

## GERO NOTES

### ~social support

- instrumental support: tangible aid
- emotional support: relationship qualities
  - +caring, companionship, advice
- Affirmation: knowledge one's beliefs are similar to others
- different network members provide deff. types of support

### ~ Social Convoy

- Innermost circle: closest ties; family, close friends
- middle circle: less close relationships; extended family, friends
- outermost circle: acquaintances

### ~networks

- Women: larger networks, receive support, greater relationship burden
- Men: smaller networks, wife primary confidant; less support from friends
- Size of network decrease with age
- little change is the quality of support received
- members of network change? why?
  - +fewer social roles (ie, retirement), death, distance

### ~Why do we engage in relationships?

- knowledge-focused-to acquire knowledge of the social world
  - +ex. potential partners, career
- emotion-focused
  - +regulate emotion, maintain intimacy

### -Perception of time

- predicts which social goals individuals actively pursue
- see time as expansive
  - +future oriented
  - +pursue knowledge focused goals
  - +desire large varied networks
- see time as limited

- +present oriented
- +pursue emotion focused goals
- +highly selective network

#### ~Benefits of social relationships

- provide critical resources
  - +affection, info, advice, transportation, assistance, finances, healthcare
- important for mental and physical well being
  - +having social supports helps live longer
- social partners influence health behaviors
  - +encourages support
- Coping with life events
  - +buffer us from stress
  - +reduce problem behaviors
- critical for avoiding institutionalism

#### ~Negative relationship effects

- consider overlap between 2 diagrams
- close relationships also source of intense negative feelings
- excessive support=unwarranted dependancy
- influence negative health behaviors
- negative social interactions damaging to health
- more profound effect on health than positive exchanges
- relationships can also be a source of stress

#### ~informal support: friends is later life

- friendships important at every age
- valued network members; often overlooked
- voluntary tie; often higher quality relationships
- source of pleasure and satisfaction
- provide emotional support, practical advice, comfort and companionship
- older adults spend more time w/ friends
- positive friend support=better health/ mental health

~ THE EMPTY NEST

- myth or reality?
- parent's are depressed when children leave home?

~Reality of empty nest

- generally a positive time
- greater freedom and opportunity
- satisfaction increases; privacy; time together
- other factors (e.g. poor marital quality) contribute to negative effects

~Do all nests stay empty?

- boomerang children
- Who comes back
  - +never married
  - +separated or divorce
  - +financial crisis

~What makes a successful marriage?

- commitment
- intimacy balance w/ autonomy
- communication
- effective conflict management

~Issues in long-term marriage

- chronic disease
- family caregiving responsibilities
- loss of loved one

~Marriage in later life

- marital satisfaction peaks in late adulthood
- why?
  - +more time together
  - +less stress
  - +less conflict
  - +increased fairness
  - +greater emotional understanding