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Singapore's Mid-life Crisis?



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Singapore's Mid-life Crisis?

In general...

- Midlife crisis occurs between 41 and 60 years old
- Duration
Men: 3-10 years
Women: 2-5 years



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By Erik Erikson's Stage of Psychosocial Development Theory...

- Stage 7: Generativity VS Stagnation (40-64 years old)
- Generativity: by raising a family or working toward the betterment of society
- Stagnation: self-centered and unable or unwilling their society move forward



Causes of midlife crisis

- Aging
- Psychological stress
- Personality
- Significant loss
- etc.



Outline

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Outline



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- **Introduction**
 - What is midlife crisis?
 - Why is it our topic?
- **Body**
 - > Physical changes
 - > Sociopsychological changes
 - How can we reduce the negative impacts of midlife crisis?
 - How can we determine the age period of midlife crisis and how long will it last?
 - What are the causes & changes of midlife crisis?
- **Conclusion**
- **Recommendation**



What is midlife crisis?

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- Happens in middle adulthood
- A critical phase in human development
- Experience conflicts or dissatisfaction
 - unrealized goals, self-perceptions, physical changes, etc
- A period characterized by unstable mental & emotional health
- The situations for different people may vary



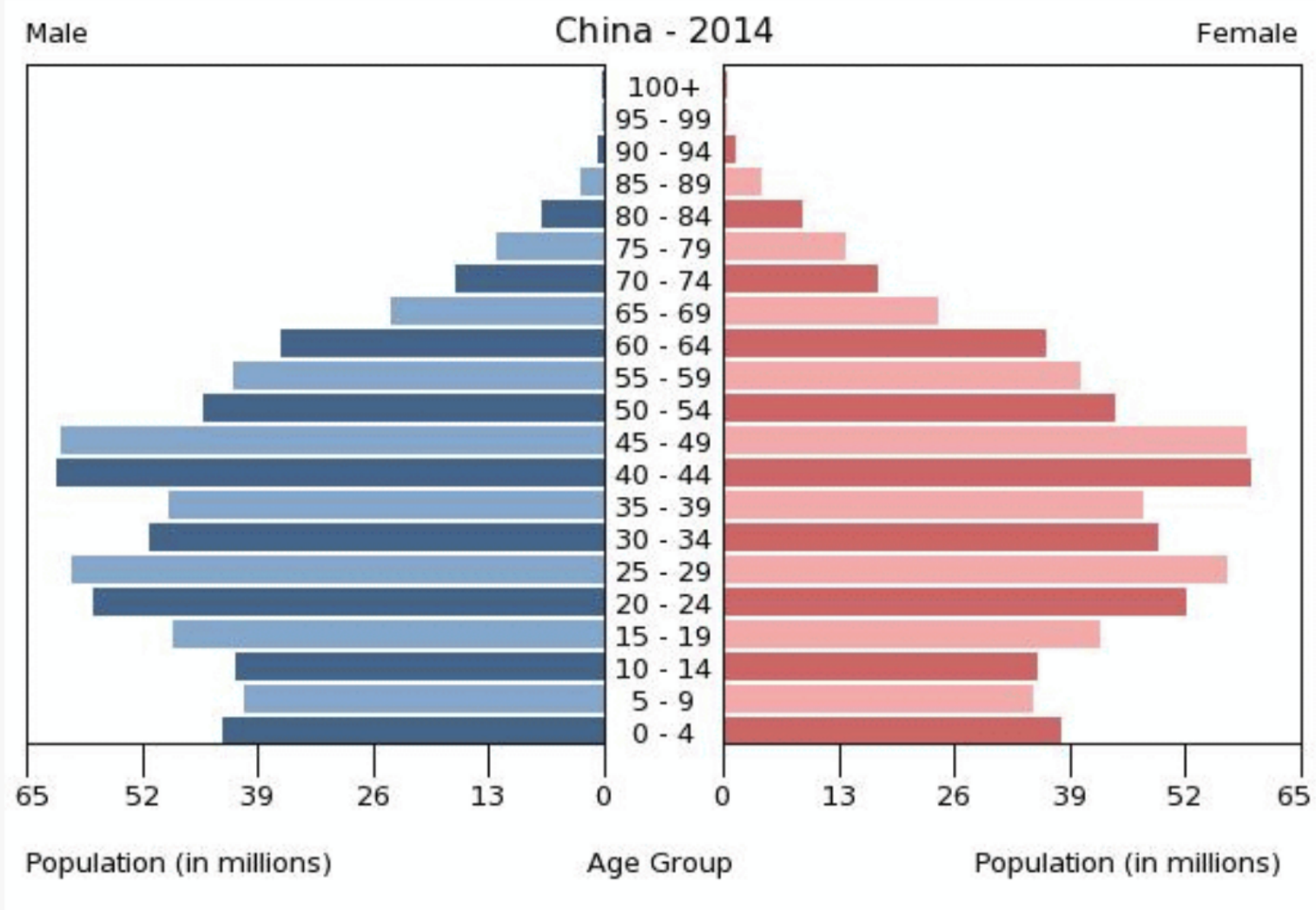


Why is it our topic?

- To understand our middle-aged parents better
- To prepare for the future (Everyone will get old!)

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- Aging population is a common phenomenon in the 21st century

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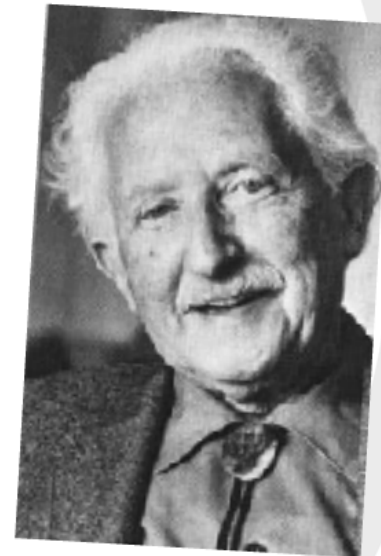
How can we determine the age period of midlife crisis?



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By Daniel Levinson's Seasons
of a Person's Life Theory...

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- Middle Adult Era (40-60 years old)
- Middle Transition (40-45)
- Entering Middle Adulthood (45-50)
- Age 50 Transition (50-55)
- Culmination of Middle Adulthood (55-60)



By Robert A. Havighurst's
Developmental Tasks Theory...

- Middle-aged (40-60 years old)
- Acquiring a spouse and family
- Raising children and preparing them for adult life
- Adjusting to aging parents

*By Daniel Levinson's Seasons
of a Person's Life Theory...*

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*By Robert
Development*

- Middle Age (30-40)
 - Achieving adult responsibility
 - Assisting teenage children
 - Adjusting to aging parents