

# [Adult aging and development project description](https://assignbuster.com/adult-aging-and-development-project-description/)

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Adult Aging and Development Project Description
Summary of the questions results and conclusion
The review covers the extensive sixth and seventh chapter of adult development and aging. The main issues of discussion at this point are memory and attention in the sixth chapter while chapter seven tackles intelligence reasoning creativity and wisdom. The review in totality tackles the chapter with the questions that seek to cover each aspect.
The study on memory with aging covers the three steps applicable in the memory processing. They, include encoding that is the setting of information into the system. Then there is storage of the information in the system in a particular manner. Lastly, there is retrieval that is the getting back the memory from storage for use. Researchers in human development and aging have gone deep scrutinizing the speed of processing information and working memory capacity to understand the effect of the age difference on the memory.
In the memory process, the older adults have a myriad of issues like retrieval and encoding problems. The strategies of encoding are not readily used by the older adults as it happens to the young adults. There is decreased flow of blood to the brain while encoding hence less brain activity. The older adults are more affected with false memories. False memories are made of the remembering and giving an account to events that never took place. For the fact that the old are affected more than the young ones, then they are not used in the court of law to testify as eyewitnesses in most cases.
The older adults have a problem with having selective attention. The distracters affect the old more than it does to the young adults. Therefore, there is difficulty in the performance of complex tasks for their nature of divided attention. At the same time when talking to the adults, there is a need to be relevant and provide with an environment that is less distracted for better performance. As one ages, their attention deficit keeps increasing up to the point they cannot work on any work constructively.
From the studies, there is a substantial decline in intellectual abilities. There is a steady increase in intelligence up to the age of sixty where the fluid intelligence starts to decrease hence becoming less intelligent than the younger counterparts. Exceptional creativity that is extraordinary and helpful to the society is at its peak in the thirties and the decline as time goes. The older people lose that compelling desire to be creative hence the decreased creativity in the adults. At the same time, the older people focus more on the already available knowledge to keep up with it and make a better life out of them. Surprisingly there is more increased desire to be wise than creative by the old than the young adults.
The older adults make wiser decision tan, the younger adults. The aspect of being wiser than the young adults is much better by how one interacts with the society. The aspect of the extensive human life experience was isolated as the factors by large that lead to more wise older people than the young adults (Schaie & Gribbin, 2014).
Significance of the study
The research is of essence for the fact that there is increased human understanding with different ages. In the recent past there has been an increase in the number of old people than the young ones. Therefore, it gives a guideline on the various capabilities and abilities of the aged. With that in mind, one is able to fully understand the aged, anticipate their actions, and handle them better.
Weakness, oversight, strength and what to apply from the article
The paper is comprehensive, and the systematic use of questions to tackle each part of the research is very useful in ensuring comprehensive coverage. The paper displays comprehensive and well-articulated issue for better understanding the information provided. The organization of the work is what I will borrow from the article: it has a clear guideline that leaves every aspect tackled.
Reference
Schaie, K. W., & Gribbin, K. (2014). Adult development and aging. Annual Review of Psychology, 26, 65–98. doi: 10. 1146/annurev. ps. 26. 020175. 000433