

DETAILED CONTENTS

PREFACE

I. THE ADULT LIFE PROCESS: AN OVERVIEW

1. Adaptation and Development

By Lawrence R. Allman and Dennis T. Jaffe
From *Abnormal Psychology in the Life Cycle*,
Harper & Row, 1978

The authors outline the principles of human development and some of the ways in which difficulties arise at different stages in the life cycle.

2. Erik Erikson's Eight Ages of Man

By David Elkind
New York Times Magazine, April 5, 1970

The eight stages of psycho-social development in Erik Erikson's theory are outlined and compared with Freudian theory. In addition, Elkind describes Erikson's pioneering work in the field of psychohistory. This article discusses the theories which first explored the various stages and changes in adult life.

3. The Phases of Adult Life: A Study in Developmental Psychology

By Roger L. Gould
American Journal of Psychiatry, November 1972

Gould reports on two studies of adults which present interesting data about the stages in the process of adult development.

4. Meaningfulness of the Biographical Approach

By Charlotte Bühler
Original essay, 1977

Humanistic psychology looks at the whole person developing in a unique way through life. In looking at life histories, Charlotte Bühler describes four basic tendencies in a person's life: Need Satisfaction, Self-Limiting Adaptation, Creative Expansion, and Upholding of the Internal Order.

5. Medical Perspectives on Adulthood

By Herant A. Katchadourian
Daedalus, Spring 1976

This essay attempts a comprehensive medical definition of adulthood and the human growth process, the life stage most affected by various illnesses.

II. YOUNG ADULTHOOD

6. An American Ishmael

By Kenneth Keniston
From *The Study of Lives* edited by Robert W. White,
Atherton Press, 1963

In an insightful essay, Keniston presents the case history of an alienated young man, describing his

xii family situation, psychological resources, and the environment in which he grew up. This article reveals how childhood traumas can cause severe emotional difficulties in adult life.

7. The Trial of Elaine Harrington

By Thomas J. Cottle
Commonweal, July 9, 1979

3 Cottle's story about a white working class adolescent female in the midst of her family turmoil is quite moving. As a commentary on the brutality of life, it points to how various societal systems—in this case the family and the law—often wind up victimizing those whom they intend to protect and nurture.

8. Death and the Life Cycle

By Robert Jay Lifton and Eric Olson
From *Living and Dying* by Robert Jay Lifton and Eric Olson, Bantam, 1975

As La Rochefoucauld said, "One cannot look directly at either the sun or death." Lifton and Olson explore the way old people confront their own mortality, and suggest that serenity in the face of death depends upon a sense that, in some symbolic way, one's life will endure.

9. Youth: A "New" Stage of Life

By Kenneth Keniston
American Scholar, Autumn, 1970

22 There is growing evidence that the period between adolescence and the attainment of adulthood ought to be considered as a newly emerging, separable stage of growth—youth. Keniston suggests some qualities of this period in our society.

30

III. A LIFE OF ONE'S OWN: INDIVIDUATION AND CONNECTION

10. Developmental Periods: The Evolution of the Individual Life Structure

By Daniel Levinson
From *Seasons of a Man's Life*, Alfred A. Knopf, 1978

38 This article addresses the question, "Is there a normal process of individual development in early and middle adulthood?" Various periods within early and middle adulthood are discussed through the concept of the individual life structure, with respect to *male* development. (Unfortunately similar research on the stages of women's development has not yet been published.)

11. Husbands in Crisis

By Maggie Scarf
McCall's, June 1972

63 The ages 35 to 45 mark a strategic turning point in the lives of men, a study by psychologist Daniel Levinson suggests. At that point, they reevaluate many of their beliefs and values, and often make important changes.

12. In Search of One's Past: An Identity Trip

By Fernando Colón
Family Process, December 1973

70

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101

103

108

114

Colón presents a personal account of a foster child's effort to reunite himself with his family of origin, and discusses how our identities are formed and relate to our family background.

13. Catch-30

By Gail Sheehy

From *Passages: Predictable Crises of Adult Life*, Dutton, 1976

In studying middle life and adolescence, social scientists have largely ignored the period in between—the thirties. Sheehy's comparison of social science and personal experience illustrates the dilemma of the young adult.

14. 32 Thoughts on Being 32

By Mopsy Strange Kennedy

Boston, November 1975

Far from being a dull, dreary period, the early thirties are becoming a period of great achievement, personal growth, and challenge for people like Kennedy, who shares her experience of the thirties as a time of expansion and growth.

15. Three Marriages—and One Growing Person

By Carl Rogers

From *Becoming Partners* by Carl Rogers, Delacorte, 1974

The way in which the same person can experience different relationships and grow as a result of them is explored in this interview with a thrice-married woman, who has profited from her experiences.

IV. SEX ROLES AND COUPLE RELATIONSHIPS: FAMILY BUILDING BLOCKS

16. Myths, Stereotypes, and the Psychology of Women

By Juanita H. Williams

From *Psychology of Women*, Norton, 1977

This article examines man's historical belief in woman as the Other—the source of all that is evil and of all that is good. It explores how such a split in thinking has contributed to the development of myths and stereotypes which hinder our historical and contemporary understanding of the psychology of women.

17. The Male Sex Role: Definitions, Problems, and Sources of Change

By Joseph H. Pleck

Journal of Social Issues (1976) vol. 32, no. 3

Joseph Pleck discusses the paradoxes inherent in the evolution of the male role from traditional to emerging modern conceptions. Four current perspectives on male role problems are delineated: individual-level sex-role identity, cultural-level sex-role identity, contradictory socialization role strain, and inherent role strain. Some potential sources and forms for change in the male role are analyzed.

18. The Future of Sex Roles

By Meda Rebecca and Robert Hefner

The American Woman: Her Past, Her Present, Her Future, Holt, Rinehart and Winston, 1979

Rebecca and Hefner analyze various contemporary ideologies regarding the future of sex roles, such as

119

what the nature of male-female relations should be in the decades to come. Specifically, they address the following questions: What is (and will be) a woman's identity? How is this identity influenced by unity with other women? And what does this identity mean for participation in society?

19. The Marriage Contract

By Clifford J. Sager et al.

Family Process, September 1971

Through an examination of the expectations of the marriage contract, a better understanding of marital relationships can be achieved. This article presents a contextual analysis of the marriage contract through the use of clinical case material illustrating both intrapsychic and transactional factors.

20. Change, Conflict, and Couple Styles

By Lawrence R. Allman and Dennis T. Jaffe

Original essay, 1977

A married couple is a unit that is expected to accomplish certain tasks and live under certain pressures. This account suggests some of the major styles couples use to relate to each other, and the ways that marital difficulty can arise.

129

133

V. FAMILY PROCESSES

21. Decision Making and the Family Life Cycle

By Reuben Hill

From *Social Structure and the Family: Generational Relations*, edited by Ethel Shanas and Gordon F. Streib, Prentice-Hall, 1965

Families develop as individuals do, over time. Research can lead us to formulate a series of developmental stages that hold for families, and some of the major decisions and tasks that accompany each stage.

22. A Middle American Marriage

By Thomas J. Cottle

Harper's, February 1973

The modern family is besieged by economic, social, and cultural pressures, as well as changing concepts of male and female sex roles. This account of the life space of one family illustrates how such pressures can burden a couple.

23. A Peck of Salt

By Jane Howard

From *Families*, Simon & Schuster, 1978

Family: whatever you call it, whoever you are, wherever you are, you need one. You need one because you are human. In an engagingly written excerpt from her book, Jane Howard looks at families and outlines what a good family is.

24. The Family, Prison of Love

By Jacques Mousseau

Psychology Today, August 1975

This interview with Philippe Ariès, one of France's great family historians, suggests that the growth of industrialized society has placed many unrealistic and burdensome demands on the family—one of which is the notion of the family as the haven or refuge from the pressures of the outside world. Ariès asks us to

160

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consider the possibility that this utopian vision of the nuclear family has contributed to an intolerably confining parent-child relationship, within which we become prisoners of love.

25. The Family in Health and Illness
By Dennis T. Jaffe
New Realities, April 1978

In this article, Jaffe explores the impact of family relationships on the development of individual difficulties and illnesses. Further, he suggests that striking a balance between intimacy and autonomy, as well as creatively adapting to an ever-changing environment, is the task of every healthy family and family member.

VI. FAMILY CONTEXTS

26. Work and Self-Respect
By Robert Coles
From *Adulthood*, edited by Erik H. Erikson,
W. W. Norton, 1978

This uniquely insightful essay discusses the complexity of "meaning" in work and self-respect, as articulated by members of the American working class. Robert Coles's style and methodology ask us to not theorize or intellectualize for others about the "meaning" and interrelatedness of self-esteem and work, but rather to listen to what they have to say about their own experiences.

27. An Exploration of the Dynamics of the
Overlapping Worlds of Work and Family
By Jean R. Renshaw
Family Process, March 1976

This is the report of a study that explored the problems that arise when the demands of a man's job and the needs of his family are in conflict.

28. Men, Women, and Work: Reflections on the
Two-Person Career
By Hanna Papanek
American Journal of Sociology, January 1973

Most research on work reflects the world of men, particularly the world of white men in industrial society. This article focuses on the life experiences of the American woman and the "two-person single career."

29. Leisure and Life-style
By Robert J. Havighurst and Kenneth Feigenbaum
Abridged from *American Journal of Sociology*,
January 1959

A person's leisure life-style seems to mirror his or her style quite closely, as this study indicates. A person seems to have a characteristic way of entering any activity.

30. Transition to Parenthood
By Alice S. Rossi
Journal of Marriage and the Family, February 1968

Parenthood is usually explored from the child's perspective. This article looks at the stages which take a person into parenthood and how parental behavior is

learned. Rossi suggests that we have to teach people more about parenthood.

31. Whatever Happened to Father?
By C. Christian Beels
New York Times Magazine, August 25, 1974

The role of the father as leader of the household, popular until recently, is going out of style. The pressures a modern father faces are far different from those faced by his father and grandfather, because the traditional roles of the family are constantly being taken up by other social institutions.

32. The First Four Long Years of a Family
Commune: A Case Study
By Dennis T. Jaffe
Original essay, 1977

One family form which has been publicized recently is the collective family. This story of one such communal family breaks down many of the stereotypes of the counter-culture.

VII. DISCONNECTIONS AND DEATH

33. California's Children of Divorce
By Judith S. Wallerstein and Joan B. Kelly
Abridged from *Surviving the Break-up:
How Children Actually Cope with Divorce*, Basic
Books, 1980

This article discusses the results of a longitudinal study which attempted to evaluate the mental health of children of divorced parents. One important conclusion, among others, indicates that divorce is no more or less beneficial to children than is an unhappy marriage.

34. Bereavement as Indispensable for Growth
By Ned H. Cassem
From *Bereavement*, Columbia University Press, 1975

Narcissistic loss and grieving are postulated as necessary and vital for personal growth. Cassem suggests, along with Kohut, that ego transformation in maturity occurs not "in spite of the damage done to our narcissistic illusions of greatness, but actually because of it."

35. On Death and Dying
By Elisabeth Kübler-Ross
Journal of the American Medical Association,
February 1972

Although people today have the same kind of unconscious thoughts and fantasies about death that others had years ago, our society has changed and increasingly become a death-denying society. When faced with a potentially fatal illness, most patients, Kübler-Ross writes, pass through five stages between their awareness of serious illness and death.

36. An Interview with a Dying Mother
By E. Mansell Pattison
From *The Experience of Dying*, Prentice-Hall, 1977

This interview with a dying mother and the following comment by the author focus on the functions of denial, withdrawal, faith, and hope in coming to terms with death.

276

216

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VIII. MIDDLE LIFE

37. Marriage and the Midlife Crisis **318**
 By Lily Pincus and Christopher Dare
 From *Secrets in the Family*, Pantheon Books, 1978

This article points to the similarity between midlife crises and other developmental crises that occur throughout the life span. Additionally, however, Pincus and Dare point to the uniqueness of the midlife crises in that the concern with death is far more real, more central than at any previous time in the life cycle.

38. The Double Standard of Aging **324**
 By Susan Sontag
Saturday Review, September 23, 1972

Women have been severely short-changed *vis-à-vis* cultural standards as they age. As a woman gets older, her status, opportunities, sexuality, and appearance become less highly valued, whereas men increase or maintain their value.

39. Transition to the Empty Nest **334**
 By Marjorie Fiske Lowenthal and David Chiriboga
Archives of General Psychiatry, January 1972

How are parents affected when their youngest child is about to leave home? This article examines the changes a couple experiences during the post-parental stage and suggests that "leaving the nest" is not as difficult as many think.

40. A New Look at Menopause **341**
 By Bernice L. Neugarten
Psychology Today, December 1967

It is possible that the classical psychological symptoms of menopause could simply be signs of a hormone deficiency. A physical treatment that eases the transition is suggested and evaluated, and some evidence is presented for changing our stereotypes of this period in life.

41. Adaptive Processes in Late Life **348**
 By Morton A. Lieberman
 From *Life-Span Developmental Psychology*, Academic Press, 1975

A model for predicting adaptational success/failure of the elderly with respect to crises is presented in this article. The question, "Why do some individuals adapt better than others to the crises associated with the last phase of life?" is addressed, and the results of a study designed to answer the question are discussed.

IX. OLD AGE **361**

42. Aging and I.Q.—The Myth of the Twilight Years **363**
 By Paul B. Baltes and K. Warner Schaie
Psychology Today, March 1974

The extent to which intellectual functions decline with aging has been greatly exaggerated. While cross-sectional studies show age differences, research that follows the same persons over time indicates stability or gains in three factors of intelligence, at least into the 70s.

43. The Life Review: An Interpretation of Reminiscence in the Aged **368**
 By Robert N. Butler
Psychiatry, February 1963

Old people go through a process which is termed the *life review*, when they reminisce and reevaluate their whole lives. This process can have adaptive or maladaptive consequences for their futures, as well as for their families.

44. The Older Woman **379**
 By Irene de Castillejo
 From *Knowing Woman*, Harper & Row, 1973

The older woman presents us with many images. This poetic essay sketches the inner experience of one type of older woman.

45. Joie de Vivre **386**
 By Simone de Beauvoir
Harper's, January 1972

Only recently has the need for sexuality been recognized in older people. This essay explores the role of sexuality in later life, and its potential for fulfillment.

46. A New Age for Aging **394**
 By Bernard L. Strehler
Natural History, February 1973

Why do we age and die? This essay discusses some of the research into that process.

47. Aging and Family Personality: A Developmental View **402**
 By Elaine M. Brody
Family Process, March 1974

We live in a society in which a great number of families have old people living with them. What stresses and difficulties do older people present for a family, and what benefits do they add?