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Life span Stages Interview

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Life span Stages Interview

Introduction

Human beings experience different life spans through stages from pregnancy to old. Late adulthood life span begins at the age of 65 years, and individuals in this age bracket need to find satisfaction in their lives instead of being discontented. The late adolescent stage is from 14 to 18 years. It is a stage where one is neither a child nor an adult. The paper will discuss late adulthood and late adolescent life span stage between two interviewees, James and Emily.

Interview

James is 67 years old and is in his late adulthood and is Caucasian. Emily is a 16-year-old African American girl in her late adolescent years.

Student's Name: Thank you, James and Emily, for gracing my interview today. As discussed earlier, this session will be about the life stage you are currently in. My first question for you is, do you consider yourself to be part of young adulthood or middle adulthood. If yes, why do you think so?

James: Thank you for having me (student's name). I do consider myself to be a part of late adulthood because of my age. My middle adulthood days were more than twenty years ago now that I am 67 years of age and I try to exercise regularly to stay fit [chuckles] and lead a healthy lifestyle since I have diabetes.

Emily: Hi (student's name). Thank you as well for having me. I would have considered myself to be a part of young adulthood, but I am not yet there because I am in my late adolescent years.

Student's Name: Okay, based on your responses, James, you are in the young-old category because you are still active and relatively healthy as you manage diabetes. Your life is similar to that of middle-aged adults since you are aging normally. Emily, on the other hand, you are in a

life stage where you are figuring out your identity while trying to be independent. Can you relate to these sentiments?

Emily: That is a fascinating point of view. Yes, I do relate to the point you have stated in my category. At this stage, I am trying to find myself, know what I like to do, which friends I would like to hang out with, longing for acceptance, and support from my family and society.

James: I do relate to my life now being that of a middle-aged adult because having experienced that stage, it is what shaped me to be who I am today hence the similarities. I am still fit to work every day and exercising, as well.

Student's Name: Great. James, have you ever experienced ageism or midlife crisis?

James: Yes, I have experienced ageism. When I was 42 years old, my company denied me a promotion opportunity because of my age. They considered my management skills to be outdated, so they gave that opportunity to a younger candidate. I was very disappointed since I was qualified for that position.

Student's Name: That was intense. I am glad you were able to come out of it. What challenges do you face at your current life stage, and are they common to other individuals in the same life stage?

Emily: Well, I would say negative peer influence is the main challenge I have faced, and almost every other late adolescent is probably going through it. It is easy to be swayed by beliefs because of self-identity issues and wanting to belong.

James: The challenge I have experienced so far is a weak immune system. It is not as strong as it was when I was young. Most of my friends have contracted cardiovascular diseases.

Student's Name: Thank you so much, James and Emily, for your time.

Topics Discussed

In this interview, we discussed two life span stages; late adulthood and late adolescent stage. We also discussed ageism and how James experienced it at his previous workplace when he was 42 years of age. Lastly, we were able to address challenges both individuals face in their current life stages. For late adolescents, most experience negative peer influence because of self-identity crisis since it is a stage where one is figuring out who they are and what they identify with (Libby & Trumpler, 2020). As for late adulthood, most of them suffer from weak immunity due to old age (Ziaei & Fischer, 2016).

I did not learn anything new from the interview session I had with James and Emily because the information was based on what we studied in class. Psychologists have been accurate in identifying and classifying the different life stages because they have been able to differentiate these stages through experience and challenges of their clients.

In a nutshell, having discussed late adulthood and late adolescent life span stage between two interviewees, James and Emily, I found out that they experience different things because of their age difference and current life stage.

References

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