

Characteristics of generativity and stagnation

Some key characteristics of generativity include making **commitments** to other people, developing relationships with family, **mentoring** others and contributing to the next generation. As you might imagine, these sorts of things are frequently realized through having and **raising** children.

Some characteristics of stagnation include being **self-centred**, failing to get involved with others, not taking an interest in productivity, no efforts to improve the self and placing one's **concerns** over above all else.

One thing to note about this stage is that life events tend to be less age-specific than they are during early-stage and late-stage life. The major events that contribute to this stage such as marriage, work, and **child-rearing** can occur at any point during the rather broad **span** of middle-adulthood.

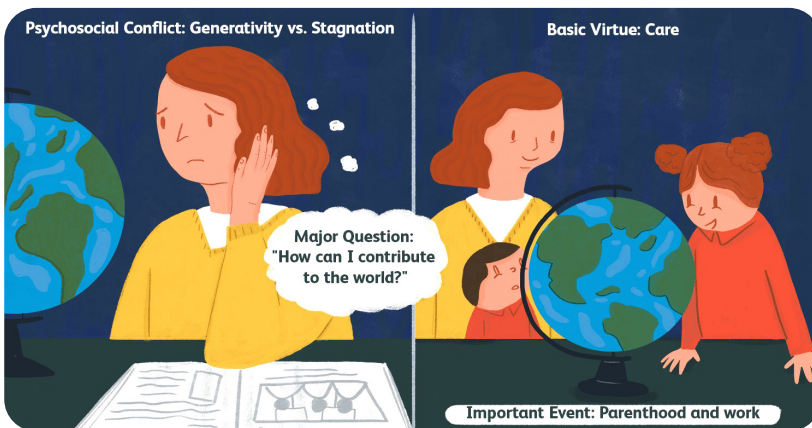
It is at this point in life that some people might experience what is often referred to as a "midlife crisis". People might reflect back on their **accomplishments** and consider their future

trajectory and feel **regret**. In some cases this might involve regretting missed opportunities such as going to school, **pursuing** a career or having children.

In some cases, people might use this crisis as an opportunity to make adjustments in their lives that will lead to greater **fulfilment**. It is important to note that it is the way that people interpret these regrets that influence their well-being. Those who feel that they have made mistakes wasted their time, and have no time to make changes may be left feeling bitter.

There are also numerous factors that can influence feelings of generativity versus feelings of stagnation at this point in life. People who have positive relationships with others, good quality health and a sense of control over their lives will feel more productive and satisfied. Those who suffer from poor health, poor relationships and feel that they have no control over their fate are more likely to experience feelings of stagnation.

From: <https://www.verywellmind.com/generativity-versus-stagnation-2795734>



accomplishment: *successo*
child-rearing: *crescere bambini*
commitment: *impegno*
concern: *preoccupazione*
fulfilment: *soddisfazione*
to mentor: *fare da mentore, guida*
to pursue: *perseguire*
to raise: *allevare, crescere*
regret: *rimpianto*
self-centred: *egocentric*
span: *arco di tempo*



Read the text and decide if the following statements are true (T) or false (F).

Then, correct the false ones.

1. Generativity means building relationships with other people.
2. Stagnation means getting involved with other people.
3. Marriage is an age-specific event.
4. A midlife crisis means regretting missed opportunities.
5. A crisis can be an opportunity.
6. Unhappy people are more subject to stagnation.

T	F
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