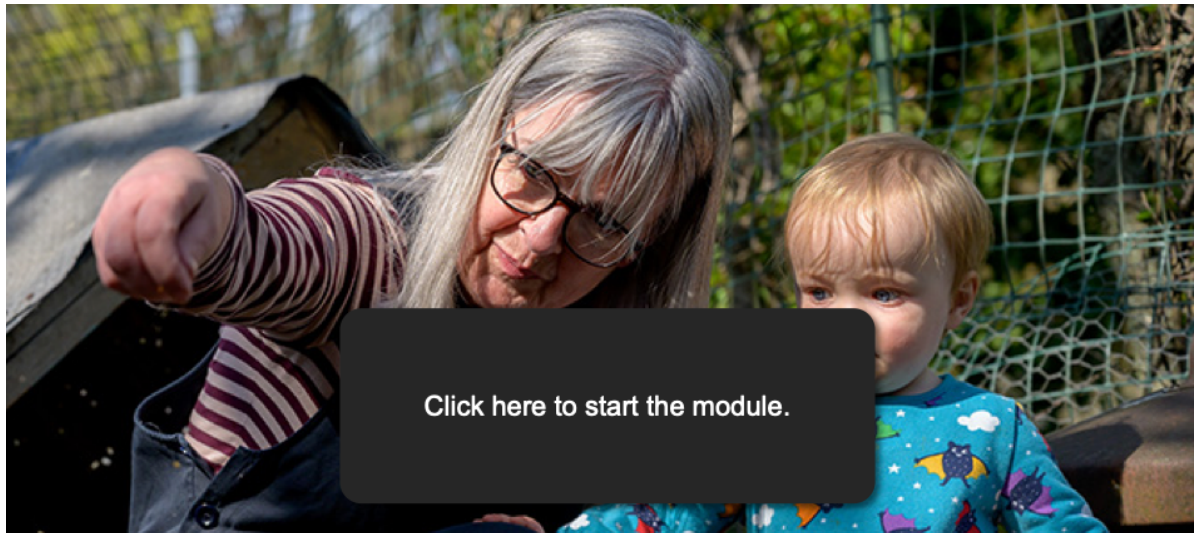


Slide 1




Click here to start the module.

Aging and Adult Development, Part 2

*At any time, feel free to select the **CC** button to see captions text or the **Exit** button to leave the module.*


Use the forward arrow to continue.



Aging and Adult Development, Part 2

*At any time, feel free to select the **CC** button to see captions text
or the **Exit** button to leave the module.*

Use the forward arrow to continue.





Learning Objectives

After completing this module, learners will be able to:

- Summarize the modern concepts of human development
- Identify the impact that personality has on the successful aging process
- Discuss the social aspects of adult development

Use the forward arrow to continue.

2






Development and Aging

Discuss leaders in the field of developmental psychology theory and how personality factors impact successful aging

Use the forward arrow to continue.

3



Modern Concepts of Development

- Psychological development was believed to culminate in early adulthood and then remained static
- Carl Jung's work on aging identified late life as a time of psychological turning inward, involving a process of self-exploration and inner discovery
- Erikson expanded on psychoanalytic concepts of psychosexual development to include the importance of social dynamics, acknowledging that systematic human development continues throughout the entire life cycle

Late life is a time of psychological turning inward, involving a process of self-exploration and inner discovery

Use the forward arrow to continue.

4



Erikson's Stages of Life-long Development

- Described eight stages of life-long development
- Proposed three periods of adulthood: young, middle and late
- Erikson also proposed that a set of tasks accompanies each stage of life
- Person approaching the end of life looks back, assesses their life, and seeks a sense of fulfillment
- Major criticism of stage theories is that not everyone moves through stages at the same ages or in linear fashion



Use the forward arrow to continue.

5



Ninth Stage of Life-long Development

- Older adults revisit the previous eight stages and deal with the old conflicts in new ways
- Those successfully coming to terms with these changes and adjustments approach “gerotranscendence”
 - Represents a greater awareness of one's own life and connection to the universe with increased ties to the past, and a positive, transcendent perspective about life
- Strengths and criticisms of this theory



Use the forward arrow to continue.

6



Baltes: Life Span Development

- Emphasized aging as a complex, dynamic, and evolving process
- "Life span developmental perspective"
 - Explores biological, cognitive, and psychosocial changes occurring throughout life
 - Development occurs across one's entire life
 - Recognized the influence of socio-cultural, age-related, and historical conditions on development



Use the forward arrow to continue.

7



Historical Influences on Human Development

- K. Warner Schaie later expanded these concepts of adult development
 - Age effects refer to biological aging
 - Period effects happen to everyone alive at a point in time
 - Cohort effects are experiences shared by a group alive at a given time point
- Later research from the Reframing Aging project indicates that these labels can be “othering” and marginalize groups of people based on age



Use the forward arrow to continue.

8



Schaie's Seattle Longitudinal Studies

- Intellectual abilities change over time, but not uniformly
- General measure of intelligence does not tell the most accurate story
- Patterns of change in intellectual abilities depend on the age cohort that is studied
- While commonly used, these concepts do not specifically reflect the effects of racial, ethnic and financial inequalities



Use the forward arrow to continue.

9



Theories of Successful Aging

- Robert Havighurst was among the earliest scholars to describe the importance of a theory of "successful aging"



Use the forward arrow to continue.

10



More Theories of Successful Aging

- John Rowe and Robert Kahn wrote the book, *Successful Aging*
- More recent descriptions of successful aging integrate the older adult's perception of satisfaction, success, and the role of pre-existing limitations
- Depp and Jeste expand the description of successful aging to include cognitive, environmental, and financial well-being



Use the forward arrow to continue.

11



Moving Beyond the Dichotomy of Successful Aging

- Do all older adults ultimately “fail” at successful aging?
- Many older adults demonstrate enhanced capacity to deal with late-life challenges
- Older adults are active responders to life's "successes" and “failures”
- Successful aging is not freedom from problems
 - Rather, the result of maximizing the ability to contend with life as it unfolds

**Successful aging is not
freedom from problems**

Use the forward arrow to continue.

12



Minimizing Losses, Maximizing Gains

- Baltes and Carstensen's Selective Optimization with Compensation model
 - Characterizes successful aging as a dynamic process that maximizes gains and minimizes losses in response to everyday demands and functional decline in later life
- Selection focuses on choosing which goals are satisfying, valuable, and feasible
- Optimization focuses one's resources on selected goals
- Compensation identifies and selects alternate means that may be needed to achieve goals

Use the forward arrow to continue.

13



Artistic Adaptation

Use the forward arrow to continue.

14

Factors Enhancing Successful Aging

- Cognitive health is linked with physical and mental health
- Factors linked to positive outcomes for older adults
 - Genetic factors
 - Health practices
 - Income security
 - Social connectedness
 - Positive attitudes and spiritual or religious engagement

**Cognitive health is linked with
physical and mental health**

Use the forward arrow to continue.

15



Sharon Dornberg-Lee, LCSW



Take Home Message

- Development is a dynamic process
- Common elements of these theories include optimization of physical, mental, cognitive, social, environmental, and financial wellbeing



Use the forward arrow to continue.

16





Personality and Aging

Discuss how personality factors are impacted by aging and how they contribute to the aging process

17



Personality

- Unique combination of patterns that influence human behavior, thought, motivation, and emotion
- Personality traits are generally thought to be stable over time, but continue to develop throughout life
- Three approaches to studying personality
 - Stage theory
 - Personality theory
 - Social cognitive theory



Stage Theory

- Erik Erikson's work suggests there are life stages individuals go through that result in the relatively enduring set of characteristics often called "personality"
- Not a preferred way of studying personality
 - Limited empirical evidence supporting the later life stages





Personality Trait Theory: Personality Traits Over Time

- Relative stability in relationship of these five factors over time
- More recent research shows that personality traits are not as stable as once thought
- Decrease in neuroticism and increase in agreeableness
- More research needed on how individual differences, experiences, and culture impact personality development



21



Personality Trait Theory-Optimism

- Most researchers consider optimism to reflect high extraversion and low neuroticism
- Not always associated with improved longevity
- Mostly protective likely due to adaptive coping



Social Cognitive Theories

- Consistent with Baltes' view of people as actively responding to life circumstances as they grow into old age
- Susan Whitbourne's research examines ways that people's sense of themselves is organized or reorganized
- Another social-cognitive approach examines people's perception of their "possible selves" over time

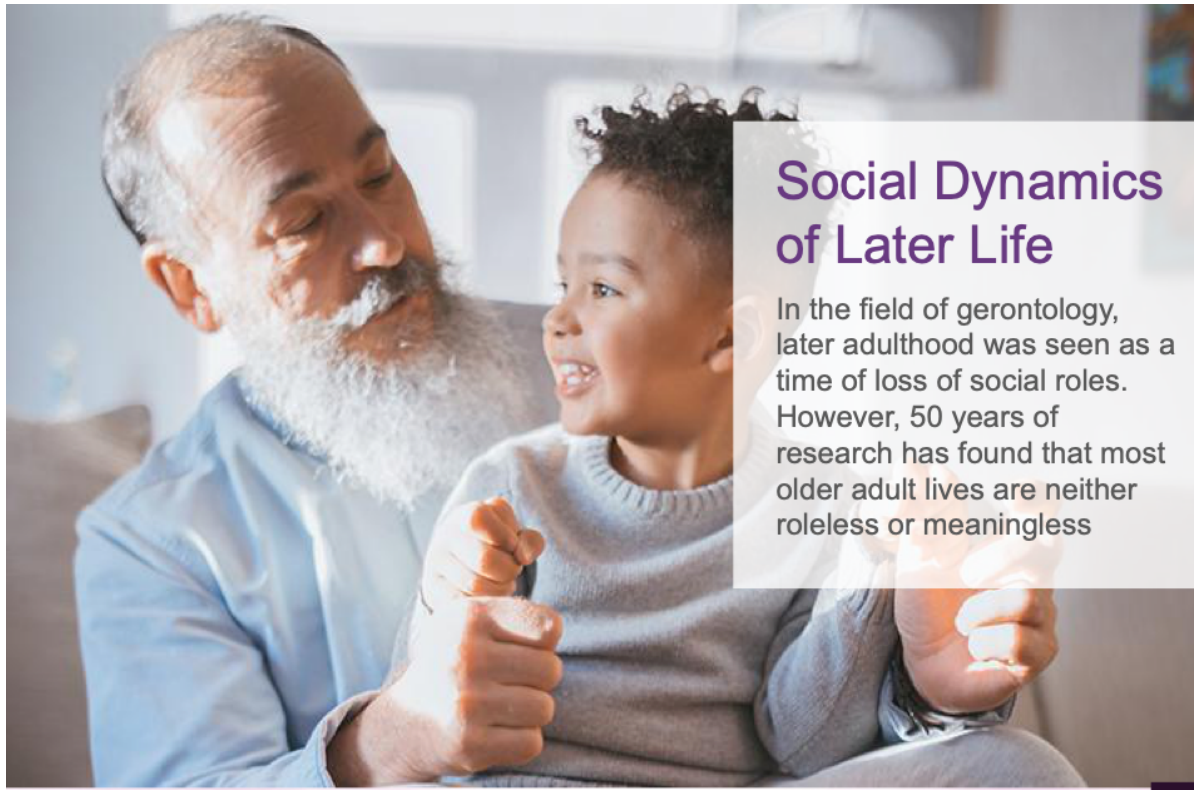
People actively respond to life circumstances as they grow into old age



Take Home Message

- Stage theory, personality theory, and social cognitive theory
- Personality continues to develop throughout one's lifetime
- Certain personality traits have been associated with health and longevity






Social Dynamics of Later Life

In the field of gerontology, later adulthood was seen as a time of loss of social roles. However, 50 years of research has found that most older adult lives are neither roleless or meaningless

25





Social Connectedness in Older Adulthood

- Laura Carstensen's socioemotional selectivity theory offers one explanation for why older people have smaller social networks than younger people
 - Proposes that social networks contract in later life due to a person's growing awareness that the number of remaining years of life are fewer
- Toni Antonucci's notion of the "social convoy"
 - Individuals build a core "convoy" of relationships that accompany them throughout their lives



Benefits of Social Connectedness

- Older adults who are more socially connected and perceive themselves to be less isolated have better health, cognitive function, and social-emotional wellbeing
- Loss of relationships can have a detrimental impact on social, emotional, and physical wellbeing



Friendship

- Like younger counterparts, older adults tend to befriend people in the same cohort
- Friendship network of older adults is generally smaller than younger adults
- Most older adults report qualitatively better ties with children, spouses, and friends than reported by younger people
- Older people have fewer conflicts than younger people
 - Conflicts cause fewer feelings of anger and other negative emotions than in younger adults



Gender and Friendship

- Compared to older men, older women tend to have larger numbers of friends, actively maintain relationships, interested in forming new relationships, and more likely to self-disclose and provide mutual support
- We may find differences with respect to friendship between generations



Family

- Increased diversity in kinship structures results in many models of what constitutes “family”
- Within these family structures are implicit or explicit norms
- As family constellations change and evolve over time, time will tell how these norms may change



Intimate Relationships

- Studies relate a happy marriage or long-term partnership across gender identities to better psychological and physical health
- Sexual health and intimacy are important aspects of wellbeing in older age, despite cultural stereotypes
- Older adulthood is generally characterized by a broader scope of sexuality and sexual behavior

A happy marriage or long-term partnership across gender identities relates to better psychological and physical health

32



Take Home Message

- Ways that people engage in social relationships change throughout the lifespan
- Social connectedness is important to health, wellbeing, and longevity
- Older adults tend to have smaller social networks but report better quality relationships



In Summary

In this module, we discussed issues related to adult development

- ✓ Eriksons' construct of the late-life developmental task
- ✓ Baltes' life span developmental perspective
- ✓ Theories of personality in late life
- ✓ Components of successful aging



Next Steps

- Please see the reference list for more information about aging and adult development

[Click here to end presentation](#)

Then click the close button to proceed to the post test

