PSYC C118 Exam # 4 Study Guide

Chapter 14 – Social and Personality Development in Early Adulthood

a. Erikson’s stage – The central crisis during early adulthood (definitions of intimacy and isolation)
b. Levinson’s Model of Adult Development (transitions and eras of adulthood)
c. Sternberg’s theories of love (the different types of love)
d. Parenthood – postpartum depression

I. Middle Adulthood
   a. Chapter 15 - Physical and Cognitive Development
      i. The Reproductive System
         1. Climacteric
            a. Age, onset, symptoms and hormones involved
         2. Menopause
            a. Age, onset, symptoms and hormones involved
            b. Phases – Premenopausal, Perimenopausal and Postmenopausal
            c. Advantages and Disadvantages of Hormone Replacement therapy
      ii. The Skeletal System
         1. Osteoporosis
            a. Risk factors
            b. Prevention
      iii. Vision Changes
         1. Presbyopia: farsightedness
            a. Age
      iv. Cardiovascular Disease
         1. Risk factors
         2. Prevalence
         3. Incidence
      v. Cancer
         1. Risk factors
         2. Prevalence
      vi. Models of Physical and Cognitive Aging
         1. Denny’s model
         2. Baltes and Baltes – selective optimization with compensation
   b. Chapter 16 - Social and Personality Development
      i. Erikson’s Generativity and Stagnation
         1. Definitions
      ii. Mid-life Crisis
         1. Levinson’s ideas
2. Role strain – definition
3. Role conflict – definition

iii. The Role of the Caregiver
   1. The “sandwich” generation – definition/application
   2. “Boomerang” kid – definition/application

iv. Grand parenting
   1. Types of relationships: Companionate, involved and remote

v. Developmental Science at Home
   1. Ways to avoid conflicts with in-laws

vi. Friendships
   1. Descriptions of friendships in middle adulthood

vii. Continuity and Changes in Personality
   1. Big Five Factor traits
      a. Decline with age
      b. Stable with age

II. Late Adulthood
   a. Chapter 17 - Physical and Cognitive Development
      i. Gerontology- definition
         1. Centenarian
         2. Old, old
         3. Oldest old
      ii. Health
         1. Correlations with age and physical/mental health status
         2. Activities of Daily Living
         3. Instrumental activities of daily living
      iii. Brain and the Nervous System
         1. Changes that occur in the brain with age
         2. Synaptic plasticity
      iv. The Senses
         1. Changes in vision
         2. Changes in hearing
            a. Incidence – men vs. women
            b. Obstacles to good hearing among the elderly
         3. Changes in sense of smell
            a. Physiological mechanism for decreased sense of smell
      v. Theories of Biological Aging
         1. Human Lifespan
         2. Hayflick Limit

vi. Reasons for sexual activity decline

b. Chapter 18 - Social and Personality Development
   i. Erikson’s Ego Integrity vs. Despair
1. Concepts & application
2. Life review

ii. Theories of Late-Life Psychosocial Functioning
   1. Activity theory
   2. Disengagement theory – shrinkage of life space, increased individuality, acceptance of changes

iii. The Successful Aging Paradigm
   1. Definition
   2. Components
   3. The role of volunteerism
   4. The connection between life satisfaction and self-ratings of health

iv. Religious coping
   1. Definition

v. Living arrangements
   1. Aging in place
   2. Factors related to living alone
   3. Independent living community
   4. Skilled nursing facility
   5. Assisted living facility
   6. Factors associated with changes in living status

vi. Timing and reasons for retirement
   1. Health factors
   2. Type of work
   3. Income source for elderly adults

III. End of Life
   a. Chapter 19 - Death, Dying and Bereavement
      i. Types of Death: Clinical, social & brain
         1. Study of death and dying
      ii. Where Death Occurs
         1. Hospice
            a. Palliative care
         2. Hospitals
         3. Home
      iii. Childrens understanding of death
         1. Reversibility
      iv. Adolescents understanding of death
         1. Unrealistic ideas, invincibility
      v. Meaning of Death for Adults
         1. Significant meaning of death
         2. Changes in time
         3. Age group least afraid of death/most afraid of death
      vi. Preparation for death
1. Advanced directive

vii. Kubler-Ross’s Stages of Dying

1. Stages & application