**Study Notes:**

Chapter 16: Relationships at Midlife

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This presentation focused on the network of personal relationships in midlife and their affects on emotional well-being. The different relationships we chose to concentrate on were marriage and divorce, friendships, parenthood; specifically parent-child relationships and middle aged adults and their aging parents.

***Kinkeeper:***

The kinkeeper is usually the mother and takes on the role of keeping the family together when the child leaves home (Berk, 2010, p. 429). This is important in order for the parent-child relationship to remain healthy, contributing to the parent’s life satisfaction.

***Parental Strain:***

Child relies heavily on the guidance of the parent; as a result the parent cannot excel in their own development, such as their career or personal achievements (Berk, 2010, p. 429).

***Friend:***

A person attached to another by feelings of affection or personal regard. Someone who is always there for you when you need him/her, someone who is reliable and will “not stab you in the back, no matter what you say, no matter what you do” (Walker, 1995).

***Friendship:***

A deep relationship between two people that meet three criterias, or the three salient features of friendship: friendships are a manifestation of choice on the part of the parties involved, neither party in the relationship is under authority from the other and there has to be an enormous bond of mutual trust between such friends (Thomas, 1987).

***Filial Maturity:***

It is the “perception of parents as individuals with past histories and limitations” (Birditt et al., 2008). Midlife adults tend to become closer to their parents and inquire more about their lives (Berk, 2010). This can contribute to a better quality relationship as well as positive effects on the well-being.

***Sandwich Generation:***

Refers to the idea of midlife adults that have both offspring and still living parents and must balance out the support given to both older and younger generations (Berk, 2010, Grundy & Henretta, 2006). The demands in this situation can be taxing if the offspring are still dependent on the parents and/or if the aging parents require additional care due to illnesses or disabilities.

***Well-being:*** the state of being happy, healthy, or successful/prosperous.

***Good marriage:*** Involves voluntary participation in common activities such as chatting, sharing a laugh together, sharing affection and other activities. A good marriage also elevates psychological well-being.