

Psych-social changes in middle adulthood



**ASSIGN
BUSTER**

Abstract

The essay is about psych-social changes in middle adulthood. The phase of midlife is explained in different perspectives by numerous theorists. There are issues such as midlife crisis and identity crises associated with midlife that require to be studied in reference with previous events of life. Psych-social change in middle adulthood affects the relationship with spouse and children, which are included in this paper. These changes craft the future behavior of an individual and particular society.

Table of Contents

Introduction

Discussion

Psych- social Changes in Middle Adulthood

Classical Approach to Change at Midlife

Midlife Issues

Relationship Change in Middle Adulthood

Conclusion And Recommendations

References

Abstract

The essay is about psych-social changes in middle adulthood. The phase of midlife is explained in different perspectives by numerous theorists. There are

<https://assignbuster.com/psych-social-changes-in-middle-adulthood/>

issues such as midlife crisis and identity crises associated with midlife that require to be studied in reference with previous events of life. Psych-Social change in middle adulthood affects the relationship with spouse and children, which are included in this paper. These changes craft the future behavior of an individual and particular society.

Psych- social Changes in Middle Adulthood

Introduction

Human mind is complex as it goes through different stages with passage of time. There are number of varied factors affecting the development of individual's personality. These factors can be divided mainly into two categories, i. e. internal and external. In assessing every stage, it is important to take into account the internal and external factor to get understanding of one behavior or decision and action. Theorist have divided these stages such as Early Childhood, Adolescence, Adulthood, and Old age. Middle age is studied in further segregated into three phases such as Early Adulthood, Middle Adulthood, and Late Adulthood.

Middle adulthood is considered to be an important phase of life in individual's life. In this stage the person has been through number of varied experiences, contributing in the development of personality. Though the behavior and actions of individual cannot be studied in reference to external factors alone. Family background, early schooling, social status, relationship with parents spouse and children and such other factors play vital role in the development of adult's personality. External factors like type of occupation,

working place, relationship with co-workers also build and explains one's behavior and attitude in a particular situation.

In every stage person goes through varied changes shaping individual personality. Theorists have defined these stages into three major types such as Physical change, Cognitive change and Psych-Social change. Physical change is the change of appearance, looks, and overall mental and physical health of adult. Cognitive change is associated with the change in perception and the changes in reasoning of individual. Psych-Social change is associated with change in emotions and socializing of adult. Social development involves two important domains of social intelligence and social skills.

Discussion

Psych- social Changes in Middle Adulthood

To better understand psych-social change in Middle Adulthood, theorists have emphasized on understanding the domains of Social intelligence and Social Competence.

Social Intelligence

Gardner defined Social Intelligence as the capability to notice and differentiate an individual person in accordance with their mood, temperament, inspiration and intentions. In the light of the definition that the factors like mood, temperament, motives and inspiration play dynamic role in shaping one's behavior and the way they interact with others. In Middle Adulthood an individual attains the age of maturity and becomes socially intelligent to understand a person within the given circumstances.

Social Competence

The second domain is Social Competence. Bierman defined as the ability to communicate adaptive reactions to different interpersonal demands and to adopt social behavior in away benefiting oneself and in accordance with social norms and morals. Collaborative for Academic, Social, and Emotional Learning identified five competencies that provide basis for social development.

Self-Awareness

it refers to the ability of individual to understand one self. Based on the self - confidence, self- awareness is the honest assessment of own personality

Social awareness

social awareness refers to understanding others believes, understandings and reactions in a particular situation. it is capability of thinking, understanding and interacting effectively.

Self -management

it is refer to handling of emotions and reactions in a situation. it is the ability to facilitate oneself and other to accomplish goals in a critical and frustrated condition

Relationship skills

It is referred to maintain sound and healthy relations with others. Based on effective communication, co-operation, and coordination and controlling oneself in pressurized situation, Relationship skills are established.

Decision making

This is the last competency which is based on appropriate consideration of all relevant attributes and expected consequences of decision. It is related with valuing others and standing by with one's decision.

Life course in Middle Age

Developmental scientists view midlife both objectively and subjectively and the way individual craft his/her life. Every stage of individual is accompanied with a challenge and midlife is said to be completed with multiple challenges. The course of action taken by the individual to meet those challenges must be viewed in context of whole life span. Personalities with different backgrounds have distinctive approach of handling the same situation.

Classical Approach to Change at Midlife

In classical theorist view, the personality of individual is mostly formed in this stage whereas there is growing consensus that a person changes and become more stable in midlife. Some theorist such as Maslow and Rogers view this stage as an age of integrating positive changes in oneself. Carl define Midlife as stage where both men and women express their suppressed emotions. Erickson name this stage as a seventh psychosocial stage and explained in reference with two terms, Generativity and Stagnation. Levinson

describe middle Adulthood as age of conflict. Despite of various thoughts, it is pertinent to consider that people tend to gauge the events of their life in varied social experiences.

Midlife Issues

Midlife and Identity Crisis

Erikson has defined midlife crises in reference with two terms Generativity and Stagnation. Generativity is the feeling of achievement and expressed in form of parenting and mentoring while Stagnation is the feeling of suppression and contributing little in the development of next generation. According to Erickson there is a continuous conflict between Generativity and Stagnation going on in the mind of individual.

People who succeed in resolving this conflict tend to lead a better life, while those who are unable to resolve the conflict left with sense of rejection.

Levinson also viewed this age as age of inner conflict and described it as a age of “ personal crises”. The participants of his research were mostly men, who were dissatisfied with their personal or professional life. According to him, in this age a person tends to review his and make radical changes like change of career or divorce . Levinson also concluded that a person who resolve his inner conflicts are likely to achieve balanced and contented life.

Identity crises is also associated with Psych- social Changes in Middle Adulthood. Different theorist have explained it with different perspectives. Generativity is one of the facet of personality development and is affected by social roles and expectations. Various researches have concluded that it is

considered as a “prime time” for women. In view of narrative psychology middle adulthood is the ongoing process of crafting story of life.

Mental Well-being

The mental health in midlife goes through some tremendous changes. It is the period of time where an individual tend to assess and analyze his/her life. They become more sensitive and concerned towards their success and failures as compare to other phases in life. In evaluating their lives people are prone towards developing mental issues. The sense of failure is often lead to depression. Depression, as a mental health disorder, is defined as persistent feelings of sadness that interfere with daily functioning.

Depression is a continuum of mood disorders that include major depressive disorder, dysthymic disorder, psychotic depression, postpartum depression, and seasonal affective disorder. A related disorder, bipolar disorder, includes extreme mood swings that cycle from depressive to maniac states. Females outnumber males in major depressive disorders at a ratio of 2: 1 during a woman’s childbearing years. However, both prior to puberty and after menopause, rates of depressive disorders between males and females are similar.

There is no single cause for depression in midlife , and risk factors can include genetics—specifically having a first-degree relative with depression; sex hormones; and life stress and trauma, such as sexual abuse, assault, domestic violence, and physical illness. Infertility, miscarriage, and stillbirth are also associated with midlife depression for women as traumatic and

uncontrollable life events, as well as through the increased stress of medical intervention—especially in the case of infertility.

Relationship Change in Middle Adulthood

Relationships play a pertinent role in the development of a personality. Every person plays a different role in different relationships and thus contributes to the quality of the relationship. Social and emotional interaction with people is important in midlife and other phases of life. They affect the overall physical and mental well-being of a person.

Marital Relationship

There is a positive relationship between spouses and midlife. It was further found that the less powerful and more dependent spouses tend to have higher cortisol levels. It is important to note that anxiety leads towards imbalances in the physical, emotional and social symptoms due to the pressure one spouse takes to maintain and build his/her relationship.

It has been further observed that relationships develop in a positive manner where there is equal involvement of the spouses. However, when there is power imbalance, it results in submission or comprises which is directly linked with anxiety and stress. The adaptive spouse is one who is directly and strongly affected by the power imbalance. This ultimately results in higher chances of being affected physically, emotionally or psychologically. It was also found that expectations of the spouse in midlife also increase the chances of physical, emotional and social symptoms.

The study found that there is a relationship between education and cheered partner. The adaptive partners belong to the Bachelor's and Master's level of education. The higher the education, the higher the chances of emotional and social symptoms. The adaptive spouse faces critical pressures in terms of maintaining the relationship. Moreover, the study found that that age and expectations can be used to understand the relationship of spouses in middle adulthood. It is worthy to highlight that the younger adaptive spouse is more likely to have lesser expectations. The expectations increase with age of respondents and increase the likelihood of emotional and psychological symptom.

The studies shows that stress level increases in the couples as they are concerned about maintaining the relationship. It is also found that coping in the relationship results in higher health complications and psychological effects.

Relationship with Children

The relationship with children who are in maturing age have profound effect on midlife stage. Being parents they become more concerned and responsible in raising their children. This is the time of their life when children are about to leave their childhood home and begin their own lives. This makes parents more responsible towards their children future and how their children impact the society. In middle adulthood stage, the children are in the age of adolescence, and have their own say and dreams which they want to pursue. The have to agree to terms to lose control over children's life . The phenomena becomes extremely difficult for some parents, while some

are likely to take it easier than other, depending upon the quality and experiences of life.

The term “ emptying of nest” which has positive influence for mothers, but it can be difficult for some couples. Couples who were more dependent on their children finds it extremely difficult to let go their children as they have to deal with earlier immersed marital problems. Middle aged parents are generally satisfied with their maturing children and the careers they choose to lead a life. It is the time of their life when they become very optimistic about their children’s future and develop a sense of relief . They directly associate the success and failure of their children with them and taking enormous pride on children’s accomplishments

Though in midlife parents are to face conflicts with maturing children. This may happen when parents become more concerned or obsessed with their children. As maturing children become more aware and self –conscious, it become difficult for parents to deal with them. They wanted to be on their own and choose a life of their own choice. The demand of children to be treated as adult make parents more concerned about them. The experiences till midlife crafts the way of dealing with children, giving them the liberty to be oneself and accepting their choices.

Conclusion And Recommendations

Human being passes through different stages with variety of events. Every event and experience adds up in the physical, cognitive and emotional well-being of an individual. Middle adulthood is the phase of life where personality of an individual has been formed to large extent but still there are chances of

changes, inclining more towards positivity and stability. Psych-social changes in midlife have been explained by number of theorist, presenting different school of thoughts and approaches to psych-socio change in middle adulthood.

There are some common issues that happen in every individual's life, justifying the actions of every individual. The relationship in midlife is transformed depending on the social role of a person including marital relationship and relation with children. The level of education and expectations of spouses affects the relationship, explaining the behavior of individual in certain circumstances. The maturing children contributes positively and in some cases negatively to the emotional changes in midlife.

The behavior of individual in middle adulthood must be observed and gauged in the light of previous events and background. This phase consider to be the prime time of an individual life especially women so the emotional changes must be studied carefully and intensively. The phenomena of stagnation in midlife must studied carefully as it crafts the future life. The pertaining negative thought can lead to destruction and depression, therefore it is necessary to assess life in contextual terms. The developmental phase must be analyzed keenly to be satisfied with his/her decisions and to make better choices for the future. The conflict between negative and positive thoughts must be resolved to lead satisfied and contended life. Individuals and couples should take therapy to regain themselves.

References

Adams, R. L.(2002), Men, Women and Marriage –The biggest Midlife Crises

Data retrieved from [http://www. middleage. org/marriageUS. pdf](http://www.middleage.org/marriageUS.pdf)

Bauer. J & Bonanno.. A. G (2001), Doing and Being Well: Adaptive Patterns of Narrative Self-Evaluation During Bereavement, Journal of Personality,

retrieved from [http://academic. udayton. edu/jackbauer/Mypubs/JP pos-neg do-be copy. pdf](http://academic.udayton.edu/jackbauer/Mypubs/JP_pos-neg_do-be_copy.pdf)

Chapter 10 (2009) Adolescence and Adulthood, data retrieved

from [http://www. blackwellpublishing. com/intropsych/pdf/chapter10. pdf](http://www.blackwellpublishing.com/intropsych/pdf/chapter10.pdf)

Collaborative for Academic, Social and Emotional Learning(CASEL), (2003),

Safe and sound: an educational leader’s guide to evidence-based social and emotional learning programs. Chicago Author, data retrieved from [http://casel. org/why-it-matters/whatis sel/](http://casel.org/why-it-matters/whatis-sel/)

Goodman, Sherryl H. (2007) “ Depression in Mothers.” Annual Review of

Clinical Psychology v. 33/107 data retrieved from [http://books. google. com. pk/books? id= Avq58dqJwMkC&pg= PA283&lpg= PA283&dq= Goodman, +Sherryl+H.+\(2007\)+“](http://books.google.com.pk/books?id=Avq58dqJwMkC&pg=PA283&lpg=PA283&dq=Goodman,+Sherryl+H.+(2007)+“Depression+in+Mothers.”+Annual+Review+of+Clinical+Psychology+v.33/107&source=bl&ots=QxCmF8oDP0&sig=r7MMVE081QEeqF1i8KWuGH4uWcOU&hl=en&sa=X&ei=Dz1SVPnNIsjkaJHVgpAN&ved=0CBsQ6AEwAA#v=onepage&q=Goodman,Sherryl+H.+(2007)+“Depression+in+Mothers.”+Annual+Review+of+Clinical+Psychology+v.33/107&f=false)

+Sherryl+H.+(2007)+“

Depression+in+Mothers.”+Annual+Review+of+Clinical+Psychology+v.

33/107&source= bl&ots= QxCmF8oDP0&sig=

r7MMVE081QEeqF1i8KWuGH4uWcOU&hl= en&sa= X&ei=

Dz1SVPnNIsjkaJHVgpAN&ved= 0CBsQ6AEwAA#v= onepage&q= Goodman,

Sherryl H. (2007) “ Depression in Mothers.” Annual Review of Clinical

Psychology v. 33/107&f= fals

<https://assignbuster.com/psych-social-changes-in-middle-adulthood/>

Huitt, W. & Dawson, C. (2011, April). Social development: Why it is important and how to impact it. Educational Psychology Interactive. Valdosta, GA: Valdosta State University. Retrieved from <http://www.edpsycinteractive.org/papers/socdev.pdf>

Manne, S. L., Pape, S. J., Taylor, K. L., & Dougherty, J. (1999). Spouse support, coping, and mood among individuals with cancer. *Annals of Behavioral Medicine*, retrieved from <http://link.springer.com/article/10.1007/BF02908291>

Potter, J, Gosling, S, John. O, P and Srivastava, S(2003), Development of Personality in Early and Middle Adulthood: Set Like Plaster or Persistent Change? *Journal of Personality and Social Psychology*, data retrieved from <http://pages.uoregon.edu/sanjay/pubs/b5development.pdf>

Pudrovsk. T(2009)Parenthood, Stress, and Mental Health in Late Midlife And Early Old Age, University of Texas at Austin, data retrieved from http://www.ssc.wisc.edu/wlsresearch/publications/files/public/Pudrovsk_PARENTHOOD, STRESS, AND MENTAL HEALTH_IntJourAgingHumDev_2009.pdf

Roth, D. L., Mittelman, M. S., Clay, O. J., Madan, A., & Haley, W. E. (2005). Changes in social support as mediators of the impact of a psychosocial intervention for spouse caregivers of persons with Alzheimer's disease. *Psychology and aging*, retrieved from <http://psycnet.apa.org/journals/pag/20/4/634/>