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Chapter 1 : Developmental Influences on Adult Intelligence - K. Warner Schaie - Oxford University Press

In this second edition of Developmental Influences on Adult Intelligence, K. Warner Schaie presents the history, latest data, and results from the Seattle Longitudinal Study (SLS). The purpose of the SLS is to study various aspects of psychological development during the adult years.

Cardiovascular disease It has been found that older age does increase the risk factor of contracting a cardiovascular disease. Hypertension and high cholesterol have also been found to increase the likelihood of acquiring a cardiovascular disease, which are also commonly found in older adults. Cardiovascular diseases include a variety of heart conditions that may induce a heart attack or other heart-related problems. Healthy eating, exercise, and avoiding smoking are usually used to prevent cardiovascular disease. Immune system Infection occurs more easily as one ages, as the immune system starts to slow and become less effective. Aging also changes how the immune system reacts to infection, making new infections harder to detect and attack. Essentially, the immune system has a higher chance of being compromised the older one gets. The hippocampus is the area of the brain that is most active in neurogenesis. Research shows that thousands of new neurons are produced in the hippocampus every day. Evidence suggests that the brain changes in response to diet, exercise, social environment, stress and toxin intake. These same external factors also influence genetic expression throughout adult life - a phenomenon known as genetic plasticity. Alois Alzheimer , a German neuropathologist and psychiatrist. Physiological abnormalities associated with AD include neurofibrillary plaques and tangles. Neuritic plaques, that target the outer regions of the cortex, consist of withering neuronal material from a protein, amyloid-beta. Neurofibrillary tangles, paired helical filaments containing over-phosphorylated tau protein , are located within the nerve cell. Early symptoms of AD include difficulty remembering names and events, while later symptoms include impaired judgment, disorientation, confusion, behavior changes, and difficulty speaking, swallowing, and walking. After initial diagnosis, a person with AD can live, on average, an additional 3 to 10 years with the disease. Current estimates claim that 1 in 10, Americans have HD, however, 1 in , are at-risk of inheriting it from a parent. It typically affects people over the age of PD is related to damaged nerve cells that produce dopamine. Surgery pallidotomy , thalamotomy is often viewed as the last viable option. The prevalence of suicide among older adults is higher than in any other age group. Depression[edit] Older adults are often at higher risk for disorders such as depression. Depression is one of the most common disorders that presents in old age and is comorbid with other physical and psychiatric conditions, perhaps due to the stress induced by these conditions. Research indicates that higher levels of exercise can decrease the likelihood of depression in older adults even after taking into consideration factors such as chronic conditions, body mass index, and social relationships. However, in the Epidemiological Catchment Area Project, researchers found that 6-month prevalence rates for anxiety disorders were lowest for the 65 years of age and older cohort. A recent study found that the prevalence of general anxiety disorder GAD in adults aged 55 or older in the United States was However, ADHD in adults results in lower household incomes, less educational achievement as well as a higher risk of marital issues and substance abuse. Those in hospitals and nursing homes differ in risk for a multitude of disorders in comparison to community-dwelling older adults. Optimizing health and mental well-being in adulthood[edit] An older adult performing a recommended exercise for aging individuals. Exercising four to six times a week for thirty to sixty minutes has physical and cognitive effects such as lowering blood sugar and increasing neural plasticity. Diets containing foods with calcium, fiber, and potassium are especially important for good health while eliminating foods with high sodium or fat content. A well-balanced diet can increase resistance to disease and improve management of chronic health problems thus making nutrition an important factor for health and well-being in adulthood. Mental stimulation and optimism are vital to health and well-being in late adulthood. Adults who participate in intellectually stimulating activities every day are more likely to maintain their cognitive faculties and are less likely to show a decline in memory abilities.

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Cognitive, physical, and social losses, as well as gains, are to be expected throughout the lifespan. Older adults typically self-report having a higher sense of well-being than their younger counterparts because of their emotional self-regulation. Researchers use Selective Optimization with Compensation Theory to explain how adults compensate for changes to their mental and physical abilities, as well as their social realities. Older adults can use both internal and external resources to help cope with these changes. Positive coping strategies are used when faced with emotional crises, as well as when coping with everyday mental and physical losses. For example, self-confidence, warmth, self-control, and emotional stability increase with age, whereas neuroticism and openness to experience tend to decline with age. Controversy[edit] The plaster hypothesis refers to personality traits tending to stabilize by age Research on the Big 5 Personality traits include a decrease in openness and extraversion in adulthood; an increase of agreeableness with age; peak conscientiousness in middle age; and a decrease of neuroticism late in life. Intelligence in adulthood[edit] According to the lifespan approach, intelligence is a multidimensional and multidirectional construct characterized by plasticity and interindividual variability. Pragmatic intelligence, knowledge acquired through culture and experience, remains relatively stable with age. The psychometric approach assesses intelligence based on scores on standardized tests such as the Wechsler Adult Intelligence Scale and Stanford Binet for children. Fluid intelligence declines steadily in adulthood while crystallized intelligence increases and remains fairly stable with age until very late in life. Family[edit] Ties to family become increasingly important in old age. As adults age, their children often feel a sense of filial obligation, in which they feel obligated to care for their parents. This is particularly prominent in Asian cultures. Marital satisfaction remains high in older couples, oftentimes increasing shortly after retirement. This can be attributed to increased maturity and reduced conflict within the relationship. However, when health problems arise, the relationship can become strained. This life event is usually accompanied by some form of bereavement, or grief. There is no set time frame for a mourning period after a loved one passes away, rather every person experiences bereavement in a different form and manner. Social friendships are important to emotional fulfillment, behavioral adjustment, and cognitive function. While small in number, the quality of relationships is generally thought to be much stronger for older adults. Most individuals choose to retire between the ages of 50 to 70, and researchers have examined how this transition affects subjective well-being in old age. Results indicated a positive correlation between well-being for married couples who retire around the same time compared to couples in which one spouse retires while the other continues to work. They can maintain their autonomy while living in a community with individuals who are similar in age as well as within the same stage of life. Assisted living facilities are housing options for older adults that provide a supportive living arrangement for people who need assistance with personal care, such as bathing or taking medications, but are not so impaired that they need hour care. Adults who have cognitive impairments should be carefully introduced to adult day care. Nursing home facilities provide residents with hour skilled medical or intermediate care. A nursing home is typically seen as a decision of last resort for many family members. While the patient is receiving comprehensive care, the cost of nursing homes can be very high with few insurance companies choosing to cover it. How and why we age. *Experimental Gerontology*, 33, The Gerontologist, 37 4 , What is successful ageing and who should define it? *British Medical Journal*, , Life span theory in developmental psychology. *Theoretical models of human development* pp. Identity and the life cycle. *Behavioral Development Bulletin*, 21 2 , A conception of adult development. *American Psychologist*, 41, 3â€™ Estimates of the prevalence of arthritis and selected musculoskeletal disorders in the United States. *The Lancet*, , Presbyopia and the optical changes in the human crystalline lens with age. *Vision Research*, 38 2 , Aging and Sensory Senescence. *Southern Medical Journal*, 92 3 , The Gerontologist, 40 3 , *Experimental Gerontology*, 41 12 , Sarcopenia and its implications for the elderly. *European Journal of Clinical Nutrition*, 54 6. Epidemiology of sarcopenia among the elderly in new mexico. *American Journal of Epidemiology*, 8 , Organ physiology of aging. *The Surgical Clinics of North America*, 74 1 , Aging of the male reproductive system. *The Journey of Adulthood. Adult Development and Aging. Adult neurogenesis and functional plasticity in neuronal circuits. Normally occurring environmental*

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and behavioral influences on gene activity: From central dogma to probabilistic epigenesis. *Psychological Review*, , â€” Neurocognitive Disorders in Aging. *Archives of Gerontology and Geriatrics*, 49,

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Chapter 2 : Developmental Influences on Adult Intelligence: The Seattle longitudinal study - Oxford Scholar

This book lays out the reasons why we should study cognitive development in adulthood, and presents the history, latest data, and results from the Seattle Longitudinal Study (SLS), which now extends to over forty-five years.

Editorial reviews Publisher Synopsis "There are probably no books that can compare with this one in the field of adult intelligence. The Seattle Longitudinal Study has been going on for 49 years under the direction of the principle researcher, Dr. Everything you wanted to know about intellectual development and changes in adulthood is here. It is fascinating reading and is ful of statistical analysis. This book is comprehensive and readers will not be disappointed. This publication gives the history of a project that has lasted decades, its ups and downs, and its surprising conclusions about what happens to human intellect over the life span. I recommend this work to all those interested it what happens to their intellect over time, as well as to students, physicians, and psychologists treating patients and performing gerontologic research. This remarkable study, initiated in , is arguably the longest running and most comprehensive examination of intellectual aging available today. In addition to reviewing the design and method of the SLS and updating cross-sectional and longitudinal findings to include results from the longitudinal cycle, the present volume breaks new ground with an extensive examination of how environmental, health-related, and familial influences affect intellectual development across adulthood. This wealth of new information will be of interest to all gerontologists. The Seattle Longitudinal Study, unparalleled in its comprehensive account of intellectual change across adulthood, played a critical role in the scientific understanding of intelligence. In this volume, K. Schaie, who started the study and centrally led the field, synthesizes decades of research into a highly readable story about the gains and losses associated with intellectual performance as people age, the roles played by personality, family, and health in age-related changes, and the challenges of conducting longitudinal research. This volume is essential reading for anyone who desires a nuanced account of intellectual aging. Carstensen, Professor of Psychology, Stanford University"Understanding the intelligence of the mind across the stages of life and across historical contexts is central to the science of human aging. This book will be a classic! Baltes, Sekretariat Professor, Max Planck Institute for Human Development "There are probably no books that can compare with this one in the field of adult intelligence. In addition to reviewing the design and method of the SLS and updating cross-sectional and longitudinal findings to include results from the longitudinal cycle, the present volume breaks new ground with an extensive examination of howenvironmental, health-related, and familial influences affect intellectual development across adulthood. Carstensen, Professor of Psychology, Stanford University "Understanding the intelligence of the mind across the stages of life and across historical contexts is central to the science of human aging. In addition to reviewing the design and method of the SLS and updating cross-sectional and longitudinal findings to include results from the longitudinal cycle, the present volume breaksnew ground with an extensive examination of how environmental, health-related, and familial influences affect intellectual development across adulthood. Everything you wanted to know about intellectual development and changes inadulthood is here. This publication gives the history of a project that has lasted decades, its ups and downs, and its surprising conclusions about what happens tohuman intellect over the life span. In addition to reviewing the design and method of the SLS and updating cross-sectional and longitudinal findings to include results from the longitudinal cycle, the present volume breaks new ground with anextensive examinationof how environmental, health-related, and familial influences affect intellectual development across adulthood. Schaie, who started thestudy and centrally led the field, synthesizes decades of research into a highly readable story about the gains and losses associated with intellectual performance as people age, the roles played by personality, family, and health in age-related changes, and the challenges of conducting longitudinalresearch. Add a review and share your thoughts with other readers.

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Chapter 3 : Table of Contents: Developmental influences on adult intelligence :

Developmental Influences on Adult Intelligence The Seattle Longitudinal Study. Second Edition. author K. Warner Schaie. Illustrates how cognition and intelligence continue to progress in significant ways during adulthood, an important and neglected part of human psychology.

Introduction and preview; 2. Studies of cohort and period differences; 7. The relationship between cognitive styles and intellectual functioning; Health and maintenance of intellectual functioning; Life style variables that affect intellectual functioning; The sequential study of personality traits and attitudes; Influences of personality on cognition; Family studies of intellectual abilities in adulthood; Subjective perceptions of cognitive change; Influences of family environment on cognition; The role of longitudinal studies in the early detection of dementia; Summary and conclusions; Appendix show more Review quote "There are probably no books that can compare with this one in the field of adult intelligence. The Seattle Longitudinal Study has been going on for 49 years under the direction of the principle researcher, Dr. Everything you wanted to know about intellectual development and changes in adulthood is here. It is fascinating reading and is full of statistical analysis. This book is comprehensive and readers will not be disappointed. This publication gives the history of a project that has lasted decades, its ups and downs, and its surprising conclusions about what happens to human intellect over the life span. I recommend this work to all those interested in what happens to their intellect over time, as well as to students, physicians, and psychologists treating patients and performing gerontologic research. This remarkable study, initiated in , is arguably the longest running and most comprehensive examination of intellectual aging available today. In addition to reviewing the design and method of the SLS and updating cross-sectional and longitudinal findings to include results from the longitudinal cycle, the present volume breaks new ground with an extensive examination of how environmental, health-related, and familial influences affect intellectual development across adulthood. This wealth of new information will be of interest to all gerontologists. The Seattle Longitudinal Study, unparalleled in its comprehensive account of intellectual change across adulthood, played a critical role in the scientific understanding of intelligence. In this volume, K. Schaie, who started the study and centrally led the field, synthesizes decades of research into a highly readable story about the gains and losses associated with intellectual performance as people age, the roles played by personality, family, and health in age-related changes, and the challenges of conducting longitudinal research. This volume is essential reading for anyone who desires a nuanced account of intellectual aging. Carstensen, Professor of Psychology, Stanford University "Understanding the intelligence of the mind across the stages of life and across historical contexts is central to the science of human aging. This book will be a classic! Baltes, Sekretariat Professor, Max Planck Institute for Human Development "There are probably no books that can compare with this one in the field of adult intelligence. In addition to reviewing the design and method of the SLS and updating cross-sectional and longitudinal findings to include results from the longitudinal cycle, the present volume breaks new ground with an extensive examination of how environmental, health-related, and familial influences affect intellectual development across adulthood. Carstensen, Professor of Psychology, Stanford University "Understanding the intelligence of the mind across the stages of life and across historical contexts is central to the science of human aging. In addition to reviewing the design and method of the SLS and updating cross-sectional and longitudinal findings to include results from the longitudinal cycle, the present volume breaks new ground with an extensive examination of how environmental, health-related, and familial influences affect intellectual development across adulthood. Everything you wanted to know about intellectual development and changes in adulthood is here. This publication gives the history of a project that has lasted decades, its ups and downs, and its surprising conclusions about what happens to human intellect over the life span. In addition to reviewing the design and method of the SLS and updating cross-sectional and longitudinal findings to include results from the longitudinal cycle, the present volume breaks new ground with an extensive examination of

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Chapter 4 : Adult development - Wikipedia

Developmental Influences on Adult Intelligence is an important resource for researchers and students in developmental, cognitive, and social psychology. [Preview this book](#) » *What people are saying* - [Write a review](#).

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Developmental Influences on Adult Intelligence is an important resource for researchers and students in developmental, cognitive, and social psychology. [Excerpt](#).

Chapter 6 : Developmental Influences on Adult Intelligence: The Seattle Longitudinal Study by K. Warner Schaie

Adult cognitive development is one of the most important yet most neglected aspects in the study of human psychology. Although the development of cognition and intelligence during childhood and adolescence is of great interest to researchers, educators, and parents, many assume that this development is complete by the end of adolescence.

Chapter 7 : Developmental influences on adult intelligence (Book,) [racedaydvl.com]

"Developmental Influences on Adult Intelligence is the most recent summary of findings from the Seattle Longitudinal Study. This remarkable study, initiated in 1957, is arguably the longest running and most comprehensive examination of intellectual aging available today."

Chapter 8 : Longitudinal Studies : Developmental Influences on Adult Intelligence - Oxford University Press

Developmental influences on adult intelligence the Seattle longitudinal study / by: Schaie, K. Warner Published: (2006) Change and continuity in adult life / by: Lowenthal, Marjorie Fiske.

Chapter 9 : Developmental Influences on Adult Intelligence: The Seattle Longitudinal Study - Oxford Scholarship Online

Developmental Influences on Adult Intelligence is an important resource for researchers and students in developmental, cognitive, and social psychology. [See all Product description](#) [Product details](#).