

Adulthood

Physical Changes

Our Physical abilities peak in early adulthood.  
Women, because of early maturation, tend to physically peak earlier than men.

The foremost biological sign of aging in women is **menopause** caused by the reduction in estrogen.

This is the natural end of menstruation and refers to the biological changes that women experience as their ability to reproduce declines. Menopause does not usually create psychological problems for women.  
Some believe in a "male menopause" yet there is no cessation of fertility and no sharp drop in male sex hormones. Men do experience decline in sperm count, testosterone level, and speed of erection and ejaculation.

Mar 22-3:07 PM

---

---

---

---

---

---

---

---

---

---

Later Life

The following changes accompany the aging process:  
With age, the eye's pupil shrinks and the lens becomes less transparent thereby reducing the amount of light reaching the retina.

Our disease-fighting immune system weakens - the elderly are more susceptible to life-threatening disease but due to lifetime collection of antibodies, they suffer less short-term ailments.

Since early adulthood, there is a small, gradual loss of brain cells, but these can be compensated for by the growth of neural connections in people who remain active.

Some do suffer brain ailments such as Alzheimer's disease. This is the progressive and irreversible brain disorder characterized by a gradual deterioration of memory, reasoning, language, and physical functions. These symptoms appear to be due to the deterioration of neurons that produce the neurotransmitter acetylcholine.

Mar 22-3:07 PM

---

---

---

---

---

---

---

---

---

---

Alzheimers Disease

<http://www.youtube.com/watch?v=q1BkfV2h09g>



Early Onset Alzheimers

<http://www.youtube.com/watch?v=7uHu6VzSBil>



Alzheimers Quiz

<http://www.healthline.com/sw/qz-alzheimers-disease-quiz>



Mar 22-3:13 PM

---

---

---

---

---

---

---

---

---

---

Cognitive Changes

Two types of studies are used to study cognitive development

Cross-sectional study: a study in which people of different ages are compared with one another across the age groups. Such studies show that younger people do better on intelligence tests than older ones.

Longitudinal study: research in which the same people are restudied and retested over long period of time. With respect to the measuring intelligence, it showed that until late in life, intelligence remains stable.

Mar 22-3:07 PM

---

---

---

---

---

---

---

---

---

---

Findings:

Whether intelligence increases or decreases over the life span depends on the type of intellectual performance measured.

It is more difficult for older people to recall meaningless information but if it is meaningful, it helps them to retain this information.

Crystallized intelligence: refers to one's accumulated knowledge and verbal skills and tends to increase with age.

Fluid Intelligence: refers to one's ability to reason speedily and abstractly and tends to decrease with age.

Mar 22-3:07 PM

---

---

---

---

---

---

---

---

---

---

Social clock:

-the culturally preferred timing of social events such as marriage, parenthood, and retirement.

Findings:

Life events are more important than age.

According to Erikson, two basic aspects of our lives dominate adulthood: intimacy (forming close relationships) and generativity (being productive and supporting future generations).

Having children is the most enduring of life changes for most people.

When children leave home, the empty nest is for most people a happy place and they report greater happiness and enjoyment of marriage.

People of all ages report similar levels of happiness and satisfaction with life; teenagers have quick changing range of moods while adults have less extreme, but more enduring moods.

Studies show that couples that live together before they marry have higher divorce rates than those who do not.

Mar 22-3:07 PM

---

---

---

---

---

---

---

---

---

---

Death and Dying

Elisabeth Kubler-Ross proposed that terminally ill pass through 5 stages (Dabda):

- 1. Denial (lacking acceptance of the illness).
- 2. Anger or resentment (the "Why me" attitude).
- 3. Bargaining (with God or physicians for time).
- 4. Depression (feelings of loss of everything and everyone).
- 5. Acceptance (a peaceful acceptance of one's fate).

[http://www.youtube.com/watch?v=Khm2\\_l9o-98&safety\\_mode=true&persist\\_safety\\_mode=1](http://www.youtube.com/watch?v=Khm2_l9o-98&safety_mode=true&persist_safety_mode=1)

Randy Pausch's Last Lecture

<http://video.google.com/videoplay?docid=8577255250907450469#>

Mar 22-3:08 PM

---

---

---

---

---

---

---

---

---

---