

UNIT 9 : Adulthood

The adult phase of development encompasses •
the years from the end of adolescence to
death .

Young Adults (20 to 40 years)

Adulthood may be indicated by moving away from home and establishing one's own living arrangement and also financial independence . They are typically busy people who face many challenges . And are expected to assume new roles at work , in the home , and in the community , and to develop interest , values , and attitude related to these roles .

Physical Development :

The musculoskeletal system is well developed • and coordinated . this is the period when athletic endeavors reach their peak . All other system of the body are functioning at peak efficiency .

Psychosocial development

- The young adult •
- Is in the genital stage in which energy is directed • toward attaining a mature sexual relationship ,and in the intimacy versus isolation phase . they have the following tasks : selecting a mate , learning to live with partner, starting a family , rearing children , managing a home , getting started an occupation , taking on civic responsibility , finding a congenital social group .

Health promotion : •

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- * routine physical examination every 1- 3 years for females •
and every 5 years for males
- *Immunizations •
- *Annual dental assessment •
- *Periodic vision and hearing screenings •
- *Breast self-examination monthly •
- *professional breast examination every 1-3 years •
- *Screening for CVD •
- *TB skin test every 2 years •

Middle –aged Adult (40 to 65 years)

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They have been called the years of stability and consolidation . •

Physical changes : •

*Appearance : hair begins to thin and gray , skin turgor and •
moisture decrease , subcutaneous fat decrease and wrinkling
occurs .

*Musculoskeletal system :muscle bulk decrease at about age 60 , •
thinning of intervertebral discs cause a decrease in height of about
1 inch .

* visual acuity decline , slow metabolism (gaining weight) ,gradual •
decrease in the tone of large intestine (constipation) ,hormonal
changes occur in menstruation , which occurs anywhere between
ages 40 and 55 ,average 47 years .

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Psychosocial tasks : •

Achieving adult civic and social responsibility , establishing and maintaining an economic standard of living , assisting teenage children to become responsible and happy adult . accepting and adjusting to the physiological changes •

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Health problem : •

Accident , cancer , CVD , Obesity , Alcoholism , mental • health alteration .

Health promotion tests : •

Screening for CVD , cancers and TB •

Older Adult (over 65 years) •

Common biological theories of aging

Theory type	Hypotheses
Wear-and-tear	Human like automobile have a vital parts that run down with time
Endocrine	Events occurring in the hypothalamus and pituitary are responsible for changes in the hormone production and response that result in organism's decline
Free-radical	Unstable free radicals result from oxidation of organic materials cause biochemical changes in the cells , and the cells cannot generate themselves .
Genetic	The organism is genetically programmed for a predetermined number of cell division , when damage to the protein synthesis occurs , faulty protein will be synthesized and will gradually accumulate, causing a progressive decline in the organism .
Cross-linking	Irreversible aging of proteins such as collagen is responsible for ultimate failure of tissue and organs , as cells age , chemical reactions create strong bonds , or cross-linkages , between proteins . these bonds cause loss of elasticity , stiffness and eventually loss of function
Immune	The immune system becomes less effective with age , and viruses that have incubated in the body become able to damage the body . the autoimmune responses causing the body to produce antibodies that attack itself .

Physical changes

Physical changes : •

Integumentary : increased skin dryness , pallor and fragility •

Neuromuscular : decrease power , osteoporosis , joint stiffness and impaired balance .

Sensory : loss of visual acuity , progressive loss of hearing , decrease sense of taste and smell •

Pulmonary : decrease lung expansion and dyspnea cardiovascular : • reduced cardiac output , reduced arterial elasticity , increase in diastolic and systolic blood pressure

Gastrointestinal : delayed swallowing time , indigestion , constipation •

Urinary : impaired renal function , urgency frequency •

Genital : •

Male : prostate enlargement •

Female : shrinkage and atrophy of genital system in general •

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Developmental tasks :

- - 65 to 75 years : •
 - Adjusting to decrease physical strength and health •
 - Adjusting to retirement and fixed income •
 - Adjusting to the death of parent , spouse ,friends •
 - Adjusting to new relationships with adult children •
 - Adjusting to slow physical and cognitive responses •
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 - 75 years and over : •
 - Adapting to living alone , adjusting the possibility of moving into a nursing home , remaining in touch with other family member , adjusting to one's own death .
 - Health problems : accident , chronic disabling illness , drug use and misuse , dementia .