كلية المعارف الجامعة المرحلة الثالثة النمو والنماء الدكتور احمد عبود مخلف الفهداوي دكتوراه تمريض الأطفال

Human Growth and development

## Part 9:

# **Adulthood stage**



### **Early adulthood**

begins in late teens/early 20year and lasts through the 30 year.

### **Early adulthood is a time of:**

- establishing personal and economic independence
- developing a career
- Identity exploration, especially in love and work
- selecting a mate
- learning to live with someone in an intimate way
- starting a family
- rearing children

### **Physical Development in Early Adulthood**

Physical strength typically peaks in early adulthood (the 20's and

30's).

Physical changes are minimal during this phase, the weight and muscle mass change as a result of diet, exercise, pregnancy and lactation.

- Growth and strength in early adulthood, then slow process of decline afterwards .
- $\downarrow$  Decline affected by health and lifestyles .

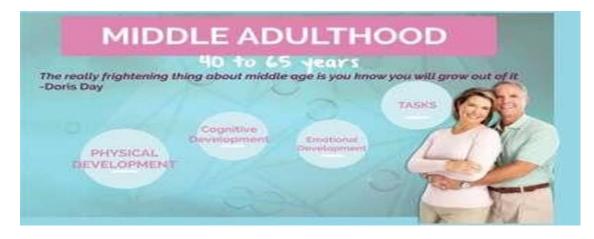
### **Cognitive Development in Early Adulthood**

 Piaget believed that the <u>formal operational stage</u> (ages 11 to 15) is the highest stage of thinking
Adults gain knowledge, but ways of thinking are the same as those of adolescents.

**3.** Thinking in early adulthood becomes more realistic and pragmatic .

### **Psychosocial Development in Early Adulthood**

- During early adulthood, individuals enter Erikson's intimacy versus isolation stage (developmental task of forming intimate relationships with others or becoming socially isolated)
- 2. Independence: separation from family of origin
- Learn to function without using parents as major source of comfort, security, direction
- 4. Establish sense of (equal).



### Middle Adulthood

Middle adulthood : period from 40 years of

#### age to about 60 Middle adulthood is time of:

1.expanding personal and social involvement and responsibility

2. assisting next generation in becoming competent, mature individuals.

3. reaching and maintaining satisfaction in a career.

3. A decline of physical skills

4. Balancing work and relationships .

#### **Physical Development in Middle Adulthood**

- Females may experience bone loss as early as age 35.Men may not experience it until age 65.
- **4** Muscle strength may begin to decline.
- Hair may begin to turn gray and thin; wrinkles appear in the skin.
- Chronic health problems such as hypertension, heart disease, and diabetes may surface.
- Sensory Effects of Aging Ø-Decline in vision becomes more

pronounced .

- Hearing undergoes a gradual decline beginning in middle adulthood.
- **4** The Female Climacteric & Menopause, Starting about age 45.
- The most common is the enlargement of the prostate gland.
- Men still produce sperm and can father children through middle age.
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### **Cognitive Development in Middle Adulthood**

- Some intellectual abilities decline in middle age, but others increase
- Acquired store of information, skills, strategies increases in middle adulthood
- Ability to deal with new situations begins to decline in middle adulthood.

### **Psychosocial Development in Middle Adulthood**

**Generativity versus stagnation** : Erikson's seventh stage, in which individuals leave a legacy of themselves to the next generation (generativity).