

The Problem of the Crisis Mature Age

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In this article will be described theoretical approaches of mature age crises. The results showed that standard age crises are essential planned stages of mature human development, stipulated continuity developmental processes, self-actualization and self-identity of the person. The results of the empiric study were shown. The research was conducted among men and women of mature age (n=446, 35-45 years). As the diagnostic method was used the method «Symptoms of planned crisis» by N.V.Sivrikova to identify crisis phenomenon. For identification the content differences of the crisis was used the «Crisis of the development» method by L.G.Petriakova. There were identified developmental borders of the median age crisis for men and women, also were found specific differences of its passing. The applied aspect of the research issue can be implemented in consultancy for optimization the developmental crisis overcoming.

Keywords: personality, age, maturity, development crisis, mid-life crisis.