

Human growth and development

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The two major stressors in today's industrialized society that may affect the early and middle age adult involves typically their economic security and social relationship. Economics became a major stressor today because of the recent economic crisis where many lost their jobs and got dislocated. The absence of economic security or when financial security is threatened becomes a major stressor especially when the individual has familial obligations. The common coping mechanism of early and middle age adult is exert extra effort to find another job when it was lost or to be defensive about it when it is threatened. Severe stress usually happen when the job is lost whereby the individual is situated with a family relationship or when an individual has to take another job which he or she perceives to be below his or her dignity and competence. Many resort to alcohol as coping mechanism while a number suffer depression.

Another common stressor is strained relationships which drives many people to depression and to some point, even suicide. This usually involves divorce in the case of middle age adults and romantic break ups in the case of early adults. This is more stressful with middle aged adults because the stakes are higher such as consideration of the children, division of assets, alimony etch. Stressed early and middle adult typically resort to indulging in anti depressant substance such as alcohol or pills (valium etch.) to forget their problems. And to some extent, many seek professional help to enable them to cope with the situation.