CHAPTER 1: Basic Concepts of Adult Development

1.1 Introduction
1.1.1 Substages of adulthood
1.1.2 Perspectives on age
1.1.3 The demographics of the human population

1.2 A life-span developmental perspective

1.3 The forces and influences of development

1.4 Issues in development

1.5 Domains of development

1.6 Research in adult development

1.6.1 Kinds of research

1.6.2 Methods of gathering information

1.6.3 General research designs

1.6.3.1 Experimental research

1.6.3.2 Correlational research

1.6.3.3 Case studies

1.6.4 Meta-analysis

1.6.4.1 Longitudinal design

1.6.4.2 The cross-sectional design

1.6.4.3 The sequential design

1.6.5 Cross-cultural research

1.6.6 Research ethics

Conclusion

CHAPTER 2: Physical Development and Sexuality

2.11 Introduction

2.2 Biological theories of ageing

2.3 Specific physical changes

2.3.1 The brain

2.3.2 The senses

2.3.3 Muscle strength

2.3.4 Stamina

2.3.5 Physical appearance

2.3.6 Height and weight

2.3.7 Internal organs

2.3.8 Physical health

2.3.9 Climacteric and menopause

2.4 Sexuality

2.4.1 International research

2.4.2 South African research

2.4.3 Sexual behaviour patterns in adulthood

2.4.4 Sexual orientation

Conclusion

CHAPTER 3: Cognitive Development

3.1 Introduction

3.2 Basic cognitive functions: Information processing and memory

3.2.1 Attention

3.2.2 Information processing speed

3.2.3 Memory

3.2.3.1 The concepts of memory

3.2.3.2 Ageing and memory

3.3.1 Intelligence

3.3.1.1 What is intelligence?

3.3.1.2 Does intelligence change with age?

3.3.2 Problem-solving and decision-making

3.3.3 Language

3.3.4 Expertise, wisdom and creativity

3.3.4.1 Expertise

3.3.4.2 Wisdom

3.3.4.3 Creativity

3.3.5 Factors influencing cognitive development in adulthood

3.3.6 Redefining adult cognitive development: Theoretical perspectives

3.3.6.1 Jean Piaget’s theory of cognitive development in adulthood: formal operational thought

3.3.6.2 Neo-Piagetian approach: Postformal thought

3.3.6.3 Stages of adult cognitive development

3.3.6.4 Selective optimisation and compensation
CHAPTER 4: Personality Development

4.1 Introduction

4.2 Models of adult personality development
4.2.1 Stage models of adult personality
4.2.1.1 Erik Erikson: psychosocial development
4.2.1.2 Daniel Levinson: Life structure and life transitions
4.2.1.3 Evaluation of the stage approaches
4.2.2 Trait models of adult personality
4.2.2.1 Theoretical assumptions of trait models
4.2.2.2 Personality traits: A case for stability
4.2.2.3 Personality traits: A case for change
4.2.2.4 Forces that contribute to stability and change
4.2.2.5 Evaluating the trait approach
4.2.3 Cognitive approaches to personality development
4.2.3.1 Self-concept models
4.2.3.2 Identity models
4.2.3.3 Evaluation of cognitive models
4.2.4 Integrated approaches to personality development
4.2.5 Personality development: An African perspective

Conclusion

CHAPTER 5: Social Development

5.1 Introduction

5.2 The characteristics of adult relationships
5.2.1 Intimacy
5.2.2 Love
5.2.3 Attachment
5.2.4 Social networks
5.3 Lifestyle choices
5.3.1 Marital and non-marital lifestyles
5.3.1.1 Marriage
5.3.1.2 Cohabitation
5.3.1.3 Singlehood
5.3.2 Family lifestyles and relationships
5.3.2.1 Parenthood
5.3.2.2 Single-parent families
5.3.2.3 Childless couples
5.3.2.4 Sibling relationships
5.3.2.5 Friendships
5.4 Work, retirement and leisure
5.4.1 The importance of work
5.4.2 The career cycle
5.4.3 Women’s career cycle
5.4.4 Leisure time
5.5 Moral development

Conclusion

CHAPTER 6: Successful Ageing and Mental Health

6.1 Introduction

6.2 Successful ageing
6.2.1 Ageism
6.2.2 Personality characteristics
6.2.3 Locus of control
6.2.4 Poverty
6.2.5 Dependency
6.2.6 Major life events and daily hassles
6.2.7 Active lifestyle
6.2.8 Religion and spirituality
6.2.9 Loneliness
6.3 Old age and mental health
6.3.1 Depression
6.3.2 Anxiety disorders
6.3.3 Delirium
6.3.4 Dementia
6.3.5 Parkinson’s disease
6.3.6 Sleep disorders

Conclusion

CHAPTER 7: Death and Grief

7.1 Introduction
7.2 What is death
7.3 Death anxiety
7.4 Stages of dying
7.5 The right to die
7.6 Grief
7.7 Specific losses

Conclusion