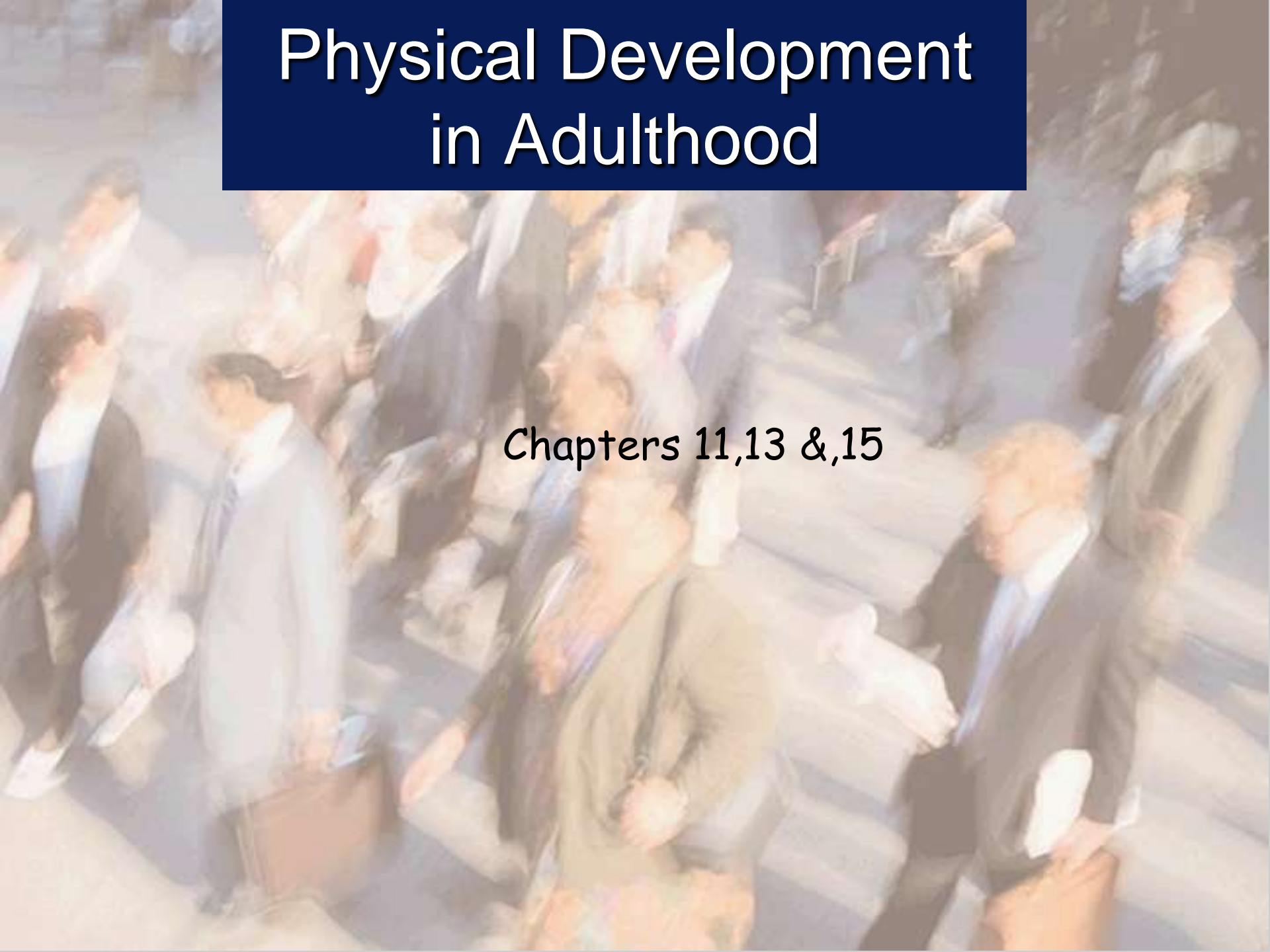


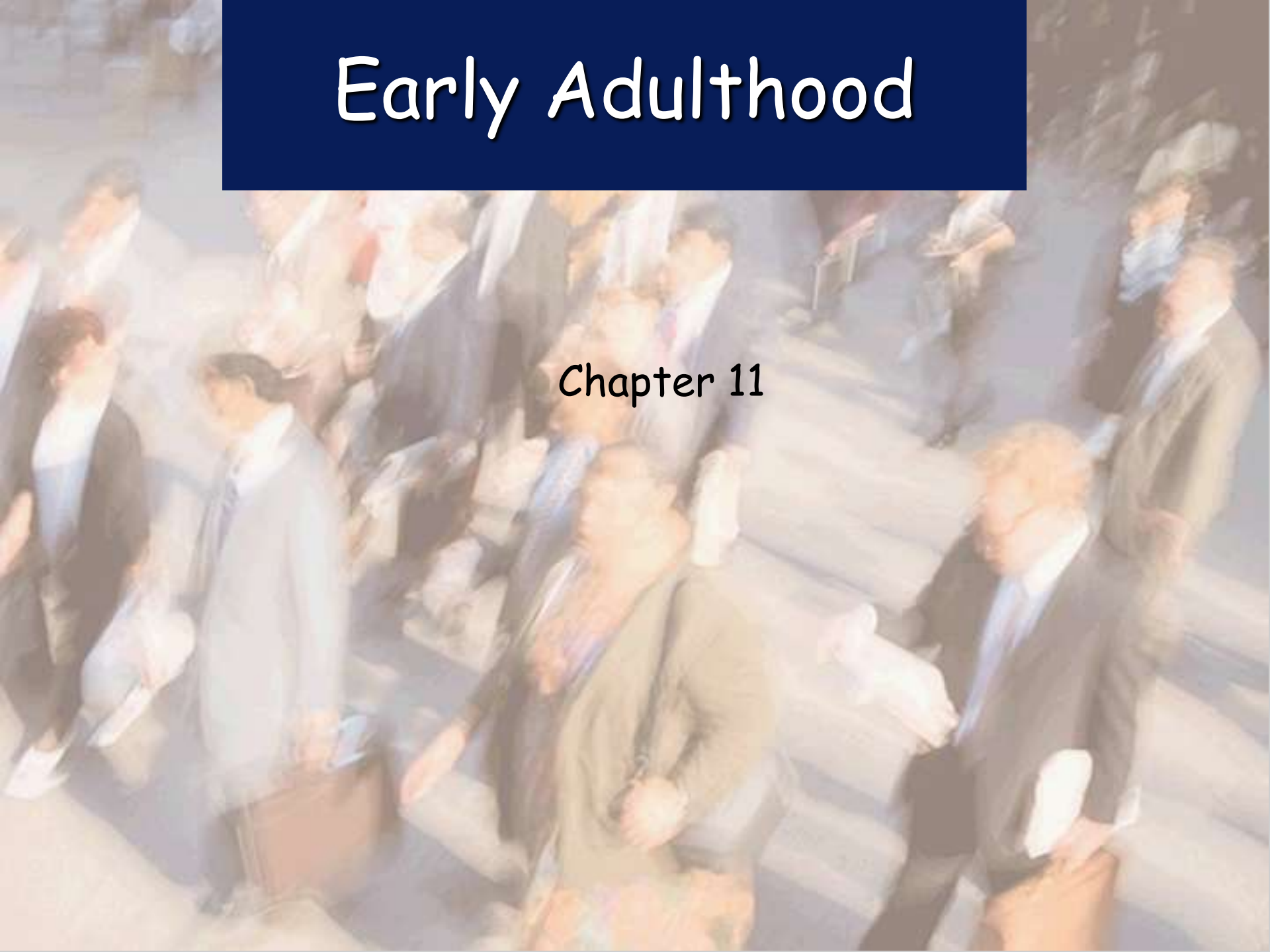
# Physical Development in Adulthood

Chapters 11,13 &,15



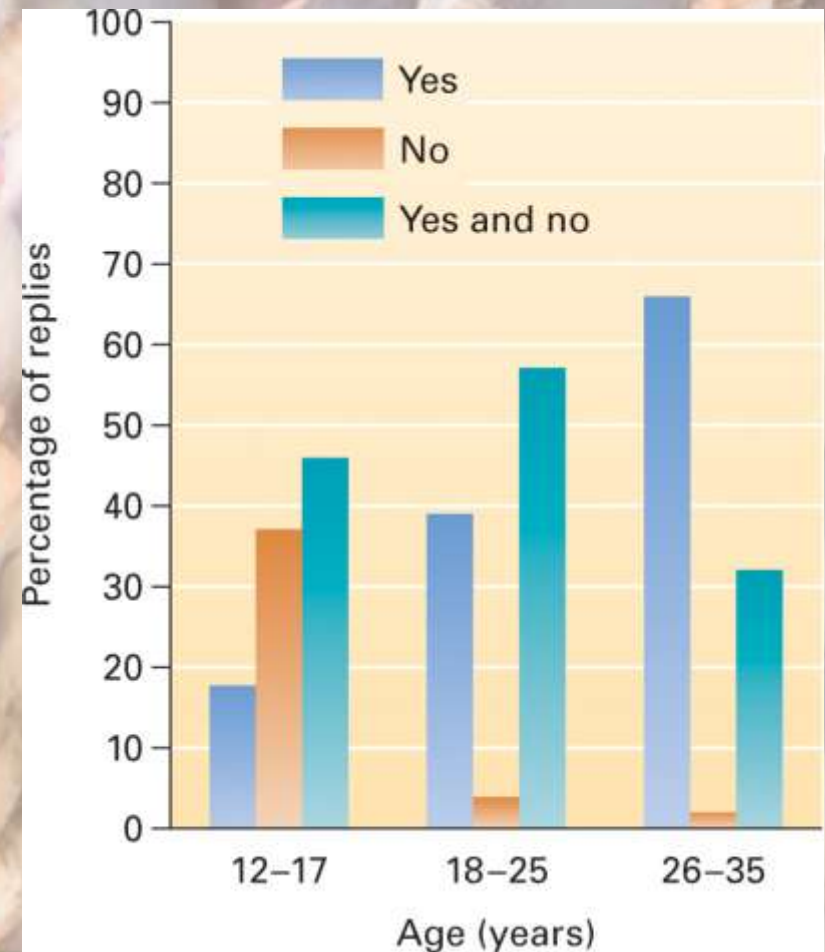
# Early Adulthood

## Chapter 11



# Transitioning from Adolescence to Adulthood

- What classifies you as an adult in our culture?
- Based on research and the marker into adulthood, are you an adult?
- In developing countries, adulthood is still signified when marriage occurs



# Physical Changes in Early Adulthood



## Performance and Decline

- ◆ Physical performance and development
- ◆ Peak physical performance typically occurs between 19 and 26
- ◆ Muscle tone and strength usually begin to show signs of decline around age 30





# Alcohol Abuse and Addiction



## ■ How many drinks does it take to be a binge drinker?

### ➤ Problems associated with binge drinking

- ❖ Missing class
- ❖ Physical injury
- ❖ Troubles with the police
- ❖ Having unprotected sex

## ■ Statistics of Binge Drinking in College

- 75% of underage students in fraternities or sororities were binge drinkers
- 70% of traditional-age college students living away from home were binge drinkers (information gathered from 1993-2001)

# Alcoholism and Addiction

- Alcoholism: the One Third Rule
  - ◆ 1/3 of alcoholics by age 65 are recovered whether treatment is used or not
  - ◆ 1/3 are dead or terrible shape
  - ◆ 1/3 are still trying to beat their addiction
- Addiction: Strong dependence on alcohol, drugs or tobacco and withdrawal symptom affect physical function. Using models of addiction has the best outcome.



# Two Models of Addiction

- Disease Model of Addiction:
  - ◆ Define:
  - ◆ Beliefs the disease is inherited or happens early in life
  - ◆ Strongly supported by medical professional and is the basis for program such as AA
- Life-Process Model of Addiction:
  - ◆ Define:

# Obesity and Eating Habits

- ◆ **Health**
- ◆ Emerging adults have twice the mortality rate of adolescents
- ◆ Few chronic health problems
- ◆ Increase in bad health habits
  - n Eating and weight
  - n Obesity - Linked to increased risk of hypertension, diabetes, and cardiovascular disease
    - Dieting - Become an obsession with many Americans
    - Although obesity is on the rise





# Exercise



Regular exercise

Helps prevent chronic disorders

**Aerobic exercise:** Sustained exercise that stimulates heart and lung activity

- Exercise benefits both physical and mental health
- Improves self-concept and reduces anxiety and depression)



# Sexuality

## ◆ Sexual activity in emerging adulthood

- n Patterns of heterosexual behavior:
- n Males have more casual sexual partners, while females report being more selective
- n Casual sex is more common in emerging adulthood than in young adulthood

## ◆ Sexual orientation and behavior

- n Heterosexual attitudes and behavior
  - Americans fall into three categories:
- n 1/3 have sex twice a week or more, 1/3 a few times a month, and 1/3 a few times a year or not at all
- n Married (and cohabiting) couples have sex more often than non-cohabiting couples
- n Most Americans do not engage in kinky sexual acts
- n Adultery is the exception rather than the rule
- n Men think about sex far more often than women do

# Sexuality

- n **Sources of sexual orientation**
- n **Sexual orientation is a continuum from exclusive male–female relations to exclusive same-sex relations**
- n **Most likely a combination of genetic, hormonal, cognitive, and environmental factors**
- n **Attitudes and behavior of lesbians and gay males**
- n **Many gender differences that appear in heterosexual relationships occur in same-sex relationships**
  - **Lesbians and gays experience life as a minority in a dominant, majority culture**
  - **Developing a bicultural identity creates new ways of defining themselves**



# Sexuality

- ◆ **Sexually transmitted infections (STIs):**  
Diseases contracted primarily through sex
  - n Effective strategies for protecting against HIV
  - n Know your risk status and that of your partner
  - n Obtain medical examinations
  - n Have protected, not unprotected, sex
  - n Do not have sex with multiple partners



STI	Description/cause	Incidence	Treatment
<b>Gonorrhea</b>	Commonly called the “drip” or “clap.” Caused by the bacterium <i>Neisseria gonorrhoeae</i> . Spread by contact between infected moist membranes (genital, oral-genital, or anal-genital) of two individuals. Characterized by discharge from penis or vagina and painful urination. Can lead to infertility.	500,000 cases annually in U.S.	Penicillin, other antibiotics
<b>Syphilis</b>	Caused by the bacterium <i>Treponema pallidum</i> . Characterized by the appearance of a sore where syphilis entered the body. The sore can be on the external genitals, vagina, or anus. Later, a skin rash breaks out on palms of hands and bottom of feet. If not treated, can eventually lead to paralysis or even death.	100,000 cases annually in U.S.	Penicillin
<b>Chlamydia</b>	A common STI named for the bacterium <i>Chlamydia trachomatis</i> , an organism that spreads by sexual contact and infects the genital organs of both sexes. A special concern is that females with chlamydia may become infertile. It is recommended that adolescent and young adult females have an annual screening for this STI.	About 3 million people in U.S. annually	Antibiotics
<b>Genital herpes</b>	Caused by a family of viruses with different strains. Involves an eruption of sores and blisters. Spread by sexual contact.	One of five U.S. adults	No known cure but antiviral medications can shorten outbreaks
<b>AIDS</b>	Caused by a virus, the human immunodeficiency virus (HIV), which destroys the body’s immune system. Semen and blood are the main vehicles of transmission. Common symptoms include fevers, night sweats, weight loss, chronic fatigue, and swollen lymph nodes.	More than 300,000 cumulative cases of HIV virus in U.S. 25–34-year-olds; epidemic incidence in sub-Saharan countries	New treatments have slowed the progression from HIV to AIDS; no cure
<b>Genital warts</b>	Caused by the human papillomavirus, which does not always produce symptoms. Usually appear as small, hard painless bumps in the vaginal area, or around the anus. Very contagious. Certain high-risk types of this virus cause cervical cancer and other genital cancers. May recur despite treatment. A new HPV preventive vaccine, Gardasil, has been approved for girls and women 9–26 years of age.	About 5.5 million new cases annually; considered the most common STI in the U.S.	A topical drug, freezing, or surgery



# Rape

- Rape is forcible sexual intercourse with a person who does not give consent. Legal definitions vary from state to state.
- **Alabama's code for rape:**  
([www.legislature.state.al.us/CodeofAlabama/1975/coatoc.htm](http://www.legislature.state.al.us/CodeofAlabama/1975/coatoc.htm))
  - ◆ Rape in the first degree.
    - He or she engages in sexual intercourse with a member of the opposite sex by forcible compulsion; or
    - He or she engages in sexual intercourse with a member of the opposite sex who is incapable of consent by reason of being physically helpless or mentally incapacitated; or
  - n He or she, being 16 years or older, engages in sexual intercourse with a member of the opposite sex who is less than 12 years old



# Rape Contd.

## ■ Rape in the second degree

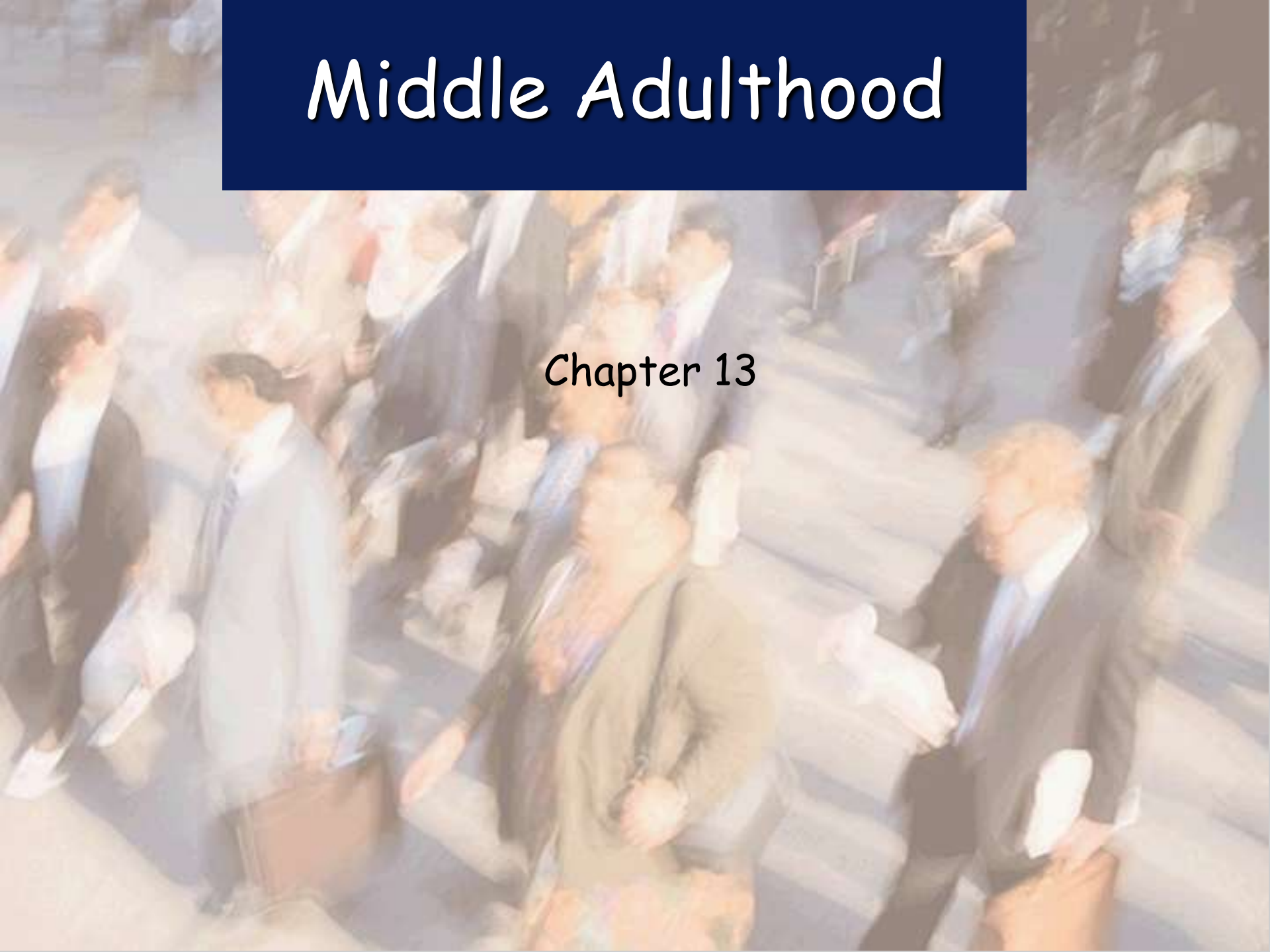
- Being 16 years old or older, he or she engages in sexual intercourse with a member of the opposite sex less than 16 and more than 12 years old; provided, however, the actor is at least two years older than the member of the opposite sex.
- He or she engages in sexual intercourse with a member of the opposite sex who is incapable of consent by reason of being mentally defective.

## ■ Date Rape

- Rates highest for adolescent and college women
- 2/3 of college freshmen admit to being date raped or having experienced an attempt
- 2/3 of college men admit fondling a woman against her will and half of those admit having forced sexual activity with an unwilling partner

# Middle Adulthood

## Chapter 13





# Definition of Middle Adulthood

- Definition:
- Middle age has changed in society with the baby boomers entering this stage because they are the best middle aged cohort in history and the most well off.
  - n Most people look at middle age as a time for
    - decline in physical ability
    - increase in responsibility
    - time to transmit knowledge to future generations
    - reaching satisfaction in their career
    - time of balancing work and relationships
    - time to reassess their priorities

# Physical Changes In Middle Adulthood

- ◆ Noticeable midlife physical changes include:
  - Wrinkling and sagging of skin.
  - Appearance of aging spots.
  - Hair becomes thinner and grayer.
  - Nails become thicker and more brittle with ridges.
  - Yellowing of teeth.
- ◆ Being middle-aged is perceived as positive for men and negative for women.
- ◆ Height shrinks in middle age, and many gain weight—a critical health problem in middle adulthood.
- ◆ The sharpest decline in vision occurs between ages 40 and 59 as the eye's blood supply diminishes.
- ◆ Hearing starts to decline about age 40, with men losing sensitivity to high-pitched sounds earlier than women.

# Personality and Health

- **Type A-**“A cluster of Characteristics such as being excessively competitive, hard driven, impatient and hostile and is thought to be related to heart disease.”
- **Type B-** being primarily easy going and calm has lower rates of heart disease.
- **However, research has shown that Type A individual can be taught to control their anger and reduce their risk**

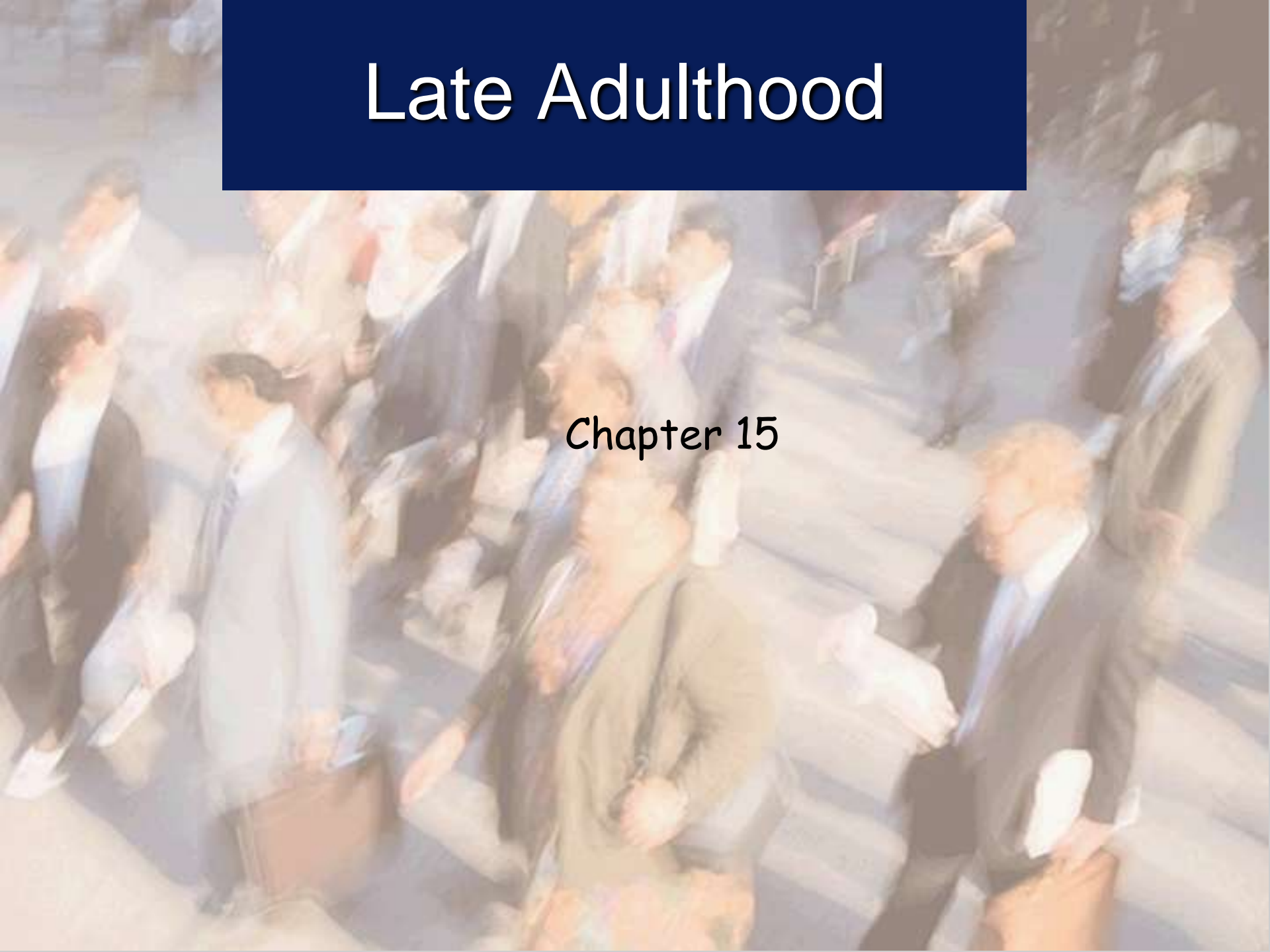
# Chronic Disorders in Midlife

- Midlife is often a time for high blood pressure, high cholesterol, and cardiovascular disease.
- ◆ At menopause, a woman's blood pressure rises sharply, remaining higher than that of men into the later years.
- ◆ Chronic diseases are the main cause of death during middle adulthood:
  - Leading cause of death is cancer.
  - Second leading cause is heart disease.
  - Third leading cause is cerebrovascular disease



# Late Adulthood

## Chapter 15



# Life Span vs. Life Expectancy

- ◆ **Life Span-** the maximum number of years a person can live, which is about 120-125 years of age (appears stable)
- ◆ **Life Expectancy-** the number of years that an average person born in a given year will live (the average life expectancy of those born today is 78)
- ◆ **Gender Differences in Life Expectancy**



# Different Types of Old Age

- ◆ Young-Old- aged 65 to 74
- ◆ Old-Old- aged 75 or more
- ◆ Oldest-Old- aged 85 or more

n Are mostly female, widowed, and living alone.

n Are usually hospitalized at some time in last years of life.

n Die mostly alone in a hospital or institution.

Are a heterogeneous, diverse group

- 40% have no activity limitation
- majority continue to live in the community and more than 1/3 of those report excellent or good health





# Physical Changes: Immune System



## Immune System

- n The immune system declines in functioning with aging, including a decrease in numbers of T cells (destroy infected cells) because of low protein.
- n Exercise improves the immune system, and influenza vaccination is very important for older adults.
- n Because of a decreased immunity it is important for older adults to be vaccinated for the flu





# Physical Changes: Vision



- **Visual Acuity-** has problems with night driving because tolerance for glare diminishes as well as problems with dark adaptation which causes transitions from light to dark to take longer for the individual to adjust to.

- **Color Vision-** older adults begin to have yellowing of the lens of the eye which makes it difficult to see the green-blue-violet part of the electromagnetic spectrum

- **Depth perception-** declines in older age which can make it difficult for them to how high or low something is which can lead them to falling

## ■ Diseases of the Eye

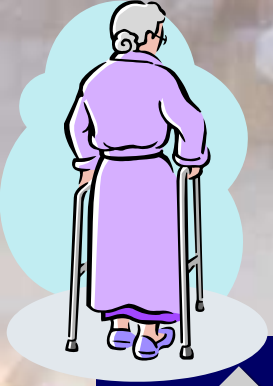
- ◆ **Cataracts-** thickening of the lens causing cloudy and distorted vision (treated by glasses or surgery if it worsens)
- ◆ **Glaucoma-** damage to the optic nerve because of pressure build up from the eye (can destroy a person's vision if not treated- Treatment is given through eye drops)
- ◆ **Macular degeneration-** deterioration of the retina that causes the individual to be unable to see what is front of them clearly; however, peripheral vision is unaffected (if detected early can be treated by laser surgery; however, it is hard to treat and thus a leading cause of blindness in older adults)



# Physical Changes: Senses



- ◆ Hearing- hearing loss affects 75 % of the population by 75-79 years old. Of the individuals that are classified as legally deaf the major cause is degeneration of the cochlea. Most hearing problems at this age can be corrected somewhat with hearing aids.
- ◆ Touch and Pain- As we age, there is a decrease in both sensitivity to touch and pain especially in the lower extremities. This can be helpful in coping with increased injury and disease; however, it can also mask injury and illness that needs to be treated.

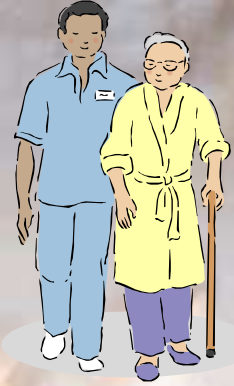


# Health Problems



- ◆ Arthritis-
- ◆ Osteoporosis-
- ◆ Accidents- are most common in the home as a result of falling bones are broken and are harder to heal which can lead to long term hospital or homecare. Each year approximately 200,000 adults fracture a hip in a fall (most of these are women). Half of these older adults die within 12 months after the fall.





# Health Care

Research shows that of adults with health problems only half receive the recommended care.

- Geriatric nurses- nurses that work with those in adulthood through nursing homes or home care programs

