



## **Introduction of Motivation**

The term motivation is derived from the word motive. The word motive as a noun means an adjective, as a verb this word means moving into action.

Motivation is a step by step process that prompts an individual into action. It is a process of stimulating people to attain desired goals. Motivation motivates a person to move forward. People often become mentally endangered due to their own handicaps. Than this motivation automatically removes a person's mental fatigue.

Motivation helps people to express their willpower. It gives motivation to work with determination to achieve goals. Motivation causes you to respond with some action. It is a press of inducing, inspiring, organizing and stimulating.

## **Meaning of Motivation**

Motivation is a drive which directs the to do the purposed job. Nobody moves a yard or a inch without any reason or drive. We eat three times a day. For hunger we drink several times a day for thirst. We go to market for shopping. We go to cinema to watch and enjoy the movie. We move to play for pleasure. Even we talk with others for our necessity and so on. Human behavior is a caused behavior in this regard (Davis, 1977)

Motivation is a process of stimulating people to attain desire goals. Because motivation comes from within the person, a manager cannot directly motivate subordinates. But he can create an environment that maximizes the development of human potential.

The word motives are commonly used to mean motivation. Generally motivation is made up of motives or drives. Motives are expressions of a person's needs. Hence they are personal and internal. Incentives are external. Motives are inferences from observations of behavior. They are powerful tools for the explanation of behavior and they allow us to make predictions about future behavior. Motives are the dynamos of human behavior.

Motivation is a causative factor persistence is a sign of motivation we will mobilize all our energies in motivation interest is only a complementary factor or helping factor.

## **Definition of Motivation**

**According to Stephen P.Robbins:**

Motivation is defined as the “processes that account for an individual’s intensity, direction and persistence of efforts towards attaining a goal.

### **According to W.G Scott:**

Motivation means a process of stimulating people to action to accomplish desired goals.

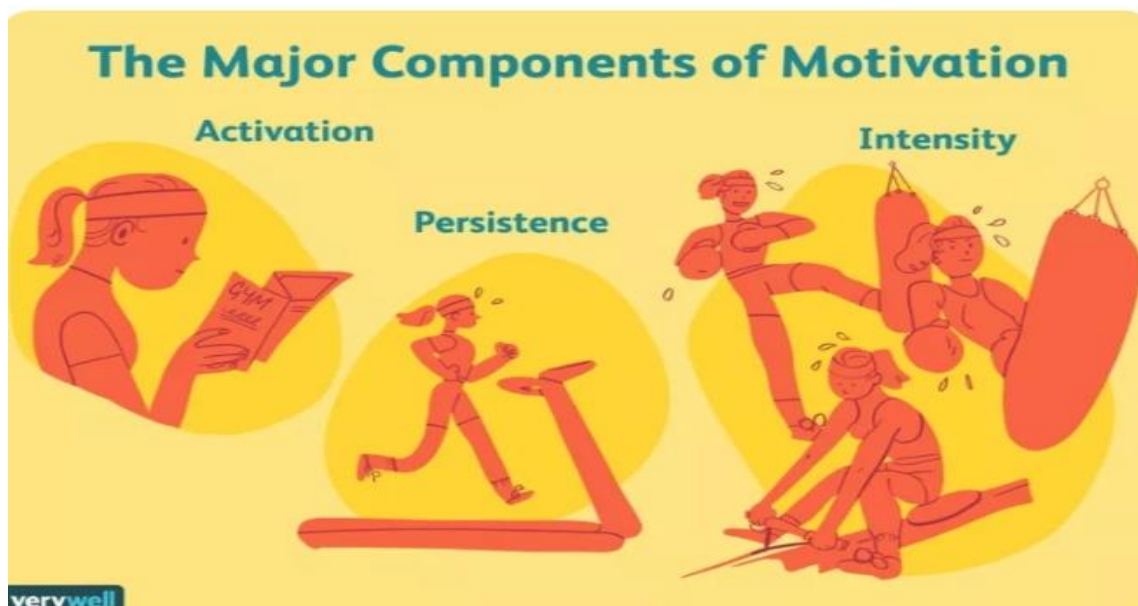
### **According to Morgan and King:**

Motivation refers to the states within a person or animal that drives behavior toward some goal

### **According to Michal J.Jucius:**

Motivation is the act of stimulating some one o oneself to get a desired course of action or to push the right bottom to get a desired reaction

## **Components of Motivation**



**Figure : Components of Motivation**

There are three major components of motivation-

1. Intensity
2. Persistence
3. Activation

### **1.Intensity:-**

Intensity can be seen in the concentration and vigor that goes into pursuing a goal.

### **2. Persistence:-**

Persistence is the continued effort toward a goal even though obstacles may exist. An example of persistence would be talking more psychology courses in order to earn a degree although it requires a significant investment of time, energy and resources.

### **3. Activation:-**

Activation involves the decision to initiate a behavior such as enrolling in a psychology class.

The four components of motivation are- need, drive, response and goal. When you hungry there is a need food because your earlier intake of food is used up. The need for food caused you to feel hungry which is the drive which pushed you to find food. This is called drive. A biological need creates an aroused state (on dive). The psychological aim of drive reduction is homeostasis. This drives caused you to respond with some action which in this case was finding food which was your response. Actual eating was your goal.

## **There are three kinds of motives-**

- **Primary motives**
- **Stimulus motives**
- **Secondary or learned motives**

- **Primary motives:**

Primary motives are essential for survival. They must be satisfied first before we can take up any other activity. Primary motives come to action when the physiological balance of the body is upset. This balance is called homeostasis.

- Hunger or thirsty drive-

When an organism experiences hunger or thirst. Certain biological change occurs in the body. Once the hunger or thirst is fulfilled, the physiological balance or homeostasis is restored. Respiratory drive is the drive for air or oxygen. If oxygen supply is not there even for a moment, it may result in brain damage, loss of memory and loss of control on one's body.

- Sleep drive-

Sleep drive occurs usually at regular intervals for a person. Lack of sleep or inadequate sleep over long periods can result in confusion, attention deficit, muscle tremors and increased sensitivity to pain. The metabolism rate drops during sleep regenerating energy.

- Drive for elimination of wastes-

When the bladder or intestine becomes distended when wastes material, they cause pressure and discomfort. The person becomes restless until the waste materials are eliminated and pressure relieved.

- Sex drive-

Sex drive is considered a biological drive since it is dependent on physiological conditions. Unlike hunger and thirst, sex is not essential for survival of the individual but is necessary for the survival of the species.

- Maternal drive-

Maternal drive behavior is instinctive in nature. It is unlearned. Physiological drive causes maternal behavior. Maternal drive is caused by prolactin, a hormone secreted by pituitary.

- **Stimulus motives:**

Stimulus motives place a premium on obtaining information about the environment and depend more on external stimuli than on internal states.

- Exploration and curiosity-

Exploration and curiosity are motives activated by the unfamiliar and directed toward the goal of discovering how the world works. Psychologists disagree on the nature and causes of curiosity, but it has been linked to creativity.

- Manipulation and contact-

Humans and primates need to manipulate object to gain both fictile information and a sense of comfort.

Contact the need for affection and closeness, is another important stimulus motive. Although manipulation requires active “hands on exploration, contact may be passive.”

➤ **Social motives:-**

Human life has not only just biological aspect but also social aspect. Hence human behavior is activated by the following social motives.

1. Achievement motives
2. Affiliation motives
3. Aggression motives
4. Power motives
5. Curiosity motives

These are called social motives since they develop as a result of relationship with people.

- Achievement motives-

There refer to a drive towards some standards of excellence. People with high level achievement motives prefer tasks that would promise success and are moderately difficult. David C McCall and has found that while high achieves tend to succeed, low achievers tend to avoid failures.

Children whose parents have accepted their independents tend to became high achievers. While those of overprotective patents tend to become low achievers. Children learn by coping the behavior of their parents and other important people in their lives who serve as models. The parental expectations also develop achievement motivation in children.

- Affiliation motives-

Man cannot exist in isolation. The need to be with other people is known as affiliation need. This need is revealed through ones attraction to others friendship. They make more local phone calls, visits and seek approvals of others.

Need to rely on others which is called dependency motive is one form of the need for affiliation. When little children are frightened, they seek others to comfort them. This kind of experience in early life makes one seek the friendly company of others when faced with anxiety and fear.

- Aggression motives-

Intense frustration after high expectations. Verbal and nonverbal insults, fear and anxiety can trigger aggression. Television and cinema depicting violence can make youngsters model themselves to aggressive behavior.

Psychoanalysts maintain that each individual as part of his biological inheritance possesses destructive death urges as well as constructive life urges. In most of us, a favorable balance exists between life and death urges. So that kindness triumphs over cruelty. Social learning (modeling), classical conditioning and instrument conditioning are the ways in which hostile aggression may be learned.

- Power motives-

Social power is defined as the ability of an individual to produce intended effect on the behavior or emotions of other people. Persons with power motives will be concerned with having impact, influence and reputation.

They exercise their power by joining political parties voluntary organizations, and associating themselves with prominent and popular men. They select jobs which have an impact on others and dominate weaker sections of the society. They often try to convince others, play more competitive sports and tend to drink more.

- Curiosity motives-

Almost all individuals have a desire to have some standing position among the people of his society or group. Nobody likes to be considered inferior. Efforts to achieve a rank in the hierarchy of the group are present not just in human beings, but even among birds and animals, e.g.- “pecking order” among hens.

## **Theory of Motivation**

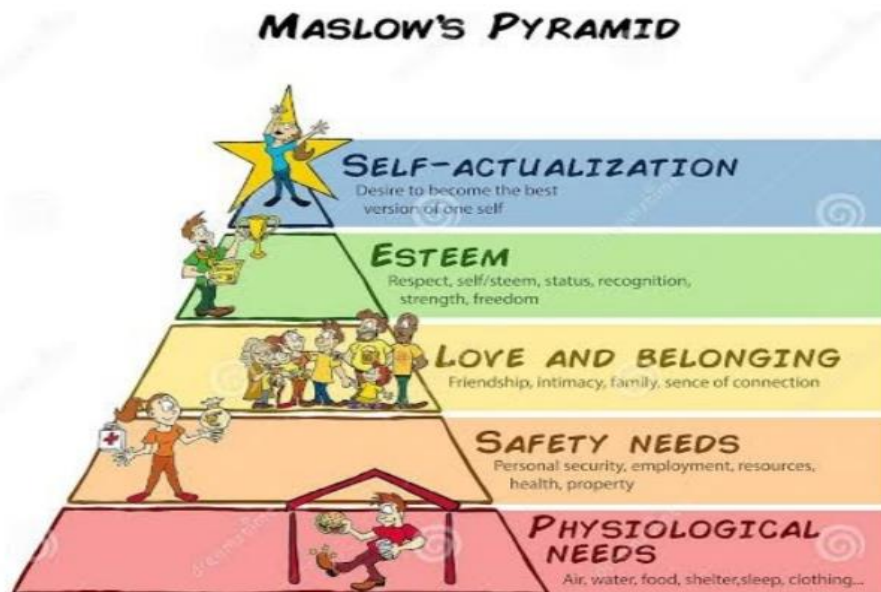
### **Definition:**

Motivation theory is the study of understanding what drives a person to work towards of a particular goal or outcome. It's relevant to all of society but is especially important to business and management. That is because a motivated employee is more productive and more productive employee is more profitable.

There are four motivation foundational theories of motivation which include: Maslow's Hierarchy of Needs, Herzberg's Two-Factor Theory, McClelland's Three Needs Theory and McGregor's Theory X, Theory Y. Motivation is a huge field of study. Psychologists have proposed many different theories of motivation. But most famous four motivational theories include the following:-

### **Maslow's Theory of Hierarchical Needs-**





By

***Figure : Maslow's Hierarchy Needs***

Abraham Maslow postulated that a person will be motivated when all his needs are fulfilled. People do not work for security or money. But they work to contribute and to use their skills. He demonstrated this by creating a pyramid to show how people are motivated and mentioned that "one cannot ascend to the next level unless lower-level needs are fulfilled.

Below the Hierarches of needs:

- **Physiological needs:** Physiological needs are basic needs for survival such as air, sleep, food, water, clothing, sex and Shelter.

- Safety needs: Protection from threats, deprivation and other dangers (e.g.: Health, Secure employment and property).
  
- Social (belongingness and love) needs: The need for association affiliation, friendship and so on.
  
- Self-esteem needs: The need for respect and Recognition.
  
- Self-actualization needs: The opportunity for personal development, learning and fun/ creative/ challenging work. Self- actualization is the highest-level need to which a human being can aspire.

### **Psychoanalytic Theory by Sigmund Freud:**

Motivation is due to a combination of biological factors, external forces and unconscious phenomenon.

Our actions are determined by the inner forces on impulses, often operating below the level of consciousness. Freud believed that all behavior stemmed from two opposing groups of instincts, the life instincts (Eros) that enhance life and the death instincts that push towards destruction. Activities to satisfy hunger, thirst, sex etc. are life instincts. Activities to satisfy aggression and destructive tenders are death instincts. Life activities are interaction of life and death instincts. The energy of the life instinct is the libido which involves mainly sex, and related activities are interaction of life and death instincts.

Freud also emphasized the powerful role of unconscious motives in human behavior. He pointed to several forms of behavior through which unconscious motives are expressed:-

- In dreams, we often express wishes and impulses of which we are unaware unconscious mannerisms, slips of pen and tongue, our irrational fears of Specific objects or phobias reveal hidden motives

- Our chronic headaches, is insomnia gastric troubles for which there are no physical or organic reasons, show the unconscious needs of the person.

### **McClelland's Theory of Needs:-**

McClelland affirms that we all have three motivating drivers, which do not depend on our gender on age. One of these drives will be dominant in our behavior. The dominant drive depends on our life experiences.

The three motivations are:-

- **Achievement**: A need to accomplish and demonstrate own competence. People with a high need for achievement prefer tasks that provide for personal Responsibility and results based on their own efforts. They also prefer quick acknowledgement of their progress.
- **Affiliation**: A need for love, belonging and social acceptance. People with a high need for affiliation are motivated by being liked and accepted by others. They tend to participate in social gatherings and may be uncomfortable with conflict.
- **Power**: A need for controlling own work or the work others. People with a high need for power desire situations in which they exercise power and influence over others. They aspire for positions with status and authority and tend to be more concerned about their level of influence than about effective work performance.

### **McGregor's Theory X and Theory Y Theory of Motivation**

**Theory X**: Managers who accept this theory believe that if you feel that your team members dislike their work, have little motivation, need to be watched every minute and are incapable of being countable for their work, avoid responsibility and avoid work whenever possible. Then you

are likely to use an authoritarian style of management. According to McGregor, this approach is very "hands-on" and usually involves micromanaging people's work to ensure that gets done properly.

Theory Y: Managers who accept this theory are willing to believe that if people work without supervision take pride in their work, see it as challenge and want to achieve more. They can direct their work and effectively by themselves. These managers use a decentralized Participative management style.

## **Characteristics of Motivation**

Unending process- Human wants keep changing and increasing.

A psychological concept- Motivation deals with the human mind.

Whole individual is motivated- As it is based on the Psychology of the individual.

Incentives that drive motivation be monetary may be monetary or non-monetary.

Motivation can be positive or negative. Positive motivation uses incentives like pay rise, praise trophies etc. Negative motivation means. Emphasizing on penalties i.e. it is based on the force of fear. Example - Demotion, termination.

Motivation and job satisfaction is different. Motivation is goal oriented behavior. Job satisfaction is the outcome of job performance.

## **Process of motivation**

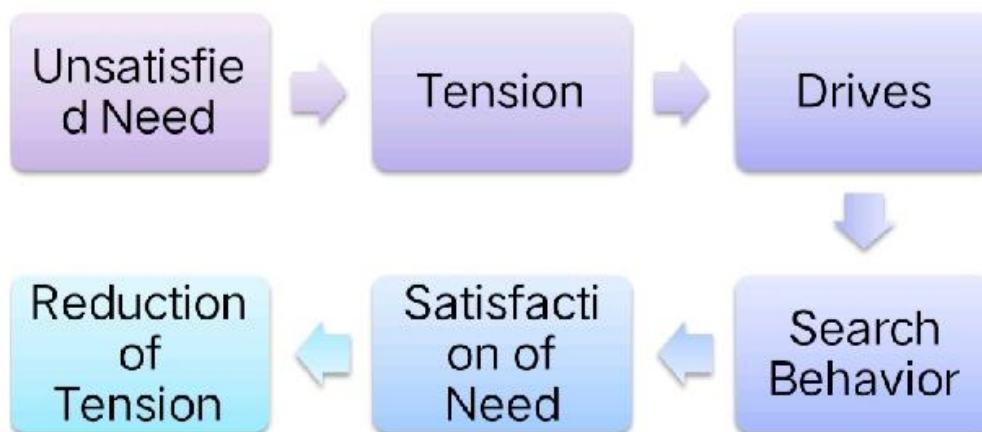
It is a process by which a person's efforts are energized, directed and sustained towards attaining the goal.

Energy - A measure of intensity or drive.

Direction - Towards organizational goal

Persistence- Exerting scored to achieve goal

**Diagram of motivation Process:**



**FIGURE:** MOTIVATION PROCESS.

Unsatisfied need: motivation Process begins when there is an unsatisfied need in a human being.

Tension: The Process Presence of unsatisfied need gives him tension.

Drive: This tension creates on urge of drive in the human being when he starts looking for various alternatives to satisfy the drive.

Search Behavior: After searching for alternatives to satisfy the drive.

Satisfied need: After behaving in a particular manner for a long time then he evaluates that whether the need is satisfied or not.

Reduction of tension: After fulfilling the need the human being gets satisfied and his tension gets reduced.

For example, if an employee develops a need to earn more, this need will make him restless and he will start thinking how to satisfy his need. To satisfy his need he may think of working hard in organization and get promotion so he will start working hard.

## **Why motivation is important in nursing?**

Nursing is a sensitive career that plays an important role in society. It is a multi-skill career that should be rewarded because nurse is the eye of health care staff about patient's condition.

- Nurses are placed in a work which forces them to deal with pain, sickness, death and depression. They deal with human beings, no mistakes are allowed; it could be a patient life or the patient might be at risk for suffering. The nature of their work is tough and stressful, because of long working hours, shift working hours and they have to work during holidays and other occasion time, so they lose their normal life style.
- At the same time, the expression of feeling in front of the patient is not acceptable. The nurse should have the skills and abilities to deal with situations like doing care after death and be sympathy with the family of patient who died and continue her work with another patient having a smile on her face. It is the ability and the art of handling stress in positive attitude.
- Motivation works as supportive tool that enhances nurses to success and go along with their work. Motivating the nurse is not the only issue, but motivating them in a way having their sense of responsibility toward their work to ensure the safety of the patient.

## **Conclusion**

Motivation theories attempt to explain human behavior to help us understand it better. The motivation is the mechanism which ultimately influences people to behave in certain ways. Motivation is an inner drive to satisfy the human needs, expectations and desires. They help in the explanation of the different forces that push us to work and how certain factors influence our decisions on need and goals. It may be impact positive or negative techniques. But it depends on how he/she will fill his desire.

# **Sexuality & Sexual Orientation**

## **Introduction**

## **Sexuality:**

“When we feel the presences of the other sensuous being, even in the imagination, though our state of consciousness of that being, we find that this state of consciousness includes-really on potentially of sexual attraction in our case thus overcomes current as an extension backwards and in advance in time and pervaded by the exact or misunderstood the subjectivity of the being that attracts us.”

Sexuality is experienced and express through thoughts, fantasizing, wishes ‘beliefs, attitudes, values, activities, practice rules & relationship with others. Besides ourselves our sexuality is shaped by social relationship, health and economic system, Judiciary educational system and finally gender relationships. It is because of its exceptional importance for society and individual from the earliest to the present day, different structures of power seek to human sexuality and manipulate it. (Dr. Dinnerstein )

## **Sexual orientation:**

Sexual orientation refers to a person’s preference for sexual relationships with other sex (heterosexuality).Ones own sex (homosexuality) or both sexes (bisexuality)

The term also increasingly refers to transgender individuals, those whose behavior, appearance or gender identity (the person conception of as female, male, both or neither) departs from conventional norms.

Transgendered individuals include transvestites (those who dress in the clothing of the opposite sex) and transsexuals (those whose gender identity differs from their physiological sex and those who sometimes undergo a sex change) .A transgender women is a person who was born biologically as a male and become a women while transgender male is a person who was born biologically as a women and become man. As you almost certainly know gay is the common term now any homosexual individual in men and lesbian is common term used for women. All

types of sexual orientation just in linked or often collectively referred to by the shorthand LGBT (Lesbian, Gay, Bisexual, Transgender) As you almost certainly also know the term “STRAIGHT IS” used today as a synonym of hetero sexual.

### **Definition of sexuality:**

The noun sexuality can refer to sexual matters of all kinds. It often describes having sexual feelings. A novel about a teenager growing up may examine the awakening sexuality of its main character.

Sexuality also describes a person's sexual preferences and orientation — meaning whether you're gay or straight. Sexuality can refer to erotic experiences, but it can also be used broadly to refer to how organisms — whether human or animal — reproduce. There are scientists who exclusively study sexuality, from the mating habits of animals to the peculiarities of how humans pair up.

### **Types of sexuality**

<b>Heterosexual</b>	We all know this one It's the most "accepted" form of sexuality. Hetero means "other" or "different," so it classifies those who feel attraction to a sex different from their own.
	Homo means "same," so homosexual means liking someone of the same sex. This is probably the second most well-known orientation. Gay and



<b>Homosexual</b>	lesbian people generally fit into this category.
<b>Bisexual</b>	Bi means "two" and bisexual individuals feel attraction to those of both the same and different sex and gender. They are attracted to both females and males. Just because a man has only had relationships with women does not negate the attraction he may have to other men. Bisexual people are commonly erased in society because they don't fit into an either-or category. They are not 50% gay and 50% straight; they are bisexual.
<b>Pansexual</b>	Pan means "all," so pansexual people are attracted to all genders. It's similar to bisexual in that pansexual individuals are attracted to more than one gender; however, they can feel attraction to male, female, intersexual, gender-queer, transsexual and other gender identities. For people who identify as pansexual, gender is not a limiting factor in attraction because they are attracted to people of any sex or gender. The term "pansexual" is often used interchangeably with "omnisexual."
<b>Queer</b>	Queer is a very ambiguous word. It has many different definitions and uses, but here I will try to define it as simply as possible. Basically, a queer

	person does not conform to traditional gender or sexuality norms.
<b>Asexual</b>	Asexual people experience no or little sexual attraction. Asexual individuals can, however, feel a romantic and emotional attraction to someone. Many (but not all) asexual people can experience arousal, but it is not directed at anyone in particular. They can still engage in sexual activity and go on to have successful and meaningful relationships while not feeling sexual attraction to their partner.

**Q. Define impotence?**

**Q. Write down a short note on- Impotence.**

**Answer:**

### **Definition of Impotence**

Impotence is a common problem among men characterized by the consistent inability to sustain an erection sufficient for sexual intercourse or the inability to achieve ejaculation, or both

### **Causes of Impotence**

<b>Physical causes</b>	<ul style="list-style-type: none"><li>• Heart disease</li><li>• Clogged blood vessels (atherosclerosis)</li><li>• High cholesterol</li><li>• High blood pressure</li><li>• Diabetes</li><li>• . Obesity</li><li>• Metabolic syndrome-a condition involving blood pressure, high insulin level, body fat around the waist and high cholesterol</li><li>• Parkinson's disease</li><li>• Multiple sclerosis</li><li>• Certain prescription medications</li><li>• Tobacco use</li><li>• Peyronie's disease-development of scar tissue inside the</li><li>• penis Alcoholism and other forms of substance abuse</li><li>• • Sleep disorders</li><li>• Treatments for prostate cancer or enlarged prostate</li><li>• Surgeries or injuries that affect the pelvic area or spinal cord</li></ul>
<b>Psychological causes</b>	<ul style="list-style-type: none"><li>• Depression, anxiety or other mental health conditions</li><li>• Stress</li><li>• Relationship problems due to stress, poor communication or other concerns</li></ul>

## **Risk Factors**

Various risk factors can contribute to erectile dysfunction, including:

1. **Medical conditions**, particularly diabetes or heart conditions.
2. **Tobacco use**, which restricts blood flow to veins and arteries, can
3. **Over time** cause chronic health conditions that lead to erectile dysfunction
4. **Being overweight**, especially if you're obese
  
5. **Certain medical treatments**, such as prostate surgery or radiation treatment for cancer
6. **Injuries**, particularly if they damage the nerves or arteries that control erections
7. **Medications**, including antidepressants, antihistamines and medications to treat high blood pressure, pain or prostate conditions
8. **Psychological conditions**, such as stress, anxiety or depression
9. **Drug and alcohol use**, especially if you're a long-term drug user or heavy drinker

## **Complications**

Complications resulting from erectile dysfunction can include:

- An unsatisfactory sex life
- Stress or anxiety
- Embarrassment or low self-esteem
- Relationship problems
- The inability to get your partner pregnant
- 

## **Definition of Sexual Orientation**

Sexual orientation is an enduring pattern of romantic or sexual attraction for a combination of these to person of opposite sex or gender, the same sex or gender or to both sex's or more than one gender.

These attraction are generally subsumed under-

Heterosexuality

Homosexuality &

Bisexuality

While asexuality (the lack of sexual attraction to others) is sometimes identified as the fourth category

### **Definition of sexual response cycle**

The sexual response cycle refers to the sequence of physical and emotional changes that occur as a person becomes sexually aroused and participates in sexually stimulating activities, including intercourse and masturbation.

### **Four Distinct phase of male and female sexual response:**

The sexual response cycle has four phages:

1. Excitement
2. Plateau
3. Orgasm &
4. Resolution

Both men and women experience these phases, although the timing usually is different. For example, it is unlikely that both partners will reach orgasm at the

same time. In addition, the intensity of the response and the time spent in each phase varies from person to person. Understand one another's bodies and responses and enhance the sexual experience.

### **Phase 1:- Excitement:**

General characteristics of this phase, which can last from a few minutes to several hours, include the following:-

Muscle tension increase

Heart rate quickens and breathing is accelerated.

Skin may become flushed (blotches of redness appear on the chest and back)

Nipple becomes hardened or erect.

Blood flow to the genitals increases, resulting in swelling of the women's clitoris and Labia Minora (inner lips) and erection of the man's penis.

Vagina lubrication begins.

The women's breasts become fuller and the vagina walls begin to swell.

The man's testicle swell his scrotum tightens and he begins secreting a lubricating liquid.

### **Phase 2:-Plateau**

General characteristics of this phase, which extends to the brink of orgasm, include the following:-

a. The Changes begun in phase 1 are intensified

b. The vagina continues to swell from increased blood flow and the vagina walls turn a dark purple.

- c. The women clitoris become highly sensitive (may even painful to touch) and retracts under the clitoral hood to avoid direct stimulation from the penis.
- d. The man's testicles are withdraw from up into the scrotum.
- e. Breathing, heart rate and blood pressure continue to increase.
- f. Muscle spasms may begin in the feet, face and hands.
- g. Tension in the muscles increases

### **Phase 3:- Orgasm**

Orgasms are experienced by both male and females ending the plateau phase of the sexual response cycle. Organism is accompanied by a quick cycle of muscle contraction in the lower pelvis muscles which surrounded both the anus and primary sexual organs. Organisms are often associated with other involuntary actions, including Vocalization and Muscular spasms in other areas of the body and a generally euphonic sensation. Tantric Sex practices may seek to diminish the goal of achieving orgasm, which is frequently a common goal of sexual intercourse.

General characteristics of this phase include the following:

Involving muscle contraction begins.

Blood pressure, heart rate and breathing are at their highest rates, with a rapid intake of oxygen.

Muscles in feet spasm.

There is a sudden, forceful release of sexual tension.

In women, the muscles of the vagina contract the ureters also undergoes rhythmic contractions.

In men, rhythmic contractions of the muscles at the base of the penis result in the ejaculation of means

A rash or "Sex flush" may appear over the entire body.

### **Phase 4: Resolution**

The reduction phase occurs after orgasm and allows the muscle to relax, blood pressure to drop and the body to slow down from its exciting state. The refractory period which is part of the resolution phase, is the time frame in which usually a man is unable to orgasm again, though women can also experience a refractory period. This phase is marked by a general sense of well-being, enhanced intimacy and often fatigue. Some women are capable of a rapid return to the orgasm phase with further sexual stimulation and may be experience multiple orgasms. Men need recovery time after orgasms. The duration of refractory period varies among men and usually lengthens with advancing.

## **Reproductive system**

### **Definition of reproductive system:**

Reproduction is the process of production a new human of any other animal. It produces children for the survival of the species.

What do you mean by reproductive organ?

The reproductive organs are these organs both male and female those are concerned with reproduction.



**Reproduction organ are 2 types -**

1. External genital organ
2. Internal genital organ.

**Male external genital organs are bellow-**

1. penis
2. Scrotum

**Male internal genital organs are bellow-**

1. Testes
2. Epididymis
3. Vas deferens
4. Seminal vesicle
5. Ejaculatory duct
6. Prostate
7. Urethra

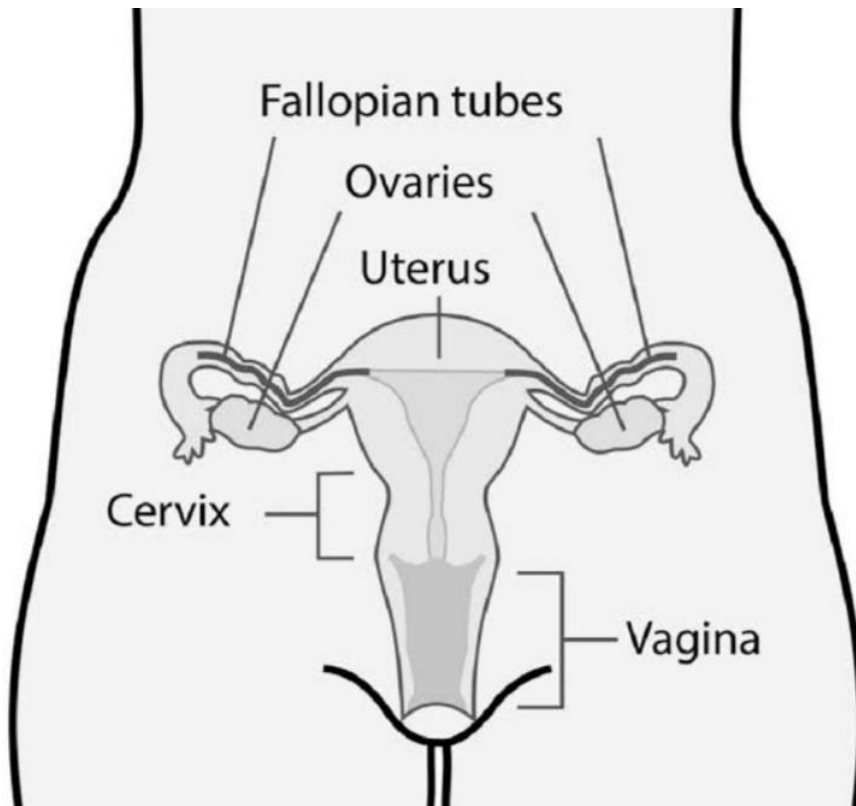
**Female external genital organs are bellow-**

1. Mons pubis
2. Labia majora

3. Labia minora
4. Clitoris
5. Vestibule of the vagina

**Female internal genital organs are as bellow-**

1. Ovaries
2. Vagina
3. Fallopian tubes
4. Uterus



**Figure : female internal genital organ**

## Life crisis



**Figure : Midlife Crisis**

**According to caplon,1961:**

"People are in a state of crisis when they face an obstacle to important life goals and obstacle that is for a time, insurmountable by the use of customary methods of problem solving."

**According to James & Gilliland,2001 :**

"Life crisis is a perception or experience of an event or situation as an intolerable difficulty that exceeds the person's current resources and coping mechanisms."

**According to Lillibridge and Klulken,1978:**

"An upset in equilibrium at the failure of one's traditional problem solving approach which results in disorientation, hopeless, sadness, confusion and panic

**In a vast way** we can say that Life crisis is a period of distress and major adjustment associated with a significant life experience, such as divorce or death of a close person. In studying relating health to life crisis, individuals experiencing recent major stress - producing experiences are more likely than others to show significant alterations in method and physical health status.

## **Psychological crisis**

**Definition of psychological crisis:**

A physiological crisis exists when an individual is threatening to harm themselves or others or is substantially out of touch with reality.

OR

A physiological crisis is a life event that an individual perceives as stressful to the extent that normal coping are insufficient.

## **Types of crisis**

We often think a crisis as a sudden unexpected disaster, such as a car accident, natural disaster or another cataclysmic event. However crisis range substantially in type and severity.

**A few different types of crisis include-**

### **Developmental crisis:-**

Developmental crisis is part of the process of growing and developing through various periods of life. Sometimes a crisis is a predictable part of the life cycle, such as the crisis described in Erickson's stage of psychological development.

### **Existential crisis:**

These are inner conflicts related to things such as life purpose, direction and spirituality. A midlife crisis is one example of a crisis that is often rooted in existential concerns.

### **Situational crisis :**

These are sudden and unexpected, such as accidents and natural disasters. Getting in a car accident, experiencing a hood or earthquake or being the victim of a crime are just a few types of situational crisis.

A crisis can sometimes be quite obvious such as a person losing his or her job, getting divorce or being involved in some type of accident. In other cases a personal crisis might be less apparent but can still lead to dramatic changes in behavior and mood.

### **Signs of a crisis**

Common signs of a mental crisis include

Changes in weight.

Decreased performance at school or work pale.

Dramatic shifts in sleep habit.

Neglect of personal hygiene.

Sudden changes in mood.

Withdrawal in normal activities.

## **Family Life Cycle**

### **Definition of family life cycle:**

The emotional and intellectual stages you pass through from childhood to your retirement years as a member of a family are called the family life cycle.

In each stage, you face challenges in your family life that allow you to build or gain new skills. Gaining these skills helps you work through the changes nearly every family goes through.

Not everyone passes through these stages smoothly. Situations such as severe illness, financial problems or the death of a loved one can have an effect on how well you pass through the stages. Fortunately if you miss skill in one stage, you can learn them in later stages.

### **Importance of Family life cycle:-**

Mastering the skills and milestones of each stage allows you to successfully move from one stage of development to the next. If you don't master the skill, you may still move on to the next phase of the cycle, but you are more likely to have difficulty with relationships and future transition. Family life cycle theory suggests that successful transitioning may also help to prevent disease and emotional or stress-related disorders.

Whether you are a parent or child, brother or sister, bonded by blood or love, your experiences through the family life cycle will affect who you are and who you become. The more you understand about the challenges of each stage of the cycle, the more likely you are to successfully move on.

## **The stages of Family life cycle**





**Figure : Family Life Cycle**

**Stage-1: Beginning Family (Newlyweds)**

This is the stage of marriage. The formation of the couple marks the beginning of a new family with the movement from the former family of origin to the new intimate relationship.

The couple establishes their home but do not yet have children.

Establishing a satisfying home and marriage relationship and preparing for children.

## **Stage-2: Childbearing Family (Expanding)**

Stage 2 begins with the birth of the first child and continues through the infants 30th month. Adjusting to increased family size; caring for an infant; providing a positive developmental environment

Expanding relationships with extended family by adding parenting and grand parenting roles.

## **Stage-3: Families with pre-school children**

The stage commences when the first born child is 24/2 years old and terminates when he or she is 5 years of ages.

Satisfying the needs and interests of preschool children; coping with demands on energy and attention with less privacy at home.

## **Stage-4: Family with school age children**

When the oldest child is between the age of 6 and 13.

The stage begins when the first born child enters school fulltime.

Promoting educational achievement and fitting in with the community of families with school age children.

### **Stage-5: Family with teenagers**

This stage starts when the firstborn turns 13 years of age and usually last about six to seven years, although it can be shorter if the child leaves the family early or longer if the child remains home later than 19 or 20 years age.

Development tasks are allowing and helping children to become more independent, coping with their independence developing new interests beyond child care.

### **Stage-6: Family Launching Young Adults.**

From the time the oldest child leaves the family for independent adult life till the time the last child leaves.

Developmental tasks are releasing young adults and accepting new ways of relating to them; maintaining a supportive home base; adapting to new living circumstances.

### **Stage-7: Middle aged parents (Empty nest)**

The seventh stage begins when the last child departs from the home- "empty nest" and ends with retirement or death of one of the spouses.

Developmental tasks are renewing and redefining the marriage relationship, maintaining ties with children and their families, preparing for retirement years.

### **Stage-8: Family in retirement and old age.**

The last stage of the family life cycle begins with the retirement of one or both spouses, continues through the loss of one spouse and ends with the death of the older spouse.

Developmental tasks are adjusting to retirement coping with the death of the marriage partner and life alone.

