

كلية المعارف الجامعة
المرحلة الثالثة

النمو والنماء

الدكتور

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دكتوراه تمرير 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 .
- ✚ Decline affected by health and lifestyles .

Cognitive Development in Early Adulthood

1. Piaget believed that the formal operational stage (ages 11 to 15) is the highest stage of thinking
2. 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

1. 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
3. 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.
- + 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-Division in vision becomes more pronounced .
- + Hearing undergoes a gradual decline beginning in middle adulthood.
- + 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.
- + Men have higher mortality rates than women.

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) .

