

Psycho-Sociological Issues in Old Age & their Adjustment

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Abstract

This phase usually refers to people over 60-80 years old. In old age, people will encounter a conflict between honesty and despair. When they reflect on their lives, they feel a sense of accomplishment or failure. Physically, older people's muscle strength, reaction time, endurance, hearing, perception of distance and sense of smell will decrease. Due to the weakened immune system, they are also more susceptible to serious diseases such as cancer and pneumonia. Schizophrenia can also occur, leading to dementia or Alzheimer's disease. However, the elderly are rarely caused by common diseases such as the common cold, partly due to the accumulation of antibodies during their lifetime. Whether the level of intelligence increases with age is still controversial. Longitudinal studies show that intelligence is declining; while cross-sectional studies show that intelligence is stable. It is generally believed that with age, crystal intelligence will increase, and with age, liquid intelligence will decrease. For young people, the time does not seem to be over yet. But as time went on, we suddenly realized that the remaining time was limited. Realizing that we are getting old can be painful. Our views and attitudes towards aging are very important for how we handle and enjoy the last years. Certain psychological traits of aging are passed down from generation to generation through our genes. Other factors can be actual changes in our body or changes in perception as we get older. Social and cultural differences also affect the way we deal with aging. Due to the biological, social and psychological differences between the sexes, men and women have different views on aging. For example, women tend to live longer than men, so they usually suffer more loss of family and friends.

Keywords: Psycho-Sociological, Old Age, Adult Life, Social and Emotional Introduction



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The world populace has been undergoing momentous aging (procedure that marks increasing numbers of older adults in total population) since the mid-twentieth century. Although aging ongoing previous in the developed societies, it started to be established in some mounting countries and became more apparent at a global scale. Globally, people aged 65 years and above accounted for approximately 280 million; Africa is projected to increase four-fold from the current 45.7 million to 182.6 million in 2050, while proportion of total inhabitants will double from 5% to 10% in same period (United States Bureau of Census 2008). The population of India is the largest elderly population in Africa. According to statistics from the National Population Commission of India (2006), the elderly (60 years and over) account for 16% of India's total population.

According to Ajomale (2006), the increase in population aging is due to the increase in life expectancy, which is due to the decline in fertility, improvement in living standards (Adler 2006) or technological breakthroughs in the medical field, including development of new or effective drugs and vaccines. However, the intensity and depth of aging varies greatly between countries or regions, or aging has a profound impact on their health, psychology, economy and social life. [1] The growth of the elderly population often leads to their vulnerability in terms of range or intensity of problems/challenges, particularly the cognitive, emotional or social aspects, and in particular with the gradual breakdown of comprehensive family system. A number of the elderly experience a loss of social roles, loss of esteem, limited economic resources and a depleted social and psychological network [2]. Old age has been recognized as a stage in human life with its own distinct features, such as psychological,

Physiological, health impairment or the presence of severe diseases and also with changes in social life. This is stage of the life descent, hence the effects are not only biological and physically marked, but have psychological and social effects too. All of the changes that occur in the lives of the elderly make them very sensitive and there are many psycho-social problems such as long-term illnesses that lead to inactivity, dementia, depression; feelings of loneliness, isolation and abandonment. Although efforts have been made to update the health care status of elderly, studying or understanding the social or psychological confronts of elderly seems to have been overlooked. Hence this study intends to examine psychosocial problems experienced by the elderly persons in the Benin Metropolis, India, and to specify the possible social work practice implications.[3]

Statement of Problem

In India, the elderly constitute the poorest group in society, given the obvious rate of destitution among them. With a collapsing extended family, these elderly persons no longer enjoy the care and support of family members and relatives as was the case in traditional African society, thereby exposing them to challenges of various dimensions. As a consequence of the collapsing family many elderly persons also suffer financially.

Objectives of the Study

The purpose of the study is to examine the psychosocial challenges of the elderly. The specific objectives of the study are to:

1. Identify the mental challenges of the elderly person.
2. Identify the emotional challenges of the elderly person.
3. To determine whether social isolation is experienced by the elderly people.
4. To examine the socio-economic challenges of the elderly.

Depression and lower emotional capacity in this group results in reduced logical reasoning among their contemporaries. They engage less frequently in social roles and social activities, resulting in their inevitable withdrawal from their environment and society. A number of the elderly in the context of India are disadvantaged as there seems to be a general apathy and little or no attention given to the problems they face.

Psychological and Social Issues of the Elderly

The most common problem encountered in old age that can result in health challenges for the elderly people is depression. Richards (2000) in his study on the prevalence of depression among the elderly, indicates that community dwelling elderly people can be diagnosed with major depressive and cognitive problems. The incidence of depression is higher in the elderly as a number of them experience feelings of unhappiness, sadness, hopelessness or disappointment on a daily basis. This shows that a larger proportion of older adults report clinical symptoms of depression and cognitive disorders. Dementia, a mental health condition, manifested as short-term memory loss, critical capacity problems, and difficulty in handling complex everyday things, apathy, and irritability and in more severe cases loss of speech is prevalent

among the elderly. Aging has inappropriate consequences; it is likely to reduce the functioning of elderly people's physical and mental health capacities.

In spite of the significant roles of a number of the elderly in ensuring societal development, in many contexts, they also encounter social issues including socio-economic challenges. Indeed, in most societies it is peoples' age and not their abilities that often define how others consider their ability and potential. For the elderly, the negative societal responses to their age are the obstacles to their socio-economic activities and poor access to vital services. Research asserts that "there are stereotypes about the reduced ability of the elderly to work, or reduced work possibilities in education, vocational training and entertainment" indicates that the loss of income and prestige or economic instability due to the lack of a job can pose financial challenges for elderly persons. Growing older does not remove the importance of social status, but could reduce a person's social and economic prospects.[3] A decline in physical energy may cause economic activities to diminish, since an old person cannot actively pursue economic activities with the same resilience that young person can. The challenges the elderly experience is likely to weaken them, this has some socio-economic, health and an emotional repercussion such as that aging is seen as a state of insecurity. Resolving the issues confronting individuals is one such area that has been associated with the helping professions, but has not been focused on in terms of the psychosocial problems of the elderly and the measures of tackling the. Given the vital role of social work in the health and psychosocial well-being of the elderly, a greater mindfulness of elderly peoples' strength and resilience could enable social workers to improve the social functioning of elderly clients with psychosocial problems.[4]

Social and Emotional Processes and Well-Being across the Adult Life

People who believe that their friends and family are supportive when needed have a deeper meaning in life; that is, they insist on a larger purpose and a value system that applies to the larger social world. In addition, people with strong social networks will show greater emotional health in daily life and when they face stressful times (see Cohen's usual comments Span). The two-dimensional structure of social networks the number and type of partners. Given the network and the work — whether it's visibility or actual support —all aspects of social networking contribute to emotional health; in the elderly, social settings may affect cognitive functioning; increasingly Studies have found that older people who are involved in a society with strong networks and high levels of social activity are less likely to experience cognitive impairment than their peers with social skills. Get away from cognitive abilities. After testing more than 1,200 elderly people over a three-year trial, they found that after three years, the likelihood of a strong and active network showing signs of disability was reduced by 60%. Compared to seniors who engage in social activities or require voluntary activities, seniors who

engage in individual activities that have low cognitive needs also perform better on cognitive tasks. Social assistance is not only related to the prevention of depletion, but also related to rehabilitation; strong social networks and emotional support that were observed shortly after a stroke were associated with further improvement of cognitive function six months later, even after control. age and even education. The authors of the above paper highlighted that future research needs to rule out the possibility that symptoms of cognitive impairment not seen in clinical interviews may lead to social retardation, but the power of ' the research results make them feel encouraged, but social interactions play an important role. in disease prevention The structural aspects of social networks are associated with higher levels of cognitive function. For example, older men who live alone at all times for five years may have more cognitive impairment than men who live with others. The structural aspects of social networks are related to the working interests of older adults. The social environment can also be measured by the characteristics of an individual's surroundings or way of life (see Stroke Review [5]. For example, the socio-economic and urban society). adults in the UK highly predict that the status of older people living in them does not depend on social and economic status and control over health, depression and other risk factors- positive emotions experienced in social interactions are considered to be a major reason why social interactions are beneficial for mental functioning. People with low satisfaction with Internet exposure are declining 'greater cognition over time. Similarly, in one study, after eight years of mental improvement, expected support was associated with greater cognitive achievement. Mentioned above, it is difficult to identify the cause, further research is needed. Randomly assigned participants in social or non-social interventions showed that social activity has similar benefits to cognitive performance.

Social Processes and Physical Health Outcomes

In addition to having better cognitive function, people who report stronger social networks also have a lower risk of illness and death, and the impact of this documentation is significant. The influence of strong social networks can be compared to traditional medical indicators such as high cholesterol and smoking. [6] The study found that authors who cited multiple social responsibilities in their biographies had an average life expectancy five years longer than those with no experience. They used innovative and indirect methods to calculate the words that psychologists and novelists used in their biographies, words such as "father", "brother" or "sister" and pronouns (e.g. "we"). Compared to individual pronouns (such as "I"), they found that there was a strong correlation between the use of relative pronouns and duration. It's becoming increasingly clear that relationships should have emotional and positive meaning. For example, researchers have found that childhood trauma predicts the death of the elderly. In another study, positive outcomes defined by positive attitudes and happiness from daily activities

predicted a person's survival after eight to ten years. Emotional experience was associated with physical indicators related to health conditions, such as blood pressure and immune response, as well as physical illness and mortality. In contrast, poor social interactions are associated with poor health and acceptance of depressive symptoms. In addition, the report states that women with lower levels of emotional support (unrelated to access to the device) are twice as likely to die as older women who have high levels of emotional support. During psychosocial interventions for patients with heart disease, it was observed that participants who had a partner and received higher levels of social support initially were more likely to die than those who had no co-workers and received low levels of social support. The duration of this product is important after monitoring the condition and potential risk factors (such as age and health-related symptoms). In another study, seniors who reported benefiting their friends and family had the lowest disability and mortality life of seven years than those who called them [7].

Emotional Well-Being

Negative stereotyped feedback is a barrier to many activities and access to basic services. There is a general stereotype about the ability of the elderly to reduce or completely eliminate their ability to work, education, vocational training, effective health care, recreation and combined life. Therefore, due to age discrimination, these people face significant obstacles in the implementation of their plans. Sadly, older people encounter old stereotypes, so they immerse themselves in many actions and choices. The prejudices of the elderly often lead to poor judgment, regardless of their abilities and characteristics. In addition to direct age discrimination, when a term or requirement applies to all people, there is indirect discrimination, but indirect discrimination has a greater impact on these people.

Older people often leave the community. Often people want to continue to participate in society, but the society refuses. This is because the supply of the elderly is estimated at production, that is, labor is a labor that people can never afford. Movement and energy are better than inactivity and restlessness, as it can help seniors maintain their lives, as almost all of their activity is reduced, thus avoiding social contact. Prolonged rest, thirst quenching and unavoidable exercise can cause muscle instability and damage the health of the elderly. [7]

Emotional health and poverty depend on social interaction. The most common source of stress found in everyday life is interpersonal tension, and interpersonal tension can lead to significant emotional depression. As they get older, adults are more satisfied with social media and report that compared to people in their family; they experience positive feelings about people in their family. , which is better than a bad relationship. Compared to young people, older people have worse relationships with members of social networks, and when they face tension with each other, there is also an increase in suffering. The emotional experiences of older people may be

reflected in these social experiences. Older people report higher levels of emotional health, sometimes even higher than those reported by younger people.

How Our Minds Change as We Age

Losing mental function is perhaps the most feared aspect of aging. In fact, the fear itself often begins to wear down our quality of life. We begin to believe the stereotype that we are losing (or will lose) our mental function. This can lead to loss of self-esteem and withdrawal from others. However, mental function does **not** have to decrease with age. Our fears are usually groundless. [8]

Social Exclusion

Our age rather than our abilities often determines how others perceive us and what we can or cannot do. While this is true for people of all ages, it is not only for the elderly but nurses, especially health workers, who need to encourage and help them to live together. -live and keep them mentally and physically alive. They should also help them share their problems through discussion and convince them that most of the problems are legitimate and that they can solve them. Where possible, family collaboration between nurses and seniors mentally and emotionally will help them achieve their ultimate goals.

Anxiety and Phobias

Stress is the main symptom of neurological disorders, as well as mental and physical symptoms. Mental symptoms include fear or a feeling of fear for no particular reason. Physical symptoms that accompany stress are often associated with the functioning of the independent nervous system, including muscle wasting, tachycardia, and increased sweating. The most common symptom of anxiety in the elderly is a mild reaction and daily pain is expected to be pain. Anxiety disorders and phobias in old age may be a remnant of a previous chronic illness, or they may be a new problem that first emerges. Health disorders are often associated with neurosis, loneliness and inability to take care of oneself. Occasionally, physical illness can occur with anxiety, tachycardia, and other symptoms. Medical history should be carefully reviewed and a thorough physical examination should be performed. In addition, physical illnesses that occur only in the elderly may increase anxiety. [9] Nurses must reach out to the elderly, not only to treat physical problems, but to provide them with the psychological support they need in this process. There are a lot of physical and social changes. As a result, there is a great deal of fear of these unknown facts in the elderly. Nurses need to talk to them and help them express their fears and concerns.

Loneliness

Loneliness is a sad feeling of isolation from another person, often accompanied by mental fatigue, pain and even despair. Feelings of loneliness are detrimental to physical and mental health, and members of social groups act as umbrellas in outward appearance.

We all live lonely times in the short or long term. This phenomenon is more pronounced in adolescence and old age. In different age groups,

men must also adapt to external circumstances, such as workplace, marriage, childbirth or retirement. The retirement process and advancing age can lead to permanent deprivation, as a person needs to adjust their daily life to new circumstances, and new circumstances often lead to loss. -po, as he became an active member of the community. During this time, revisiting the past reminded the elders of their unfulfilled expectations and left them with a lot of experience and loneliness.

Moreover, seniors feel lonely because they have experienced the death of a loved one, such as the loss of a partner, which has resulted in social exclusion. The relationship between the elderly and their children is also weakened so that due to current circumstances (such as work and travel) they are no longer connected to each other. The antidote to feelings of loneliness is to cultivate self-confidence, healing and eliminating past negative thoughts and traumatic experiences. Everyone must believe that they deserve to be loved, actively care for the people around them and seek new opportunities and ways of communicating. Nurses and other health professionals should understand the normal aging process and intervene using appropriate techniques designed to have a healthy relationship. This will help seniors to express their free will and strengthen their emotions, thereby building friendships with others. It will also help them overcome loneliness and create a good daily plan designed to reduce loneliness.

Family's Role

The family is a phenomenon that can alleviate the psychosocial problems of the elderly and may even become extinct. Close family relationships can help and support people by proving that they are truly a family. There are many things families can do to help the elderly reduce their chances of suffering from mental illness. The family is great. Don't limit activities to seniors. In addition, for seniors, with the support and encouragement of their families, it is beneficial to find activities that make them feel satisfied and enjoyable, including recreation. , short trips, meetings, exercise activities, and volunteer or volunteer work. Even if the person has difficulty figuring out how to socialize or take action, the family can provide him or her with appropriate inspiration so that he or she can adapt to daily life in the best way to remain independent. [10] If a family member or adult notices a change in mood, habits or behavior, it is best to seek professional help. In most cases, an older person has established a trusting relationship with a doctor (usually a doctor), so it is best to talk to him or her first. When family members see a doctor, they should encourage the patient to talk about what is bothering them rather than just focusing on physical symptoms as usual. That way, if the physician believes that a psychological symptom is a psychological symptom, the physician can seek further help from a psychiatric professional. Families can make adults preoccupied with things that make them happy, such as caring for and caring for grandchildren or helping with household

chores. For example, an elderly woman is happy to show it to her children, and she is happy that her children still trust her. All disadvantaged people, especially the elderly, should be given time to live with their families. If this is not possible, even frequent visits to the elderly will bring great joy to them, such as going for a walk with the family. Sometimes, even a simple phone call can bring the greatest joy to these people and make them feel that someone cares about them. [10] Satisfaction with appropriate care plays an important role in combating the symptoms of depression and can improve the quality of care. It is a reliable indicator of the provision of quality healthcare services.

Learning

Although we may learn in different ways as we grow older, the ability to learn will continue throughout our lives. Older people often need more time and energy to absorb information. We may need to read the instructions better so we can organize and understand the information. As we age, we tend to avoid learning things that are meaningless or useless to us, or things that have nothing to do with one of our other senses (such as seeing or hearing). The reason for these changes is not clear, but may be the result of changes in sight, hearing, and other senses we use as memories. [11]

Memory

Older people may have trouble remembering some things, but not others. As we get older, short -term memory (i.e. less than 30 minutes) deteriorates. Although we hear that long -term memory deteriorates (a few weeks to a few months), it may depend more on storing information in our memory rather than remembering it later. Long-term memories (months to years) are long-lasting, accumulated through daily education and lifelong living. This type of memory grew from about 20 to 50, and then stopped continuing until 70. Most of us learn to adapt to changes in learning and memory. We are slower and more careful in doing things. We must remember a few things to consider. We may avoid new or unfamiliar environments. As a result, until we make major changes in life (such as moving house or the death of a spouse), memory loss will not even be noticeable.

Reaction Time

As we get older, we tend to move information at a slower rate. This means it will take longer to describe what happened and how to deal with it (if any). Much of this "growth" is due to changes in the noise system over time. When we do work that requires more thought or difficulty, we tend to be slower. When things go awry, our speed slows down. However, older people are more likely to make mistakes than younger people. [9,11]

Intelligence

With age, intelligence is controversial or not. Although total spying remains the same throughout life, the performance of the elderly is not as good as that of young people on conventional spying tests. In formal practice tests, older people will also decrease as they get older, but there will be fewer errors. This is because as we get older we learn to value worthiness. So, even though our

speed may be slow, our answer is more accurate. We are often more careful than young people and are not willing to make mistakes in judgment, which is a very precious aspect of many real lives.

Life skills

You should keep in mind that most mental tests cannot solve the problems we face in our daily lives. For example, on tests related to actual activity (such as the use of a phone book), older people tend to perform better than younger people. In fact, as we get older, most of us can manage our day -to -day affairs better. Often when we are stressed or lost we can be pushed out of bounds. It is very important to have a network of helpers to help us cope. Older people can continue to receive support, care, respect, a place and a sense of purpose in their relationships with young people. Young people can learn from their experiences, the cultural significance, the calm and the continuity of old age. [12]

Stresses

The elderly often have to deal with tremendous pressures that can occur in a variety of situations and circumstances. Stress can be physical or social. They can be an important part of daily life, or they can occur in a sudden traumatic event. Here are some common stressors in the elderly:

1. An illness or medical condition, which may be a chronic illness (such as arthritis)
2. Felt a loss of social status after retirement
3. Death of spouse

Stress often affects our physical health and has an even greater impact on our mental health. Excessive stress can be associated with many mental and physical conditions, such as anxiety, headaches and ulcers. [26]

Care Giving

Chronic illness affects the elderly. Family members, especially spouses, are often the caretakers. More than 44 million Americans (mostly women) care for family members of all ages. Many older ones also care for other family members.

While care can be satisfying, it is also stressful. Caregivers are twice as likely to be at risk for mental and physical health (e.g., indigestion, drug abuse, depression, etc.) than others. Sometimes they may also take medication to relieve anxiety or stress. Social isolation, family disparities and financial difficulties are common problems associated with long-term care. Nursing staff can benefit greatly from training, information and assistance. Programs that provide education, counseling, and behavioral therapy can alleviate the stress of caring. Support groups for people with specific illnesses (e.g., Alzheimer's support groups) usually receive information about the caregiver's assistance program.[17]

Failure and Unhappiness

As we get older, more and more friends and family die. Loss of a spouse and grief is one of the most traumatic situations faced by the elderly. In 2003, more than 1 million couples (mostly women) were widowed in the United States. By 2030, this number will grow to 1.5 million annually. Other losses that can cause grief include loss of

vision or hearing and loss of function due to illness (such as difficulty walking with rheumatoid arthritis). These and other tragic events have brought a heavy burden on the elderly. Most people grieve intensely for 6-12 months after a major loss. Generally, we feel depressed and withdraw from others. After about a year, we begin to accept the loss and start to interact more with friends and family. Going through the grieving process is an important part of emotional healing, and we shouldn't try to ignore it or pretend it isn't there. Getting treatment for depression can also help avoid the mental and physical health problems associated with a grieving process that goes on far longer than usual [13]

Changing roles as we Age

People experience many role changes in their lives. We are children, parents, friends, employees, patients, students, sports enthusiasts, artists etc. One of the biggest changes is retirement. When seniors retire, they leave work and social responsibilities that can provide financial rewards and social status. In addition, seniors may find that their personal relationships change after retirement. For example, a couple may spend more time together than before. Older parents may increase the responsibilities of grandparents and even grandparents, bringing new rewards and new demands. Job loss can put seniors in a position to seek help rather than provide it. Similarly, the loss of others may cause a person to take responsibility for the caregiver. These role changes can be stressful and affect physical and mental health.

Social Status

Many social factors affect how we think about ourselves and how others view us. Our gender, our race and our economy all have an impact on our social status and fairness. These factors affect the resources we can use to deal with aging and health. For example, it is difficult for people in need to use aid programs or community - based activities to spend money. Ethnic or cultural backgrounds can also have a significant influence on how we perceive and how we handle situations. For example, women from certain cultural backgrounds are uncomfortable doing sports in public. Many people feel uncomfortable talking about certain illnesses. Others may accept treatment that is acceptable in their own culture. Some cultures believe that hospitalization is a desire that leads to death. Similarly, procedures such as postoperative blood transfusions may violate certain cultural or religious beliefs.

Healthy Ways to Cope with Stress

Everyone must learn to deal with the stress caused by major life events and the daily stresses of everyday life. Excessive stress has a significant impact on our physical health and ability to function as well as our mental health and overall health. These include sexual desire and the pleasure of social interaction.

Stress-related problems are often related to how we perceive stressful situations. Although we cannot control the pressure, there are active ways to deal with it [15] (e.g., the death of a loved one). Learning good behavior can improve our understanding of stress and how we cope. For

example, we can learn how to handle stressful situations better. We can learn more about the social services and programs available. Family counseling and therapy can strengthen social relationships with family and friends as well.

Belief in Yourself

One of the best ways to cope with all kinds of stress is through a strong belief in yourself and your ability to deal with situations. Believing in you has many positive effects on health, both physical and mental. The way a person deals with a stressful situation has a big effect on what happens and how he or she feels about it. This is true for many kinds of stress, including those related to disease, loss in function, and changes in social roles. In fact, feelings of self-confidence and personal control can go a long way toward improving function and overall quality of life, even in the face of physical disability.[5]

Benefits of Believing in Yourself and your Ability to Control Situations

1. Reduces the harmful effects of stress
2. Contributes to overall physical health
3. Helps to maintain general usability
4. Helps to make good decisions and follow through
5. Helps to complete more work

The good news is there are effective ways to strengthen your faith in yourself. When you succeed in something new or find other successes similar to yours, your self-control and self-confidence will increase. Encouragement and empathy can increase self-confidence and self-discipline. There are many training programs that can be used to improve performance in a specific area. Examples include reducing the fear of falling after a heart attack or sticking to the treatment process. [15]

Coping Strategies

Coping strategies are emotional and psychological responses that can help us deal with stress. They provide good reinforcement and improve self-confidence. We can try many coping strategies. For example, thinking confidently and optimistically in the face of bad news can help us face challenges and increase our chances of achieving good results. Another strategy for adults to deal with as they get older is to reduce the number and activities they do, but continue to do what they love best and do well. In other words, people spend more time on selected activities and get the most fun out of them. While the effectiveness of work and work may decrease over time, you can continue to do what you want, but perhaps you can simplify them. For example, a person who wants to prepare an excellent dinner might choose a large simple dish that he has prepared several times, as well as several simple dishes.

Social Involvement

Participation in family and community activities is the source of true self-satisfaction. Participation is important to improve self-confidence and give life value. This is true for people of all ages, but it is especially important for the elderly. Being involved and finding ways to participate in the open world can improve overall

health. There are many ways to get involved, including providing family support (e.g., parenting), participating in group activities, volunteering, and even work. Social participation also helps fight depression, which is most common in people who are separated from friends, family and community. Isolation in the community is a risk factor for health problems and premature death. [16]

Social Networks

Social networks provide many benefits that improve our overall well-being. Social networks provide emotional and physical support in times of crisis. For example, family and friends can support older adults through the death of a spouse or close friend. They can also provide help if an older adult experiences functional losses. However, we shouldn't allow ourselves to rely completely on social networks. Older people, particularly men, who receive too much assistance, may be less motivated to manage and overcome a disability. [19] If a person receives too much help or isn't encouraged to care for themselves, permanent disability can result. So although the social network is very helpful, the person should also be encouraged to regain maximal function.

Benefits of Social Networks

The risk of premature death is reduced

1. Improves physical and mental health
2. Reduces the risk of disability or reduced daily activities
3. A greater chance of regaining your daily life skills
4. Impact on major life events
5. Better control

Having fun and meaningful social relationships is more important than having multiple social relationships. Close relationships, like a happy marriage or close relationships with family or friends seem to be the most important things. However, close relationships full of differences and conflicts move in opposite directions. Having a large social network can bring both positive and negative consequences. Large social networks provide more time to engage and participate. However, large social networks also mean a lot of losses (death or disability) within the network.

Old Age Psychology

Adolescence marks the cycle of life that people call old age. What characterizes this period is the decline in all aspects of development. From 65 to death, old age or old age is an active period. As people continue to go through the aging process, they face their own challenges of adaptation and issues that need to be overcome. Our culture protects and values young people in old age. Most perceptions of aging are stereotypes and negative traits. Aging, like adulthood, has a negative impact on our culture. Elderly phobia is defined as an irrational and irrational fear of the elderly [17]. Perceptions of old age and the elderly may change. As the number of people in this age group increases in the next few years, there should be a greater understanding and appreciation of the process of development as an adult thereafter. It is also expected that changes in the existing employment policy among the elderly will change. Thanks to advances in science and technology,

human age is increasing day by day, and drugs have been developed for all ailments. Therefore, there is no need to worry about aging. When we have a healthy, alert and sharp mind, old age will surely come to us and we will enjoy every moment of life. When we are away from jealousy, hatred, anger and pain, aging will be very beautiful and there will be no problems with aging. [20] With age, the structure and function of the human body will change. Physical appearance will change, such as facial wrinkles, gray hair, and slow -moving movements. All our actions will slow down, and our behavior will change. Some adults will compare themselves to people their own age. If the plan is right, we can overcome all the problems of the elderly, such as biological, physical, emotional and work problems.

Older people should develop ideas to relate well to others. They shouldn't try to find fault with anyone. Some people expect respect for others, and they believe that everything should be discussed. This behavior is wrong. Instead, they can spend time in a meaningful way by participating in certain activities. If our attitude is right, old age can be a golden age. Aging is not a problem of young and average people who spend their lives helping others. Some seniors try to delay their aging. They love the company of young people, and they treat young people the same way. Young people can make good plans for a happy old age. They can set goals at an early age in their lives so that they can spend their years in peace. Other family members should be sensitive to the problems of the elderly as well, and should take remedial measures to avoid negative attitudes in the hearts of the elderly. Common problems of aging today are inability to concentrate, inability to speak, inability to hear, inability to see, and forgetfulness. Insecurity can also reduce self-confidence. Some people worry about death, and they always talk about death. Seniors have a lot of free time and spend a lot of time looking for the faults of others and complaining about them. After seeing all the difficulties in life the elderly should be ready to understand others. He should allow young people to have a happy life. Only when the elderly recognize that aging is a natural phenomenon can the problem of aging be solved.

Conclusion

Due to advances in science and technology, the normal age of mankind is increasing day by day, and medicines for all diseases have been invented. Therefore, there is no need to worry about old age. When we have a healthy mind, attentive and sharp spirit, old age will come to us very gracefully and we will enjoy every moment of life. When we stay away from jealousy, hostility, anger and pain, old age will be very beautiful and there will be no problems with old age. In old age, the structure and function of the human body will change. The appearance of the body will change, such as wrinkles on the face, hair bleaching and slower reactions and movement. All of our activities will slow down, so our behavior will change as well. Some seniors always compare themselves to people of the same age. If we plan properly, we can overcome all the problems of the

elderly, such as biological, physical, emotional and functional problems. Older people should develop an idea of getting along well with others. They should not try to find anyone's fault. Some people expect to be respected by others and they believe that everything should be heard. This attitude is wrong. Instead, they can spend time in a useful way by participating in some activities. If our position is correct, old age can be a golden age. Old age is not at all a problem for youth and middle-aged people who spend their lives helping others. Some seniors are trying to delay old age. They like the company of young people and they treat young people equally. Young people can make good plans for a happy old age. They can set goals early in their lives so they can spend their later years peacefully. Other family members should also feel the problems of the elderly and should take remedial action to eliminate the negative attitudes of the elderly. The common old age problems are inability to concentrate, inability to speak, inability to hear, inability to see and forgetfulness. Uncertainty will also reduce self-confidence. Some people worry about death and they talk about death all the time. The elderly have a lot of free time and waste a lot of time looking for the shortcomings of others and complaining about them. After seeing all the difficulties in life, the elderly must be ready to understand others. They must let the young people live a happy life. Only when the elderly accept that getting old is a natural phenomenon can the problem of aging be solved. Therefore, even though it is inevitable to grow old, it will definitely help to maintain a positive attitude.

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