE UP ONE'S CHILDREN, AND NOT DWELLING ON THE PAST; *IRRATIONAL* METHODS INCLUDE DENYING THE CHANGES THAT COME WITH AGE AND TRYING TO CONTINUE AS BEFORE, BECOMING PREOCCUPIED WITH THE P
- LEASURES AND TRIUMPHS OF BYGONE DAYS, AND WANTING TO BE DEPENDENT ON OTHERS FOR BODILY CARE.

HEALTH CONDITIONS

- CHRONIC ILLNESS IS A GREATER HANDICAP TO ADJUSTMENT THAN TEMPORARY ILLNESS, EVEN THOUGH THE LATTER MAY BE MORE SEVERE WHILE THEY LAST THAN THE FORMER.

LIVING CONDITIONS

- WHEN ELDERLY PEOPLE ARE FORCED TO LIVE IN PLACES THAT MAKE THEM FEEL INFERIOR, INADEQUATE, AND RESENTFUL, THIS HAS AN UNFAVOURABLE EFFECT ON THE KIND OF ADJUSTMENTS THEY MAKE TO OLD AGE.

ECONOMIC CONDITIONS

- IT IS ESPECIALLY DIFFICULT FOR ELDERLY PEOPLE TO ADJUST TO FINANCIAL PROBLEMS BECAUSE THEY KNOW THAT THEY WILL HAVE LITTLE OR NO OPPORTUNITY TO SOLVE THEM, AS THEY COULD WHEN THEY WERE YOUNGER.

CONDITIONS INFLUENCING VOCATIONAL ADJUSTMENTS IN MIDDLE AGE

- ☐ Satisfaction with work
- ☐ Opportunities for promotion
- ☐ Vocational expectations
- ☐ Increased use of automation
- ☐ Attitude of spouse
- ☐ Attitude towards “Big business”
- ☐ Attitudes toward coworkers
- ☐ relocation

ASSESSMENT OF VOCATIONAL ADJUSTMENTS

➤ ACHIEVEMENTS

many middle aged workers enjoy a degree of success that gives them the income, the prestige, the authority and the autonomy. Others consider themselves as failures. Lack of satisfaction with their achievements makes them discontented with their jobs.

More than men, women fails to achieve vocational success during middle-age.

➤ SATISFACTION

Forties are the “critical age” for industrial workers.

By the end of the fifties and early sixties, there is usually a sharp drop in vocational satisfaction.

Even more than men, middle-aged women fail to derive the satisfaction.

If satisfaction is high workers will do all they possibly can to keep their work up.

ADJUSTMENT TO CHANGED FAMILY PATTERNS

This is more difficult for women.

During the “shrinking circle stage”, a middle aged housewife no longer derives satisfaction from her roles as wife and mother.

DISENCHANTMENT WITH MARRIAGE

The man may be disenchanted if he feels that his lack of vocational success is the result of strains from family life.

The women may be disenchanted if she feels that her husband is more concentrated about his work than about his home and family.

ADJUSTMENTS TO CHANGED ROLES

When the children leave home - to go to college, to marry, or to pursue a career – parents must face the adjustment problems of “*empty nest*” stage.

It is a **cruel blow** to some parents who are widowed or divorced. Problems are increased for those who have few outside interests and have built their lives around their children.

It becomes even more difficult, when married children become increasingly involved in their own family without providing proper care for the parents.

ADJUSTMENT TO SPOUSE

With the ending of parental responsibilities , the husband and wife once again become dependent upon each other for companionship.

Through establishing a close relationship, they can find happiness. But it becomes difficult.

Because:-

They must adjust to a **pair-centered** relationship after having adjusted to a **family-centered** relationship.

It may take time.

ADJUSTMENTS TO IN-LAWS

There are two kinds of in-law adjustments that must be made during middle age.

1. Adjustments to children's spouses

some conditions contributing to difficulties in adjusting to children's spouses

- Spouses from other communities, states, or even countries.
- The tendency of middle-aged couples to offer too much advice to son or daughter in-laws.
- Disapproval of son-in-laws occupation or that daughter-in-law works after marriage.
- Lack of a grandchildren, which may be a disappointment to the middle aged parents

2. Adjustments to the care of aging parents

This adjustment problem is less common today. Because,

- Aging people can survive on social security, welfare payments, or pensions without depending on their children for financial support.
- There are homes for retired people – single, widowed, or couples.
- There are nursing homes for those who have health issues.



ADJUSTMENT TO GRANDPARENTHOOD

Middle-aged men and women play different grandparent roles. The five most common are;

- The Formal Role
- The Fun-seeking Role
- The Surrogate-Parent Role
- The “Reservoir of Family Wisdom” Role
- The Distant-Figure Role



ADJUSTMENT TO SINGLEHOOD

For a single women

Problems related to:-

- Employment and vocational advancements.
- Responsibilities of family.
- Caring of aged parents.

For a single men

The single man is usually in a favorable position in middle-age than the single women

- He don't have responsibilities for children, wife etc.
- In case of caring for elderly parents, he provides financial aid.

ADJUSTMENTS TO LOSS OF A SPOUSE

Loss by Divorce

For divorced women social problems are even harder to cope with than they are for those who are widowed. Not only may the divorced women be excluded from social activities, but, even worse, she often loses old friends.

Another major problem man and women face after divorce is economic. After divorce the husband and wife are both on reduced incomes.



Loss by death

Death in middle age is far more common among men than among women. Therefore widowhood is primarily a woman's problem.

Common problems of widowhood:-

- *Economic problems*
- *Social problems*
- *Family problems*
- *Practical problems*
- *Sexual problem*
- *Residential problem*



Remarriage

Middle aged men and women who lose their spouses due to divorce or death , finds single life unsatisfactory. Consequently they decide to remarry or to cohabit.

Cohabiting allows for greater personal independence, even to the point of maintaining their own homes, while, at the same time, meeting the sexual and social needs of both men and women.

Chances for remarriage become slimmer as they grow older.

ADJUSTMENT TO APPROACHING RETIREMENT

Unquestionably one of the most common and most serious adjustment problems to retirement relates to family members.

Pre-retirement counseling is necessary for proper preparations.

Married women can easily adjust with the problems of retirement. Because, they have carried home responsibilities throughout their working lives. They will not have difficulty in filling time when they retire.

ADJUSTMENTS TO APPROCHING OLD AGE

If men and women are to adjust successfully to old age, they must make preparations for it earlier in life.

Areas for preparation for old age:-

- *Health*
- *Retirement*
- *Use of Leisure Time*
- *Financial Independence*
- *Social Contacts*
- *Role Changes*
- *Life Patterns*

VOCATIONAL HAZARDS

Eight common and serious vocational hazards of middle age:-

1. Failure to Reach Earlier Goals

Failure to reach a goal set earlier is an ego-deflating experience for middle aged people because they know that this is the peak time for achievements and that they are unlikely to attain their goals in old age.

2. Decline in creativity

Even though their level of productivity may remain the same or even improve, many middle aged workers show a decline in creativity. This makes middle-aged workers less satisfied with their achievements and they are no longer acclaimed for their creativity, as they were earlier.

Those who were successful earlier are usually assigned leadership roles when they reach middle-age.

Middle-aged workers have less time for creative work than they did before as a result of the added responsibilities and pressures that come with the success.

3. *Boredom*

Boredom affects middle aged workers more than younger workers because their chances of finding more stimulating jobs grow slimmer with each passing year. Boredom is especially common among industrial workers who find that automation is increasingly replacing individual workmanship.

4. *"Bigness"*

The tendency toward bigness in business, industry, and the professions is a vocational hazard to many middle-aged workers. Having been accustomed to working in a friendly, informal atmosphere where they knew their coworkers and where coffee breaks and other leisure occasions were times for comradeship, working in the large, impersonal atmospheric characteristic of many of today's work environments makes them feel like little cogs in big machines.



5. Feeling of Being “Trapped”

Middle-aged workers who are not happy in their work feel that they are “trapped” for the rest of their working lives and will never be able to free themselves until they reach retirement age.

Most middle-aged people, however, feel that they must stay in a job or even a line of work they dislike because it is either too late or because ongoing family responsibilities prevent their taking time out to retrain for a new line of work.



6. *Unemployment*

Finding a new job becomes increasingly difficult with each passing year, and the period of unemployment grows increasingly longer. Unemployment is a serious psychological hazard for any worker , regardless of age, sex, or race.

7. *Unfavorable Attitudes toward Job*

Unfavorable attitudes toward their jobs can have detrimental effects on their achievements and personal adjustments of middle-aged workers.

8. *Geographic Mobility*

Some middle-aged workers are faced with the necessity of moving to another community, often miles away from where they now live, to hold on to a job or to get a new one if they are unemployed.

Most middle-aged people resist moving, especially if they still have teenage children at school or if their wives have jobs. Knowing how seriously their children's social lives will be affected if they are uprooted at such a critical age, and how hard it will be for their wives to get jobs in the new community.

MARITAL HAZARDS

Eight common and serious marital hazards of middle age:-

1. Role Changes

role changes are a serious hazard for the women. When the children leave home, she finds herself in much the same position that the typical man does at retirement – unemployed.

2. Boredom

just as vocational workers become bored with jobs that are highly repetitious, due to automation, or with jobs in which there is little or no chance for advancement, so women who have devoted their adult lives to homemaking often become bored in middle age.

3. Opposition to a Child's Marriage

A serious problem sometimes arises when a teenage or even a grown child marries someone their middle-aged parents do not approve. Such opposition generally creates a barrier between the parents and the child.

4. Inability to Establish Satisfactory Relationships with the Spouse as a Person

One of the important developmental tasks of middle-age is that of establishing satisfactory relationship with spouse. Many men and women make this adjustment successfully and are even happier in their marriage than they were during the child-rearing years, but for others it is a hazardous transition.

5. *Sexual Adjustments*

Failure to achieve a good relationship with the spouse inevitably has an adverse effect on sexual relationships during middle age.

A women who is disenchanted with her marriage may try to compensate for this by devoting her time and energies to helping her grown children, by becoming active in community affairs, or by having an extra marital relationship. The middle-aged man whose sexual life is unsatisfactory may likewise turn to extra marital affairs.

A serious hazard to good sexual adjustments during middle-age is the unfavorable attitude of younger members of the family – especially teenagers- toward sexual behavior on the part of their parents.



6. *Caring for an Elderly Parent*

Serious hazard for many middle-aged couples because it interferes with their adjustment to each other after the children begin to leave home.

To complicate the situation, the elderly relative is usually the mother of one of the spouses. If she doesn't want to change her role from that of head of a household to that of a dependent, she may try to dominate, as she did in her own home. This leads to friction with all family members.



7. Loss of Spouse

loss of a spouse in middle age is more likely to be due to divorce. Most middle aged people divorce because the husband or wife has been unfaithful, because they feel their spouse has become irresponsible.

8. Remarriage

Remarriage in middle-age is likely to be hazardous, especially when it follows divorce. Such marriages are more likely to end in divorce. It is always difficult for middle-aged people to change their roles and follow new patterns of living.

Because, many middle-aged people have become accustomed to the homes they have lived in for years.



THANK YOU

