

Middle Adulthood:

Biosocial, Cognitive, Psychosocial Development



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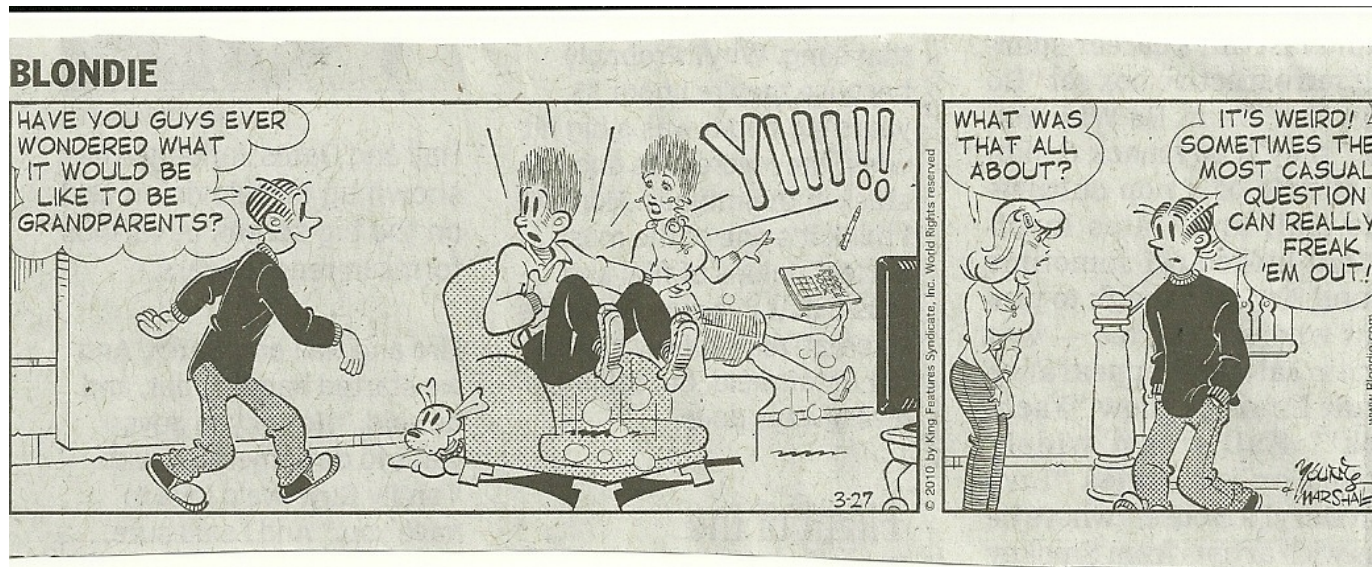
Biosocial, Cognitive, Psychosocial Development

- Scenes from Middle Age Crazy

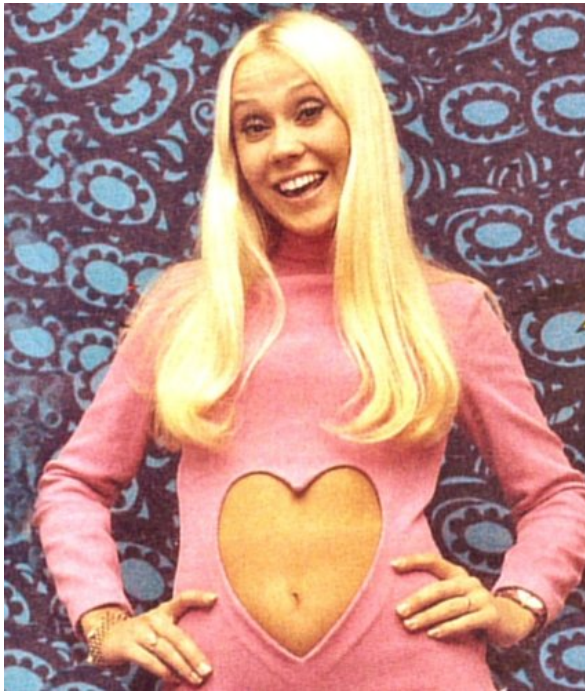
[Jerry Lee Lewis sings](#)

[Graduation speech](#)

[Porsche showroom](#)



Changes During Middle Adulthood



Agnetha Faltskog of ABBA

Middle Age: Physical Signs

- Graying & thinning of hair
- Drying & wrinkling of skin
- Change in body shape as pockets of fat settle on the upper arms, buttocks, & other body parts
- Increased likelihood of being overweight
- Loss in height as back muscles, connecting tissues, & bones lose strength
- Decline in hearing & vision

TABLE 20.2 The Increments of Chronic Disease

Age	Stage	Atherosclerosis (hardening of arteries)	Cancer	Arthritis	Diabetes	Emphysema	Cirrhosis
20	Start	Elevated cholesterol	Carcinogen exposure	Abnormal cartilage staining	Obesity, genetic susceptibility	Smoker	Drinker
30	Discernible	Small lesions on arteriogram	Cellular metaplasia*	Slight joint space narrowing	Abnormal glucose tolerance	Mild airway obstruction	Fatty liver on biopsy
40	Subclinical	Larger lesions on arteriogram	Increasing metaplasia	Bone spurs	Elevated blood glucose	Decrease in surface area and elasticity of lung tissue	Enlarged liver
50	Threshold	Leg pain on exercise	Carcinoma in situ	Mild articular pain	Sugar in urine	Shortness of breath	Upper GI hemorrhage
60	Severe	Angina pectoris	Clinical cancer	Moderate articular pain	Drugs required to lower blood glucose	Recurrent hospitalization	Fluid in the abdomen
70	End	Stroke, heart attack	Cancer spreads from site of origin	Disabled	Blindness; nerve and kidney damage	Intractable oxygen debt	Jaundice; hepatic coma
Prevention or postponement		No cigarettes; normal weight; exercise	No cigarettes; limit pollution; diet; early detection	Normal weight; exercise; minimize stress on joints	Normal weight; exercise; diet	No cigarettes; exercise; limit pollution	No heavy drinking; diet

Experts vs. Novice

Distinguishing Features

- Experts tend to rely more on their accumulated experience than on rules to guide them & are thus more intuitive & less stereotyped in their performance.
- Many elements of expert performance are automatic.
- The expert has more, & better strategies for accomplishing a particular task.
- Experts are more flexible in their work.

Psychosocial Issues

Terms to Consider

- Sandwich generation, Kinkeeper
 - Generativity vs. Stagnation
- ↓
- Mid-life evaluation (crisis?)
 - [Refine Your Life](#), [Worksheets](#), Rogers' Model
 - What Might Have Been
 - Burnout
 - [Coping Styles](#)

Carl Rogers

Idealized Self

- Realized Self

= Discrepancy

that can be used to predict an individual's behavior.

In other words, the difference between how a person sees himself or herself and how that person would like to view himself or herself, may serve as a model of what they need to do to change.

Whatever Happened to “What Might Have Been” Regrets, Happiness, & Maturity

Laura King & Joshua Hicks, U. of Missouri
American Psychologist (2007, October)

- Adults need to confront lost goals, or lost possible selves, in order to continue personality development
- Not knowing when to disengage from a goal can lead to distress & an inability to engage in new goals
- When faced with goal failure, rather than disengage, people are likely to redouble their efforts
- At such times, people may question, “How did I get here?” & “Where am I heading?”
- Middle age adults are often struggling with lost possible selves (autobiographical memories of once cherished goals).

- Thinking about what might have been is likely to foster feelings of regret & distress.
- Failure to disengage from lost goals is associated with lowered well-being.
- Accommodation is reflected in thoughtful examination of lost goals & reconstruction of & investment in new goals, commensurate with what one has lost.
- Challenging life events may spur individuals to reprioritize and re-envision their possible futures.
- Investing in one's current goals is a strong correlate of happiness.

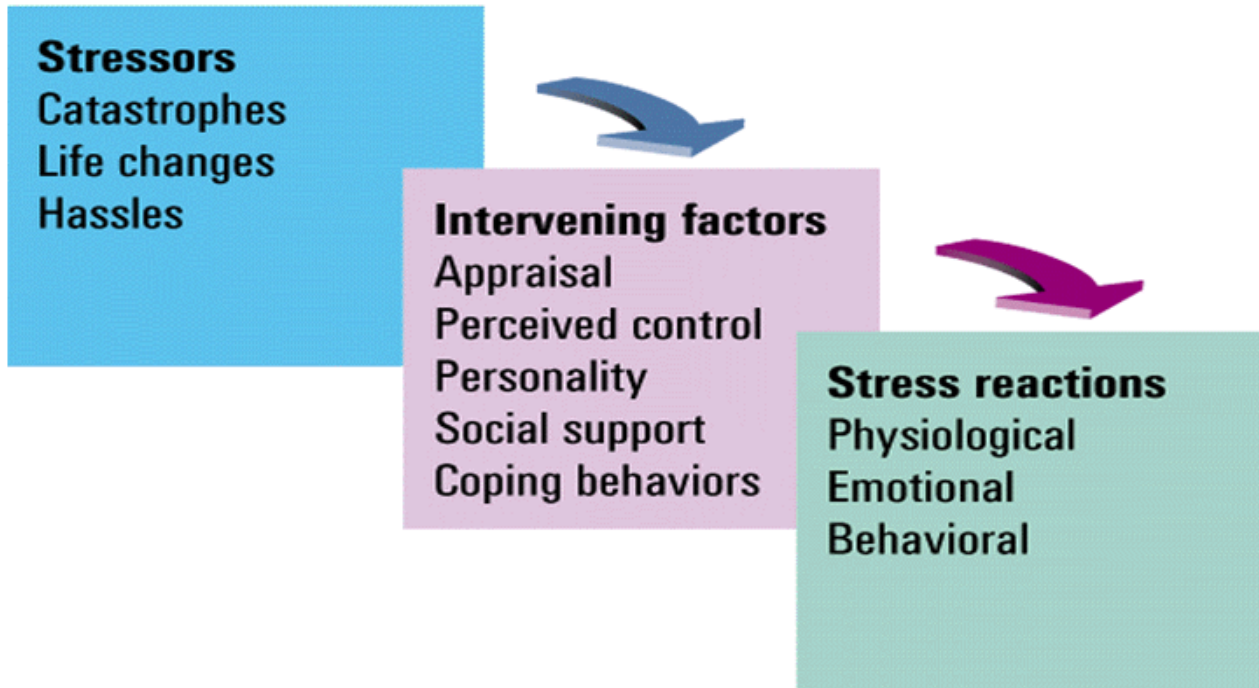
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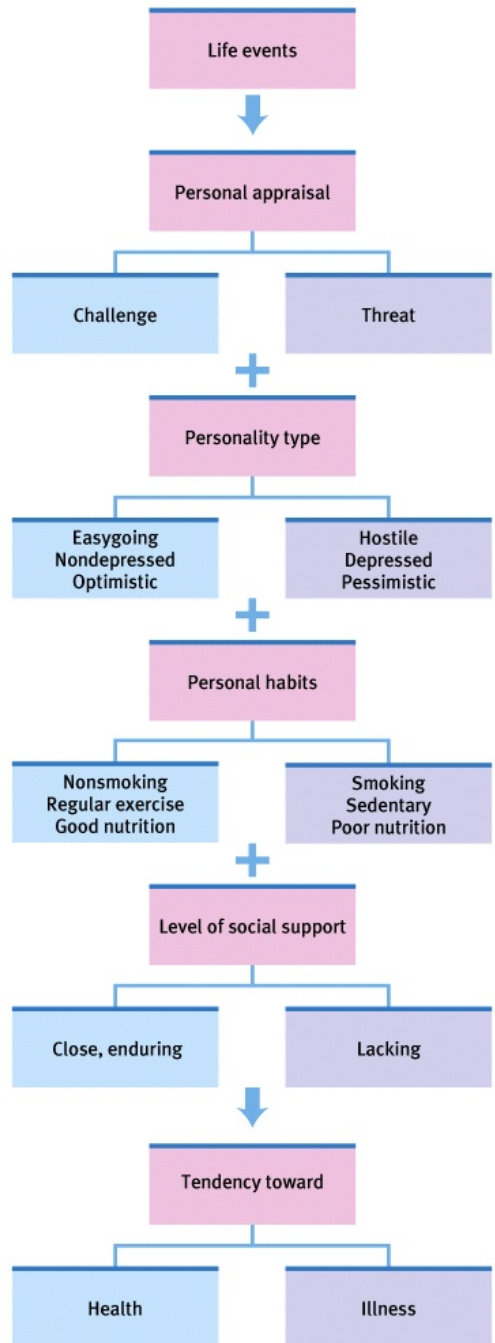
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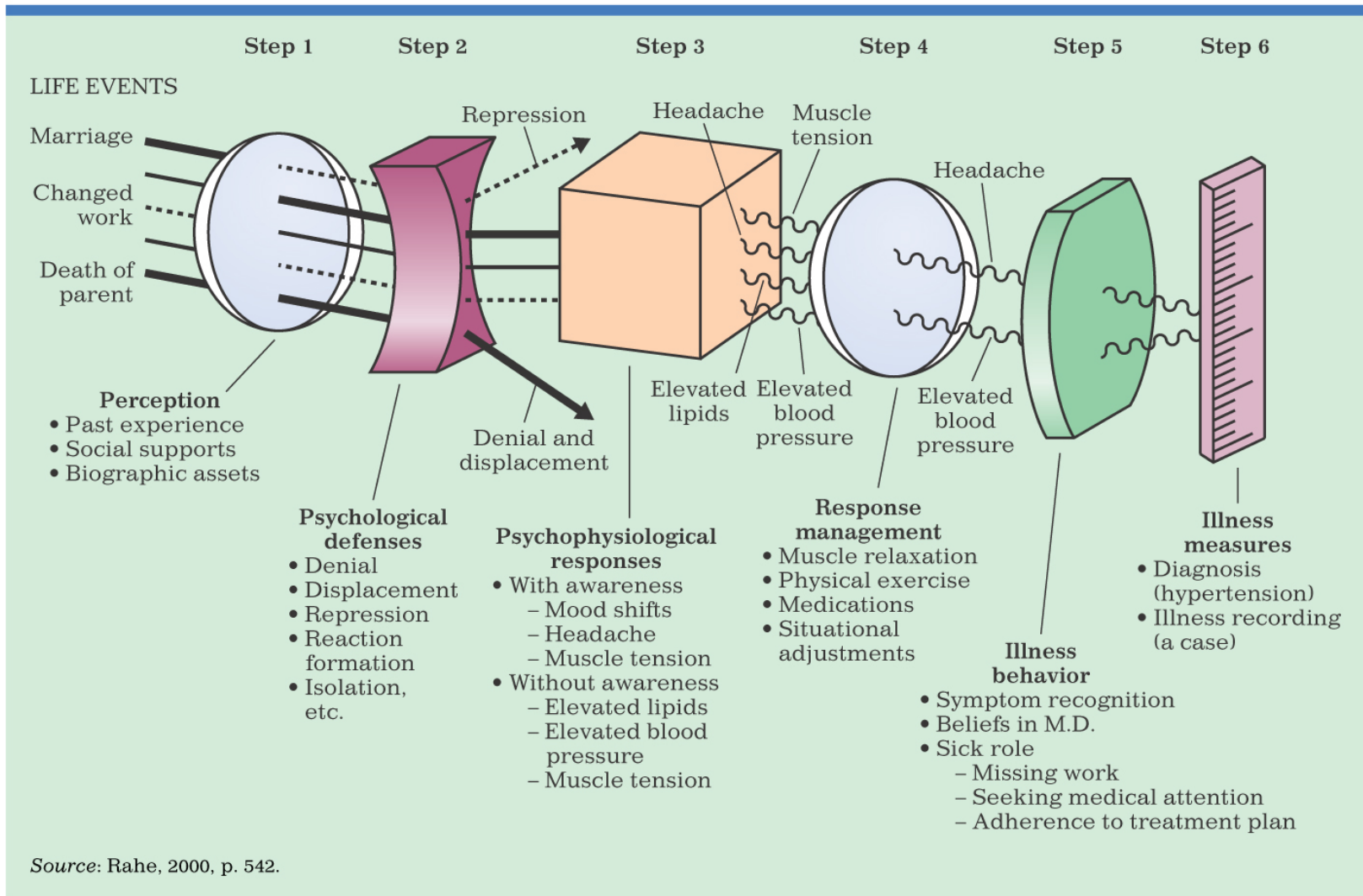


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Coping Styles





Coping Styles