

MIDDLE ADULTHOOD NOTES PAGES

THE EMPTY NEST

1. _____ is the study of aging. It is different from _____ which is the study of the diseases of the aging.
2. A _____ is a scientist who studies gerontology and focuses on _____ - the combination of processes of deterioration.
3. Middle adulthood is considered that period of time between ages ____ and ____.
4. A _____ is and _____ state of doubt and anxiety in which a person becomes uncomfortable with the realization that life is halfway over.
5. Symptoms of a mid-life crisis may include:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
6. Psychologists _____ coined the term "midlife crisis" and described the crisis as _____ in the process of maturing.
7. The 5 stages of mid-life are:
 - a. _____ - the different ways people present themselves to others.
 - b. _____ - deals with the evaluation of the different personas and masks.
 - c. _____ - the person may feel unsure of his/her identity.
 - d. _____ - occurs when the person begins to feel comfortable with him/herself.
 - e. _____ - recognition of inner conflict, accepts it, and attempts to discover a balance.
8. _____ refers to feelings experienced by parents and caregivers after children leave their childhood home.

9. _____ refers feelings experienced when grown children return to their childhood home.
10. _____ during middle age presents risks including the increased risk of having a child with _____ or _____.
11. _____ is the physical cessation of menstrual cycles associated with advancing age in women and is sometimes referred to as change of life or _____. This occurs when ovaries stop producing estrogen causing a shutdown of the reproductive system.
12. The body must adapt to the decreasing levels of hormones _____, _____, and _____ which causes symptoms such as hot flashes and fast heartbeat.
13. HRT or _____ provides the best relief for symptoms related to menopause. A woman has officially reached menopause when she has not had a period for _____.
14. A _____ is an operation where women have their uterus surgically removed. There are 3 different types of hysterectomies:
- _____ - removes uterus but not cervix
 - _____ - removes uterus and cervix
 - _____ - removes all reproductive tissues as well as top of vagina and surrounding lymph nodes.
15. _____ is a biological change experienced by men during their mid-life - often compared to the female menopause.
16. Currently, one in every _____ middle age adults are providing care and assistance for an aging parent.
17. Aging family members can be a source of both _____ and _____ support. However, they may also be seen as _____ as they age and need more daily care.

18. Psychologist _____ developed the 8 stage theory of _____ development.
- The 7th stage is called _____ which individuals experience during middle adulthood.
 - This stage focuses on giving back to _____ through raising children, being productive, and involved in the community.
19. The _____ is a social organization for women over 50.
20. _____ is the property of a living organism to regulate its internal environment to maintain a stable, constant condition. There are 3 things human bodies need to regulate:
- _____ - the ability to keep body temperature
 - _____ - the active regulation of body fluids
 - _____ - the maintenance of blood sugar levels
21. Beginning at age 40, individuals need to take care of their health by:
- _____
 - _____
 - _____
 - _____
 - _____
22. Men over _____ need a yearly rectal exam to screen for colon and prostate cancer. Women over _____ should continue regular check-ups and schedule a _____ to check for breast cancer.
23. Coronary _____ is the #1 cause of death in the US.
24. _____ is a condition of loss of normal bone density and fragile bones associated with aging.
25. _____ is the leading cause of blindness and is prevalent in middle adulthood.
26. Research shows that intellectual development _____ in middle adulthood in perception and numerical abilities but shows to maintain stability in

_____, verbal memory, inductive reasoning, and _____ orientation.

27. _____ is the ability to find meaning in confusion and solve new problems.
28. _____ is the ability to use skills, knowledge, and experience.
29. _____ is an organisms's ability to store, retain and subsequently recall information.
30. _____ memory refers to the amount or bits of information we can hold in our head at any given time and lasts up to 24 hours.
31. _____ memory is separated into 3 types:
- a. _____ - facts one makes conscious effort to learn and remember at will.
 - b. _____ - information you draw on automatically to perform actions.
 - c. _____ - facts that are so deeply ingrained they require no effort to recall.
32. _____ is performed to improve appearance and _____.