

PSYCHOSOCIAL DEVELOPMENT IN MIDDLE ADULTHOOD

McGraw-Hill

Dealing with the Stresses of Adulthood

- The General Adaptation (Selye)
 - Alarm Reaction: Fight-or-Flight reaction
 - Stage of Resistance
 - Stage of Exhaustion

Risk and Resilience

- Risk Factors: Stressors
- Resilience: Dealing well with stress
- Protective Factors: Characteristics of resilient individuals that protect them from stress

Marriage at Middle Age

- Midlife transition
- Emotional divorce
- Empty nest syndrome
- The happy marriage
- The unmarried individual

The Unmarried Individual

- In the past, people have had negative attitudes toward the social characteristics of single people, appears to be growing more positive
- Little research has been conducted on single women, similar to married women on various measures of adjustment
- Unmarried Latin and Asian women are often expected to care for family members.
- African American single women emphasize the importance of family members and friends in providing close relationships and support, socially and at work

Sex and Love in Middle Adulthood

Adulthood

- Minor physiological changes occur in both male and female sexual systems
- Sexuality at middle age has a relationship to depression

Levinson's Midlife Transition

- Settling Down
- Midlife Transition
 - Young/Old
 - Destruction/Creation
 - Masculinity/Femininity
 - Attachment/Separation

Seasons of a Woman's Life: Levinson

Gender Splitting

- The traditional marriage enterprise
- The gender revolution

Erikson

Stage 7: Generativity vs. Stagnation

Generativity: To be useful to ourselves and to society

- People become aware of their mortality
- Concern shifts to the next generation
- Failure leads to stagnation and self-absorption

Stagnation: To be bored, self-indulgent, and unable to contribute to society's welfare

Personality

A pattern of relatively permanent traits, dispositions or characteristics

Provide some consistency to an individual's behavior

Personality in a Cultural Context

Culture: includes norms, ideas, values, beliefs, rules, & patterns of communication

- May influence the development of some personality traits more than others
- Influences the development of theory

Personality in a Cultural Context

Individualist cultures value competitiveness and self-reliance

Collectivist cultures value interdependence and cooperation

Also differences within cultures

Evolutionary Psychologists

Others argue culture has little effect on personality

- See personality as the expression of biological traits
- Look for similarities across cultures
- Some argue personality is not restricted to humans
- Personality is the basis of culture, not vice versa

History

- Dr. Hogan
- Persona: Theatrical Mask
- Personare: to sound through
- Hippocrates (460-377 BC)
- Humors: fluids

Choleric: yellow bile- quick tempered
Sanguine: blood- warm, cheerful
Phlegmatic: phlegm- sluggish, cool, calm
Melancholic: black bile- gloomy, pensive (deep in thought)

Trait & Type Theories of Personality

Trait: Identify relatively stable aspects of personality that are inferred from behavior

- Related to **Disposition**
- How one behaves across situations and time
- Exist on a continuum (extremely shy, very shy, shy, slightly shy)

A **Type** is a category or collection of related traits

Gordon Allport

Viewed human personality as an evolving system of habits, attitudes, & traits

Established an extensive catalogue of traits

Allport's Personal Disposition Theory: Each person has a personal disposition, unique set of personality traits

Three categories of traits

1. Cardinal traits

- So dominant a person's entire personality reflects the trait
- Not everyone has a cardinal trait

Allport's Personal Disposition Theory

2. Central Traits

- Qualities that characterize daily interactions
- Most people have 5 to 10 central traits
- Pattern of traits is crucial

Allport's Personal Disposition Theory

3. Secondary Traits

- Characteristics exhibited in specific situations
- More easily modified than central traits
- Not necessarily exhibited daily
- People have more secondary than central traits

Raymond Catell's Trait Theory

Used mathematical procedure of **Factor Analysis** to show that groups of traits tend to cluster together

- Obvious, daily traits are **Surface Traits**:
Described characteristic ways of behaving, clean, stubborn, orderliness
- Higher-order traits are **Source Traits**:
Underlying traits from which surface traits are derived

Five Factor Model of Personality

- Neuroticism
- Extraversion
- Openness to experience
- Agreeableness
- Conscientiousness

Personality Trait Theories

The Five-Factor Model (McCrae & Costa)

1. Neuroticism (Emotional instability)–Stability
 - Worried–calm, nervous–at ease, insecure–secure
 - Anxiety, depression, impulsivity, vulnerability, angry hostility
2. Extraversion–Introversion
 - Social–unsocial, talkative–quiet, affectionate–reserved
 - Activity level, assertiveness, excitement seeking, positive emotions, warmth

Personality Trait Theories

- 3. Openness to Experience
 - Open–closed, independent–conforming, creative–uncreative, daring–timid
 - Fantasy, aesthetics, feelings, actions, values
- 4. Agreeableness
 - Forgiving and willing to comply
 - Straight forwardness, trust, modesty, altruism, compliance
- 5. Conscientiousness
 - Strong sense of purpose with high expectations
 - Self-discipline, competence, order, achievement striving, deliberation

Personality Assessment

Projective Tests

- Rely on the interpretation of people's responses to a standard set of ambiguous stimuli
- Rorschach Inkblot Test
- TAT
- Related to psychodynamic approaches to personality

The Rorschach Inkblot Test

- Presented with 10 inkblots
- Asked what you see
- New scoring system has revived the popularity of this test
- Still seems to have little usefulness for diagnosing psychological problems

The Thematic Apperception Test (TAT)

- Presented with black and white pictures of people in ambiguous situations
- Asked to tell a story to describe the situation
- Lack of standardized scoring system
 - Lack of consistency in information obtained

Personality Inventories

- Most widely used psychological tests, next to intelligence tests
- Consist of multiple choice or true–false questions
- Different tests have emerged from the different theoretical approaches
- Well-constructed inventories are valid predictors of behavior

Personality Inventories

Inventories based on Trait theories

- Majority of personality inventories
- Sixteen Personality Factor Test (16 PF)
- Developed by Cattell
 - Provides a score on each of his 16 personality factors

Eysenck Personality Questionnaire

- Measures each of Eysenck's three broad factors

Minnesota Multiphasic Personality Inventory (MMPI)

One of the most widely used and researched
Designed to detect abnormal behavior
Scores significantly above normal may indicate
psychopathology
Not useful for most people interested in
understanding their own personalities

Myers–Briggs Type Inventory (MBTI)

Based on Jung's theory
Each person favors specific ways of dealing with
and learning about the world **Modalities**

- Modalities define personality type
- Four dimensions
 - Extraversion–Introversion
 - Sensing–Intuition
 - Thinking–Feeling
 - Judging–Perceiving

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Disturbances

Defense Mechanisms

- Unconscious attempts by the ego to reduce anxiety
- from unacceptable sexual and aggressive drives
- Distort perceptions of reality
- Normal and universal reactions
- In extreme, may be unhealthy
- Helpful and generally harmless
- All have some element of repression

NT

Obsessive Compulsive

careers: logical precise, goal oriented, thinkers, inventors, college level teachers, designers, craftsmen, power is important.

- INTJ: obsessive- major defense emotional isolation symptoms: uncontrollable thoughts, paranoia, insomnia, general anxiety, nightmares
- ENTJ: compulsive- Major defense rituals (ongoing)
symptoms: rituals (behaviors)
- INTP: inhibitor- Major defense- polarization (immobilization) symptoms: impotence
- ENTP: Phobic Major defense- displacement symptoms: phobic fears

SJ

Depressives

- Need for harmony & belonging, want to be part of a family, caretaker, systematic, concrete, dependable, good with conformity
- Careers: police lawyers, judges, teachers, military, religion, OBGYN doctor
- Depressive
- ISTJ: Neurasthenic depressive-major defense- "I'm tired"
- ESTJ: Hypochondriac- major defense-"I don't feel well"
- ISFJ: Anxiety depressive- major defense-"I'm worried" symptoms: anxious, agitated, nervous, restlessness,
- ESFJ: Melancholic- "I'm sorry" symptoms-sad, shame, no hope guilt worthlessness

NF

Hysterics

- Social chameleons- take on the color of their surroundings. Hysterics-fake overreact, take on the color of their environment. Abstract philosophical, charismatic leaders, impatient with mundane details
- Careers: counselors religious workers, writers, character actors.
- INFJ: Cataleptoid-major defense-introjection
- INFP: Hebeoid-major defense dissociation
- ENFJ: Epileptoid-major defense repression
- ENFP: Paranoid – major defense paranoid

SP

Manic / Impulsive

- Hysterics, overreact, practical, concrete, impulsive, charming, avoid responsibility
- Careers: mechanics, athletics, truck drivers, weight lifters.
- ISFP: autistic personality: self mutilation, prostitution, masochism, tranvestism, shadowy, fetishism
- ESFP: narcotic personality: alcoholism, drug addition, overeating
- ESTP: sociopathic personality: robbery
- ISTP: perverse personality: assault, terrorism, rape sadism, vandalism, voyeurism, pyromania, necrophilia
