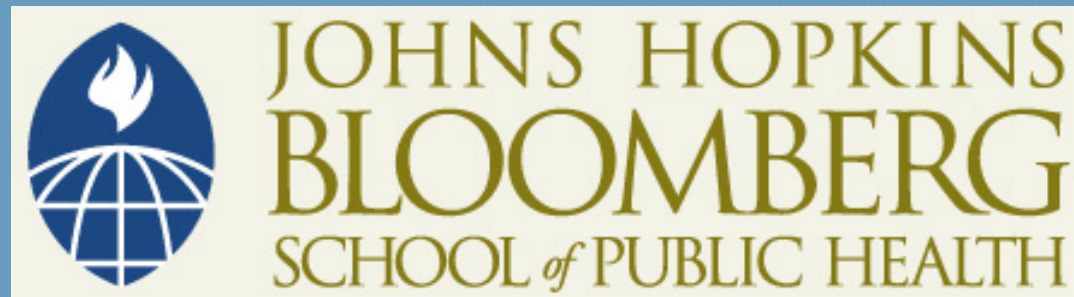


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Health in Adulthood

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Section A

There's Life after Adolescence

What Makes an Individual an Adult in Your Culture?

- Are you an adult? Do you feel like an adult?

Overlapping Definitions of Adulthood

- Legal and administrative
 - Driving age, statistical definitions
- Biological
 - Puberty
- Psychological
 - Identity, intimacy
- Social
 - Roles: spouse, parent, worker

Adulthood from a Life Course Perspective

- Emphasizes roles and statuses that constitute full membership in society—“social maturity”
 - Problematic if roles and statuses are not universal in a society— e.g., marriage and parenthood in the U.S.
 - Also, if roles and statuses aren’t constant in an individual’s life, e.g., marriages can end by death or divorce

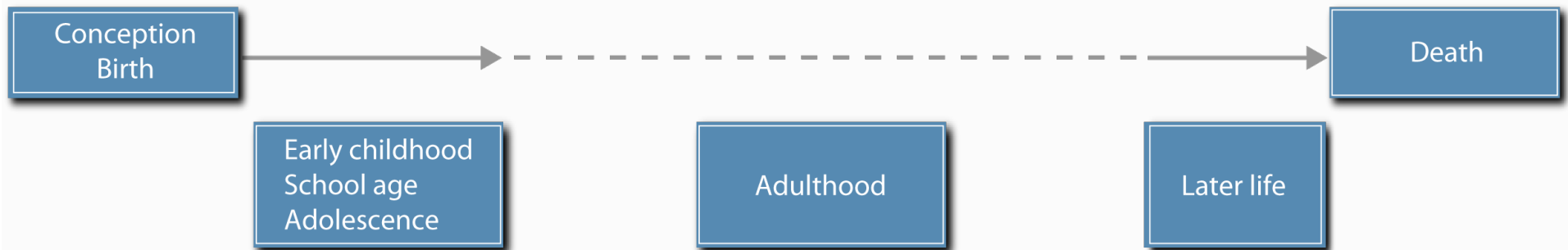
Working Definition

- Ages 25-65
 - Transition to adulthood usually defined as ages 18-30
 - Age 65 is arbitrary; used in the U.S. and other nations to define onset of “old age”; reflects conventions based on entitlements
- Do we need an exact definition?
 - Convenient for statistical comparisons

Adult Development—Recent Concept

- Traditionally, emphasis on “alpha and omega” of life
- Not surprisingly, development is rapid early in life, many health concerns in later life
- Adulthood viewed as norm, destination
- Adult issues studied, but separately, not as life course stage
- Either too little change or too much variation to understand as stage

The Life Span



Themes in Adult Development

- Pace slows down
- Relative importance of social increases

Themes in Adult Development

- Pace slows down
- Relative importance of social increases
- Gains vs. losses
- Conflict among competing goals
- Generativity
- Heterogeneity

Global Adulthood

- Emphasis in adult development literature on Western cultures for the most part
- Social changes due to globalization have altered the adult life course in both developed and developing nations

Domains of Adult Development

- Social
- Psychological
- Biological

Social Pathways through Adulthood

- Sequences of social roles
 - Worker
 - Spouse or partner
 - Parent

- And social statuses
 - Socioeconomic standing
 - Consumer

Characteristics of Social Pathways

- Transitions
 - Job changes
 - Residential mobility
 - Marriage, divorce, remarriage
 - Children growing up
- Trajectories
 - Cumulative advantage/disadvantage
- Turning points

Key Aspects of Adult Social Life

- Family

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- Family
- Work

Key Aspects of Adult Social Life

- Family
- Work
- Others
 - Geographic mobility
 - Friendships, social networks
 - Civic participation
 - Leisure
 - Consumption
 - Trauma

Psychological Development in Adulthood

- Cognition
- Emotions

Biological Development in Adulthood

- Reproduction
 - Women: cycles, pregnancy, menopause
 - Men: andropause?
- Declines in physical function
 - Avoiding acceleration of declines
 - Balancing losses with gains (including those in other domains)