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Developmental Psychology

The Truth about Midlife Crisis

A midlife crisis is the stage, usually happening in middle adulthood, of uncertainty upon the realization that life is finite (Feldman, 517). When people think about midlife crisis, people think about people doing something completely out of character and so different than what they usually do. Much of the time, a midlife crisis comes with a bad connotation. People are always developing and learning new things everyday. Sometimes people choose to look at the world in a certain perspective, and may not think about how their life is passing by. Realization may come late for these people, and when that realization comes, they try to make the most of their lives. There are certain stressors which can lead up to a midlife crisis, however these stressors are “overload” stressors which can influence the way that the person is viewing their life (Clay, 2003). Like everything else, a midlife crisis is just a part of human development. Some people may not go through this stage of development, some may go through it earlier and some later, however, it is not so uncommon in human development.

Resources

Clay, R. (2003). Researchers replace midlife myths with facts. Retrieved October 22, 2020, from <https://www.apa.org/monitor/apr03/researchers>

Feldman, R. S. (2016). Development Across the Life Span (8th ed.). Boston: Pearson.