

Adulthood and Old Age Nostalgic Reactions to Earlier Decisions on Marriage, Education, Parental Advice and Career Decisions: a Review of Erikson's Theory of Personality Development

Godwin Gideon Ogbebor

Guidance and Counselling Department,
Delta State University,
Abraka – Delta State, Nigeria.
E-Mail: akpesirink@yahoo.com

Doi:10.5901/jesr.2012.v2n2.155

Abstract: *The research set out to investigate further, Erikson's theory of personality aspect of progressive resolution of conflicts at adulthood and old age, in relation to the Nigerian environment. The focus was nostalgic reactions to major education pursuit, vocation, marriage and parental advice. It adopted the descriptive survey design and it was guided by four research hypotheses. Questionnaire was used as the instrument for data collection and it was administered to 384 respondents in a population of about 600,000. The data collected were analysed using the t-test statistics. The results agreed with Erikson's theory as it relates to life journey at adulthood and old age. There were indications of nostalgia to early life decisions on education, vocation, marriage and adherence to parental advice. Possible explanation for the direction of response of participants was discussed and recommendations were made. The recommendations were that issues relating to adulthood and old age be made part of the secondary school curriculum, and that issues of marriage be included as part of the curriculum for freshmen at the University.*

Keywords: *Erikson, Nostalgia, Marriage, Education, Vocation, Parental advice.*

1. Introduction

This research reviewed Erick Erikson's theory of personality development and studied how it relates to the Nigeria situation. The work focused on two sections of the eight stages of "The life circle" in the theory- the Generativity versus stagnation stage and the integrity versus Despair stage. This is the middle age and old age. The work identified four aspects of life decisions often made earlier in life and studied nostalgic reactions of adults and the aged on these decisions.

Adults and the aged are found to have retrospection of their earlier lives with some nostalgic reactions and sometimes wish they could live their lives all over again. This is a common phenomenon the world over, although the extent of reaction may depend on certain factors, such as psycho-social environment, culture and gender. People look back on different aspects of their earlier lives but there are some of these life experiences that are most commonly retrospected. Abinb0 (2003) says that in the Nigerian situation, observation shows that these life experiences mainly include marriage, education and career decisions. As people grow older, they react to these earlier decisions made. This research hypothesizes that these reactions are there because there is the perception that whatever situations people are in now at old age are as a result of certain decisions they took in earlier years. Studies show that if the reactions are negative, such psychological problems as withdrawal and depression may occur (Iwuama, 2003).

The work investigated the extent of nostalgic reactions among Nigerians to see if the situation in Nigeria supports Erikson's ideas as they are in the personality theory.

Erikson (1968) says that the main task of middle adulthood is the resolution of conflict of generativity versus stagnation, and that the main psycho-social task of late adulthood is to resolve the crisis of integrity versus despair. Erikson (1982) adds that in middle adulthood one faces a crisis of generativity versus stagnation- that is, between being productive and being creative or feeling as if one were going nowhere. He

holds further that in late adulthood, the individual faces a crisis of ego integrity versus despair - that is, between the feeling that life has meaning and order and between the feelings of being unsatisfied.

These nostalgic reactions are derived from Erikson's theory of personality development. In this theory, Erikson (1968) explains his epigenetic principles of human development. The principles state that anything that grows has a ground plan and that out of this ground plan, the parts arise, each part having its time of special ascendancy, until all parts have arisen to form a functional whole, and that any part which fails to ascend on time is doomed as an entity and the hierarchy to which it belongs is likely to be defective (Oliverz, 2009)

Investigating nostalgic reactions of adults and the aged has become necessary because from observation and experience many people are seen to regret the career they are in. Some look at retirement from the workplace with mixed feeling. Some wish they had chosen a different course of education. Others wish they had chosen a different employment after education. There are many who openly complain of their spouses. These feelings of nostalgia thus needed to be investigated.

Erikson's theory has been criticised, however. The critics say that there are certain factors which may vary in environments that can affect the application of the theory. Such include Sdorow (1995). In evaluating this theory, one needs to take such factors into consideration. Sdorow (1995) also states such factors which include the personal experiences of Erikson which may have influenced his views in propounding this theory. According to Sdorow, these experiences include the culture, psycho-social influences, and gender of the theorist.

In addition, Boeroe (2011) says that there are certain things that can go wrong with a theory. He lists them as culture, individual peculiarity and natural conservative tendency as factors that may influence a theory. He terms these as ethnocentrism, egocentrism, and dogmatism. Have these influenced Erikson in his theory? Can the theory fit into the Nigerian situation?

This research attempted to find out the extent of regrets among respondents (adults and the aged) in such areas as choice of education courses, career choice, marriage and regret about parental influence in decision making. The choice of these four independent variables for investigation in relation to nostalgic reactions was informed by the researcher's identification of these as areas of regret. The researcher attempted to relate the findings of this work to Erikson's theory, because of the realization that certain factors may influence the suitability of a theory in some environments. For example, gender may cause variations in relation to a theory as indicated by Boeroe.

In summary, Erikson traced man's life journey in his theory of personality development. He divided this life journey into eight stages. Two of these stages are the seventh and eighth stages: the adulthood and the old age. In adulthood, the conflict here is generativity versus stagnation. Here the adult is concerned with establishing and guiding the next generation. The adult is pre-occupied with how to bring up children as he gets married. The problem is stagnation. The adult's feeling may be that of not contributing to humanity, having not fulfilled the above. In old age, the person looks back on his past life. He evaluates his life to see whether he is satisfied with it. If satisfied, he has a feeling of integrity, but if not satisfied, he has a feeling of despair and regret. The nostalgia is the point of convergence between Erikson's theory and the thrust of the research.

The characteristics of the adult and the aged related to this research are important. The adult is faced with achievement in the workplace and intimate relationship. Erikson traced vocational development, work and life satisfaction. Similarly, Morgan *et al.* (2002) traced the problem of intimate partnership which includes traditional marriage, companionship and college marriage.

Various authorities and researchers have made different contributions to and commented on nostalgic reactions related to Erikson's theory. According to Morgan *et al.* (2002) the conflict in old age includes retirement and loss of income, among others. These may bring up the issues of despair and regret. Platinum (2005) identifies financial distress, emotional responses, problem of disagreement between spouses as examples of marriage nostalgic reactions. Luff, Orli, Gabrielle *et al.* (2005) state that in

adulthood and old age, individuals may have nostalgic reactions about their marriage, especially in consanguineous marriage. Fogiel adds that unsuccessful adults may suffer depression and loneliness. Abimbo and Iwuama (2003) also maintained that attaining a perfect condition of success at each stage of Erikson's theory should not be the aim of studying Erikson's theory, arguing that it is even unattainable. They suggest that the aim and desire should be to have a proper ratio or balance of both the success and failure, or of the positive and negative conditions in which the positive outweighs the negative.

The issue of decisions on marriage taken in earlier years and what may be some problems and regrets at older age has been a matter of concern for Marriage Missions International (2011). The mission focuses attention on such issues as deciding on age gap between couples, child bearing and rearing, and the issue of comfort for spouses. These are issues that may bring nostalgia at older age (Eggerich, 2011). Eggerich says that at a younger age, these may not be much of problem. "But later on in life when the couple get progressively older, these issues become more of problems...". The Marriage Missions International in discussing this issue says that couples need to look very carefully and prayerfully at the realities of "what the upcoming years could most likely bring ... to live out the rest of their lives."

On general old age regrets, Brown (2011) says that at this time there can be an embarrassment to life from the viewpoint of success standards. Life is seen as a breakdown. There are danger of disenchantment and criticisms of earlier decisions.

Plotnik and Mollenauer (1986) had discussed life satisfaction at old age. They say that another common stereotype of the older person is that he or she is sad, lonely, passive, and depressed, adding that although this stereotype may be applicable to some older people, it is certainly not true for the majority. They cited the works of Burke (1981, 1982). In his work, Burke says that one indication of how happy one would be in the sixties is how satisfied one is in the twenties and thirties. From the foregoing, Erikson's proposition is that whether there is going to be generativity or stagnation, integrity or despair depends on results of earlier decisions. Nostalgia becomes a social determinant of personality. If there is a feeling of stagnation and or despair, the personality of the individual is affected. According to Erikson (1968), generativity, stagnation, integrity and despair are determinants of personality. There are other personality theories that locate determination of personality in other factors.

Sigmund Freud was interested in analyzing the sub-conscious process of man, which according to him is the major determinant of personality. Freud's opinion is that the psychology of consciousness alone is not enough for understanding behaviour, and that the greater part of what determines behaviour is traceable to the unconscious. He says that man's personality is determined by his past, basically his early childhood experiences. But Alfred Adler disagrees with Freud. Adler says that every man is unique, and that everybody has his own life style, adding that man is future-oriented and has a natural urge to look ahead and improve his present situation. This is the greater upward drive in man (Hall and Lindzey, 1979). This is different from Erikson who says that man has a series of turning points with dichotomies of desirable qualities and dangers with specific problems to tackle at each age.

One may relate these personality theories to that of Jung. According to Onyemerekeya (2003), Jung sees the 'Self' as the centre of entire personality. He says that Jung perceived an individual as an original wholistic entity, not as an assemblage of parts, each of which has been added through experience and learning. He sees man as having four levels in this wholistic entity. These levels are thinking, feeling, sensing, and intuiting. Every individual is unique in each of the levels. It is the 'self' that influences a person's harmonious feelings with himself and with his environment. This is a departure from Erikson's proposition of eight stages with specific problems to tackle at each stage.

Another personality theory that agrees with the proposition of Jung is that of Carl Rogers who sees man as having tendencies for self satisfaction of his needs and the achievement of his goals, adding that man has potentials for developing into a personality of self – assurance and goal achievement. This is similar to Jung's idea of 'self'. While Jung used the term 'self', Rogers used the term 'self-satisfaction'. Rogers, according to Iwuama, says that man can realize himself in his society and that he is always forward-moving, socialized,

rational, realistic and trying to actualize himself. Rogers agrees with Jung in his idea of uniqueness of man. While Jung emphasises that every individual is unique, Rogers says that man has his peculiarities or uniqueness based on differences in personal experiences and circumstances. Rogers sees the individual as an active agent in any change regarding the ways perception takes place or the way others are perceived. Similarly, the individual is an active agent in the alternation of personal behaviours (Iwuana, 2003).

Maslow in this personality theory says that each individual is born with an inner nature. This inner nature is a combination of good and evil (Abimbo and Iwuama, 2003). This is similar to the ideas of Jung and Rogers in their emphasis on the self and individualism. Maslow says that the individual has certain needs to satisfy, one of them being esteem needs. Here the individual desires for self-respect, self-esteem and for a stable high evaluation of himself. Rogers says that if any of these needs is thwarted, there are feelings of inferiority, weakness, and helplessness, which in turn give rise to basic discouragement. Maslow agrees with Erikson here. Their ideas are similar that there can be feelings of inferiority when dreams are thwarted or are not achieved.

Gordon Allports trait – factors theory of personality departs significantly from all those of the behaviourist. Allports says that the individual is motivated into action on the basis of traits (Okafor, 2003). Here traits are seen as being responsible for the manifestation of the individual's behaviour. Allports says that no two individuals behave or think exactly alike and that no two individuals have the same personality. To him, like Jung, man is goal-oriented. He is different from the behaviourists and psychoanalysts because of the belief that man's actions are motivated on the basis of his traits, not only on the basis of psychic powers, erogenic factors or environmental factors. This is the difference between the trait-factor theory and the psycho-analytic theories. According to Allports, if an individual will regret his earlier decisions in life, it will depend mainly on the person's traits not on erogenic factors or psychic powers.

Cattell's personality theory agrees with that of Allports in this aspect of the influence of human trait in the motivation of behaviour. Cattell's theory is one of the trait personality theories (Iwuama, 2003). According to Cattell, individuals are perceived as having degrees of traits to respond in certain ways (Iwuama, 2003).

Apart from McClellan, Kurt Lewin and Albert Bandura, personality is seen to be influenced by psychogenic factor, social influence and individual's 'Self'. Kurt Lewin emphasises the dynamic nature of personality, Albert Bandura the influence of imitation and McClellan the combination of unconscious and conscious (Obimba and Iwuama, 2003).

2. Research Problem

People at a certain stage in life look back to evaluate themselves. The research studied how people at adulthood and old age evaluate themselves in the Nigerian environment. The specific areas on which such evaluations can be made include education, vocation, marriage and adherence to parental advice. These were the aspects that formed the independent variables in this research.

The research set out to find the extent to which people regret or accept with pleasure decisions made at an earlier age in life now that they are adults or now that they are in their old age. The study had become necessary because the results and conclusion would be of importance to counsellors, teachers and parents in guiding adolescents when taking decisions. The study would also advance understanding of personality theories in general and affirm and expand the theory of Erikson in particular. The four hypotheses formulated to guide the study were tested and each one addressed the four independent variables of the study. The results of this survey would appropriately give adequate description of nostalgic reactions of the study population.

Hypothesis I: There is no significant difference between respondents who showed regret and those who showed no regret in choice of educational pursuit made earlier in life.

Hypothesis II: There is no significant difference between respondents who showed regret and those who showed no regret in choice of vocation made earlier in life.

Hypothesis III: There is no significant difference between respondents who showed regret and those who showed no regret in choice of spouses.

Hypothesis IV: There is no significant difference between respondents who showed regret and those who showed no regret in rejection of parental advice.

Specifically the following were investigated:

1. Decisions on educational pursuit taken earlier in life, and nostalgic reactions that arise at a later age.
2. Decisions on vocational choice taken earlier in life and nostalgic reactions that arise at a later age.
3. Decisions on choice of spouses and eventual marriage, taken earlier in life, and nostalgic reactions that arise at a later age.
4. Decisions on parental advice taken earlier in life and nostalgic reactions that arise later in life.

Early life decisions here refer to those taken at adolescence and young adulthood period, while later age refers to adulthood and old age nostalgic reactions.

3. Purpose of Study

The research set out to investigate nostalgic reactions of adults and the aged to certain decisions taken earlier in life. The decisions were those on education pursuit, vocation, marriage, and adherence to parental advice. The researcher hypothesized that the respondents would show regrets and that others would show pleasure to those decisions made earlier in life, but the research wanted to know the extent of those nostalgic reactions to each of the independent variables. This hypothesis was informed by the theories of Erikson. The descriptive survey design was adopted to enable the researcher make a survey cross-sectionally of the responses expected to test the four hypotheses

4. Conceptual Framework

Adolescence is a time when people take decisions on which they focus through the rest of their lives. This is the period of identity versus diffusion (Erikson, 1968). The individual identifies with a career, a line of educational pursuits; identities with an opposite sex and a time when the adolescent may agree or refuse to agree with parental advice. It is a period of stress and storm (Sdorow, 2003). If this period is well managed, Erikson says, the individual at adult hood and old age will look back with some pleasurable feelings. If not, there will be some regret.

This is why the adolescent needs to be guided by parents, teachers and counsellors. It is expected that decisions taken under the guide of these people will lead to pleasurable nostalgic reactions at adulthood and at old age. The research results would make for a deeper understanding of this concept. Erikson (1968) says that at an early stage there is a conflict that will be resolved. If the conflict is properly resolved, there will be a balanced personality. If not properly resolved there is crisis and personality is adversely affected. The work will lead to the affirmation of Erikson's theory in the Nigerian situation if the hypothesized outcomes were confirmed. The research would show the extent of affirmation of the theory in the Nigerian environment. It was also expected that the research would lead to expansion of knowledge of theories of personality in general and that of Erikson in particular.

5. Research Methods

5.1 Participants

The participants were 384 drawn from a population of about six hundred thousand people of Delta State of Nigeria who were adults and the aged of different career backgrounds, male and female, age ranging from 40 years to 65years and above. They were from working and retired population within this age bracket. The

random sampling technique was adopted for each cluster of the population. They responded to questionnaire on old age nostalgia to early life decisions on the four independent variables of choice of education major, marriage, vocation and parental advice.

5.2 Design

This is a cross – sectional study and a descriptive survey design. The 384 respondents were drawn from the study population of about 600,000 in Delta State, Nigeria. The respondents were in two groups – those who indicated regrets and those who did not regret the decisions they made earlier in life. The age range of respondents was between forty and sixty-five years and above.

Four research hypotheses guided the study. The independent variables were education, vocation, marriage and parental advice.

5.3 Procedure and Instrument

Each of the participants responded to the fifteen (15) items in the questionnaire. Four or three items of the questionnaire related to each of the four independent variables: education (4), vocation (4), marriage (4) and parental relationship (3). The questionnaire adopted the pattern used by Luffi and his colleagues (2005) on a study of nostalgic reactions in marriage at maturity and old age; financial distress and retirement.

The instrument for data was the questionnaire. There were four alternatives and respondents were to tick one. Those who ticked alternative (a) or (b) were put under (regret) and (c) and (d) no regret.

The respondents (males and females aged 40 – 65 years and above) were drawn from different clusters, including industries, educational institutions, government ministries, churches and outer communities, far from each other. This was to ensure that ideas were got from varied life experiences, gender and locations. The data collected were analysed using the t-test statistic.

6. Result

There were nostalgic reactions among adults and the aged on choice of educational pursuit taken earlier in life. Respondents showed regret on choice of vocation made earlier in life. On the issue of choice of spouses and marriage, respondents also showed regret; the result was the same with adherence to parental advice in earlier life.

Research hypothesis I was to investigate if the respondents showed regret on choice of education pursuit made earlier in life. In table 1, t-calculated value of 1.763 was less than the t-critical value of 1.96. Hence, the null hypothesis was accepted. This implies that there was no significant difference between those who showed regret and those who showed no regret in choice of education pursuit made earlier in life.

Research hypothesis II investigated regret in vocational choice among respondents when they retrospected on choice of vocation made earlier in life. Table II shows that the t-calculated value of 0.406 was less than the t-critical value of 1.96. Hence the null hypothesis was accepted. This indicates that there was no significant difference between those who showed regret and those who showed no regret in choice of vocation made earlier in life.

Research hypothesis III investigated whether there were regrets among respondents when they retrospected on choice of spouses made earlier in life. Table III shows that the t-calculated value of 1.166 was less than the t-critical value of 1.96. Hence the null hypothesis was accepted. This shows that there was no significant difference between those who showed regret and those who showed no regret in choice of spouses.

Research hypothesis IV investigated nostalgic reactions to parental advice given earlier in life. In Table IV, the t-calculated value of 1.422 was less than the t-critical value of 1.96. Hence the null hypothesis was

accepted. This indicates that there was no significant difference between those who showed regret and those who showed no regret in rejection of parental advice.

Respondents who reported regrets were more in education decisions among the four independent variables. This was followed by marriage, parental advice and vocation in that order.

7. Discussion

The study set out to investigate the extent to which adults and the aged retrospect nostalgically about decisions taken earlier in life. It investigated the extent in which people regret or reflects with pleasure about these decisions. The intention was to relate the results obtained to Erikson's theory of personality development. The study intended to interpret the results in relation to the Nigerian environment. Erikson says that at adulthood and at old age, people have nostalgic reactions to some decisions they took earlier in life, and that this shapes the pattern of their personality.

But there are many other theories of personality development that differ in what shape the personality of people. These include the theories of Sigmund Freud, Alfred Adler, Jung, Carl Rogers, Maslow, Gordon Allport, Cattell, McClellan, Kurt Lewin and Albert Bandura. These theorists identify other factors that shape people's personality. These factors include the sub-conscious process of man (Freud, greater upward drive nature of man (Adler); the 'self' as a factor (Jung and Rogers), the human trait and human nature (Maslow and Allport). Other theorists identified with Allport in the trait theory to some extent. These include the theories of Cattell and McClellan. These factors are different from those of Erikson. To what extent can we relate Erikson's theory to the Nigerian environment?

This research did not find significant differences in the extent to which people reflect nostalgically on decisions taken earlier in life in education pursuit, marriage, vocation and adherence to parental advice. In fact, the four null hypotheses formulated to guide the study were accepted. This seems to indicate that what determines the personality of the adult and the aged may not entirely be found in Erikson's theory. This could be located in other factors as seen in the views of other theorists.

In Nigerian environment, the culture of the people influences self- concept (Iwuama, 2003). This view on pattern of the 'self' may as well be a major factor in the determination of personality at old age. These may have influenced the findings of this research.

What are, therefore, the implications of the findings of this research? Counsellors must be well informed about factors that influence the personality of the growing child. This may not all be located in Erikson's eight-stage conflict resolution theories. Counsellors, parents and teachers need to consider other factors so that adolescents and young adults who may take important decisions early in life can be adequately guided. The findings of this work are similar to those of Burke (1981 - 1982) and those of Boecoe (2011), even though their findings were reported in relation to environments outside Nigeria. One may, therefore, suggest a further investigation on the influence of environment and culture on personality.

The results from this review of Erikson's study agree with those of Samuel and Bryant (1984) and Halgin and Whitbourn (1978). These reviews of Erikson's study found similarity in the results of their studies and that of Erikson. Their findings also closely agree with the findings of this research. The finding here is that there are nostalgic reactions at adulthood and old age.

Another investigation that have reviewed Erikson's theory is that of Eysenck (1991) in his personality inventory. In this inventory, there is the suggestion that the adolescence period of development is central to what individuals will become at adulthood and at old age. This agrees with the inference drawn from this study that the highest stage of cognitive functioning is the formal operations stage (Piaget, 1962). Eysenck says that it is at this stage of development that vital life decisions are taken that may result in nostalgia later in life. The importance of adolescence stage is also emphasised in Biehler (1976). Biehler (1978) also emphasised the importance of this stage when the issue of nostalgia at adulthood and old age was

discussed. This work also agrees with other researchers on the issues of marriage and education. Melgosa (2005) says that these two issues bring about stress in later life, resulting in nostalgic reactions.

7.1 Implications

The results here imply that there is the need to guide adolescents and youths when they take decisions at this age which they may regret in later years. This emphasises the need for parents, counsellors, teachers and psychologists to be aware of the necessity to guide adolescents and young adults when they take major decisions. Guidance and counselling is at its introductory stage in Nigeria and it is only at the secondary schools that counsellors are found. These counsellors carry out career counselling in most cases. Family counselling, counselling for parent-child relationship are not common. In the outer communities, there are no guidance counsellors. In the face of this situation, the following implications have arisen from this study.


- i. The Counselling Association of Nigeria (CASON) should encourage professional counselling outside school counselling. These professional counsellors need to establish counselling offices in the outer communities so as to guide adolescents and young adults in taking decisions that can affect their future living.
- ii. School counsellors will have to include the following in their area of coverage: parent-child relationship and sex and marriage counselling.
- iii. Universities need to expand their training facilities to allow for more guidance counsellors to work in the outer communities.
- iv. Counsellors should not limit their knowledge and applications of such knowledge to only one theory. They should be vast in all theories of personality in order to be flexible in the application of these theories for the benefit of their clients.

8. Recommendations

Informed by the results obtained from the research, it is recommended that issues relating to adulthood and old age be made part of secondary school curriculum, as this will enable the growing generation to have insight into issues of old age period. This emphasises the inclusion of guidance counsellors on the staff of secondary schools. The issue of marriage may also be recommended to be part of the curriculum for freshmen at the university. These two recommendations, if implemented, will help adolescents and young adults take decisions on education choice of spouses and parent-child relation that they will not regret later in life.

Hypothesis I

Table 1: t-test analysis of those who showed regret and those who showed no regret in choice of education pursuit earlier in life

Variables	N		SD	DF	t-cal	t-crit	Level of sign.	Decision
Regret in choice of education pursuit	14	55.8	6.83	382	1.763	1.96	0.05	not Significant (accepted)
No Regret in Choice of education pursuit	270	54.33	8.56					

Hypothesis II

Table 2: t-test analysis of those who showed regret and those who showed no regret in choice of vocation, made earlier in life

Variables	N	\bar{X}	SD	DF	t-cal	t-crit	Level of sign.	Decision
Regret in choice of vocation	58	55.21	7.94	382	0.406	1.96	0.05	not Significant (accepted)
No Regret in Choice of vocation	326	54.74	8.17					

Hypothesis III

Table 3: t-test analysis of those who showed regret and those who showed no regret in choice of spouses.

Variables	N	\bar{X}	SD	DF	t-cal	t-crit	Level of sign.	Decision
Regret in choice of spouse	80	55.75	7.85	382	1.166	1.96	0.05	not Significant (accepted)
No Regret in choice of spouse	304	54.56	8.20					

Hypothesis IV

Table 4 t-test analysis of those that showed regret and those who showed no regret of parental rejection

Variables	N	\bar{X}	SD	DF	t-cal	t-crit	Level of sign.	Decision
Regret in choice of parental advice	64	56.12	8.13	382	1.763	1.96	0.05	Not Significant (accepted)
No Regret in choice of parental advice	320	54.54	8.12					

References

- Abimbo, F. U. (2003). Erikson's Development Theory of Personality Development. In: F.U. Abimbo and B. C. Iwuama (eds) (2003). *Personality and Social Development: Basic Issues and Theories*. Owerri, Nigeria: GV Publishers Ltd.
- Abimbo, F.U. & Iwuama, B.C. (eds) (2003). *Personality and Social development: Basic issues and theories*. Owerri, Nigeria: GV Publishers Ltd.
- Biehler, R.F. (1978). *Psychology Applied to Learning* (3rd ed.). London: Houghton Mifflin Company.
- Biehler, R.F. (1976). *Child Development*. London: Houghton Mifflin Company.
- Boeroe, C.G. (2011). Welcome to Personality theory. Retrieved from: <http://webspaceship.edu/cgboer/persitro.html>.
- Brown, H.G. (2011). Old Age Problems. Retrieved from: <http://www.squidoo.com>.
- Bruner, J.S. (1975). *Beyond the Information given: Studies in Psychology*. New-York: Hilley.
- Burke, J.L. (1981-1982). Young children's attitudes and perceptions of Older adults. *International Journal of Aging and Human Development*, 14(12): 205-222.
- Eggerichs, E. (2011). Old age Problems: Should it Matter? Retrieved from: <http://www.mariagemissions.com>.
- Erikson, E. H. (1970). *The Life Circle: Epigenesis of Identity*. New York: Dosey Press.
- Erikson, H. E. (1968). *Identity and crisis*. New York: W.W. Norton.
- Erikson, H. E. (1982). *The life cycle completed: Review*. New York: Norton [12].
- Eysenck, H.J. (1991). *Smoking, personality and stress: Psychological factors in the prevention of cancer and coronary heart diseases*. New York: Springer-Verlag.
- Green, S.I. (2008). *Introduction to Psychology of Human Development* (2nd ed.). London: Houghton Mifflin Company.
- Halgin, P. and Whitbourns, S.K. (1978). *Abnormal Psychology*. New Delhi, McGraw Hill Company.
- Hergen, M., Kazdin, A.E. & Helnack, S.A. (1991). *The Clinical Psychology Handbook*. Tokyo: Pregarmon Press.
- Iwuama, B. C (2003). Henry Marray's Theory of Personality, Personality and Social Development: Basic Issues and Theories. Obimba F. U. and Iwuama, B.C. (eds) Great Versatiles Publishers Ltd Owerri.
- Luffi, J., Orli, R., Gabrieli, H., Orit, J.L., Manfred, G. & Tarny, S. (2005). Problem associated with Consanguineous Marriage in Israel. *Journal of Human Security*, Article 331 www.mids.ch.geneva.
- Marriage Mission International (2011). Age gap: should it matter? Retrieved from: <http://www.marriagemission.com>.
- Melgosa, J.I. (2005). *Less Stress*. Madrid, Spain: Sanfernando Dehanards.
- Morgan, C.T., King, R.A., Weisz, T.R. and Sexhopler, J. (2002). *Introduction to Psychology*. Tokyo: Tata McGraw Hill.

- Olivearez, B. (2009). *Category Introduction to Psychology: Erik Erikson Theory of Personality Development*. <http://helpingspsychology.com>
- Piaget, J. (1962). *The Origin of Intelligence in Children*. CM Cook Trans. New York: International University Press.
- Platinum, S.M. (2005). Problems that may develop in marriage. *Journal of Study Human Security*, Article 328, www.mids.ch.geneva.
- Plotnik, R. and Mellenaver, S.K. (1986). *Introduction to Psychology*. New York: Random House.
- Samuel, J. & Bryart, P. (1984). Psychological theoretical review. *Journal of Child Psychology and Psychiatry*.
- Sdorow, I.M. (1995). *Psychology*. IOWG Brown and Benchmark.

Questionnaire

Nostalgic reactions to decisions made earlier in life. Tick one alternative.

Gender ____ Male ☐ Female ☐ Stage Age ☐

- a) Do you regret the educational pursuit you made after your secondary School?
 - (i) Seriously ☐ (ii) Regret ☐ (iii) No regret ☐ (iv) No response ☐
- b) At this time, do you think you should have decided to follow another line in your educational pursuit?
 - (i) I seriously think so ☐ (ii) I think so sometimes ☐ (iii) I do not think so ☐ (iv) that has never occurred to me ☐
- c) Do you feel that if not for certain circumstances you should have taken such a decision
 - (i) I seriously think so ☐ (ii) I sometimes think so ☐ (iii) I do not think so ☐ (iv) it has never occurred to me ☐
- d) If you were to return to your secondary school days would you still take the same decision as it affects your education pursuit?
 - (i) Seriously ☐ (ii) Not at all ☐ (iii) I would take the same decision ☐ (iv) I would definitely take the same decision ☐
- e) Do you regret the career or vocation decided on earlier in life?
 - (i) I seriously do ☐ (ii) I do so sometimes ☐ (iii) I do not regret ☐ (iv) Not regret at all ☐
- f) At this time, do you feel you should have decided on another vocation?
 - (i) I seriously feel so ☐ (ii) I do not feel so ☐ (iii) I do not feel so at all ☐
- g) Do you feel like changing your career now?
 - (i) I seriously feel so ☐ (ii) I feel so ☐ (iii) I do not feel so ☐ (iv) I do not feel so at all ☐
- h) If you were to return to your earlier years, would you still decide on the same vocation?
 - (i) Seriously not at all ☐ (ii) Not at all ☐ (iii) I would take the same decision ☐
- i) Do you regret your earlier decision on choice of spouse?
 - (i) I seriously regret ☐ (ii) I do regret ☐ (iii) do not regret ☐ (iv) I do not regret at all ☐
- j) At this time, do you feel you should have decided differently?
 - (i) I feel seriously that I would have decided differently ☐ (ii) I feel I would have decided differently ☐ (iii) I do not feel so ☐ (iv) I do not feel so at all ☐
- k) Do you feel you should change your spouse now?
 - (i) I strongly feel so ☐ (ii) I feel so ☐ (iii) I do not feel so ☐ (iv) I have never felt so ☐
- l) If you were to return to your earlier days, would you still take the same decision as it affects choice of spouse?
 - (i) I will not take the same decision at all ☐ (ii) I would not take the same decision ☐ (iii) I will take the same decision ☐ (iv) I will definitely take the same decision ☐
- m) Are there some decision you took, against the advice of your parents?
 - (i) most of my parent's advice I rejected ☐ (ii) I reject some of the advice that was given to me by my parents ☐ (iii) I did not reject their advice ☐ (iv) I did not reject their advice at all ☐
- n) Tick one of these as area you reject for rejecting your parent's advice
 - (i) choice of educational pursuit ☐ (ii) choice of spouse ☐ (iii) choice of vocation ☐
- o) As at present, can you stand by your rejection of some of your parents' advice?
 - (i) I cannot stand by my decisions ☐ (ii) I can stand by some of the decisions ☐ (iii) I can stand by some of the decisions ☐ (iv) I can seriously stand by them ☐