

## *Chapter 12*

# ADULTHOOD

Section 1: Young Adulthood

Section 2: Middle Adulthood

Section 3: Late Adulthood

Section 4: Death and Dying

Question: What are the characteristics and issues of young adulthood?

## CHARACTERISTICS AND ISSUES OF YOUNG ADULTHOOD

- Reassessment of what course in life they have chosen
- Urge to settle down when in their thirties
- Formation of marriage and intimate relationships

**Question:** What are the changes that occur and the issues that are faced in middle adulthood?

## CHARACTERISTICS AND ISSUES FACED IN MIDDLE ADULTHOOD

- Generativity – the ability to create, originate, and produce
- Transition – a period when people’s perspectives change in a major way that usually occurs somewhere between the ages of 40–45
- Empty-Nest Syndrome – the feelings of emptiness and loss mothers and fathers sometimes feel after their children have left home

Question: How do people's lives change in late adulthood?

### HOW LIVES CHANGE IN LATE ADULTHOOD

- *Physical Changes* – wrinkles, skin folds, decline in sense of smell, slower reflexes
- *Cognitive Changes* – memory ability declines
- *Social Changes* – new decisions such as retirement and where they should live

Question: What are attitudes and issues related to death and dying?

## ATTITUDES AND ISSUES OF DEATH AND DYING

- Hospice alternative, euthanasia, living will
- The Funeral – usually reflects religious beliefs
- Bereavement – the mourning process

**Question: What stages are characteristic of young adulthood?**

