

- ii. **Marital satisfaction in late adulthood** - tends to increase as couple moves into late adulthood ∴ pattern of marital satisfaction is curvilinear
- iii. **Gender and cultural variables in aging**
  - 1. differences found between older men and women with men having more social status, income and sexual partners and older women having more friends, involved greater with family, have lower income and status
  - 2. minority elderly more likely to become ill and less likely to receive treatment ∴ live below poverty
- iv. **Retirement** - while suggested that retirement associated with less of self-worth and depression, this is a myth, depression may however be linked to reduction in standard of living
- v. **Grief and dying** -
  - 1. **Five phases of grieving**
    - a. **Denial** - little emotion and signs of denial present
    - b. **Yearning** - feelings of distress
    - c. **Disorganisation and despair** - life loses meaning
    - d. **Revelation** - accepts loss and begins to build new identity
  - 2. **Elizabeth Kubler-Ross Five Stages of Grieving** - acknowledge that not all people will go through in same way
    - a. Denial or disbelief
    - b. Anger
    - c. Bargaining
    - d. Depression
    - e. acceptance

## Emotional Development

### a. Temperament

- i. Most theories believe temperament rooted in biological differences
- ii. Few reliable differences in temperament identified before 4 months
- iii. **Thomas and Chess's 3 Major categories** - separates 61% of babies
  - 1. **Easy temperament** (40%) regular, adaptable, mildly intense style that is positive and responsive
  - 2. **Difficult temperament** (10%) moody, easily frustrated, tense, erratic in situations
  - 3. **Slow to warm up temperament** (11%) mild in responding, somewhat shy and withdrawn and need time to adjust to new experiences
- iv. **Goodness-of-fit** one of greatest influences on child's development is fit between child's development and environment

### b. Development of emotional expression

- i. At birth, emotional expression limited ∴ three states experienced is distress, contentment, interest
- ii. By 4 months, fuller emotions ∴ contentment, joy, surprise, interest, sadness, disgust, anger
- iii. 7-9 months display sadness with **pout** and **smile** for happiness and they are used instrumentally to get own way
- iv. as infants age they depict and share affective states with parents
- v. **social referencing** - child will use cues from another person to deal with affective uncertainty (typically develops by 1 year)
- vi. By 2, self-conscious emotions evident
- vii. Preschoolers learn to better regulate emotions, they also have attained object constancy, which is important for facilitating emotion regulation (e.g., self-soothe, tolerate anxiety from separation)
- viii. Certain emotions may be innate ∴ mirror adult facial expressions, recognise facial expressions
- ix. Basic emotions originate in subcortical limbic system and evolve prior to thought ∴ 7-10 primary emotions (love, anger, disgust, surprise, joy, shame, contempt, sadness, interest) ∴ complex emotions (love, remorse) require higher cortical processes
- x. limited support that adolescence is period of emotional turmoil ∴ self acceptance is important for healthy emotional development

## IV. Risk and Protective Factors in Development

### A. Risk Factors

#### a. Three categories of risk

- i. Individual (genes, temperament)
- ii. Family (mentally ill parent, child abuse)
- iii. Community (discrimination, poverty)
- b. One strategy to determine risk is to add up risk factors creating an **adversity index**
- c. Risk factors rarely occur in isolation and more accurately described as accumulation of separate risk factors
  - 1. **Poverty** - brings biological risk (lack of prenatal care, drug use, poor nutrition) ∴ associated with 50% greater risk of pre/postnatal death
    - 1. Significant effect on parenting style and responsiveness to child
    - 2. Attachment problems can occur which is related to behavioral problems

# Eppp Study Guide

**Xiang Xie**



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