

Adulthood

Early adulthood

- A **young adult** is generally a person in the age range of 20 to 39 (or 40)′.
- Erik Erikson: a stage where development is mainly focused on maintaining relationships.
- the healthiest time of life- generally in good health
- Strength and physical performance reach their peak from 20–35 years of age
- Women reach their peak fertility in their early 20's

- **important choices regarding :marriage,**
- **family, work, and lifestyle**
- **Role –Spouse/Bread winner/ Parent**
- **settling down:** 'the establishment phase', involving 'what we would call *major life investments*—work, family, friends, community activities, and values.

Middle adulthood/ Middle age (40-60).

- Physical changes
- **The maturing process is viewed as completed and gives way to the aging process.**
- become more sensitive to diet, substance abuse, stress, and rest.
- Chronic health problems can become an issue
- Eye sight problems
- Hearing loss

- Height begins to diminish
- Osteoporosis
- reaction time slows
- Women between 48-55 experience menopause, which ends natural fertility.
- Changes occur to skin and hair.
- heart problems, cancer, hypertension, and diabetes

Social and personality characteristics

- Marital satisfaction
- Career satisfaction
- career changes- retirement
- re-examines their life by taking stock, and evaluating their accomplishments.
- More Morality conscious/religious
- Arranging marriage for children
- experience the death of one's parents

OLD AGE



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- **Old age** refers to ages nearing or surpassing the life expectancy of human beings, and is thus the end of the human [life cycle](#).
- Euphemisms- **old people** (worldwide usage),
- **seniors** (American usage),
- **senior citizens** (British and American usage),
- **older adults** (in the social sciences),
- **the elderly**, and **elders** (in many cultures — including the cultures of aboriginal people).

- The [World Health Organization](#) finds “no general agreement on the age at which a person becomes old.”
- Most [“developed countries”](#) set the age as 60 or 65.
- inability to make “active contribution” to society
- [Erikson-](#) old age is the stage in which individuals assess the quality of their lives.
- Develop a feeling of integrity if deciding that their lives were successful
- a feeling of despair if evaluation of one's life indicates a failure to achieve goals.

Physical changes

- Decline in muscular strength, reaction time, stamina, hearing, distance perception, and the sense of smell
- weakened immune system.
- Chronic diseases- arthritis, heart disease, pressure, diabetics , cancer
- **Bone and joint-** “thinning and shrinkage
- [osteoarthritis](#) and [osteoporosis](#)

- **Dental problems.** Less saliva and less ability for oral hygiene in old age increases the chance of tooth decay and infection
- **Digestive system.** disorders such as difficulty in swallowing, inability to eat enough and to absorb nutrition, constipation and bleeding
- **Falls-** Every year, about one-third of those 65 years old and over half of those 80 years old fall. Falls are the leading cause of injury and death for old people.
- **Eyesight.** Diminished eyesight -the ability to locate objects / reading
- **Sexuality** remains important throughout the lifespan

- **Mobility impairment or loss**
- **Skin** loses elasticity, becomes drier, and more lined and wrinkled.
- **Sleep** trouble holds a chronic prevalence of over 50% in old age and results in daytime sleepiness.
- **Voice.** vocal cords weaken and vibrate more slowly.
- This results in a weakened, breathy voice that is sometimes called an “old person’s voice.”

- Mental [disintegration](#) may also occur, leading to [dementia](#) or ailments such as [Alzheimer's disease](#)
- limited regenerative abilities and are more susceptible to disease, syndromes, and sickness than younger adults.
- The organic process of [ageing](#) is called [senescence](#)
- the medical study of the aging process is called [gerontology](#),
- the study of diseases that afflict the elderly is called [geriatrics](#).

