

ADULT MALE INDIVIDUATION: AN EXAMINATION

by

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The following dissertation was submitted in November 1981, to satisfy the requirements for the Doctor of Social Welfare degree, University of California, School of Social Welfare, Berkeley, California. It is a study of human development and of adult male Individuation from a Jungian perspective employing a longitudinal design with sub-group evaluation. Proposals for new clinical interventions are derived from the findings.

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Abstract

The understanding of an adult individuation process similar to the developmental transitions experienced during infancy and again during the adolescent years emerges through the integration and assessment of Life Span Developmental Psychology research.

Adulthood is a period in which true individuation and adaptative disillusionment begin, freeing the self not from parental omnipotence, as seen in the earlier individuation periods, but from societal demands and the individual's own repressed instinctual drives and needs. The understanding of this transition with its behavioral presentations offers fresh clinical insights into the psychology of the middle-age adult.

C. G. Jung was one of the earliest behavioral scientists to contemplate that intra-individual variability as well as intra-individual invariance constitute the natural state of the adult psyche. His notion of Individuation encompasses the supranatural aspects of the unconscious and probes beyond the presenting persona. This study examines the behavioral presentation during the mid-life male maturation process as it intercepts with the Individuation process.

From longitudinal data supplied by the Institute of Human Development Guidance Study, University of California, Berkeley, California, forty male subjects were grouped by Individuation attainment at age thirty and forty years through the correlation of subject Q-data (compiled at 30 and 40 years of age) to an established Criterion Q-Index. Three Jungian analysts established the consensual-based Criterion Q description of male Individuation as derived from the Jungian perspective. Subjects were classified into three subgroups (Most Characteristic, Least Characteristic, and Neutral) representing the change of Individuation attainment between thirty and forty years of age. Thirteen personality traits from longitudinal Personality Assessment ratings supplied the primary descriptive variables. The personality traits were derived from Personality Appraisal data within the IHD Study where replication was discovered at age thirty and forty. Descriptive traits were: Level of Frankness; Demonstrativeness; Anger; Emotional Dependency; Seriousness; Changeability; Worry; Socialization; Orderliness; Introversiveness; Self Confidence; Emotional Stability; and Marital Adjustment. Group means significance testing through a matched pairs t-ratio was the primary statistic. Design goals were descriptive and hypothesis-generating.

During the time frame in question, the psychosocial variables of dependency, socialization, structural-environmental care, self confidence and emotional stability show as significant and assist in group attainment delineation. Subjects most Individuated became more even-keeled in the presentation of self and showed an increase in social skills with less rigidity. Subjects least Individuated were still struggling with issues of dependency and other-directedness and also declined in emotional stability.

Overwhelming sample homogeneity (vis-a-vis Hollingshead Ratings) ruled that no significant demographic characteristics could be found that would delineate Individuation attainment groups. Utilizing the study results in a direct and inductive manner would be an over-interpretation; therefore, it is suggested that general data trends can add new perspectives to adult male psychology. With findings serving as a "focal" guide, clinical interventions with the mid-life male client are suggested vis-a-vis the interface of Analytic content with a Life Transition approach. These are interventions that are related to: Male dependency; trust neurosis and the disengagement of societal control; socialization and adult male role strain; reintegration of early adult projective processes; sexuality; parenting; mentorship; creativity; ego control and cognitive flexibility; and the recognition of male psychological dimorphism.

Introduction

The static view of the human organism, which states that no change occurs after young adulthood except for that of a retrograde nature, seems to have given way to the more dynamic perspective that change (intraindividual variability) as well as continuity (intraindividual invariance) seem to be the natural state of the adult (Baltes and Goulet, 1970; Butler, 1974; Kimmell, 1974; Neugarten, 1964, 1968). This organismic perspective relies upon longitudinal, cross-sectional and cross-sequential designs (Baltes and Goulet, 1970; Block and Haan, 1971; Birren, 1968; Havigurst, 1972; Haan and Day, 1974; Jones, 1971; Levinson, 1978; Lowenthal, 1976; Macfarlane, 1964; Valliant, 1977), as well as biographical and psychohistorical methodologies (Buhler, 1935; Erikson, 1975; Jaques, 1965). The primary premise within this perspective states that adulthood is not a single monochromatic stage, filling a space between youth and old age, but rather consists of a number of discretely differentiated stages. The sequential stages, critical junctures, biological and social concomitants, and historical and secular trends are examined as to the importance of their influence upon the developing adult. This viewpoint regarding adult human development can be invaluable to the clinician intent upon improving modes of intervention into the life problems of the middle-aged adult.

In following this dynamic perspective, this study examines the behavioral presentation during midlife male maturation as it intercepts with the Individuation process as perceived in Analytic Psychology. With selected findings serving as a guide, clinical interventions are suggested.

Male Individuation and Analytic Psychology

Within the literature a debate seems to revolve around the inevitability and timing of a type of intrapsychic midlife juncture which, in the male, will make its appearance at age 45±5 years (Erikson, 1950; Jung, 1971, 1972; Levinson, 1978; Maslow, 1943; Neugarten, 1968). This transitional process is often theorized as unconscious and supraordinate to character and behavior, as well as other directed and interactive to milieu. As one studies the literature, one begins to contemplate upon the presence of a third separation-individuation process in the life cycle. During adulthood true individuation and adaptative disillusionment may unfold, freeing the ego not from parental omnipotence, as seen in earlier stages of individuation (Blos, 1967, McDevitt and Settledge, 1971), but rather from societal demands and the individual's own repressed instinctual drives and needs (Clausen, 1976; Gould, 1972, 1978; Jaques, 1965; Levinson, 1978; Pearlman, 1968).

Separation elements are central to individuation and appear to be epitomized during the life reappraisal process, which in men usually begins at approximately 35 years of age (Lowenthal, 1976; Levinson, 1978). Biographical protocols have revealed a theme of relinquishment, or the giving up of the task-related attitudes of the ego (Buhler, 1935). In longitudinal studies we see separation through the progressive introverted movement of male subjects at age 40, signifying a separation from outer directedness to "interiority"; a more passive stance with reality (Lowenthal, 1976; Neugarten, 1968). The older a man becomes the more likely he is to respond to inner rather than outer stimuli.

We find that the midlife male will also separate from his persona and reappraise his more affiliative sides. In relying less on authority, there is a shift in sex role perception and even a reversal as the ego becomes more "centripetal" (Neugarten, 1968) and yielding.

Closely allied with this internalized focus is a shift in time perception, from the earlier sense of measuring time since birth to an evaluation of life in terms of life left to live (Neugarten, 1968). In coming to terms with mortality, a man must address the psychic need for a constructive resignation of the illusion of absolute safety of the self and others (Gould, 1978; Jaques, 1965; Jacobi, 1958; Levinson, 1978; Peck, 1965).

Adult male maturation often requires that the individual stop, evaluate, and then move on in development. Regressive maneuvers may be requirements for further ego differentiation while appearing behaviorally as confusion, depression, pan-neuroticism, or acting out. This struggle may be exemplified through the notion of individuation through the assessment of psychic polarities (Jung, 1966, 1971; Levinson, 1978). The polarities, or characterological possibilities, facing a midlife male are: Young/Old; Destruction/Creation; Masculine/Feminine; and Attachment/Separateness. One might refer to a man at 40 years of age as being caught up in the grip of opposites, where conflicting feelings must be integrated along with the struggles from new life experiences.

Analytic theory states that the first half of a man's life is given to ego building, goal attainment and adaptation (Jung, 1972). During maturity and the second half of life, the individual becomes engaged in a type of ego-conscious versus unconscious struggle to realize and perhaps make conscious the supraordinate and dichotomous (psychic polarities) aspects of the personality, thus helping to regain a sense of individuality perhaps ignored through the years. Individuation in Analytic terms differs from that as seen in Ego Psychology, and is viewed as a psychic process and not a product of purposeful character reformation. There is a moral issue involved, as well, which states that the individual strives for completeness rather than perfection. Knowledge of this process requires a type of circular rather than linear awareness which a man in his middle years is possibly open to (Edinger, 1973, 1975; Hinton, 1979; Kreinheder, 1978; Jung, 1964, 1972).

Methodology

From longitudinal data supplied by the Institute of Human Development (IHD) Guidance Study (Jones, 1971; Kagen, 1964), University of California, Berkeley, California, 40 subjects were selected from a surviving cohort of 91 male subjects. Pool selection was based upon the availability of data replicated between 30 and 40 years of age.

Subjects were classified by Individuation attainment (Most, Neutral and Least Characteristic) at age 30 and 40 years, through the correlation of existing IHD subject Q-data (Block, 1961) compiled at these ages, to an established Criterion Q-Index (Composite Spearman $r=.89$)¹ derived from the ratings of three Jungian analysts. (See Table 1 for a list of Most and Least Characteristics.) Further classification was established as subjects were grouped into thirds to form two trichotomies representing the time frame in question, and a third trichotomy representing a longitudinal view of attainment over time.

Thirteen personality traits from IHD Personality Assessment Ratings completed at age 30 and replicated at 40 years became the primary descriptive variables which delineate Individuation attainment. The traits were derived from IHD data. The atheoretical ratings were made on a seven-point scale with a high score representing a positive attribution and a low as relatively weak. The traits represent: Level of Frankness; Demonstrativeness; Anger; Emotional Dependency; Seriousness; Changeability; Worry; Socialization; Orderliness; (structural care); Introversion; Self Confidence; Emotional Maturity; and Marital Adjustment.

TABLE 1

Criterion Q (Adult Male Individuation)

Most Characteristic of Individuation: Items averaged at above 7.5 on the 9-point Q-sort category.

- Is introspective and concerned with self as object.
- Engages in personal fantasy and daydreams, fictional speculations.
- Has insights into own motives and behavior.
- Has a clear-cut, internally-consistent personality..
- Is concerned with philosophical problems; i.e., religions, values, the meaning of life, etc.
- Has warmth; has capacity for close relationships; compassionate.
- Thinks and associates ideas in unusual ways; unconventional thought processes.
- Responds to humor.
- Enjoys esthetic impressions; is esthetically reactive.
- Has high aspiration level for self.
- Interested in members of the opposite sex.
- Able to see the heart of important problems.
- Values own independence and autonomy.

Least Characteristic of Individuation: Items averaged at below 2.5)

- Extrapunitive; tends to transfer or project blame.
- Gives up and withdraws where possible in the face of adversity and frustration.
- Is vulnerable to real or fancied threat; generally fearful.
- Keeps people at a distance; avoids close interpersonal relationships.
- Is basically distrustful of people in general; questions motives.
- Various needs tend toward relatively direct and uncontrolled expression; unable to delay gratification.
- Is self-defeating.
- Judges self and others in conventional terms like "popularity," "the correct thing to do," social pressures, etc.
- Is subtly negativistic; tends to undermine and obstruct or sabotage.
- Is guileful and deceitful, manipulative, opportunistic.
- Has a brittle ego defense system; has a small reserve of integration; would be disorganized and maladaptive when under stress.
- Feels cheated and victimized by life; self-pitying.
- Is emotionally bland; has flattened affect.

Statistical Analysis

Study design goals are descriptive and hypothesis-generating. Significance testing was utilized in establishing data trends while focusing upon relationships between variables and attainment groups. The data base is generically interval with two discrete sets of scores derived from the same population sample at different time intervals. The standard procedures for difference of means testing are unjustified in this situation because of the fact that there are not 2 N cases that have been independently selected. We have only N, independent case, with each standing as a pair. Therefore, each pair is treated as an independent single case. The t-ratio for matched pairs lends itself well to this situation by making a direct pair-by-pair comparison, obtaining a difference score for each pair.^{2,3} Pairing reduces extraneous influences on the variables in question, reducing the effects of subject-to subject-variability. The null hypothesis assumes no differences between the variables; therefore, with the mean pair-by-pair differences of the population (μ_D) as zero, the problem is reduced to a single sample test of the hypothesis that $\mu_D = 0$, or standard error of difference is zero. The degrees of freedom is N-1 pair of scores. With design goals as they are, inclusiveness appears to be a better strategy than purism; therefore variables significant at the .01 level are included.

Two Trichotomies (30 and 40 years) of Individuation attainment were computed. Correlations (r) were reached between the composite IHD Q-description of each subject and the Criterion Q.⁴ A dividing point of one-third was used to establish trichotomies. Refer to Tables 2 and 3. A third, or Intra-group Longitudinal Trichotomy of Individuation attainment, was also established, allowing for both examination of significance regarding movement along the Index between 30 and 40 years of age and also offering a single graphic for use in a final analysis of variables. Table 4 presents 40-year attainment levels means tested against group scores at 30 years. The result is an analysis of change in correlation scores on the Criterion Index over time, testing the mean gain and/or loss for each group. The directionality of profile levels appears as significant.

Tables 5, 6 and 7 represent a retrospective analysis of Personality variables over time for each attainment group. The scores represent the mean alteration of each variable with the direction of that result if significant. A demographic analysis of the sample can be seen in Table 8. Rating by Hollingshead Social Class Index was performed at age 30 and 40 years.

General Data Trends

An analysis of the findings reveals that during the time frame in question the variables of dependency, socialization, orderliness or structural care, self-confidence and emotional stability show as significant and involved in the Individuation process. The degree and magnitude of involvement is not at question here; however it is interesting to speculate as to the cause and effect issues regarding these variables.

Subjects most Individuated on the Index appear to have become more even-keeled in presentation of self ($p < .05$), show an increase in social skill level ($p < .05$), and an increase in awareness for the orderliness of their environment ($p < .10$). Although these subjects appear as emotionally stable ($p < .05$), they did present a decline in levels of self-confidence ($p < .02$). Subjects least Individuated appear to be struggling with issues of dependency and other-directedness ($p < .05$). They also show a rise in group mean level of structural

TABLE 2
(Age 30) Trichotomy of Individuation

Most Characteristic*		Neutral Characteristics**		Least Characteristic***	
Subject ^{††}	r [†]	Subject	r	Subject	r
G78	.66	C72	.45	C123	.09
G124	.66	C156	.45	C121	.06
C136	.59	G108	.41	C133	.03
G80	.57	G59	.38	C172	.03
G160	.57	G107	.38	C158	-.01
G123	.58	G86	.37	C106	-.02
G106	.55	G79	.34	C128	-.12
G93	.53	G49	.32	G97	-.10
G153	.50	G77	.24	G121	-.13
G154	.50	G172	.22	G91	-.13
G64	.49	C160	.19	G178	-.16
G72	.48	G62	.14	G59	-.23
G115	.47	G173	.13	G70	-.26
				G134	-.31
\bar{X}	.3862	\bar{X}	.2277	\bar{X}	.1543

*N = 13

**N = 13

***N = 14

† Product-moment correlation (Block, 1961)

†† Subject IHD classification and number; G = Guidance, C = Control

TABLE 3
(Age 40) Trichotomy of Individuation

Most Characteristic*		Neutral Characteristics**		Least Characteristic***	
Subject ^{††}	r [†]	Subject	r	Subject	r
G172	.75	G154	.39	C72	.16
G123	.72	C106	.39	G78	.11
G108	.65	G59	.38	G49	.10
C136	.68	G91	.32	G121	.10
G107	.58	G97	.31	G178	.12
G124	.59	G64	.30	C121	.08
G77	.49	G72	.28	C128	.05
C156	.48	G160	.28	G93	.03
G106	.46	C158	.25	C172	-.07
G153	.45	G80	.24	C160	-.11
G115	.46	C123	.22	G134	-.03
C133	.43	G86	.21	G79	-.13
G173	.41	C59	.20	G70	-.12
				G62	-.21
\bar{X}	.5485	\bar{X}	.2900	\bar{X}	.0057

*N = 13

**N = 13

***N = 14

[†]Product-moment correlation (Block, 1961)

^{††}Subject IHD classification and number; G = Guidance, C = Control

TABLE 4

Intragroup-Longitudinal Trichotomy of Individuation

Group	\bar{X}_s		t-ratio*	significance
	(age 30)	(age 40)		
(30-40 yr) Most Characteristic of Individuation	.3862	.5485	-2.60	p > .05**
(30-40 yr) Neutral	.2277	.2900	- .75	no
(30-40 yr) Least Characteristic of Individuation	.1543	.0057	-1.73	p < .10***

*two-tailed test

**df = 12

***df = 13

TABLE 5

Longitudinal Analysis of Distinguishing Personality Variables

IHD (30-40 Yrs)

Most Characteristic of Individuation Across Time*

Personality Variable	\bar{X}_s		t-ratio**	Significance***	\bar{X} alteration
	30 Year	40 Year			
Reserv	4.6923	4.2692	1.18	no	-
Ndem	3.8462	3.7692	.23	no	-
Quik	3.8077	4.1538	-1.47	no	-
Dep	3.8077	3.3462	-1.70	no	-
Sers	4.0385	4.2308	-.81	no	-
Chang	3.6923	4.3846	-2.21	p < .05	↑
Worr	3.6923	3.9231	-.81	no	-
Nsoc	4.5385	5.2692	-2.50	p > .05	↑
Nord	4.0385	4.5385	-1.93	p < .10	↑
Shy	4.3462	4.4231	-.31	no	-
Nconf	4.1154	4.9231	-2.72	p < .02	↓
Unst	3.9615	4.7308	-2.28	p < .05	↑
Mconf	3.5385	3.5769	-.11	no	-

*N = 13

**two-tailed test

***df = 12

TABLE 6
 Longitudinal Analysis of Distinguishing Personality Variables
 IHD (30-40 Yrs)
 Neutral Characteristics of Individuation Across Time*

Personality Variable	\bar{X} s		t-ratio**	Significance***	\bar{X} alteration
	30 Year	40 Year			
Reserv	3.5000	4.1154	-1.14	no	-
Ndem	3.8077	3.6538	.40	no	-
Quik	3.9615	3.8846	.30	no	-
Dep	3.6923	3.6538	.14	no	-
Sers	3.6538	3.6538	0.00	no	-
Chang	3.6154	3.8077	-.86	no	-
Worr	3.3846	3.5769	-.60	no	-
Nsoc	4.1154	3.3462	-.65	no	-
Nord	4.0385	4.5769	-1.58	no	-
Shy	3.7692	4.4615	-2.37	p < .05	↑
Nconf	3.6923	4.2692	-1.35	no	-
Unst	3.5000	3.9231	-1.72	no	-
Mconf	2.3846	3.1154	-1.52	no	-

*N = 13

**two-tailed test

***df = 12

TABLE 7
 Longitudinal Analysis of Distinguishing Personality Variables
 IHD (30-40 Yrs)
 Least Characteristics of Individuation Across Time*

Personality Variable	Xs		t-ratio**	Significance***	\bar{X} alteration
	30 Year	40 Year			
Reserv	3.6071	4.3214	-1.48	no	-
Ndem	3.2857	3.7500	-1.01	no	-
Quik	4.1429	4.1429	0.00	no	-
Dep	3.5000	2.7857	2.31	p < .05	↓
Sers	3.5357	3.3929	.50	no	-
Chang	3.9286	3.7143	.59	no	-
Worr	3.6429	3.1429	1.38	no	-
Nsoc	3.8214	4.3571	-1.18	no	-
Nord	4.3214	4.9643	-2.26	p < .05	↑
Shy	3.7857	4.1786	-1.17	no	-
Nconf	3.5357	4.0000	-1.09	no	-
Unst	4.0714	3.3929	1.69	p < .10	↓
Mconf	2.4643	2.0000	.86	no	-

*N = 14

**two-tailed test

***df = 13

orderliness over time ($p < .05$); however, in light of the fact that they also produced a decline in emotional stability ($p < .01$), this rise could be taken as rigidity of character and obsessiveness. Neutral subjects show to be significant on a single variable: shyness ($p < .05$). Perhaps a degree of introversion is involved here, or perhaps this may be indicative of a behavioral juncture or waiting phase between psychic assessment and reintegration processes. Please refer to Tables 5, 6 and 7.

As one examines demographic findings (Table 8), it is probably correct to assume that one is witness to survivor bias within a longitudinal study (Troll, 1975). No significant demographic characteristics could be found that could further delineate attainment groups.

Clinical Intervention

The data would seem to support the notion of psychodynamic change in midlife males. The trends also seem to support the concepts of separation, struggle and conscious reformation through an Individuation process. It would be tempting to utilize results in a directive and inductive manner; however, one does not want to err in the direction of an overinterpretation. It is therefore suggested that the trends offer new perspectives into the psychology of the adult male. Clinical interface is thus limited to the trends regarding dependency, socialization, structural care of environment, self-confidence and emotional maturity.

In focusing upon the issues of male dependency, the clinician might do well to keep in mind the problems from the collective trust neurosis which adult men often find themselves involved in. In the early adult years the ego is in command, maintaining a strong persona while "doing" what is deemed good and correct by external standards, with inner standards often remaining incongruent to an unconscious not as yet awakened through natural maturation. The midlife male dependent upon the collective values might find himself in that paradoxical situation which dictates that if one does what is correct then one will be rewarded accordingly. Thus, he believes in the correctness of this human equation and comes to be dependent upon ideals and often others, and yet he cannot identify himself as dependent.

However, a life crisis or perceived loss will precipitate the trust neurosis. We may see panic and anxiety as naive attitudes are shaken and, in the final analysis, collective ideals cannot be depended upon and the individual must face life without illusions (Kopp, 1978). If the process of realization were to stop at this point there is the danger of unresolved existential neurosis, sheathed in bitterness and ego stagnation (Erikson, 1963). To move on may mean to experience a disengagement with the collective, leading to healthy rationalization and insights that life is far from conflict free nor is it entirely trustworthy. Answers may lie within the levels of authenticity in which we carry out our lives (Bugenthal, 1965). With empathic assistance regarding the situation, and through the transference process, the midlife male client caught up in this process might do well to receive from the clinician a self-moralist attitude (Homans, 1980) where he is responsible for his own psychology and actualizations. Supportive interventions and astute clinical insights regarding authenticity are crucial in this situation, for at times loss of naivety will appear as anxiety and often be assessed as symptomology in the midlife male. This may be a type of pan-anxiety (or midlife crisis) related to the internal realization that once the ego decathects from collective ideals that one may be separate and hence alone, and human

TABLE 8
Demographic Characteristics for Longitudinal Trichotomy

	\bar{X}_s		
Item	Most Characteristic	Neutral	Least Characteristic
Subject's HSCS*	1.4	2.4	2.2
Subject's H. Occupation	1.8	2.8	2.5
Subject's H. Education	1.9	2.4	2.5
Father's HSCS	2.5	2.1	2.8
Mother's HSCS	3.2	3.2	3.7
Marital Status	12 married (4 second) 1 not married	12 married (3 second) 1 not married	10 married 4 not married (divorced)
Number of Children: \bar{X}	4	3	3

*Hollingshead Social Class Scale

bonding may appear as different and less predictable than previously experienced. This process has been described as "detrribalization," where the male is able to be less dependent upon rewards and outer definitions and looks more to his own processes and a more universal perspective in which he has a small but very intrinsic part. Briefly stated, the clinician within this viewpoint can assist the individual in finding a better balance between the needs of the world and his own.

Selective focus regarding the aspects of socialization might best be directed at the issues of age specific social tasks and possible role strain. Role strain develops from a rigid confusion regarding one's task. One of the developmental tasks of the midlife male is to cope with role strain in a preventative manner through the ongoing realignment and establishment of a stable set of social rules with appropriate time and energy investments (Levinson, 1978). Often the midlife male client may engage clinical assistance regarding the roles of spouse, parent and mentor.

For a man, the middle years may be a time for renewal and renegotiation of a spousal relationship. A primary psychic struggle and part of this process can often be identified and focused upon. While the adult male experiences his more affiliative side and struggles with the male/female polarity, his spouse may paradoxically be struggling with her own assertive and masculine attributes, and concerns about her own future adulthood and independence (Notman, 1980; Colarusso and Nemiroff, 1981). As clinicians we often see marriages set into conflict because of extramarital affairs of a husband with a younger woman, who is described as understanding and exciting. These actions are often labeled as sociopathy; however, it could also be looked upon as purposeful regression being acted out in a rather unpurposeful manner by way of confused affiliative impulses. From a clinical standpoint the situation may be in need of insights regarding the developmental challenge of socialization versus sexualization (Peck, 1968) and the psychic struggle between destruction and creation (Levinson, 1978).

During the midlife years, child-centered days are waning although adolescent offspring remain in need of guidance while engaged in emancipation. There exists an emotional yet normative neurosis between parent and adolescent, which finds its beginning in a parent's earlier child development (Benedek, 1959; Gutmann, 1980; Colarusso and Nemiroff, 1981). Parenting behavior is directed by an established superego, which in turn directs the psychodynamic process between parent and child. As noted previously, dependency issues might well start a realignment if not chaos in the male superego. The result may be role strain and confusion regarding the values of fathering. A window for intervention exists here, as the strain might produce ego plasticity allowing for a look at and a reworking of intimacy-tied memories of early years.

Mentorship is an important component of the midlife male socialization process and is necessary in reaching the generative stages (Levinson, 1978). Often a man is on the threshold of becoming a mentor but is found to be lacking in self-confidence. Focused intervention into these confidence issues might be helpful. When a mentorship terminates there is another opportunity for intervention, vis-a-vis a working through of earlier, perhaps incomplete, pre-adolescent separation anxiety (Levinson, 1974).

The data shows that structural care of the environment, and hence personal reality, is an intrinsic component in male psychology. Here, clinical issues are best focused on the areas of control. The midlife male, in order to have a successful maturation, must come to grips with the crisis of cognitive flexibility versus rigidity (Peck, 1968). The implication

here rests on the premise that openness to new experience and areas of problem solving, rather than reliance on old cognitive rules, will enhance growth. The all-important career ladder might be conquered, or a less than expected rung is settled for; whatever the case, control investments might need to be shifted to give up psychic energies for more appropriate maturational ventures. For example, the middle age male is at risk to pre- or post-retirement depression if he has not successfully faced the control-equals-self worth bind -- a trap all males are subject to. As clinicians we need to be aware of this process of de-illusionment in the midlife male as the reductions of illusions regarding prowess and control are often not acceptable to the ego (Levinson, 1978).

When self-confidence issues surface with measurable degrees of emotional instability, a maturational crisis may be in the offing. From a clinical standpoint, however, depression and anxiety might also hold the promise of purposive and workable regression. More often than not, a male seeking therapy or counseling while in a crisis will be experiencing mood difficulties manifested through depressive states, anxiety, anger, restlessness, vulnerability, fear and difficulty in impulse control. Clinical attention should, of course, go beyond presenting affects. It can be stated that a man beset by his moods has forsaken his feminine principles and that perhaps "they" have turned against him through frustration and impulse. A man who is honest in his search for a better understanding of himself must come to terms with his dimorphic nature regarding the polarity of masculinity/femininity. The developmentally-aware clinician might allow the feminine components to have their due in the affectual presentation and perhaps even assist in the process. This is to allow the affiliative and yielding tones (moods) to come forth and not be criticized by the ego, but rather identified as actual male psychological entities (Johnson, 1977). Integration of the male/female polarity (i.e. rationalize the cultural definitions) enables the male client to see less need for the exploitative sides of his character by which he attempts to manipulate components of the collective in his attempts to keep dependency fears at bay. From the critical analysis of his androgenous nature he may also be better able to evaluate the mood processes beyond being in a state that must only victimize him and pull him from his center (Johnson, 1977).

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ENDNOTES

1

$$r = \frac{N \text{ (average inter-judge correlation)}}{1=(N-1) \text{ (average inter-judge correlation)}} \quad \text{where average intercorrelation: } r = 1 - \frac{\Sigma d^2}{64}$$

$\Sigma d^2 = \text{sum of diff.}^2$

2

$$t = \frac{\bar{X}_0 - U_0}{SD / \sqrt{N-1}} \quad \text{where } SD = \frac{\sqrt{(X_0 - \bar{X}_0)^2}}{N} \quad \text{(Blalock, 1960)}$$

3

SPSS (Nie, 1975) includes a self pairing procedure and was utilized.

4

$$r = 1 - \frac{\Sigma d^2}{864} \quad \text{from } r = \frac{\Sigma d^2 \text{ ip}}{1-2N \delta_d^2}$$

Where $N = 100$ and
 $\delta = 2.08$
 (Block, 1961)