Your Name

Instructor Name

Course Number

Date

Title: Discussion Responses

**Response 1**

 Sexual identity is sometimes used as sexual orientation though it refers to whether one feels like a male or a female while the former is used to define an inherently emotional and romantic attraction to the other people. There are some factors that one can’t change about their identity; sex is one of them. The way individuals perceive themselves in terms of self as female or male is termed as sexual identity. Developing an understanding of one's sex is an important part of their development. Learning more about oneself and their sexual identity helps them understand themselves and the world around them. Biology is the most important factor that determines sexual orientation. Several biological factors such as prenatal hormones, genes and brain structure are related to sexual orientation. No one factor can be attributed to the determination of the sexual identity of a person. It is considered as a significant part of an individual’s identity.

Different studies consider that sexual identity is not determined by biological factors but environmental factors and it is a nurtured behavior. Individuals also change their identities to portray a different image than what they are by learning new skills and changing jobs, etc. understanding how people perceive themselves and consider their sexual identity is important for all medical specialists and trainers. It is commonly understood that people identified as intersex or LGBTIQ need crucial care when it comes to pain management, rehabilitation, and mental health, etc. They need more attended follow-ups resulting from their complex and entwined needs. Studies reveal that these people experience many challenges such as explicit and implicit discrimination, uneasiness and lack of knowledge pertaining to their specific needs (Ross and Setchell). As a physical therapist, I may encounter such patients and I look forward to ways of improving their well-being.

**Response 2**

Man's life can be divided into different seasons such as pre-adulthood, early adulthood, middle adulthood, late adulthood, and late adulthood. The middle adulthood period ranges from the age 40 to 60 and it is regarded as the time of emotional and social development (*Resource: Seasons of Life*). It is also considered a period of change and reflection. The ideal mix of work and leisure in this time is imperative if one wants to create a legacy for the next generation. It is also considered as the golden age of adulthood characterized by emotional maturity, physical health, gratifying family and relationships, competence and power in work life, etc.

Studies also reveal that participation in social leisure activities and activities which entail cognitive efforts results in high cognitive abilities. If I were in my middle adulthood, I would spend my time in activities that have an impact on the cognitive function such as using modern technology, visiting clubs, listening to games, volunteering at the workplace and sharing valuable experiences with others. In addition, I would be involved in social indoor games, taking part in social work, and learning modern technical skills. Moreover, I will be more concerned about acquiring knowledge with regard to emerging technologies and techniques to be applicable in the workplace. I would also be concerned about making health a priority, spending time with children and the relationships I have nurtured.

 Focusing on health involves avoiding smoking, drinking and adopting a healthier approach. Leisure activities that can make a positive contribution to health would have been my first choice. As a physical therapist, I understand that an active lifestyle in middle adulthood is linked with high cognitive abilities in older adulthood (Ihle et al.). Taking help from a physical therapist for health promotion for healthier older adulthood is also beneficial.

**Response 3**

 Ego integrity vs despair is the last stage of Erik Erickson's stages of psychosocial development. This stage starts at the age of 65 and continues until death. Generally at this stage of life, one has accepted the inevitability of death and waits for it calmly (*Erik Erikson | Psychosocial Stages | Simply Psychology*). This is the time when one contemplates their achievements in life and tries to reflect on whether the life they have lived can be regarded as successful or not. If one feels their life is unsuccessful and their goals have not been met, they feel a high level of dissatisfaction and experience despair. This state of mind is generally very hopeless. The virtue of wisdom is the success of this stage.

If I had been at this stage of life, I would have been curious to know about the ways I have impacted my close relations. In this time of life, I believe everyone wants to know about their legacy, if they have created positive impacts on any one's life, especially their closed relations. I would have wanted to study what my close relationships think of me and if they consider me a person who has played a constructive role in their lives. I would also have wanted to know if I have fulfilled the expectations of my close relationships. Since life at this stage is characterized by both despair and integrity, both the states have to be managed. My career as a physical therapist also reveals that most of the people who have made efforts throughout life want to know if it was worth it or not. But I would only like to know if I am leaving a legacy behind and if my efforts will have a reward afterwards.

**Response 4**

My current attitude about death is that it is something inevitable. It may or may not be a definite end, yet it is very peaceful to imagine that there is a place for eternal rest. The notion that nothing is permanent is something I love. There will not be pain, no struggle to achieve something but just an idea that one chapter is over. Sometimes I do not understand why the greater number of humanity is fearful of such comforting closure. Whatever I have studied so far about death, the process of dying and bereavement, I consider it is an important event that has to occur (*DEATH AND BEREAVEMENT - Counselling for Maternal and Newborn Health Care - NCBI Bookshelf*). If this process stops, there will be no life cycle. Everything revolves around birth and death. In my opinion, people who fear death are those who do not live life up to their expectations. That is why the idea of having no time to make effort seems darker to them. People who are successful and have several accomplishments to look at in the last stage of their life, referred to as Ego integrity vs despair in psychology by Erik Erickson, die peacefully. A life of gratitude and compassion makes the process of dying easier and one is able to accept death calmly.

In my career as a physical therapist, I have dealt with people who seek physical therapy at the age of 60 or 65 to enhance their physical strength and to attain satisfaction stemmed from the efforts of staying healthy in the later stages. Earlier, I too was afraid of the idea of demise, but learning about death as an inevitable event and dealing the people in their last stages has made the idea of dying comfortable to me.

**Works Cited:**

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