

# ▪ DETAILED CONTENTS ▪

<i>To the Instructor</i>	xv
<i>To the Student</i>	xviii
<b>Chapter 1 Adult Development and Aging</b>	<b>1</b>
<hr/>	
Aging As Part of the Life Span	6
Who Are Adults? Who Are the Aged?	8
Problems with the Use of Chronological Age as a Causal Variable 9 ■ Normal Versus Pathological Aging 13 ■ Developmental Tasks 14 ■ Individual Differences/Interindividual Differences 19 ■ Intraindividual Differences/Intraindividual Changes 19	
Models and Theories of Development	21
Developmental Issues	22
Developmental Models	27
Person-Environment Interaction	33
Adult Development in Context	36
Summary	38
Key Terms and Concepts	39
<i>Box 1.1 Developmental Tasks 14</i>	
<i>Box 1.2 Interindividual Differences and Age 20</i>	
<b>Chapter 2 Biology of Aging and Longevity</b>	<b>40</b>
<hr/>	
Introduction	41
Young Adulthood	42
Middle Adulthood	43
Biological and Physical Changes 44 ■ The Concept of Time 46	
Later Adulthood	47
Explanations for the Aging Process	48
Biological Theories 48 ■ Physiological Theories 51 ■ The Brain and the Aging Process 53	
Longevity/Life Expectancy	57

Historical, Current, and Future Trends in Life Expectancy	58
Health 58 ■ Life Expectancy in Other Countries 62	
Factors Affecting Life Expectancy	63
Intrinsic/Primary Factors 63 ■	
Extrinsic/Secondary Factors 66	
Long-Lived Cultures	77
Implications of Increased Life Expectancy	79
Summary	84
Key Terms and Concepts	85
<i>Box 2.1 Old, But Not Senile 60</i>	
<i>Box 2.2 Widow Defies Muggers 76</i>	

## **Chapter 3 Research Methods in Adult Development and Aging 86**

---

Developmental Versus Nondevelopmental Research	88
Experimental Versus Correlational Research	89
Experimental Approaches to Research 89 ■	
Correlational Approaches to Research 90 ■	
Applications of Experimental and Correlational Research 92	
Developmental Research Methods	94
Cross-sectional Designs 95 ■ Longitudinal Designs 99 ■ Time Lag Designs 102 ■	
Summary: Cross-sectional, Longitudinal, and Time Lag Designs 104	
Sequential Designs	104
Schaie's Trifactorial Approach 104 ■ Using Sequential Designs in Developmental Research 107 ■ Baltes's Bifactorial Approach 108 ■ Which Designs Seem to Be Used Most Often? 110	
Ethics and Research in Adulthood	110
Summary	111
Key Terms and Concepts	112

## **Chapter 4 Sensory and Perceptual Processes 114**

---

Introduction	115
Information Processing Approach (IP) to Aging	116

Sensation	118
Sensory Processes: Vision	119
Structural Changes in the Visual System 120 ■	
Changes in Visual Abilities with Aging 123 ■	
Effects of Visual Changes 126	
Audition	127
Outer, Middle, and Inner Ear 128 ■ Age	
Changes in Basic Hearing Functions 129 ■	
Relationship Between Speech and Hearing 130 ■	
Language and Voice Impairments 131 ■	
Rehabilitation of Hearing, Speech, and Language	
Disorders 132 ■ Effects of Auditory	
Changes 132	
Taste and Smell	133
Taste 133 ■ Structural Changes in the Gustatory	
System (Taste) 135 ■ Gender Differences and	
Smoking 135 ■ Psychosocial Factors 135 ■	
Olfaction (Smell) 136	
Age Changes in Touch, Vibration, Temperature,	
Kinesthesia, and Pain Sensitivity	137
Touch (Tactile Sensitivity) 137 ■ Vibratory	
Sensitivity 137 ■ Temperature Sensitivity 138 ■	
Kinesthesia 138 ■ Pain 139	
Effects of Sensory Decline Upon Environmental	
Interaction	140
Sensory Information Processing Tasks	142
Critical Flicker Fusion (CFF) 142 ■ Click	
Fusion 142 ■ Fusion of Discrete Shocks 143 ■	
Judging Weights 144	
Perceptual Information Processing Tasks	145
Geometrical (Visual) Illusions 145 ■	
Perceptual/Cognitive Style 148 ■ Selective	
Attention 149 ■ Vigilance 152	
Summary	156
Key Terms and Concepts	156
<b>Chapter 5 Psychomotor</b>	
<b>Performance</b>	<b>158</b>
<hr/>	
Introduction	159
Perceptual-Motor Reaction Time	160
Simple Perceptual-Motor Reaction Time 160 ■	
Choice Reaction Time 161 ■ Complex Reaction	
Time 162	
Theoretical Explanations for the Psychomotor	
Slowdown	163

Peripheral Explanations 163 ■ Central Explanations 164 ■ Evaluation 167	
Effects of Training on Psychomotor Performance	168
Cautiousness/Decision Making	169
Omission Errors 169 ■ Ambiguous Stimuli 170 ■ Uncertainty 170 ■ Incomplete Figures 171	
Rigidity	172
Problems with the Rigidity Hypothesis 172 ■ Three Types of Rigidity 174	
Accident Involvement	175
General Life-Span Trends in Accident Involvement 176 ■ Motor Vehicle Accidents 177 ■ Home Accidents 178 ■ Industrial Accidents 179	
Industrial Gerontology	180
Discrimination Against Older Workers 181 ■ Research on the Older Worker 184	
Summary	188
Key Terms and Concepts	188

## **Chapter 6 Cognitive Processes I: Intelligence** **190**

---

What Is Intelligence?	191
Intelligence: Its Relevance to Our Daily Lives 191 ■ Defining Intelligence: A Brief History 192 ■ What Do Intelligence Scores Mean? 193	
Intelligence—The Psychometric Approach	195
Factor Analysis and the Psychometric Approach 195 ■ Early Theories of Intelligence: Stern and Spearman 197 ■ Guilford's 120-Factor Theory 198 ■ Thurstone's Primary Mental Abilities Theory 198 ■ Crystallized (Gc) and Fluid (Gf) Abilities 200	
How Many Intelligences?—Everyday Implications	204
Intelligence—The Information Processing Approach	205
Psychometric Intelligence in Adulthood and Old Age	207
Schaie's PMA Research 208 ■ Crystallized (Gc) and Fluid (Gf) Intelligence and Aging 212 ■ Piagetian Abilities and Aging 213	
Does Intelligence Decline with Age?	216

Explaining the Data: Schaie's Stage Theory About Intelligence and Aging	217
Intelligence and Everyday Life	218
Alternative Theories About Intelligence and Aging: Baltes's and Denny's Contributions	220
Getting an Accurate Picture: Influences on Intelligence Test Performance	221
Using Intelligence Findings Intelligently with Adults	222
Summary	224
Key Terms and Concepts	225

*Box 6.1 Can Intelligence Be Learned? 203*

## **Chapter 7 Cognitive Processes II: Learning and Memory 226**

---

Introduction	227
Learning and Memory Deficits—A Consequence of the Aging Process?	229
Learning and Memory: Definition and Measurement in Adulthood Learning	230
Distinguishing Between Learning and Memory	231
Memory—Stores and Processes	231
Understanding Learning and Memory in Adulthood	235
Interference and Transfer	235
Learning, Memory, and Aging	236
Contextual Influences on Learning and Memory Among Adults	240
Ecologically Valid Learning	247
Memory for Text and Aging	247 ■
Metamemory	248
Education and the Adult Learner	250
Summary	254
Key Terms and Concepts	254

*Box 7.1 Defying Tradition: Older Students Attend College 228*

*Box 7.2 Suggestions for Improving the Adult Learner's Learning and Memory Performance 245*

*Box 7.3 Elderhostel: Continued Opportunities for Growth in Late Adulthood 252*

## **Chapter 8 Interpersonal Relationships and Sexuality** **256**

---

Introduction	257
Interpersonal Relationships	259
Friendships 260 ■ Sibling Relationships 262 ■ Intergenerational Relationships 263	
Marriage	266
Why Marry? 266 ■ Why Individuals Are Attracted to Each Other 268 ■ Life-Span Trends in Love 270 ■ Marital Satisfaction 271 ■ Types of Marriages 273	
Life-Styles During Adulthood	275
The Married 275 ■ The Divorced 282 ■ The Remarried 287 ■ Cohabitation 288 ■ Singles 288	
Sexual Behavior Over the Life Span	293
Problems with Obtaining Accurate Information 293 ■ Life-Span Trends in Sexual Behavior 294 ■ General Factors Related to Sexual Behavior 296 ■ Research Regarding Sexual Interest and Activity in Older Adults 299 ■ Factors Related to Decreased Sexual Activity over the Life Span for Males and Females 299 ■ Alternative Sexual Life-Styles 300 ■ Sexual Dysfunction 301	
Summary	302
Key Terms and Concepts	302

*Box 8.1 Facts and Figures on Spouse Abuse 282*

*Box 8.2 Elder Abuse: An Unrecognized Form of Family Violence 283*

*Box 8.3 Single Parents 289*

*Box 8.4 Profile of Widowhood/Widowerhood 290*

*Box 8.5 Women Heart Attack Victims Fear Resuming Sexual Activity 298*

## **Chapter 9 Roles in Adulthood, Socialization, and Attitudes** **304**

---

Introduction	305
Process of Socialization	306
Life-Span Trends in Socialization 307	

Roles	309
Role Transition and Role Change 311 ■ Gender Roles 311 ■ Roles Within the Family 315 ■ Parenthood 319 ■ Grandparenting 328	
Attitudes Toward Aging	332
Common Myths and Stereotypes of Old Age and Aging 335 ■ Attitudes Toward Aging in the United States: Historical Perspective 341 ■ Aging in Various American Subcultures 342 ■ Attitudes Toward Aging in Other Cultures 347 ■ A Caution Regarding Attitudes Toward Aging 350 ■ Changing Attitudes Toward Elderly Persons 351	
Summary	352
Key Terms and Concepts	353

*Box 9.1 Girls Shy Away from Computers: Disadvantage in High-Tech Job Market 312*

*Box 9.2 Dual-Career Marriages—Do They Work? 318*

## **Chapter 10 Personality 354**

Defining and Studying Personality in Adulthood	355
Approaches to Personality and Development	359
Stability and Change in Adult Personality: Major Theoretical Viewpoints	361
Theories of Adult Personality Change 361	
Adult Developmental Stages in Personality—Descriptive or Prescriptive?	370
Riegel's Dialectics of Adjustment to Developmental Stages 371 ■ Cognitive Personality Theory 373	
Personality and Its Effects on Aging—Coping with Change	374
Activity and Disengagement 374 ■ Personality Types and Adjustments to Aging 377	
The Parental Imperative	384
How Personality Is Assessed—Stability Versus Change	385
Elder's Studies of the Great Depression 387 ■ Trait Approaches to Personality and Aging 388 ■ Costa and McCrae's NEO Model of Personality 390	
Narrower Aspects of the Adult Personality	391
Summary	394
Key Terms and Concepts	395

## **Chapter 11 Work, Retirement, and Leisure 396**

---

Introduction	397
Occupational Roles and Their Selection	398
Occupational Development 399 ■ Theories of Occupational Choice 399 ■ Career Patterns Among Men and Women 403 ■ Occupational Developmental Tasks 405	
Retirement	409
Theoretical Rationales for Retirement 410 ■ Factors Related to the Decision to Retire 412 ■ Effects of Retirement 418	
Leisure	422
The Importance of Leisure Competence 423 ■ Life-span Trends in Leisure Activities 425 ■ Patterns of Leisure During Retirement 430	
Summary	432
Key Terms and Concepts	433
<i>Box 11.1 Women Still Get Smaller Paycheck 409</i>	
<i>Box 11.2 Content of a Typical Preretirement Training Program 415</i>	
<i>Box 11.3 Religion 428</i>	

## **Chapter 12 Death and Dying 434**

---

Introduction	435
Definitions of Death	436
Pattison's Four Types of Death 436 ■ Implications of Various Criteria for Death 437	
Personal Meanings of Death	438
Responses to Death	439
Fear of Death 439 ■ Multiple Death Fears 439 ■ Factors That Influence Death Anxiety 441 ■ Overcoming and Participating 442	
Death and Aging—Synonymous?	443
Do People Die of Old Age? 445 ■ Integrity and Death 445 ■ Disengagement Theory and Death 445 ■ Talking with Older Persons About Death 447 ■ Communicating with Others About Death and Dying 447 ■ Individual Differences in Responses to Death 448	
Hospice Care	449
Euthanasia	450



Suicide	451
Dealing with Suicidal Persons 453 ■ Types of Suicidal Persons 455 ■ Suicide and Aging 455 ■ Quality of Life and Suicide 460	
The Work of Elizabeth Kübler-Ross	461
Using Kübler-Ross's Stage Theory Productively 461	
Bereavement—Surviving Death	462
Are Widows at Risk? 463 ■ Grieving in Children 464 ■ Grieving Over the Loss of a Child 465 ■ Grieving in Young and Elderly Adults 466 ■ Grief Work 468	
Summary	470
Key Terms and Concepts	471
<i>Box 12.1 The Dying Person's Bill of Rights 450</i>	
<i>Box 12.2 "Lethality Scale" for Assessment of Suicide Potentiality 454</i>	

## **Chapter 13 Mental Health and Psychopathology 472**

---

Introduction	473
Getting an Accurate Picture 473 ■ Older Persons' Use of Mental-Health Services: Relationship to Perceptions of Mental Health 476	
Defining Mental Health and Abnormality in Adulthood	477
Abnormal Behavior in the Aged	478
DSM-III-R 478 ■ Current Models of Abnormal Behavior in the Aged 479	
Specific Forms of Psychopathology Common Among the Aged	481
Organic Disorders 481 ■ Helping Dementia Patients and Their Families 486	
Separating Dementia from Other Disorders in the Aged	488
Delirium 488 ■ Alcoholism and Dementia 489	
Common Functional Disorders	489
Depression 490 ■ Pseudodementia 492 ■ Anxiety 492 ■ Paranoid Reactions 493 ■ Schizophrenia 495 ■ Miscellaneous Functional Disorders 496	
Assessment with Older Persons	496
Mental Health in Later Life	502
Optimally Mentally Healthy Aged Persons 502	

Summary	504
Key Terms and Concepts	504

*Box 13.1 Alzheimer's Disease 482*

## **Chapter 14 Intervention and Therapy 506**

---

Mental-Health Services—Equally Helpful Across Adulthood?	507
Well-Being and Mental-Health Services 507 ■ Influences on Well-Being: Sex, Income, Level of Education 508 ■ Age Effects in Well-Being: Relationship to Help-Seeking 508 ■ Cohort Differences in Help-Seeking 509	
Barriers to Mental Health Services	511
Approaches to Therapy and Counseling with Older Adults	514
Individual Psychotherapy/Psychoanalysis	515
Life Review Therapy 516	
Group Therapy	517
Family Therapy	519
Behavioral Interventions	521
Cognitive Therapies	523
Specialized Treatments for the Elderly Person	524
Reality Orientation 524 ■ Remotivation Therapy 525 ■ Milieu Therapy 525 ■ Pet Therapy 526	
Rogers's Self-Therapy	527
Psychopharmacological Treatments	528
Problems with Drug Treatment of Elderly Persons 528 ■ Drug Misuse and Abuse Among the Aged 529	
Societal Intervention as Therapy	530
Conclusions	531
Summary	532
Key Terms and Concepts	532
<i>Glossary</i>	535
<i>References</i>	549
<i>Credits</i>	599
<i>Name Index</i>	601
<i>Subject Index</i>	610