



Journey of Adulthood

Barbara R. Bjorklund

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Journey of Adulthood Details


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Author : Barbara R. Bjorklund

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Kath says

Excellent text for Adult Development.

Theresa says

a required psychology text, to focus on the journey to adulthood, and aging

Karen says

Bjorklund's textbook, which is in the 7th edition, gives a comprehensive overview of the adult life span. She presents a conversational tone while at the same time summarizing and synthesizing hundreds of studies dealing with a broad number of topics. Here are her chapter titles:

1. Introduction to Adult Development
2. Physical Changes
3. Health and Health Disorders
4. Cognitive Abilities
5. Social Roles
6. Social Relationships
7. Work and Retirement
8. Personality
9. The Quest for Meaning
10. Stress Coping, and Resistance
11. Death and Bereavement
12. The Successful Journey.

She draws on the work of economists, sociologists, psychologists, epidemiologists, gerontologists, and more. I purchased this as a textbook for my Psychology of Aging class, but I'm keeping it around as a resource. Note that it gives equal treatment to young adults and midlife adults as well as older adults. Many outcomes for older adults are established during earlier decades, so I found it quite pertinent to my interest in gerontology.

Matt says

textbook for my adult aging, death and dying class. Insightful and helpful. Not a bad read for a textbook.

Sarah Beth says

I read this text book as part of my master's program for a call entitled "Adult Development: Emerging Adulthood and Beyond." This text covers numerous aspects of adult life from young adulthood through death and bereavement. Topics covered include physical changes, health and health disorders, cognitive abilities, social roles, social relationships, work and retirement, personality, the quest for meaning, and stress and coping.

This book is written in a very conversational style, with the author frequently sharing her own opinion, and anecdotes from her own life. For example, in the first chapter, the author shares her own adult experiences including her experience with motherhood at a young age and re-entering education at a much later age than the majority of her peers. In fact, each chapter of the book starts out with an individual's story on some aspect related to adult development. I really enjoyed the personal quality this gave the book. Overall, I really enjoyed this text and the accompanying class, particularly because it is something that everyone can relate to personally. I feel fortunate to have read it in my 20s, since many aspects of the book regarding adult life lie ahead of me, meaning I can now anticipate stages of my adult life based on themes identified in this text.

Several chapters I found really interesting included the one on social relationships, which described how daughters are the most frequent caregiver of aging parents, and sisters are the ones who provide the glue for a family network. It was also fascinating reading some of the risk factors for unhappy marriages and divorce, which include: having divorced parents, having lived together before marriage, knowing each other only a short time before getting married, and having a hard time communicating. Further, it was interesting to see that the three types of stable or enduring marriages are validating marriages, volatile marriages, and avoidance marriages, compared to the more divorce-prone hostile negative marriages and emotionally unexpressive marriages. I also enjoyed the chapter on trends in work and retirement, especially the details on women's careers.

This text does a good job of remaining positive. The unfortunate side of adult development is most of it is ultimately downhill. Adults progressively lose physical and cognitive abilities and ultimately die. However, although much of aging process is dictated by our genetics and uncontrollable circumstances, Bjorklund points out that we also have a hand in our aging process with lifestyle choices. Aging and growing older is part of life, yet Bjorklund illustrates that we can each age well. By laying bare the realities of adult life, it seems less overwhelming, and more like a normal and natural progression.

Sidong says

Our lives are subject to the influence of many factors: some we can control but some we can't. All the trends and findings in the textbook are important and informative, but it does not give many practical lessons. Life is never easy because things can happen at any stage of life. Suffering is a more common theme. I hope I will have "the serenity to accept the things we cannot change, the courage to change the things we can" when things do come.

#YOLO so let's live it to the fullest. Don't waste any moment. Be true to yourself. Find meaning. Make Impact. Then enjoyment and satisfaction will come as a byproduct.
