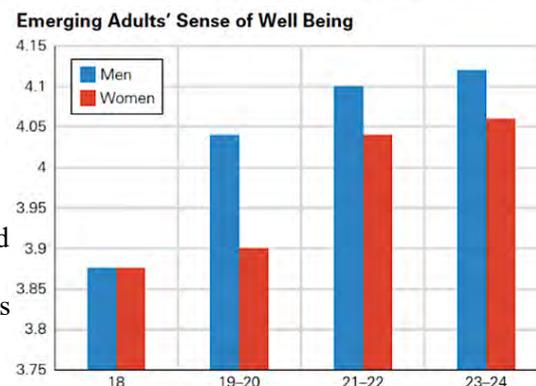
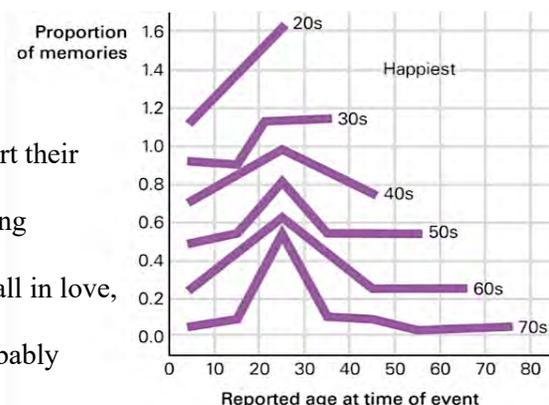


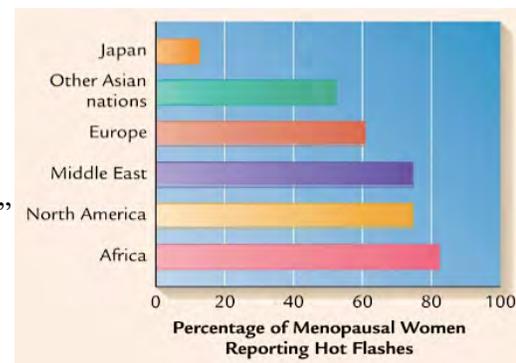
STUDY GUIDE EXAM 4

Chapter 19: Emerging Adulthood – Psychosocial Development [Lecture 19]

- Erikson's theory – intimacy vs. isolation
 - intimacy
 - making a permanent commitment to an intimate partner
 - redefine one's identity
 - balance independence & intimacy
 - secure identity comes FIRST
 - isolation
 - loneliness
 - self-absorption
- the “happiness bump”
 - emotions run high in early adulthood → most adults report their happiest memories during their mid-20s
 - emerging adulthood is a time of great possibilities w/ rising self-esteem
 - lots of freedom to learn, explore, make friends, fall in love, take a job, travel, etc.
 - if a person is going to “make a mark”, it will probably happen between 18 & 25
- linked lives & leaving home
 - parents continue to matter in emerging adulthood
 - families experience “linked lives” in which the success, health, & well-being of individuals are connected to other members
 - many young adults continue to live at home [varies by nation, SES, & ethnicity]
 - avg. age of leaving home in the U.S. has decreased as more go off to college
 - 2016 – more emerging adults lived w/ their parents than in any other setting (ex. roommate, spouse)
 - nearly ½ return home after initial leaving
- friendship & friends are a source of happiness & buffer against stress
 - “gateways to attraction”
 - physical attractiveness
 - apparent availability
 - frequent exposure
 - absence of exclusion criteria
 - gender differences in the nature of friendships
 - men → shared activities & practical advice
 - women → intimacy & sympathy
- *When Harry Met Sally* → can heterosexual men & women ever be “just friends”?
 - Bleske-Rechek et al. (2012) found:
 - men were attracted to female friends & often believed these women were attracted to them
 - women were NOT attracted to male friends & assumed this lack of attraction was mutual
 - men OVERESTIMATED attraction felt by female friends & women UNDERESTIMATED attraction felt by male friends

secure identity correlated w/ feelings of love & fidelity
[moratorium is negatively associated w/ feelings of love & fidelity]





- most report physical symptoms as “minor”
- experience is tied to expectations & beliefs, cultural attitudes, & interpretation of the event
- menopause as a biocultural event → “medicalization” in West linked to complaints
 - Japanese women → getting older is positive b/c they gain status
 - Greek women → don’t have a ton of kids; have hot flashes but say that they aren’t bad
 - Mayan women → have a ton of kids so menopause is a relief
- Menopausal Hormone Therapy [MHT] or low daily doses of estrogen to reduce physical symptoms of menopause:
 - Estrogen-Only Therapy [ET] → only for women who have had a hysterectomy
 - Estrogen Plus Progesterone Therapy [EPT] → reduce risk of uterine cancer; people without hysterectomy
 - hormone therapy is widely used b/c it is believed to reduce risks of heart disease & osteoporosis
 - Women’s Health Initiative [WHI] is a large, randomized clinical trial of more than 16,000 women [age 50-79]
 - compared to placebo, after 5 years, MHT:
 - 26% → increase in breast cancer [>4 years]
 - 29% → increase in heart attacks
 - 41% → increase in strokes
 - doubled rate of blood clots in legs & lungs
 - additional research found MHT linked to mild cognitive declines & Alzheimer’s disease
 - risks vs. benefits of MHT
 - benefits:
 - reduces hot flashes & vaginal dryness
 - may help mood
 - bone benefits
 - risks:
 - heart attacks, stroke, blood clots
 - cancer
 - cognitive declines & Alzheimer’s
 - alternatives:
 - herbal remedies for hot flashes
 - antidepressants
- variations in aging
 - despite outward appearances, women age slower than men
 - women typically outlive men by about 5 years → men die at higher rates at all ages
 - women are the consumers of health care → more likely to marry, have close friends, drink & smoke less, wear seatbelts, & seek help
 - money & education are protective when it comes to health
 - within nation, SES is associated w/ health & longevity
 - internationally, people in rich countries live longer than people in poor countries
- health habits & age
 - the physical effects of aging depend on the habits of the person

only take the hormones if the problem is menopause symptoms → if you’re trying to prevent osteoporosis, take something else

who are dissimilar

- conflict → emotional sensitivity & communication are key when couples disagree
 - does conflict predict divorce? → it depends
 - ex. John Gottman's "Love Lab"
 - films couples interact & codes their behavior
 - conflict = LESS predictive of later divorce than other factors:
 - 1. criticism
 - 2. contempt → biggest predictor
 - 3. defensiveness
 - 4. stonewalling [withdrawal]
- demand/withdrawal interaction: a situation in a romantic relationship wherein one partner wants to address an issue & the other refuses, resulting in opposite reactions → one insistent on talk while the other cuts short the conversation

factors allow for 90% accuracy in guessing divorce

- gay & lesbian partnerships
 - research on same-sex unions is limited but this is changing
 - ex. Supreme Court ruling on DOMA [same-sex marriage = legal] (2015)
 - factors that contribute to happiness in heterosexual marriages do so in same-sex partnerships → couples fight over the same issues (ex. money, kids)
- midlife crisis: a supposed period of unusual anxiety, radical self-examination, & sudden transformation associated w/ middle age
 - 80% of men in Levinson's (1978) study reported a "midlife crisis"
 - many examples in popular culture & the media (ex. *Crazy, Stupid, Love*; *This is 40*)
 - does a "midlife crisis" really exist in the 40s?
 - research does NOT support the notion that the 40s is a period of exceptional stress
 - findings suggest wide individual differences to mid-life
 - men → changes in early 40s
 - women → changes in late 40s-50s
 - crisis is NOT a universal experience in middle adulthood
- the empty nest syndrome = MYTH
 - many parents report greater happiness, marital satisfaction, & sense of well-being after children leave the nest
 - parent-child relationships often improve
 - parents must adjust to adult children & new roles
 - ex. kinkeeper → usually, a female member of the family that keeps the family together
 - "launching" children at midlife
 - launching culminates the "letting go" process:
 - decline in parental authority
 - continued contact & support to children
 - parental response to "launching" affected by:
 - investment in non-parental roles & relationships
 - children's characteristics
 - parents' marital & economic circumstances
 - cultural forces
- the sandwich generation refers to middle-aged adults caught between competing demands of caring for parents & children
 - most adults are NOT "squeezed" by the caretaking of parents & children
 - 1 in 10 U.S. adults care for an elderly parent
 - care is usually provided by a daughter
 - daughter = hands-on care

family connections matter

- parent-child contact & affection is maintained
 - adults feel successful as a parent & not estranged from child
 - parents foster child's independence

- grief: a deep & powerful sorrow that a person feels when a loved one dies
- mourning refers to the public & ritualistic expression of bereavement
- about 10% of all mourners experience complicated grief
 - absent grief
 - disenfranchised grief
 - incomplete grief
- we respond to death in a variety of ways → cultural customs & attitudes guide us through our personal grief
- resilience after death
 - a longitudinal study of 319 widows & widowers from greater Detroit found that grief varies in both DURATION & DEPTH
 - 66% were resilient [not depressed after 6 months]
 - 10% were happier after the death than before
 - 15% were chronically depressed even before the death
 - 9% were slow-to-recover (Galatzer-Levy & Bonanno, 2012)
- aging successfully [minimal losses & maximum gains] is the ultimate expression of resilience
 - optimism & a sense of self-efficacy
 - selective optimization w/ compensation
 - a strengthening of self-concept
 - emotional understanding & self-regulation
 - acceptance of change & personal control
 - spirituality & faith
 - high-quality relationships