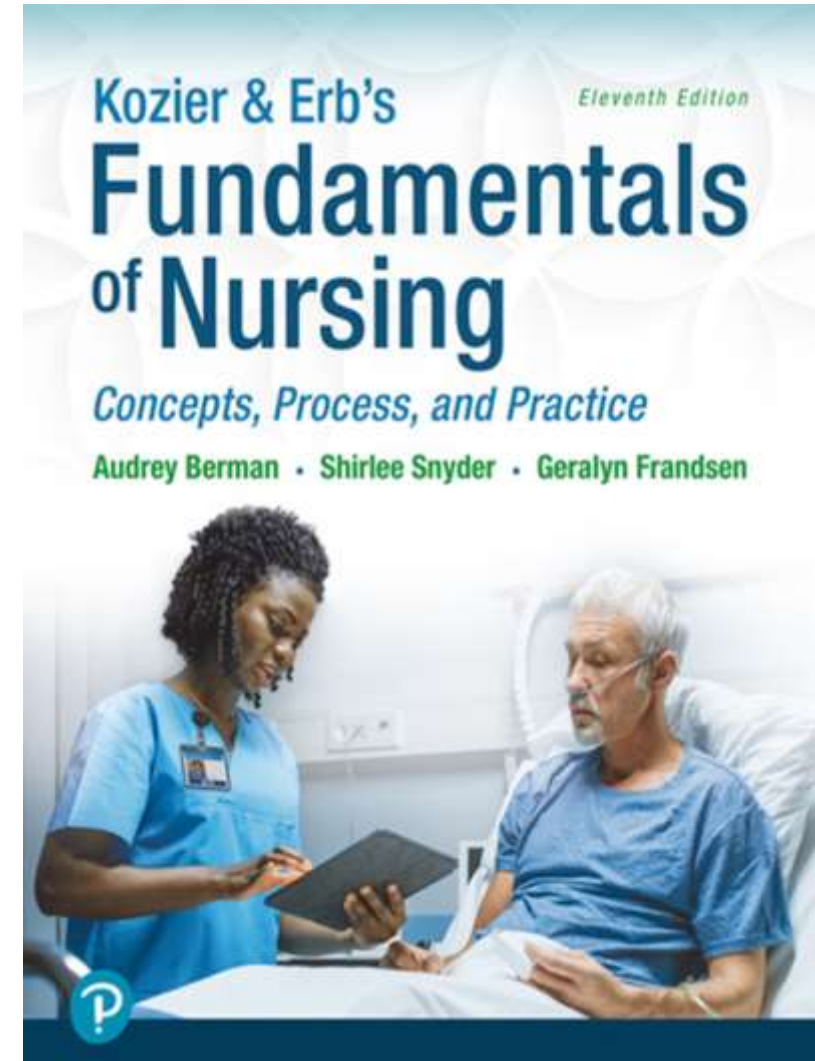


Growth and Development from Nursing Perspective

Unit 6

Promoting Health in Young and Middle-Aged Adults

- ☐ Introduction
- ☐ Young Adults (20 to 40 Years)
- ☐ Middle-Aged Adults (40 to 65 Years)



Adulthood Phases

- The adult phase of development encompasses the years from the end of adolescence to death:
 - Young adulthood 20 – 40
 - Middle adulthood 40 – 65
 - Late adulthood over 65

YOUNG ADULTS (20 TO 40 YEARS)

Criteria to describe adulthood:

- Social context e.g legally, a person in the united states can vote at 18 years.
- Financial independence, which is also highly variable. Some adolescents support themselves as early as 16 years of age, usually because of family circumstances. By contrast, some adults are financially dependent on their families for many years, for example, during prolonged periods of education
- Moving away from home and establishing one's own living arrangements.

Physical Development of Young Adult

- They are in their prime physical years.
- The human body is at its most efficient functioning at about age 25 years.
- The musculoskeletal system is well developed and coordinated.
- Muscles continue to gain strength throughout the twenties and reach peak strength at age thirty depending on exercise and genetic
- Men have larger muscles that can produce more force than the muscle tissue of women.
- This is the period when athletic endeavors reach their peak.
- All other systems of the body (e.g., cardiovascular, visual, auditory, and reproductive) are also functioning at peak efficiency.

YOUNG ADULTS (20 TO 40 YEARS)

- Although physical changes are minimal during this stage, weight and muscle mass may change as a result of diet and exercise.
- Weight and body mass as they may change as a result of diet and exercise
- Young adults are typically busy people who face many challenges.
- They are expected to assume new roles at work, in the home, and in the community, and to develop interests, values, and attitudes related to these roles.
- They are open to new experiences and continued growth
- They can tolerate ambiguity, are flexible, and can adapt to change

Dental Maturity

- Dental maturity is finally achieved in the twenties with the emergence of the last four molars called wisdom teeth
- The reproductive systems are fully mature: best time for reproducing children.
- extensive physical and psychosocial changes occur in pregnant and lactating women.
- Brain cell development reaches its peak

Physical Development Of Young Adult: During The Thirties

- Physically adults begin to gradually slow down
- Muscle size and strength can be maintained with regular exercise. Without it muscles begin a progressive decline
- Skin begins to lose its resilience and elasticity. Both women and men begin to notice wrinkles in their thirties.
- Hair may grow more slowly, be lost or occasionally lose its pigmentation (grey hair)
- Genetic predisposition toward baldness or early greying
- Gradual shrinking of the brain cells after about age thirty (not a cause of great concern)
- While visual acuity remains stable through middle age, hearing begins to decline in the late 20s.

Psychosocial Development

- Psychosocial development of the young adult is great.
- The basic developmental task is establishing intimacy or very close friendship.
- Establishing a firm sense of self, and then reaching out to others to develop loving, intimate relationships
- Choice of a lifelong partner
- Considerations of childbearing
- Remaining single is becoming the lifestyle to pursue an education and then to have the freedom to pursue their chosen vocation
- They make choices about education and employment,

Psychosocial Development

- Social responsibilities include forming new friendships and assuming some community activities
- Many young adults have experienced the stressors of divorce of their parents
- Women role has changed, many women now choose to assume active careers and civic roles in society in addition to their roles as mother and/or wife .
- Some women work out of necessity, rather than choice.

Psychosocial Development of Young Adult According to Theories

- ❑ According to **Erikson's** stages of development. Young adult is in the intimacy versus isolation phase.
- ❑ According to **Newman** Has the following characteristics:
 - Identifies social and occupational roles.
 - Experiences stress related to changing roles.
 - Experiences conflict related to the demands of roles.
 - Is interested in personal discovery and self-discovery

Psychosocial Development of young adult according to theories

❑ According to **Havighurst** Has the following developmental tasks:

- Selecting a mate
- Learning to live with a partner
- Starting a family
- Rearing children
- Managing a home
- Getting started in an occupation
- Taking on civic responsibility
- Finding a congenial social group

Cognitive Development Young adults

- They are able to use formal operations, characterized by the ability to think abstractly and employ logic. For example, young adults are able to generate hypotheses about what will happen, given a set of circumstances, and do not have to engage in trial-and-error behavior
- Their thought includes creativity, intuition, and the ability to consider information in relationship to other ideas.
- They are aware that most problems have more than one cause and more than one answer and some solutions will work better than others.
- They are able to comprehend and become more specialized and focused in particular areas of interest

Moral Development of Young adults

- According to Kohlberg's theory of moral development they are at postconventional level.
- At this time, the person is able to separate self from the expectations and rules of others and to define morality in terms of personal principles.
- When individuals perceive a conflict with society's rules or laws, they judge according to their own principles. For example, a person may intentionally break the law and join a protest group to stop hunters from killing wild animals, believing that the principle of wildlife conservation justifies the protest action.

Spiritual Development Of Young Adult

- During this period, the individual focuses on reality.
- The religious teaching that the young adult had as a child may now be accepted or redefined.

Health Problems Of Young Adults

- They tend to be high-risk takers, placing their high-functioning bodies at substantial risk of serious injury.
- Injury and violence: Suicide, car accidents
- Hypertension
- Smoking
- Substance abuse
- Sexually transmitted infections
- Eating disorders: obesity
- Malignancies: Testicular cancer is the most common neoplasm in young men. Breast cancer is the most common cause of cancer in women

MIDDLE-AGED ADULTS (40 TO 65 YEARS)

- It called the years of stability and consolidation.
- For most people, it is a time when children have grown and moved away from home.
- partners generally have more time with each other and time to pursue interests they may have postponed for years
- They are at state of **Maturity** which mean maximal function and integration, or the state of being fully developed.
- A number of changes are become noticeable as the fifth decade approaches.
- At 40, most adults can function as effectively as they did in their 20s. However, during ages 40 to 65 many physical changes take place.

Physical Development of MIDDLE-AGED ADULTS Physical Changes

1- Reproductive system:

- Both men and women experience decreasing hormonal production during the middle years.
- Women had menopause.

2- Appearance:

- Hair begins to thin, and gray hair appears.
- Skin turgor and moisture decrease, subcutaneous fat decreases, and wrinkling occurs.
- Fatty tissue is redistributed, resulting in fat deposits in the abdominal area.
- Nail & hair growth slows
- Baldness

Physical Development of MIDDLE-AGED ADULTS Physical Changes

3- Musculoskeletal system :

- Skeletal muscle bulk (main part) decreases at about age 60.
- Thinning of the intervertebral disks causes a decrease in height of about 1 inch.
- Calcium loss from bone tissue is more common among postmenopausal women.
- Muscle growth continues in proportion to use.

4- Metabolism:

- Slows resulting in weight gain commonly in the wall of the abdomen, the hips, thighs and chest wall

Physical Development of MIDDLE-AGED ADULTS Physical Changes

5- Sensory perception:

- Visual acuity declines, often by late 40's, especially for near vision (presbyopia)
- Hearing loss limited first to high pitches sounds (presbycusis) particularly in men
- Taste sensation also diminish

6- Cardiovascular system: Blood vessels lose elasticity and become thicker.

7- Gastrointestinal system:

- Gradual decrease in the process of digesting, absorbing and eliminating food may predispose the individual to constipation

8- Urinary system:

- Nephron units are lost during this time and glomerular filtration rate decreases

Memory of MIDDLE-AGED ADULTS

Most people show only minimal losses, and many exhibit no memory loss in middle adulthood.

Memory sequential components:

1-Sensory memory :

- Is an initial, momentary storage of information that lasts only an instant.
- No decline in middle age.

2- Short-term memory:

- Holds information for 15 to 25 seconds.
- No decline in middle age

3- Long-term memory:

- Holds information that is rehearsed for a relatively permanent time.
- Some decline in middle age.
- Storage is less efficient a reduction in efficiency of memory retrieval

Psychosocial Development of MIDDLE-AGED ADULTS

According to Erikson generativity versus stagnation.

Generativity is defined as the concern for establishing and guiding the next generation.

- The concern about providing for the welfare of humankind is equal to the concern of providing for self.
- Marriage partners have more time for companionship and recreation.

Stagnation: is when people unable to expand their interests at this time and who do not assume the responsibilities suffer a sense of boredom and impoverishment,.

- These people have difficulty accepting their aging bodies and become withdrawn and isolated.
- They are preoccupied with self and unable to give to others. Some may regress to younger patterns of behavior, for example, adolescent behavior

Psychosocial Development of MIDDLE-AGED ADULTS

According to **Havighurst**, has the following developmental tasks:

- Achieving adult civic and social responsibility
- Establishing and maintaining an economic standard of living
- Assisting teenage children to become responsible and happy adults
- Developing adult relaxation time activities
- Relating oneself to one's spouse as a person
- Accepting and adjusting to the physiological changes of middle age
- Adjusting to aging parents
- Balancing the needs of multiple constituencies (children, parents, work, etc.)
- Having work as a central theme

Cognitive Development of MIDDLE-AGED ADULTS

- The middle-aged adult's cognitive and intellectual abilities change very little.
- Cognitive processes include reaction time, memory, perception, learning, problem solving, and creativity.
- Reaction time during the middle years stays much the same or diminishes during the latter part of the middle years.
- Memory and problem solving are maintained through middle adulthood.
- Learning continues and can be enhanced by increased motivation at this time in life.
- Genetic, environmental, and personality factors in early and middle adulthood account for the large difference in the ways in which individuals maintain mental abilities
- The professional, social, and personal life experiences of middle-aged individuals will be reflected in their cognitive performance.
- Thus approaches to problem solving and task completion will vary considerably in a middle-aged group

Kinds Of Intelligence.

FLUID INTELLIGENCE:

- Is defined as one's reasoning and problem solving abilities, independent from the culture and the environment.
- It is the ability to deal with new problems and situations
- Fluid intelligence does decline with age.

CRYSTALLIZED INTELLIGENCE

- Is the store of information, skills, and strategies that people have acquired through education and prior experiences, and through their previous use of fluid intelligence.
- It includes numerical and verbal abilities, such as solving a crossword puzzle or a mathematical problem.
- Crystallized intelligence holds steady or increases with age.

Moral Development of MIDDLE-AGED ADULTS

- According to Kohlberg, the adult can move beyond the conventional level to the postconventional level
- Demonstrated a significant improvement in the moral awareness, processing, and compensatory action that improved an individual's decision-making processes.

Spiritual Development of MIDDLE-AGED ADULTS

- People tend to be less strict about religious beliefs,
- Religion often offers more comfort to the middle-aged person than it did previously.
- People in this age group often rely on spiritual beliefs to help them deal with illness, death, and tragedy.

Health Problems Of MIDDLE-AGED ADULTS

1- CARDIOVASCULAR DISEASE

- Heart disease and cancer are the leading causes of death during middle adulthood

Risk factors for heart disease include:

- Smoking,
- Obesity,
- Hypertension,
- Hyperlipidemia,
- Diabetes mellitus,
- Sedentary lifestyle,
- A family history of
- Myocardial infarction or sudden death in a parents between 55 65 years old

Health Problems Of MIDDLE-AGED ADULTS

2- OBESITY due to Decreased metabolic activity and decreased physical activity

- INJURIES: car accident are most common cause, falls, fires, burns, poisonings, and drownings.

3- CANCER is the leading cause of death in middle adulthood.

- In men a high incidence of cancer of the lung, prostate, and colon.
- In women, lung cancer is highest in incidence, then breast and colon cancer

Health Problems Of MIDDLE-AGED ADULTS

4- MENTAL HEALTH ALTERATIONS

- Risk factors precipitate increased anxiety and depression in middle-aged adults:
- Developmental stressors, such as menopause, aging,
- Impending retirement,
- Situational stressors, such as divorce, unemployment, and death of a spouse,.
- Clients may benefit from support groups or individual therapy to help

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THANKS