



Aging People: Personal Statement

Topic: Sociology | Words: 1226 | Pages: 4

Early Adulthood

People have difficulties on their path to maturity, and they need the constant presence of lively and energetic young adults. In my early adulthood, I will concentrate on developing my travel abilities and need to complete this adventure stage. The capacity to adapt to change is crucial, as is building a community of people with whom to connect and avoid the loneliness that so frequently comes with becoming older. I will also underscore the importance of building connections that will make me happy in my life. Pipher (2020) says that women's friendships, in particular, may provide consolation and pleasure and that companions and families can provide safe zones for individuals whose unions have endured into old age. As the author claims, one of the main advantages of old age is the loss of "false identities" held earlier in life and the development of a complete and authentic self (Pipher, 2020). Caring in this book is guaranteed to appeal to women in their fifties and sixties. In my instance, I have no prior experience with middle adulthood and hence have no more information.

Middle Adulthood

Life gets increasingly challenging for women transitioning from mid-thirties to old age. As the community undervalues images of women and brains, loss, including death, is becoming the new norm. In general, this is the period when I must accept my identity. Pipher (2020) observes that she completely embraces her identity when a woman ages. It is critical to figure out how to appreciate your previous position more proactively and

Personal Essay On Aging

Roman Wölfel



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