Discussion 2 - Week 3

Discussion 2: Characteristics of Midlife Crises

Picture someone standing in the middle of a bridge. First, they look back at where they have been and what they have done along the way to that point; then they look forward, seeing what little space they have left to travel and considering the extent they will be able to make the journey meaningful. If the bridge represents life, the person stuck in the middle, in a period of uncertainty and evaluation, is someone in a midlife crisis.

The phenomenon is often portrayed in popular media: a middle-aged man buys a sportscar, has an extramarital affair, and begins socializing with the younger generation. But what exactly is a “midlife crisis,” and why does it occur? While some researchers question the term, stating that such crises are not necessarily limited to midlife, it is believed to be experienced by a sizable segment of the population. However, the crisis may look different from person to person.

For this Discussion, you describe a midlife crisis and how biology, psychology, and sociology interact to create the phenomenon. You also envision yourself as a social worker addressing this phenomenon with a client.

To Prepare:

Review the Learning Resources on midlife and middle adulthood.

Consider the phenomenon of a midlife crisis, its characteristics/features, and how it may vary for people of different genders.

Post a description of the characteristics/features of a midlife crisis, including the different experiences in terms of gender. Explain how biology intersects with psychology and social factors in this phenomenon and provide an example. Then, explain how you as a social worker could help a person navigate a midlife crisis.