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BMHP4003
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In my presentation I will be talking about the lifespan of age 40+, I will be using theories by Piaget (09-08-1896) and Erikson (15-06-1902), which should help us in understanding of this age group and their background in psychology, We will go into understanding about-

- Piaget and Erikson's theories of this lifespan
- The 40+ cognition, emotions and behaviour patterns
- Research studies in health and social care

Erikson and Piaget's theories

Erikson's stage's of psychosocial development named this stage as '**Generativity**'. This stage takes place during middle adulthood ages of 40 to 65 years old. Generativity refers to making a mark on the world or in your family through creating or nurturing things that will outlast or show power in their identity. Through generativity they develop a sense of belonging, feelings of usefulness and accomplishments, while failure results in feeling shallow disconnected or uninvolved according to (Study.com, 2019)

Piaget stage of cognitive development categorised this age group as '**Formal operational**' which means individuals able to demonstrate the ability to think in more abstract terms. They understand that consequences are a result of ones own action or choice. At this stage one will realize that consequences may also result in moral and ethical issues, such as distrust, responsibility, emotional instability, and dishonour.

I found this information at (Study.com, 2019)

The 40+ cognition, emotions and behaviour patterns

They may develop a sense of egocentrism - building opinions based on a right/wrong philosophy – from this it shows the ability to evaluate and plan situations out. Stated by McCallister (2019)

They also have a need to feel needed and see that they have accomplished something in life. Fixed mind set affects them and results of conflict accrue.

Emotional imbalance may arise due to medical reasons or physical barrier's e.g. cognitive health issues or attachments e.g. family home they may not allow to move or sell even though it causing more loss than profit.

Older generation can suffer more from anxiety and depression as they may think, that they do not have enough time left or they are not any use to others e.g. can not help out family members financially or may be physically e.g. moving homes, not updated with social media and technology.

A lot of the older generations behaviours are influenced by genetic behaviour, cultural and religious belief's e.g. following their fathers footsteps they cannot let their family or community down or its against the religion etc.

Research studies

- NHS- Aim to transform mental health services by 2020/21, by putting mental health on an equal importance to physical health. Delivering new ways of working across mental health NHS trusts within local areas to improve specialised mental health services. NHS England accepted all the recommendations in the report for which it held responsibility and it is agreed with the Government to support this transformation. (NHS England, 2019)
- NICE - national institute for health and care excellence, it provides 54 products of services for older people. They have services that vary from Care and support of people growing older with learning disabilities to Workplace health: policy and management practices. (Nice.org.uk, 2019)
- NIA - National Institute on Ageing have done studies that show ongoing physical activity benefits the brain. In one study, exercise stimulated the human brain's ability to maintain old network connections and make new ones that are vital to cognitive health. Other studies have shown that exercise increased the size of a brain structure important to memory and learning, improving spatial memory. Aerobic exercise, such as brisk walking, is more beneficial to cognitive health. (National Institute on Aging, 2019)

Reference

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My Rational

In this rational I will discuss further in details of my findings and understanding of Erikson's and Piaget's theories on the lifespan of 40+ age group. Erickson psychosocial development called this stage 'Generativity' while Piaget stage of cognitive development called it 'Formal operational'. From my understanding both titles are appropriate as you see larger number of people at this age are responsible and generous to the society, they understand how much their action and opinion is needed in their environment be it work or family. This also can be seen in roles in your own family and friends circle. In my personal life I have seen my older family be very generous and nurturing yet they maintain their power and identity in terms of, they have the last say and they make all the big life changing decision's e.g. who you can get married to or what sort of business you can invest into just to name a few. This age group are fully aware of their actions and choices which they make in their life. When breaking it down into details I will go into few areas of psychological cognition emotion and behaviour patterns.

Cognitive behaviour- This must be looked in deeper as we have to first find out how the individual was raised, what was his environmental conditions like. In this case I will be using my father as an example. He was born and raised in Bangladesh, he only went primary school and stopped his education there but completed his religious education as his parents gave this more importance. As I grew up and was attending school when I would miss any days my dad never really have a problem with it, but if and when I would miss my religious studies he would be not be very happy and would make sure I attended every lesson. Reflecting on these scenarios now I can see psychologically it was learnt behaviour also known as behavioural genetics.

Emotions- My father is a proud man as he believes he has accomplished well in life e.g. he owns a free hold property, prays and goes to the mosque regularly, he is also well known and respected in the community and he believes that he made the right choice in choosing my husband for me. However I do not agree although, I have told him about my marital issues my father does not see them as valid his point of view is the man I am married to is given me shelter, food and clothing my partner has never verbally or physically abused me but me and my husband are so different and we do not understand or have anything in common with each other. Being married for 12years feels like a duty I have expressed my feelings to my father, he when hearing my complaints reacts in an angry and frustrated manner. I believe this is a form of egocentrism. He will not show me any sympathy as he does not want to admit his mistake.

Behaviour patterns- A lot of my father's behaviours are influenced by genetic behaviour, cultural and religious beliefs. He is following his father's footsteps in how his father raised him, he also believes he cannot let the family or community down therefore he takes on too much unnecessary stress and responsibility for his mind and body, which he is struggling to maintain. I can see him suffer from anxiety and depression. He won't let us help him as he believes only, he can make the right choice because he has more religious knowledge and the community values his opinions.

Research studies

The NHS aims to transform the mental health services by 2020/21, by making sure mental health is on an equal importance to physical health. They target on delivering new ways of working across mental health NHS trusts within local areas to improve specialised mental health services. NHS England accepted all the recommendations in the report for which it held responsibility and it is agreed with the Government to support this transformation (NHS England, 2019). This will be extremely beneficial as thousands of people need help and are suffering either in silent or waiting to be seen by a specialist.

National institute for health and care excellence (NICE), this organisation provides 54 products of services for older people, it is part of the NHS and provides guidelines that must be followed to protect and care for the elders. They have services that vary from care and support of people growing older with learning disabilities to Workplace health policy and management practices, it has specific instructions to implement to prevent the fall in older people whether in work or stay in hospital. It provides awareness and how to identify people who may be more vulnerable, they have mentioned that all information should be available in other languages to (Nice.org.uk, 2019).

National Institute on Ageing (NIA) have done studies that show ongoing physical activity benefits the brain. In one study, exercise stimulated the human brain's ability to maintain old network connections and make new ones that are vital to cognitive health. Other studies have shown that exercise increased the size of a brain structure important to memory and learning, improving spatial memory. Aerobic exercise, such as brisk walking, is more beneficial to cognitive health. This website has researched with evidence in how importance it is to maintain your cognitive health, it also provides guidance on eating healthy foods, how to stay physically active, practice on how to keep your mind active, teaches how to stay connected with social activities and lastly makes awareness how reduce risks to cognitive health issues. (National Institute on Aging, 2019)

Conclusion

I have come to conclusion that yes there is certain understandings and findings in similarities of the age group of 40+ but everyone is very different and unique, and I can apply both Piaget's and Erikson's theories to this age group. There are similarities due to environmental and community upbringings including cultural and religious beliefs that play major roles. However Nature and nurture play their part in how we become as individuals, having saying that I have also seen how the same age group in England are very different to the same group in a much hotter country, from this observation I believe the weather also has an influence on our behaviour and cognitive health and wellbeing.

Reference

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