# \_\_\_ Contents \_\_\_\_\_

	Preface xi
I	THE ADULT YEARS 1
1	The Study of Adulthood and Aging 3
	Adult Developmental Psychology 3 Adult Development from a Life-Cycle Viewpoint 5 Psychological Theories of Development over the Human Life Cycle Psychological Studies of Developmental Phases during Early and Middle Adulthood 11 Research Issues 22 Summary 28
2	Early Adulthood 31
	The Early Adult Group 31 The Meaning of Adulthood 32 Transition to Adulthood 34 Developmental Tasks of the Twenties 35 The Thirties: Reflection, Crises, Rooting, and Extending 39 Summary 41
3	Middle Adulthood 43
	Who Is Middle-Aged? 43 Demographics 43 The Paradox of Middle Age 44 Developmental Tasks of Middle Adulthood 47 Summary 52
4	Late Adulthood 53
	Demographics 53 Attitudes toward Aging and the Aged 57 Growing Old in America 64 Social-Psychological Theories of Aging 71 Developmental Tasks of Late Adulthood 77 Summary 80

7

5	Biological Aging: Theories and Bodily Changes 85
	Senescence 85 Theories of Biological Aging 86 Changes in Bodily Systems 88 Changes in Sensory Perception 98 Summary 102
6	Physical Attractiveness, Abilities, and Fitness 105
	Growth and Aging 105 Physical Attractiveness and the Body Image 106 Physical Fitness and Health 109 Nutrition 112 Physical Abilities 119 Summary 122
7	Sexual Functioning, Behavior, and Reproduction 125
•	Human Sexual Response 125 Sexual Interest and Activity 128 Sexual Dysfunction 130 Reproduction 136 Menopause and Male Climacteric 138 Sex and the Elderly 142 Summary 145
8	Drug Abuse, Alcohol Abuse, and Smoking 149
	Drug Abuse 149 Drugs and the Elderly 151 Alcohol Abuse 154 Smoking 159 Summary 161
9	Death and Dying 163
	Prolongevity 163 Death Rates 168 Attitudes toward Death and Dying 169 Aspects of Death 171 Varying Circumstances of Death 173 Euthanasia 176 Bereavement 177 Summary 178

TTT	EMOTION	ΛT	DEVELOPMENT	101
III		1L	DEVELORMENT	101

10	Mental	Health	183

Stress 184
Mental Illness 190
Suicide 200
Summary 202

Positive Mental Health

### IV INTELLECTUAL AND COGNITIVE DEVELOPMENT 205

183

### 11 Intelligence: Meaning, Measurement, and Change 207

The Meaning of Intelligence 207
Tests, Testing, and Age Changes 208
Physical Factors and Cognition 216
Personality, Behavior, and Mental Impairment 221
Socioenvironmental Effects 222
Terminal Decline 226
Summary 227

### 12 Memory and Learning 231

Memory 231 Learning 238 Summary 242

# 13 Thinking, Problem Solving, Problem Finding, Comprehension, and Creativity 245

Thinking 245
Problem-Solving Abilities 251
Problem-Finding Abilities 253
Comprehension 254
Creativity 255
Summary 258

## V INDIVIDUAL AND FAMILY LIVING 261

### 14 Never-Married Adults 263

Never-Married versus Delayed Marriage 263
Why Some People Remain Single 266
Singles and Their Parents 268
Living Arrangements 269
Social Life and Leisure Time 271
Loneliness and Friendships 272
Affluence and Money 274

	The Older Never-Married Adult 276 Summary 277
15	Marriage, Family Living, and Widowhood 279
	Motives for Marriage 279 Adults View Marriage 281 The Family Life Cycle 283 The Early Years 286 Parenthood 290 The Postparental Years 292 The Later Years 293 Widowhood 295 Summary 297
16	Divorce and the Reconstituted Family 299
	Divorce and the Human Life Cycle 299 Facts and Figures on Divorce 300 Divorce and the Law 302 The High Cost of Divorce 304 Children and Divorce 305 Adult Adjustments after Divorce 307 Remarriage 310 Summary 313
VI	VOCATIONAL AND CAREER DEVELOPMENT 315
17	Career Establishment 317
	Identity and Vocation 317 Vocational Development 319 The World of Work 321 Education and Vocation 323 Ethnic and Racial Considerations 325 Income and Life-Styles 327 Women and Vocations 328 Summary 331
18	Mid-life Careers and Employment 333
	A Time of Fruition 333 Unemployment 335 Second Careers 336 Occupationally Related Stress 338 Summary 341
19	The Older Worker and Retirement 343
	The Older Worker 343 The Retirement Process 346

Timing of Re Financial Plan		348 Management	352
Summary	354	-	

### VII THE FUTURE 357

### Adults and the Future 20 359

Aging of the Population Some Positive Developments 359 362 Some Challenges 363 Psychology of Adulthood 364

Bibliography 367

389 Glossary

**Author Index** 399

Subject Index 405