

EXTENDED SUMMARY

The objective of this study is to analyze through a qualitative approach the psychological development of adults, which is in the last stage of Erikson (2000): integrity versus despair. Erik Erikson (2000), confront development in a way that includes the entire human life cycle. It raises a series of crossroads in which the "me" confront certain behaviors and demands of society: stage 1, basic trust in the face of distrust; stage 2, autonomy against shame and doubt; stage 3, initiative against guilt; stage 4, diligence versus inferiority; stage 5, identity versus confusion; stage 6, privacy versus isolation; stage 7, generativity against stagnation and stage 8, integrity of the face of despair. If these stages are not overcome, a stagnation occurs. Mariscal (2009), defines the psychology of psychological development as that discipline whose objective is the study of behavioral, social, cognitive and affective changes throughout the life cycle of people. On the other hand, Riessman (1993), proposes that in order to understand our life it is necessary to structure it as if it were a story in which each person is the protagonist of theirs. Havighurst (1972), defines the evolutionary tasks, as more specific goals that the person has to achieve when a certain moment of life arrives. These tasks are linked together, so that if you get one, you are more likely to get others in the future: adapt to physical strength and health in decline, adapt to retirement and a reduction in income, adapt to the death of the couple and widowhood, establish an explicit affiliation with the group itself, adopt and adapt to social roles in a flexible manner, and establish a satisfactory living physical habitat. Baltes and his collaborators (1999), propose two additional goals, the maintenance, or those behaviors that allow to reinforce the operation in complicated situations or when the resources that the person disposes are diminished, and the regulation, or reorganization of the operation after an unrecoverable loss which makes maintenance impossible. In addition, Baltes (1987) differentiates the evolutionary change in three factors: normative influences related to age, normative influences related to history and non-normative influences. Baltes and Baltes (1990), proposes that adaptation is important for people to be able to direct their own lives and to establish new paths of action in relation to our personal preferences. This adaptation sets in motion three processes: selection, optimization and compensation. With this study we can obtain the necessary information to characterize the evolutionary moment of both subjects according to Erikson's stage, and relying on other authors, to be able to fulfill the proposed objective.

The sample has been selected through convenience sampling and it is a marriage. Subject 1 (J.) is an 83-year-old man born in Granada, who currently lives in Castellón de la Plana. Subject 2 (T.), is a woman of 80 years, born in Granada who currently lives in Castellón de la Plana. The instrument used for this study is the semi-structured interview, since it is the most appropriate for obtaining life histories. It is an adaptation of the interview proposed in "The study of life cycle from life stories: A practical proposal" (Villar & Triadó, 2006). This interview is divided into sections: childhood, youth and maturity, couple, children, work and others. It is not necessary to follow that order; the questions may vary. First, the subject 1 was interviewed and, the next day, subject 2. Both interviews were conducted in two sessions due to the age of the subjects and the little information collected. Second, both interviews were recorded with a mobile device and later they were stored in a computer. The duration was one hour and a half on the first day and one and a half hours on the second day. Once the interview was done, the transcription was carried out, literally writing all the words that have been said in the interview.

Regarding the results, in the first place, the line count was analyzed according to stages of life, it can be seen that subject 1 has dedicated to talk more about adulthood

2, that is, old age with 69 lines dedicated to it. In contrast, subject 2 has spent more time talking about childhood with 62 lines. On the other hand, subject 1 has dedicated to talk less about adolescence with 48 lines and subject 2 about adulthood, 1 with 27 lines. Secondly, it was analyzed according to the line count of Havighurst's evolutionary tasks, it can be seen that subject 1 has spent more time talking about adaptation to physical strength and declining health. On the other hand, he has devoted less to talking about adaptation to retirement and a reduction in income. Subject 2, like subject 1, has devoted more to talking about adapting to physical strength and declining health and has devoted less to adaptation to retirement and a reduction in income, compared to other theories. Third, examples of the three major factors of Baltes (1987) were analyzed and, fourthly, examples of adaptation processes were analyzed.

Regarding the discussion, the results for the subject 1, indicate that the subject is in the center of integrity of the self, since the subject feels that it has been worth all the actions he has done and also says that he is satisfied with all the decisions made throughout his life, for example, buying a house, getting married, having children, etc. On the other hand, he does not regret anything he has done and, therefore, would not change anything of all the decisions he has made throughout his life. In addition, he also says that he has worked a lot in life to get everything he has had and when the time comes for retirement, he feels self-realized and, in addition to taking it in the best possible way, he explains that he is looking forward to the moment to retire. Although the subject remembers several times in the interview the death of his mother, explains that he has overcome and that for him his grandmother has played the role of mother for life. As for the tasks of Havighurst, he adapts to physical strength in an optimal way, although he has gone through a serious illness in which he almost died, and he remembers it several times in the interview, he says that he has overcome it with the help of his family and, that is currently very well. When it comes to retirement, it is adapted appropriately, since I wanted the time of retirement to come. The next phase, adapt to the death of the couple has not been valued in the results, because your partner is still alive. The phase of affiliation with the group itself and adapting to social roles in a flexible way is done optimally as it continues to go out to the square with friends, although it admits in the interview that it does so less frequently and, finally, as for establishing a physical habitat, it also exceeds it adequately, since the subject comments on several occasions that they go down to the cafeteria in the square to have breakfast and to buy bread every day. On the other hand, according to the influences of Baltes, this subject gives greater importance to the normative influences related to age, since he spends more time of the interview to talk about topics related to the family, that is, death of the mother, Parenting with grandmother, partner, children and grandchildren. Finally, in terms of adaptation and its three interrelated processes (selection, optimization and compensation), the subject performs the three processes optimally, so throughout his life he has had a great adaptive capacity to react to threats or losses, in order to reorient adverse situations and continue their life in an adaptive way. On the other hand, the results of subject 2 indicate that he is in the pole of integrity of the self, since like subject 1, and making a review of his whole life, he states that it has been worth living, that he does not regret any decision taken throughout his life and that he contemplates life from a positive perspective. Regarding the tasks of Havighursts, and relating it to the last task, they point out the following: The adaptation to a physical force in decline, the subject comments several times during the interview that has many knee problems for many years that has interfered throughout his life to the point of not being able to perform household chores, such as making food, cleaning, going to do the shopping etc, or even the things he liked most, such as going for a walk or going to the garden. The adaptation to retirement, to perform optimally, because

he says that now he is calmer and more at ease. Like the subject 1, the phase of adapting to the death of the couple has been ignored, since this phase has not occurred, therefore, it is ignored. When establishing an affiliation with the group itself and adapting to social roles in a flexible manner, it does so in an appropriate manner, because in the interview she refers that she goes down every day to the bank in the square with the friends to talk about her subjects and comment on the "Ahora caigo" program. Finally, the phase of establishing a physical habitat of satisfactory life, the subject comments on several occasions that he likes to go up every Sunday to the village to eat with the whole family since they have been doing it for many years and he wants to continue doing it all life, because he has always liked to see his grandchildren enjoying themselves in the pool. On the other hand, following the normative and non-normative influences of Baltes, like subject 1, he also devotes more time to normative influences related to age, by spending more time talking about family, couple, children and grandchildren. Finally, as regards adaptation, the subject performs the three processes in an appropriate way, since he chooses goals, strives to achieve the highest levels of functioning and responds optimally to the absence or loss of a medium. Although the subject refers in the interview many times that he can not do things that he did before, and that even if he tries, he can not do it anymore.

In conclusion, both subjects are in the stage of Integrity of the self and, in addition, have exceeded all life goals throughout life, can grow and age properly, adapting as much as possible to losses and difficulties that the life has put you on the road.

As a limitation, it may be, the answers have not been broad enough, this is because, being older, the ability to narrate the facts of their life stories is more difficult, in addition, on many occasions, they had to explain the questions for them to understand.

As an improvement proposal, it could be, to divide the interviews in more days, in order to obtain more information and with that, more questions. Also, use an easier language so that they understand what they are being asked and thus, receive wider answers.