

Old Age

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Introduction

Aging, also called senility, is the final stage of the normal life span in humans. Definitions of old age are not consistent from the perspectives of biology, demography (mortality and morbidity), employment and retirement, and sociology. However, for statistical and public administrative purposes, old age is often defined as age 60 or 65 years or older.

Old age has a dual definition. It is the final stage of an individual's life processes, and is an age group or generation that includes a segment of the oldest members of the population. The social aspects of aging are influenced by the physical effects of aging and the relationship between that generation's collective experiences and shared values and the particular organization of the society in which it exists.

There is no universally accepted age that is considered old between or within societies. There are often discrepancies regarding what age a society may consider old and which members of that age and older within that society may consider old. Furthermore, biologists do not agree about the existence of an underlying biological cause for aging. However, in most contemporary Western countries, 60 or 65 is the age of eligibility for retirement and old-age social programs, although many countries and societies consider old age to be anywhere from the mid-40s to the early 70s.

Physical effects

The physical effects of aging vary widely among individuals. However, chronic diseases, especially aches and pains, are more prevalent than acute diseases, requiring older people to spend more time and money on medical problems than younger people. The rising costs of medical care have caused increasing concern among older people and societies, resulting in constant reevaluation and improvement of institutions and programs designed to assist the elderly with these expenses.



The average life span in ancient Rome and medieval Europe is estimated to have been between 20 and 30 years. Today life expectancy has increased to historically unprecedented proportions, significantly increasing the number of people living beyond the age of 65. Therefore, the incidence of medical problems associated with aging, such as certain types of cancer and heart disease, has increased, leading to greater consideration in both research and social programs to accommodate this increase.

Some aspects of sensory and perceptual skills, muscle strength, and some types of memory decline with age, making older people unfit for certain activities. However, there is no conclusive evidence that intelligence declines with age, rather it is more closely associated with education and standard of living. Sexual activity decreases with age, but there is no age limit to continue it if a person is healthy. Many myths associated with the aging process are being invalidated by increasing studies in gerontology, but there is still not enough information to provide definitive conclusions.

Demographic and socioeconomic impacts

In general, the social status of an age group is related to its dominant influence in society, which is linked to that group's performance in productivity. Elders enjoy respectable status in agricultural societies. Their life experiences and knowledge are considered valuable, especially in pre-literate societies where knowledge is transmitted orally. The range of activities in these societies allows the elderly to remain productive members of their communities.

The status of the elderly in industrialized countries has changed as socio-economic conditions have changed, with the status of the elderly diminishing as society becomes more technologically oriented. Since physical disability is a lesser factor in productive capacity in industrialized countries, this decline in social status is thought to have arisen from several interrelated factors: The number of able-bodied older workers still exceeds the number of available employment opportunities. A decline in self-employment that allows a worker to gradually reduce activity as they age, and the continued introduction of new technology requiring specialized training and education.

Although old age is still considered an asset in some circles, especially in the political sphere, older people are being forced into retirement before their productive years end, causing problems in their psychological adaptation to old age. Are being born. Retirement is not



considered unfavourable in all cases, but its economic limitations remove older people from their sphere of influence and create problems in extended use of leisure time and housing. As a result, financial preparation for retirement has become an increased concern for individuals and society. For an essay on retirement, medical care, and other issues affecting the elderly, see the Britannica sidebar Notes on Aging by John Kenneth Galbraith, the distinguished economist, ambassador, and public servant.

Family relationships are the centre of attention of the elderly. However, family structure in industrialized countries has changed over the past 100 years, with multiple generations living in close proximity to self-contained nuclear families of only one parent and young children, older people moving closer to younger people, and each other. Have become isolated. Studies have shown that as a person grows older, he prefers to stay in one place. However, the tendency of young people in industrialized countries to be highly mobile has forced older people to decide whether to live with their families or to live in neighbourhoods that also alter their familiar patterns of activity. Is. Although most older people live within an hour of their nearest child, industrialized societies are faced with designing programs to accommodate the growing number of older people working independently of their families.

An important factor in the social aspects of aging relates to the values and education of the generation. Especially in industrialized countries, where changes occur more rapidly than in agrarian societies, a generation born 65 years ago may inherit dominant customs, expectations, definitions of quality.

Physiotherapy implications

For physiotherapists working with the aging population, one goal is to provide a person with time to remain active and in good health in later years, although for some this may also mean the loss of health, wealth and status due to retirement from work. Period, or loss from grief. Although no amount of physical activity can stop the biological aging process, there is evidence that regular exercise can reduce the physical effects of an otherwise sedentary lifestyle and reduce the development and progression of chronic disease and disabling conditions. Limiting can increase active life expectancy. There is also emerging evidence of significant psychological and cognitive benefits for older adults participating in regular exercise. Ideally, an exercise prescription for older adults should include aerobic exercise, muscle-strengthening exercises, and flexibility exercises.

Healthy Aging Advice

People with traumatic brain injury face the same challenges as the general population with regard to aging, and the advice given to the general population applies equally to individuals after a traumatic brain injury.

- Stay active – do exercises that target aerobic, strength and balance.
- Eat a balanced diet of healthy, natural foods.
- Control body weight, avoiding obesity.
- Stay connected to your community.
- Maintain your brain – Keep learning and challenging your mind.
- Take care of your vision, which deteriorates with age, and use glasses appropriately.

