

Elizabeth Kubler Ross – Stages of Grief

z Known by the acronym **DABDA**, include:⌈

z **Denial** — "I feel fine."; "This can't be happening, not to me."

Denial is usually only a temporary defense for the individual. This feeling is generally replaced with heightened awareness of possessions and individuals that will be left behind after death.

z **Anger** — "Why me? It's not fair!"; "How can this happen to me?"; "Who is to blame?"

Once in the second stage, the individual recognizes that denial cannot continue. Because of anger, the person is very difficult to care for due to misplaced feelings of rage and envy.

z **Bargaining** — "I'll do anything for a few more years."; "I will give my life savings if..."

The third stage involves the hope that the individual can somehow postpone or delay death. Usually, the negotiation for an extended life is made with a higher power in exchange for a reformed lifestyle.

z **Depression** — "I'm so sad, why bother with anything?"; "I'm going to die soon so what's the point... What's the point?"; "I miss my loved one, why go on?"

During the fourth stage, the dying person begins to understand the certainty of death. Because of this, the individual may become silent, refuse visitors and spend much of the time crying and grieving.

z **Acceptance** — "It's going to be okay."; "I can't fight it, I may as well prepare for it."

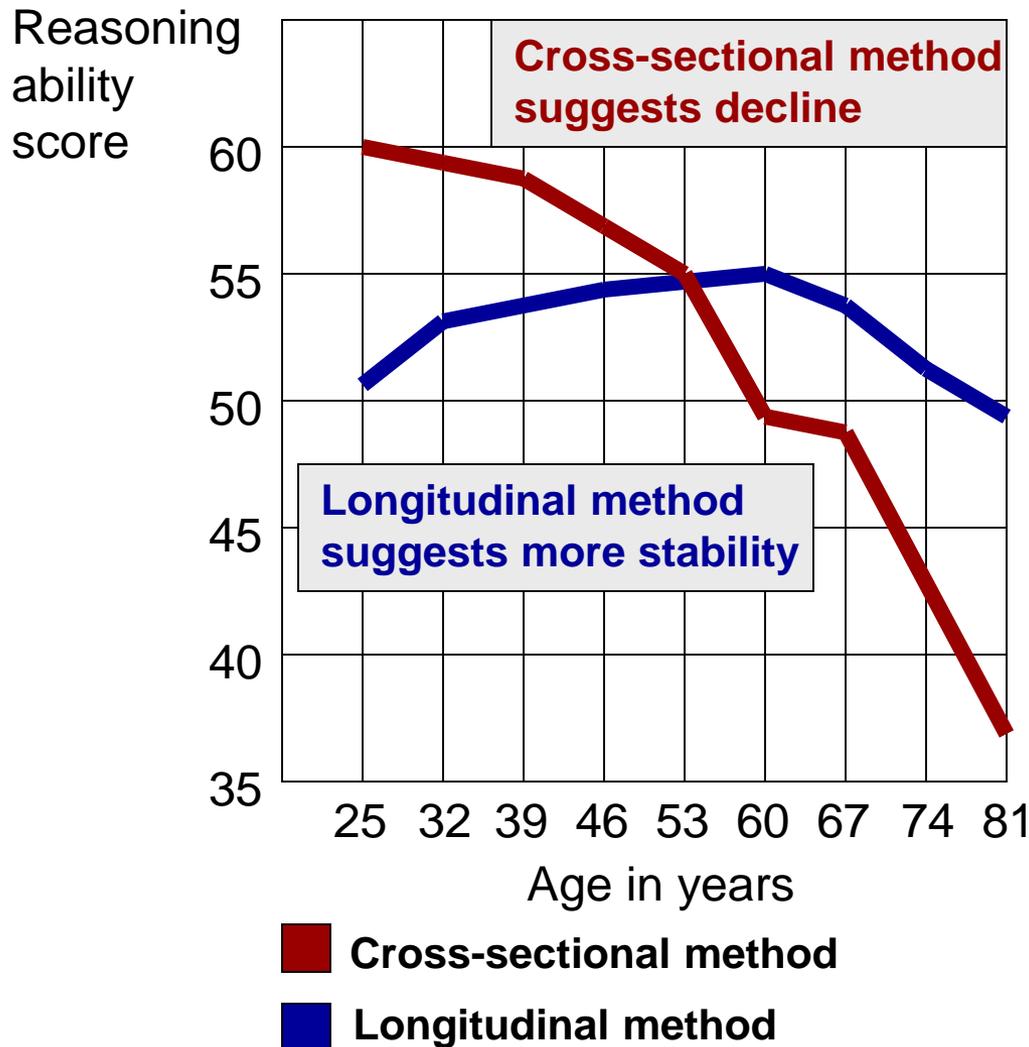
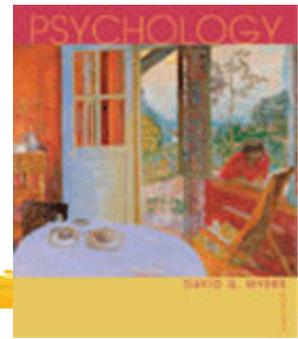
In this last stage, individuals begin to come to terms with their mortality, or that of a loved one, or other tragic event.



DANGER
QUICKSAND

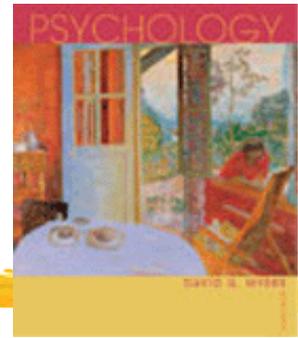
[adultswim.com]

Adulthood: Cognitive Development

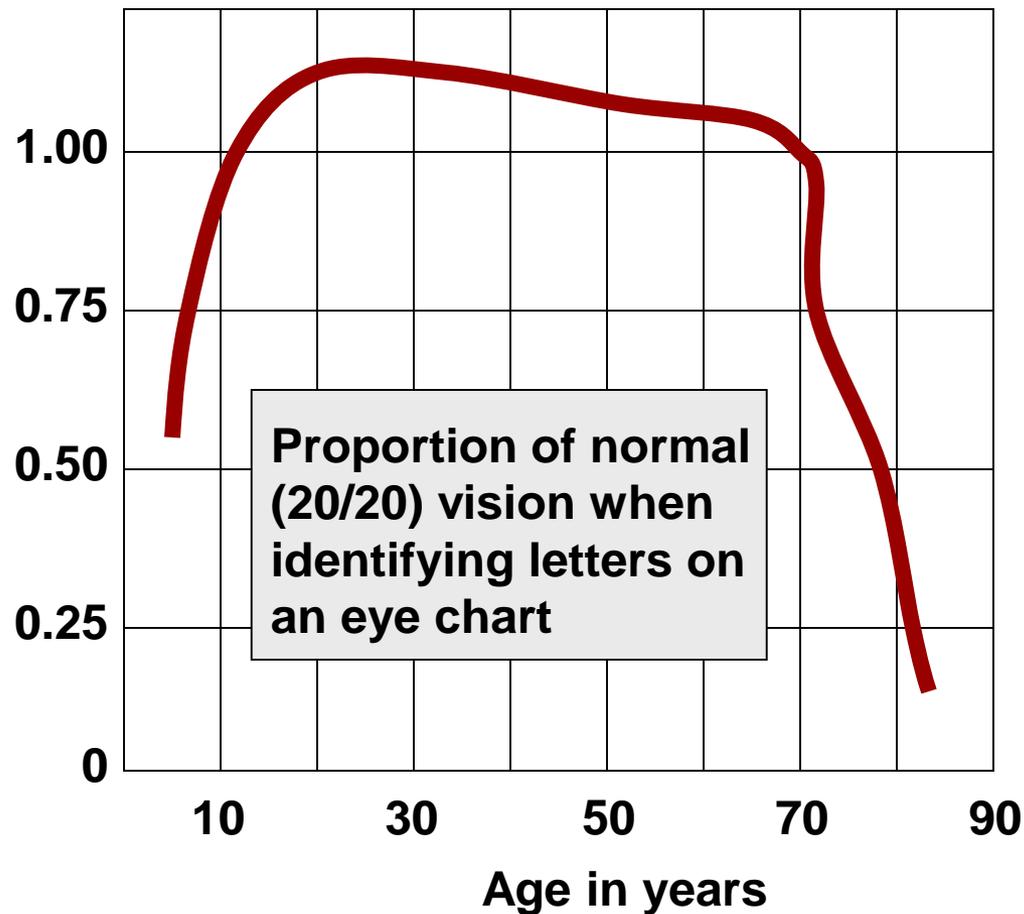


- **Cross-Sectional Study**
 - a study in which people of different ages are compared with one another
- **Longitudinal Study**
 - a study in which the same people are restudied and retested over a long period

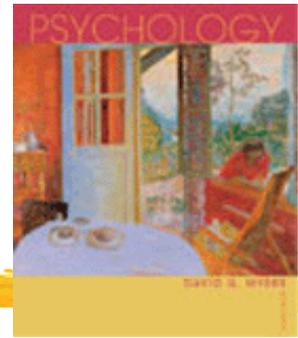
Adulthood: Physical Development



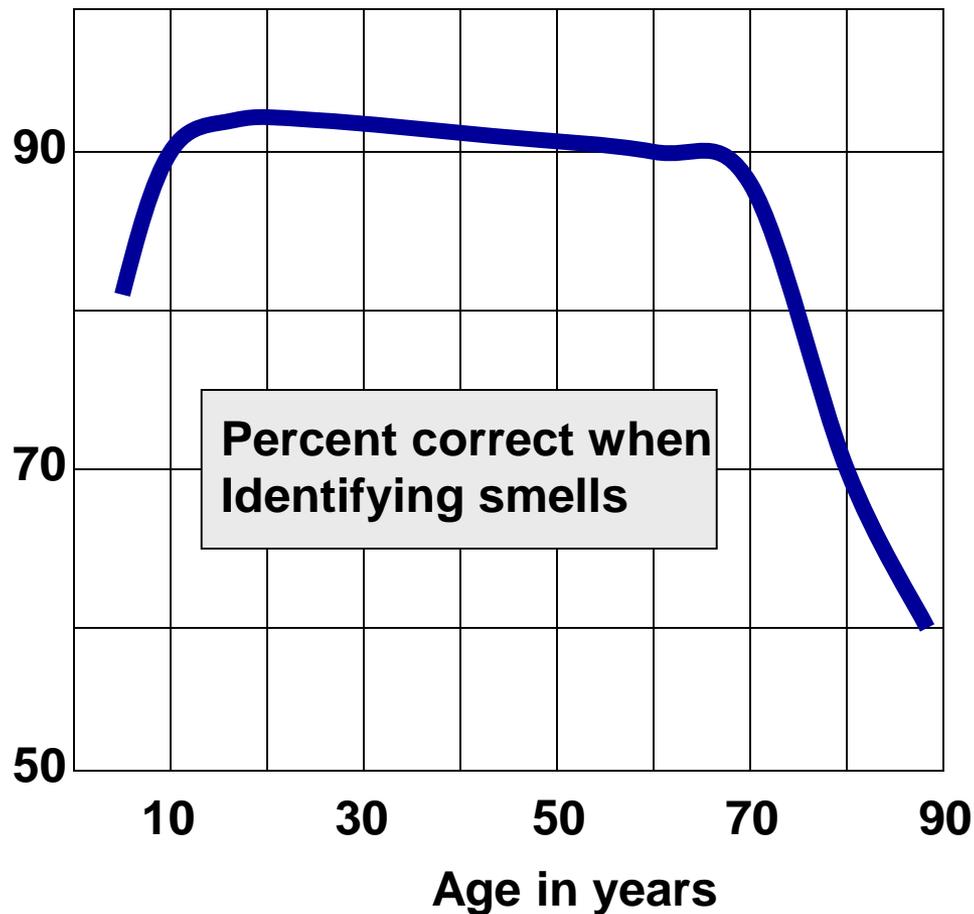
■ The Aging Senses



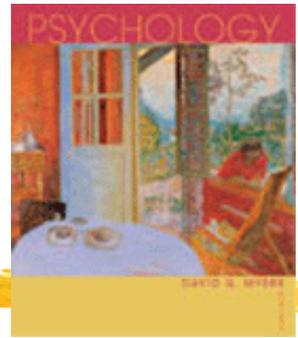
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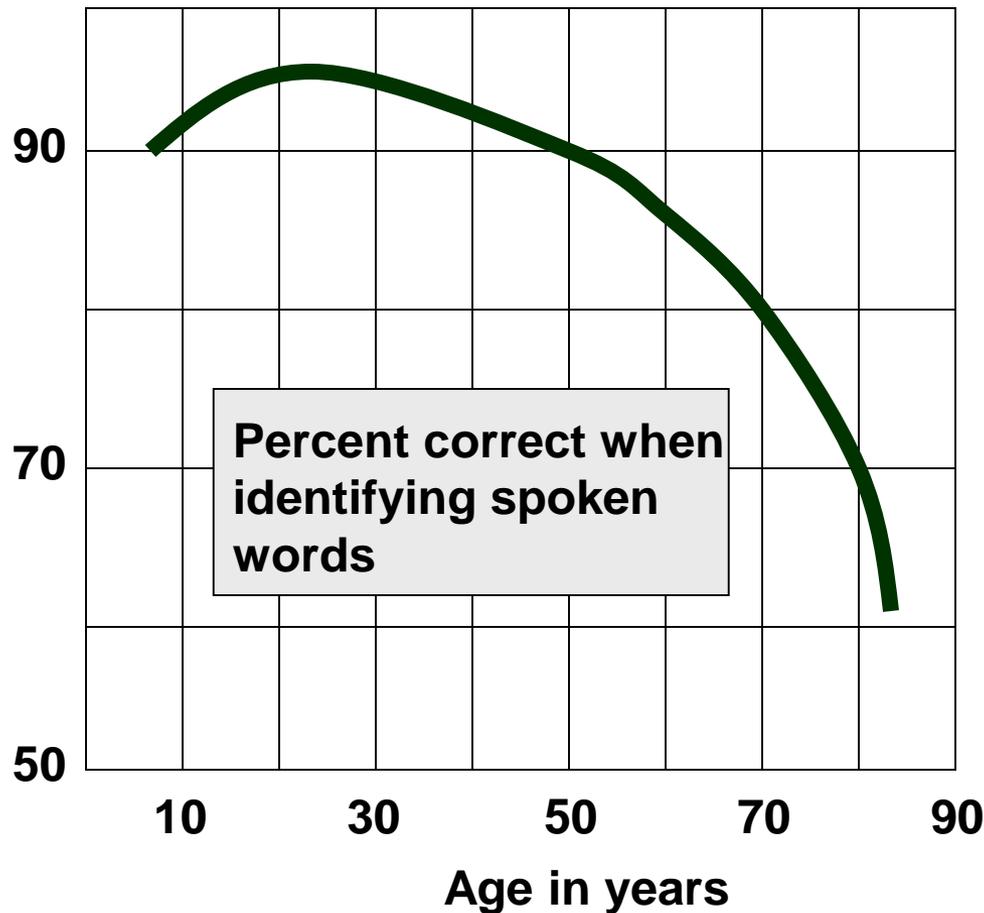
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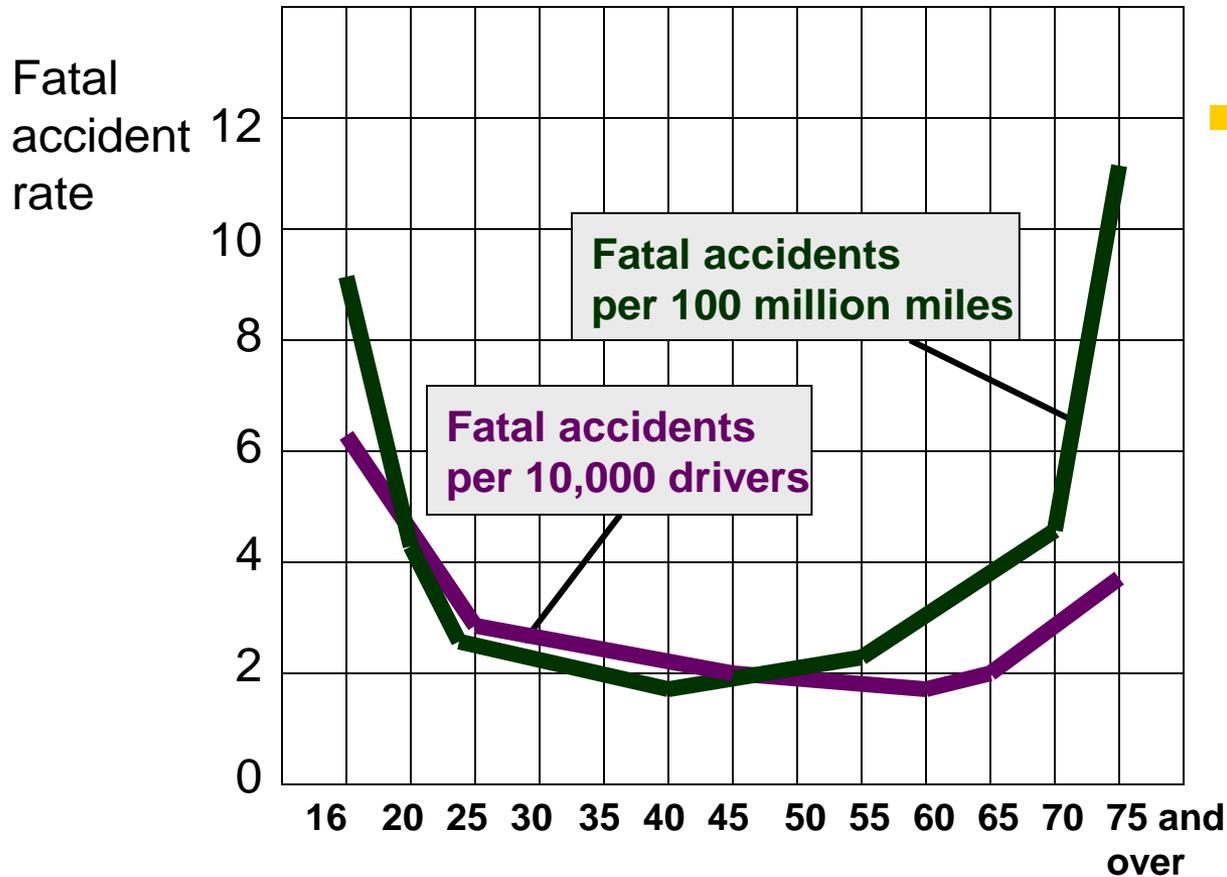
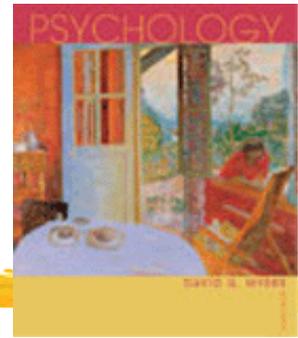
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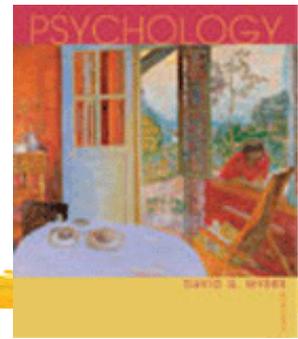


Adulthood: Physical Development



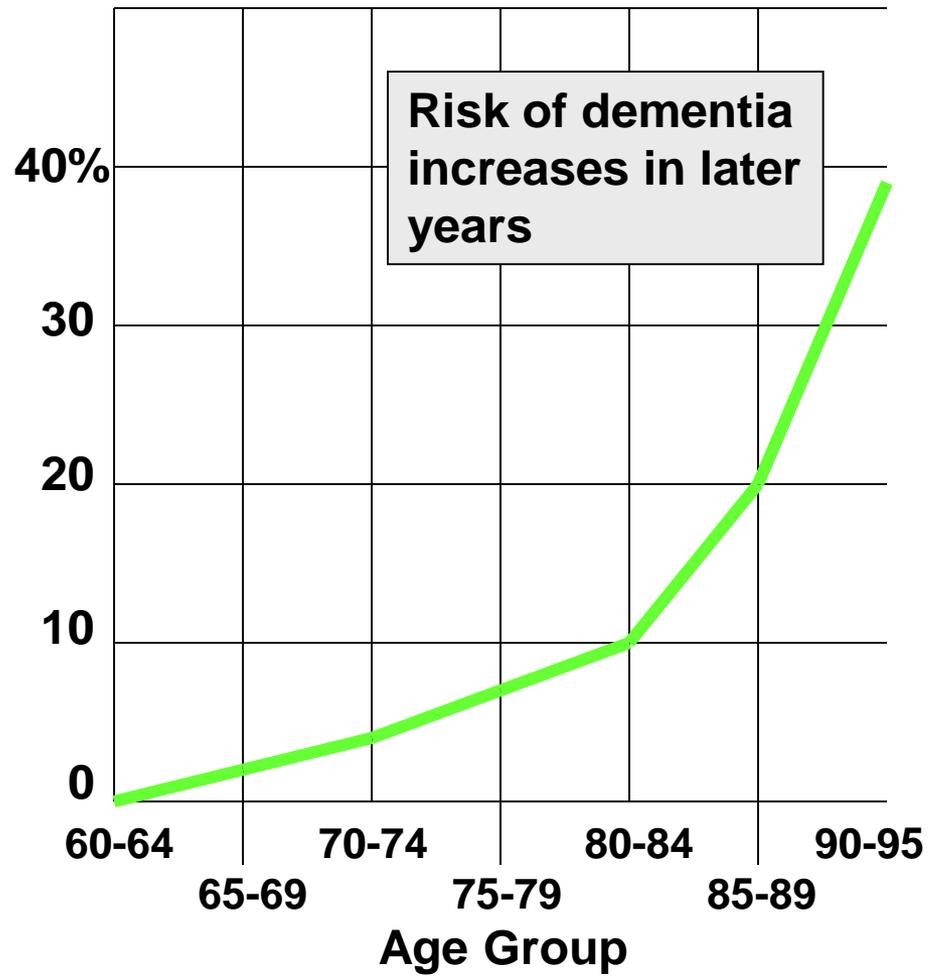
- Slowing reactions contribute to increased accident risks among those 75 and older.

Adulthood: Physical Development

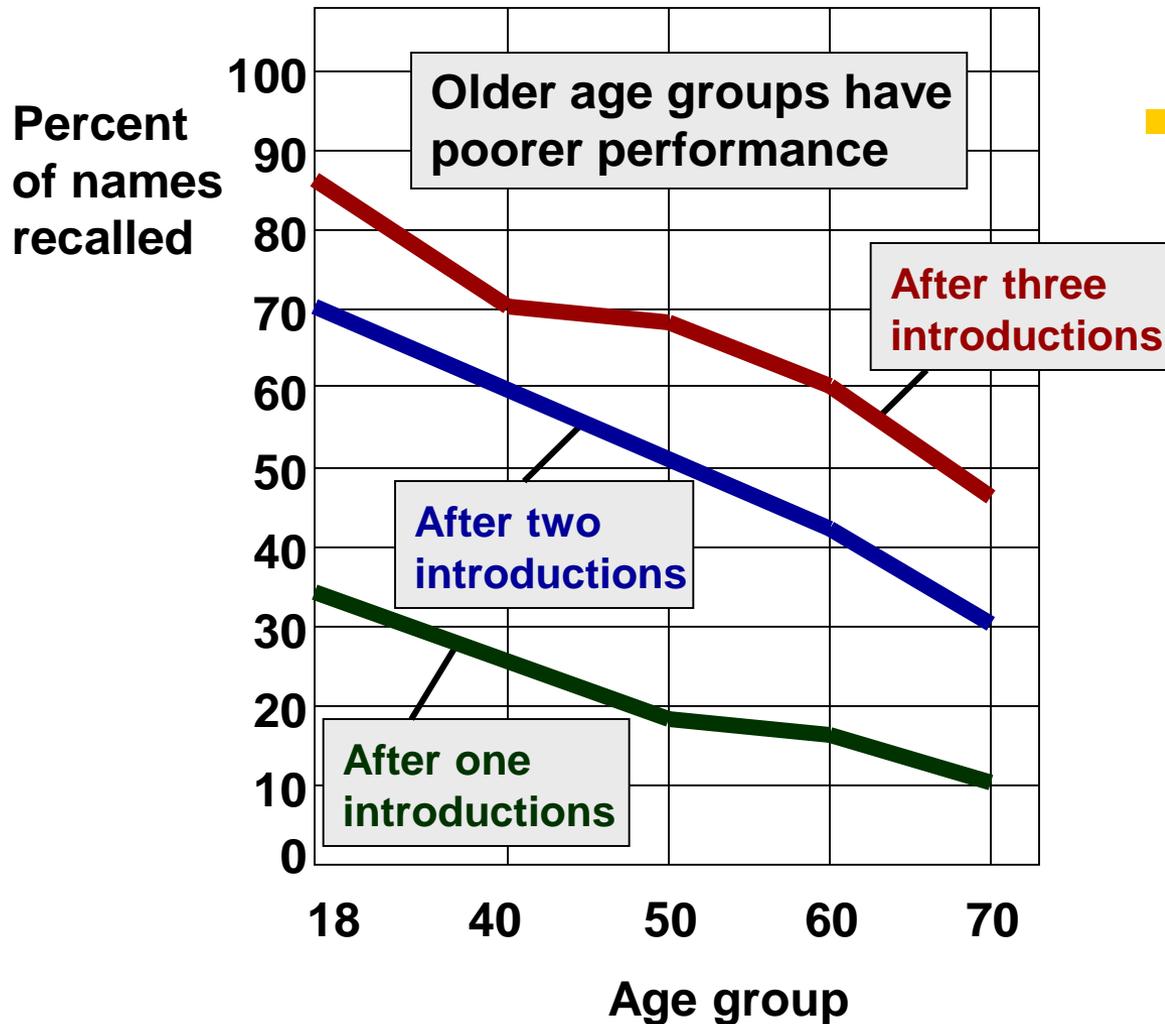
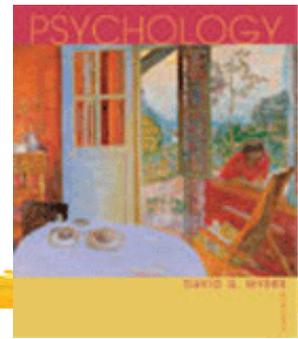


- Incidence of Dementia by Age

Percentage with dementia

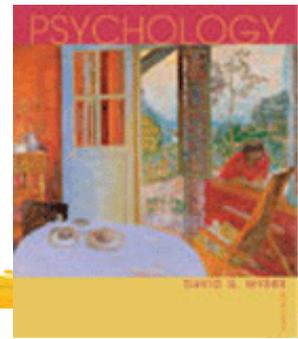


Adulthood: Cognitive Development

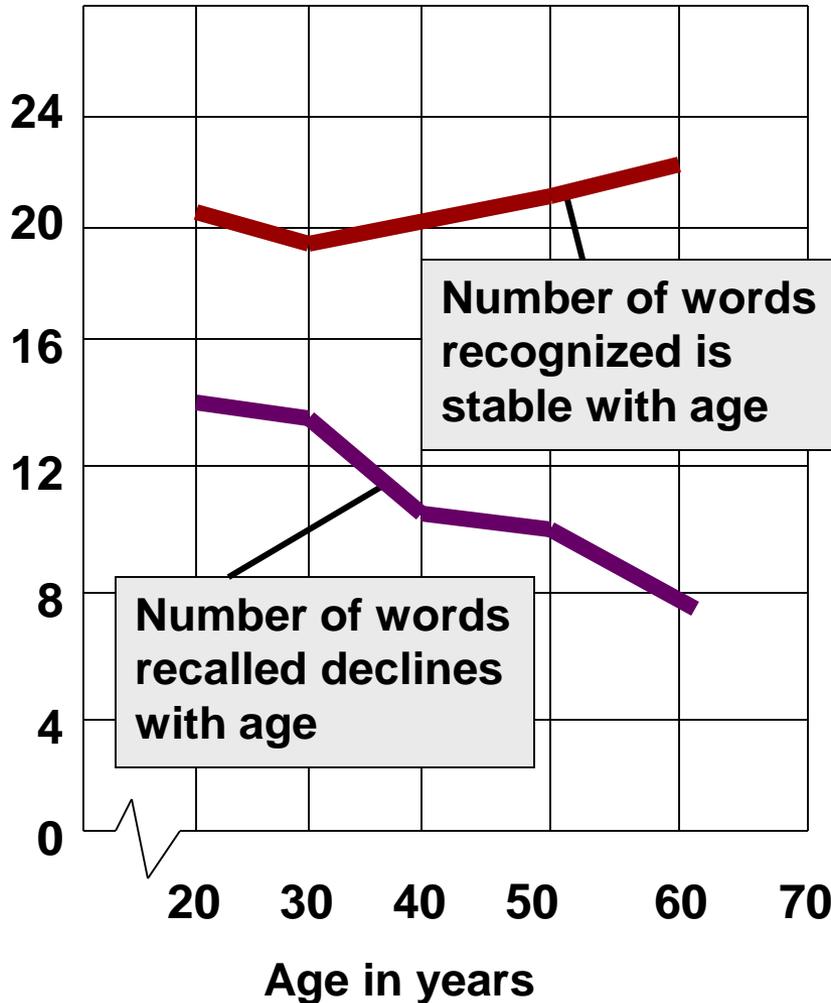


- Recalling new names introduced once, twice, or three times is easier for younger adults than for older ones (Crook & West, 1990).

Adulthood: Cognitive Development

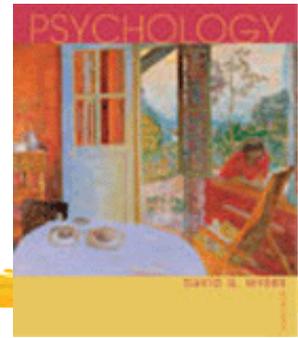


Number
Of words
remembered

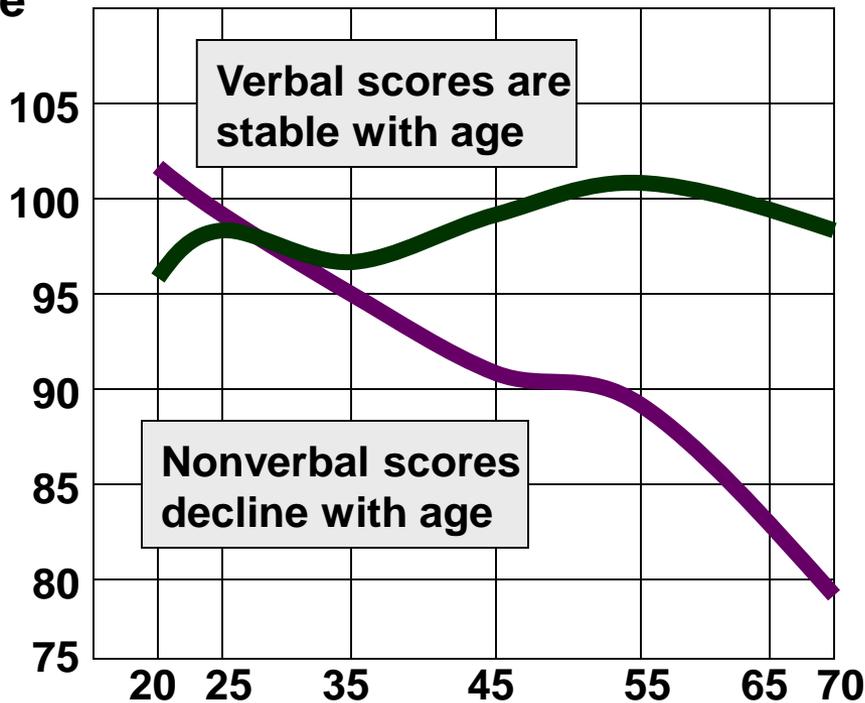


- In a study by Schonfield & Robertson (1966), the ability to recall new information declined during early and middle adulthood, but the ability to recognize new information did not.

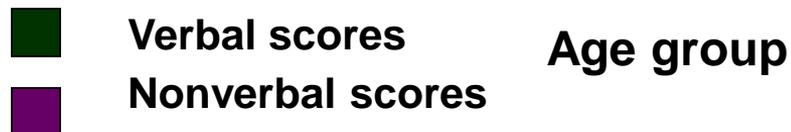
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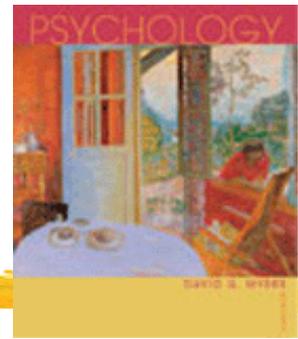
Intelligence (IQ) score



- Verbal intelligence scores hold steady with age, while nonverbal intelligence scores decline (adapted from Kaufman & others, 1989).



Adulthood: Social Development



Early-forties midlife crisis?

