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Changes of ego identity and psychosocial maturity in nursing students: A longitudinal study. Nurse Educ. Today. 2020;94:104574. doi: 10.1016/j.nedt.2020.104574. [DOI] [PubMed] [Google Scholar]This section collects any data citations, data availability statements, or supplementary materials included in this article.Data is contained within the article. The data presented in this study are available in the article.Articles from International Journal of Environmental Research and Public Health are provided here courtesy of Multidisciplinary Digital Publishing Institute (MDPI) Erikson (1982) represents one of the few personality theorist to examine aging as a stage of development. According to Erikson's theory, personality development goes through a series of eight, hierarchically ordered stages. Associated with each stage is a psychosocial crisis that the individual either successfully resolves or fails to resolve. Failure results in incomplete development of the personality, and inhibits further development of the personality. The final stage of Erikson's (1982) theory is later adulthood (age 60 years and older). The crisis represented by this last life stage is integrity versus despair. Erikson (1982) proposes that this stage begins when the individual experiences a sense of mortality. This may be in response to retirement, the death of a spouse or close friends, or may simply result from changing social roles. No matter what the cause, this sense of mortality precipitates the final life crisis. The final life crisis manifests itself as a review of the individual's life-career. Similar to Butler's (1963) life review, individuals review their life-career to determine if it was a success or failure. According to Erikson (1982), this reminiscence or introspection is most productive when experienced with significant others. The outcome of this life-career reminiscence can be either positive or negative. Ego integrity is the result of the positive resolution of the final life crisis. Ego integrity is viewed as the key to harmonious personality development; the individual views their whole of life with satisfaction and contentment. The ego quality that emerges from a positive resolution is wisdom. Erikson (1982) defines wisdom as a kind of "informed and detached concern with life itself in the face of death itself" (p. 61). Conversely, despair is the result of the negative resolution or lack of resolution of the final life crisis. This negative resolution manifests itself as a fear of death, a sense that life is too short, and depression. Despair is the last dystonic element in Erikson's (1959, 1982) theory. In psychology, the concept of ego integrity can refer generally to the development of a healthy ego or specifically to one of the stages of development proposed by psychologist Erik Erikson. Erikson believed that humans moved through eight different stages of development during their lives, with ego integrity being the final stage. At each point, the individual would face a crisis and either resolve it to move through to the next, or fail and remain at a stage of arrested development. Eriksons research was particularly important, as he was one of the first psychologists to specifically look at the developmental role of aging.Erikson argued that older adults moved into an ego integrity versus despair stage of their development at around age 60. Successful resolution of the crisis would result in a rounded, holistic view of life, while failure would generate depression and despair. Support such as close association with friends and family could help older adults move through this stage of development. Erikson theorized that in a society with well adjusted older adults, children would be less likely to fear aging and death.The crisis at this stage is typically brought on by a reminder of mortality. As people age, their friends and family start to die, which can trigger worries about death and dying. This may also spur an older adult to reflect back on life, thinking about accomplishments and failures. If this reflection in the form of a series of reminiscences is successful, the crisis should resolve. The patient will feel content with the choices made in life and any contributions made to the community, and will enter a state that Erikson referred to as wisdom.Failure during the ego integrity stage of development can result in despair. Older adults who do not feel like they lived well-rounded lives may develop depression and distress. Others may lack the support they need to think about their lives as a result of living in isolation, failing to reach out to friends and family, or being rebuffed during attempts to remember their lives. Talking with people around them about their lives can help older adults resolve the ego integrity versus despair crisis.Awareness of this theory is particularly important for gerontologists and other health care professionals who work with older adults. They need to be able to offer the most appropriate services to their charges. Demonstrations that reminiscence is highly beneficial for psychological development highlight the need for older adults to have access to community interactions; projects like interviewing veterans, for example, can help older adults move through the ego integrity stage while also collecting information of historic and cultural interest.

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