

Discussion 1

Student Name

Institution

Course

Instructor

Date

Discussion 1

Substance use is one of the factors that may have profound effects on development during middle adulthood through the physical, psychological, and social domains. As Han et al. (2019) have noted, prescription opioid abuse is on the rise among young people, which is often linked to chronic pain and mental health disorders. This leads to physical dependence, deterioration of health, and loss of relationships with family and friends. The bio-psychosocial-spiritual-cultural model is useful in understanding substance use. For example, biological factors like chronic pain, psychological like depression or anxiety, social like social isolation, and cultural like cultural beliefs around pain management are some of the factors that affect misuse patterns (Zastrow et al., 2019). Another theoretical approach mentioned by Zastrow et al. (2019) is Erikson's stage of generativity versus stagnation. This stage emphasizes the need to be useful to society and the generations to come. If people use substances during this stage, they may feel stuck, which might affect their chances of attaining generativity. Misuse can therefore lead to lack of proper development in the personal, social and family aspects of life during middle adulthood.

References

- Han, B. H., Sherman, S. E., & Palamar, J. J. (2019). Prescription opioid misuse among middle-aged and older adults in the United States, 2015–2016. *Preventive medicine, 121*, 94-98.
- Zastrow, C. H., Kirst-Ashman, K. K., & Hessenauer, S. L. (2019). Understanding human behavior and the social environment (11th ed.). Cengage Learning. Chapter 11, “Psychological Aspects of Young and Middle Adulthood” (pp. 485-535).