

KEY

# Guided Reading Activity 5-1

## Adulthood

For use with textbook pages 129-136

Directions: Recalling the Facts Use the information in your textbook to answer the questions.

1. Why do our bodies age? <sup>(1)</sup> Body cells lose ability to repair selves  
<sup>(2)</sup> Cells have pre-set biological clock that limits cell divisions

Audiology

2. What physical changes occur during middle age? graying and thinning hair, dry or inelastic skin, wrinkles, senses that require more stimulation, slowing of reflexes

What are your l. styles like?

3. How are common causes of death linked to young adult lifestyles? heart disease, cancer, cirrhosis of liver caused by unsensible eating, avoiding exercise, use of alcohol, drugs, cigarettes

4. What changes occur during menopause? sex hormones drop sharply, ovulation ceases, menstruation ceases

climacteric - physiological + biological changes

45-50

40-60% divorce

5. What two factors primarily determine the success or failure of a couple's marriage?  
<sup>(1)</sup> How couple handles conflicts  
<sup>(2)</sup> How often couple share intimate and happy moments.

6. What cognitive changes typically occur during adulthood? mid-20's = better at learning new skills and solving problems than adolescents / middle age = lower intelligence scores / increased information base, ability to comprehend as age ↑

7. How did Daniel Levinson describe the age-thirty crisis? men reexamine commitments made in early adulthood (may cause change to satisfy self needs)

Terry

8. What directions can men take during midlife transitions? <sup>(1)</sup> Some become mentors (generativity) <sup>(2)</sup> Some become stagnant ("caught up in the past")

Brian

9. What two transitional crises may occur for females during middle age? empty nest syndrome = last child leaves home / midlife depression = sense of loss and worthlessness in traditional roles

Bonnie

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# **Daniel Levinson's Theory Of Male Development**

## **I. Childhood & Adolescence (0 - 17)**

### **II. Early Adult Era**

#### **1. Early Adult Crisis (17 - 21)**

- separation from parents, friends, and way of life
- recognizing the realities of the adult world

#### **2. Entering The Adult World (22 - 28)**

- not a man, but no longer an adolescent
- explore options of adult world vs. establish a stable life structure

#### **3. Age-30 Crisis (29 - 33)**

- unsatisfying or incomplete aspects of life addressed
- tentative commitments are reexamined
- questions about choices (marriage, career, life goals) are reopened

#### **4. Settling Down (34 - 40)**

- time to find a place in the adult world / become independent
- striving to establish status and seniority

### **III. Middle Adult Era**

#### **1. Midlife Crisis (41 - 45)**

- questions arise about the past and the future
- generativity vs. stagnation

#### **2. Entering Middle Adulthood (46 - 50)**

- true adulthood achieved
- period of stability, understanding, and tolerance
- balance created between friends and privacy

#### **3. Age-50 Crisis (51 - 55)**

- averted midlife crisis may resurface
- can be more devastating than previous crisis's

#### **4. Culmination Of Middle Adulthood (56 - 60)**

- time of retirement (end of the "quest")
- acquisition of new hobbies / leisure activities

### **IV. Late Adult Era**

#### **1. Late Adult Crisis (61 - 65)**

- review of the past (successful life vs. failure)
- time for rejoicing or regretting