

PSYC 3461_SW3 - Psychology of Adulthood and Aging (Fall 2021 Ramoo)

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Assignment 3: Personality, Stress, and Health (100 marks, 10%)

Introduction

This assignment is based on Module 3 and deals with individual differences (personality, stress, and health). Before you attempt this assignment, make sure that you have completed all readings and learning activities for Module 3. Also, consult the [Cite my sources: Style Guides](#) and the TRU Writing Centre [resources](#). We recommend that you submit this assignment by the end of **Week 10**.

Note: If you have any problems locating any of the resources needed to complete this assignment, remember to contact a TRU-OL librarian and/or your Open Learning Faculty Member.

Substitutions for readings are permissible.

Criteria for Grading Assignments

Your assignments should be independently developed and reflect your best efforts. The grade that is assigned to your assignment work will be based on evidence that you have:

- Addressed the questions or assignment posed.
- Developed responses that are clear, well-reasoned, original, and demonstrate critical thinking.
- Used specific rationale and examples to support your answer.
- Demonstrated a clear understanding and application of the course material.
- Met university-level expectations for written communication, including logical organization and correct sentence structure, grammar, and spelling.

Please refer also to any additional criteria that may be included in this individual assignment.

Note: Use the American Psychological Association (APA) documentation style to format your references.

Instructions

Choose only *one* of the following options for Assignment 3 and write an essay of about 1500 words, approximately seven to eight double-spaced, typewritten pages.

Option 1: Health and Caregiver Burden

Sarah's dad has dementia and Sarah wants to take him into her home and care for him. However, this change in living arrangements may be particularly challenging for his daughter because she must sacrifice some of her own activities to care for him. For example, she may be still caring for her own children, and she is also growing older. In this assignment, you will think about how the older and the younger person coordinate their everyday life activities and how they deal with them in their experience of caring for one another and sharing their lives.

Read Chapter 3 “Health and Health Disorders” of your textbook, and any other available current information. Also, review Chapters 5 and 6; in Chapter 5, pages 118-119 are particularly relevant. As well, review the information you studied in Module 2.

Recommended Readings:

(Substitutions for readings are permissible)

Cations, M., Laver, K. E., Crotty, M., & Cameron I. D. (2018). Rehabilitation in dementia care. *Age and Ageing*, 47(2), 171-174. DOI: 10.1093/ageing/afx173 (TRU Library)

Gale, S. A., Acar, D., & Daffner, K. R. (2018). Dementia. *The American Journal of Medicine*, 131 (10), 1161-1169. DOI: 10.1016/j.amjmed.2018.01.022 (TRU Library, search by Journal title)

Haapala, I., Biggs, S., & Kurrle, S. (2018). Social aspects of dementia and dementia practice. *International Psychogeriatrics*, 30(11), 1579-1581. DOI: 10.1017/S1041610218001655 (TRU Library)

Wu, Y. T., Clare, L., Jones, I. R., Martyr, A., Nelis, S. M., Quinn, C., Victor, C. R., Lamont, R. A., Rippon, I., & Matthews, F. E. (2018). Inequalities in living well with dementia—The impact of deprivation on well-being, quality of life and life satisfaction: Results from the improving the experience of dementia and enhancing active life study. *International Journal of Geriatric Psychiatry*, 33(12), 1736-1742. doi.org/10.1002/gps.4998 (TRU Library)

Video:

TED. (2017, June). How my dad’s dementia changed my idea of death (and life)/Beth Malone/TED Residency, [Video File]. Retrieved from https://www.ted.com/talks/beth_malone_how_my_dad_s_dementia_changed_my_idea_of_death_and_life (CC BY-NC-ND 4.0)

After you complete the readings and view the video, write an essay that includes answers to the following:

1. Define dementia and give your experience of it. (30 marks)
2. In the movement from cure to care, how do the psycho-social dimensions make a difference to those living with dementia? (30 marks)
3. How is dementia treated differently in urban and rural areas? (20 marks)
4. Why has multi discipline rehabilitation not been typically offered in dementia? (20 marks)

Option 2: Stress in Adulthood

For this assignment, create a hypothetical adult of any age and provide a brief background description of that person in about 200 words. Describe the individual’s gender, age, race, personality, socioeconomic status, and physical and mental health. Men and women have different sources of stress and different reactions. Men respond with “fight or flight” and women respond with “tend and befriend.” As you answer the questions in this assignment, consider the impact that a major life event, such as an earthquake, might have on the individual you created.

Read Chapter 10 “Stress, Coping, and Resilience” of your textbook and any other available current information.

Recommended Readings:

(Substitutions for readings are permissible)

Almeida, D. M., Piazza, J. R., Stawski, R. S., & Klein, L. C. (2011). The speedometer of life: Stress, health and aging. In K. W. Schaie & S. L. Willis (Eds.). *Handbook of the psychology of aging*, (7th ed., pp. 191-206). San Diego, CA: Elsevier Academic Press. (TRU Library - Online Access)

Reed, S. C., Haney, M., Manubay, J., Campagna, B. R., Reed, B., Foltin, R. W., & Evans, S. M. (2019). Sex differences in stress reactivity after intranasal oxytocin in recreational cannabis users. *Pharmacology Biochemistry and Behavior*, 176, 72-82. <https://doi.org/10.1016/j.pbb.2018.11.008> (TRU Library)

Youssefa, R. F., Bachewa, R., Bissessar, S., Crockett, M. J., Faber, N. S. Sex differences in the effects of acute stress on behavior in the ultimatum game. *Psychoneuroendocrinology*, 96, 126-131. <https://doi.org/10.1016/j.psyneuen.2018.06.012> (TRU Library)

After you complete the readings, write an essay that includes answers to the following:

1. Describe the type of stress the individual would face as well as the effect that this stress would have on his or her well-being. Describe the gender differences in response to stress. (40 marks)
2. What coping strategies could the individual rely on to work through his or her experience? How would these be beneficial? (40 marks)
3. Do you think the individual would be more or less affected by the event if he or she was younger or older? Explain. (20 marks)

Submission Instructions

Carefully read the Assignment Submission Instructions. As soon as you complete Assignment 3, submit your document to your Open Learning Faculty Member.

Submission status

Attempt number This is attempt 1.

Submission status No attempt

Grading status Not graded

Last modified -

Submission comments [▶ Comments \(0\)](#)

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You have not made a submission yet.

[◀ The impact of gender and grandparenting on psychological well-being: The purpose in life](#)

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