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Autore	Craciun Irina Catrinel
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1: Introduction: Applying Positive Psychology Principles to Foster Development in Midlife and Older Age -- Chapter 2: A Change in Paradigm: From Disengagement Theory to Positive Ageing Models -- Chapter 3: Thinking about Development: Defining Criteria, Exploring Processes, and Evaluating Change -- Chapter 4: Interventions at the Crossroad: From Preventing Decline to Fostering Growth -- Chapter 5: Physical Development in Midlife and Older Age: Promoting Health as an Individual Asset -- Chapter 6: Cognitive Development in Midlife and Older Age: From Neuroplasticity to Self-efficacy and Positive Views on Ageing -- Chapter 7: Social Development in Midlife and Older Age: How Social Roles and Relations Shape Personal Growth -- Chapter 8: Emotional Development in Midlife and Older Age: Are We Happier with Age? -- Chapter 9: Personality Development in Midlife and Older Age:

Mission Impossible or a Necessary Goal for Positive Ageing? -- Chapter 10: Addressing Ageism and Development in Midlife and Old Age -- Chapter 11: Love Knows no Age: Fostering Romantic Relationships in Midlife and Older Age -- Chapter 12: Sexuality and Development: Towards a Fulfilling Sexuality in Midlife and Older Age -- Chapter 13: The Quest for Happiness: Applying Positive Psychology Principles to Foster Happiness in Midlife and Older Age -- Chapter 14: Addressing Loneliness in Midlife and Older Age: Increasing Social Skills and Connectedness -- Chapter 15: Grandparent Roles: Potentials and Pitfalls for Development -- Chapter 16: Coping with Pain: Potential for Development in Midlife and Older Age -- Chapter 17: Anxiety Disorders in Older Age: Prevention and Intervention from a Positive Psychology Perspective -- Chapter 18: Depression in Old Age: Prevention and Intervention from a Positive Psychology Perspective -- Chapter 19: Suicide Prevention in Older Age: A Positive Psychology Viewpoint -- Chapter 20: Designing Positive Psychology Interventions for Death Preparation and Bereavement Among Older Adults -- Chapter 21: Conclusion: Ageing and Development from a Positive Psychology Perspective.

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### Sommario/riassunto

This handbook integrates and discusses a growing evidence base concerning individual development across middle and late adulthood. The book includes a comprehensive analysis of what growth implies within midlife and older age and considers how different developmental areas are intertwined (i.e., physical, cognitive, social and emotional development as well as personality growth). As the gap between theory and practice still constitutes an issue in developmental research, the handbook also aims to provide illustrative examples of prevention and intervention from a positive psychology perspective. These were selected to represent a variety of topics, relevant for individual development where research informs practice, ranging from happiness, grandparenthood, love and sexuality to loneliness, depression, anxiety, suicide prevention and coping with death. This handbook is a must-have resource for students and researchers working in developmental psychology, health psychology, gerontology and, public health. It will also be of interest to practitioners such as counsellors, life coaches, psychotherapists, organizational psychologists, health professionals, social workers or public health planners.

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