



CHARACTERISTICS OF PEOPLE IN OLD AGE

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Annotation

This article will discuss old age and its types, mental - psychological, physical conditions in the elderly. The conditions for a comfortable transition to old age are explained.

Keywords: Old age, physical activity, activity, loneliness, feeling of emptiness, irritability, aggression, anxiety, dependence, protection

Old age is one of the most difficult periods of life associated with a gradual decline in physiological and social functions.

According to official data of the WHO and the Association of Gerontologists, the elderly are considered to be aged from 60 to 74 years, senile from 75 to 90 years. In order to provide a person with comfortable aging, it is necessary to understand the psychological characteristics of elderly people. Classification of types of old age. There are four socio-psychological types of old age that are considered prosperous: **The first type.** This type includes people who, having completed their professional activities, take an active part in various social processes: they provide assistance to those in need, participate in public life. Such a pastime allows you to feel in demand, avoid negative thoughts and lead an active lifestyle.

The second type. This type is characterized by the fact that a pensioner accumulates all his energy for self-education, entertainment, travel, does things for which at a younger age he did not have enough time. People belonging to this type adapt perfectly to any conditions and situations.

The third type. Most often, this type includes elderly women who devote all their free time to their family and solving everyday problems. Due to their employment, they do not have time for despondency, apathy, psychological experiences and negative emotions. They feel in demand and are absolutely satisfied with their lives.

The fourth type. This type is typical for elderly people whose main goal is to take care of their health. Their moral satisfaction is directly related to their state of health and may vary depending on how they feel. The negative aspects of representatives of this type include increased anxiety, alertness, exaggeration of imaginary diseases.



Factors contributing to premature aging:

Reduced physical activity.

Lack of interests.

Narrowing the scope of activity.

A feeling of loneliness, emptiness.

Immersion of a person in negative thoughts.

The occurrence of these factors can be painlessly overcome or prevented. To do this, you need to change your attitude to the aging period and understand that old age is just another life stage.

Changing behavior in old age

Elderly and senile age is characterized by various changes, which are expressed in the following manifestations:

Touchiness. Quite often, elderly people do not understand the meaning of some words and believe that unsuccessful jokes are directed at them. When communicating with elderly people, you should be as attentive as possible and weigh every word. Only friendly communication will help to avoid resentment from close relatives.

Aggression. This emotion may arise not through the fault of an elderly person, but arbitrarily. The reason for such manifestations is hormonal failure or various social factors. If the aggression is episodic, you should be patient and find out from the person about the cause of his anxiety. However, if aggressive behavior manifests itself regularly and interferes with the life of others, you should seek help from a specialist.

The desire to speak out. One of the peculiarities of the psyche of elderly people is the desire to return at least briefly to the period when they were in demand and full of physical strength. Therefore, quite often they fixate on memories in conversation and completely indulge in memories. In this case, it is necessary to listen to the person and smoothly change the topic of conversation.

Anxiety. Often, the deterioration of health and a sense of inferiority causes anxiety and anxiety. An elderly person does not want to feel like a burden and falls into a depressed emotional state. To avoid depression of an elderly person, close people should try to set a person up for a positive, raising his self-esteem: praise for any achievements, deeds, etc. This way, he will feel more confident and, perhaps, will try to do something useful.

Forgetfulness. The reason for such manifestations is various changes in the structure of the brain. The extinction of brain functions is an irreversible natural process that



cannot be prevented. If forgetfulness does not bring discomfort into the life of an elderly person, you should not attach great importance to this. However, if there is a real threat to his health and life, the help of a psychiatrist is required, who will determine the cause of the mental disorder and prescribe treatment, corrective behavior.

Avarice. Retirement age almost always means a decrease in financial opportunities and this, of course, negatively affects the emotional state of a person. He begins to save money, tries to live within the means that he receives monthly in the form of pension payments. Hence comes thrift, which close people often take for avarice.

Perception of information. Problems with concentration and hearing in old age occur quite often. Therefore, when communicating with an elderly person, you need to speak loudly, and the speech should be clear. If a person does not understand what the conversation is about, you should repeat the same information again, choosing simpler expressions and phrases. It is important to know that complex sentences frighten an elderly person and he begins to realize his helplessness even more. To make the conversation informative for an elderly person, you need to speak slowly, friendly, make pauses between sentences. This will allow him to understand the essence of the conversation and take an active part in the conversation.

Only after realizing that an elderly person needs a friendly attitude and attention, you can build productive communication with him and help.

Psychological characteristics of elderly and senile persons Elderly people are characterized by a conservative view of everything that is happening and criticism of modern life. Such a psychological feature negatively affects their adaptation after completing their professional activities.

Considering the life positions of pensioners, it is worth highlighting the following categories:

Constructive. This position is held by people who are always calm and confident. They perceive all life stages positively, maintain a positive attitude and cheerful disposition throughout their lives. This position allows you to perceive the aging process naturally and not get hung up on various age-related changes.

Dependent. As a rule, this position is manifested in those who have led a passive lifestyle throughout their lives, have achieved nothing and have low self-esteem. Even at an advanced age, such people rely only on the help of others, their compassion and sympathy, while they themselves do not even try to change their lives for the better.



Protective. This position is inherent in people who hate the aging process, do not want to accept the help of others or loved ones and try to lead the most active lifestyle. This behavior is the norm for them and helps them feel independent and in demand even in old age.

Hostile. People with a hostile attitude blame only others for all their problems. They also hate the aging process and try to remain in demand not only in the professional sphere, but also in public life. Any kind of activity that such elderly people are engaged in brings them moral satisfaction and independence.

Hostile to herself. As a rule, this position is typical for people suffering from depressive states. They do not strive for anything, do not have hobbies, hobbies, feel unhappy, unnecessary and perceive the approach of old age as the end of their "torments". Such people often turn to psychiatrists and need to adjust their behavior. The changes that occur in old age are both physical and psychological. Due to individual characteristics, they manifest themselves in different ways. It is very important to pay attention to an elderly person, to give care, love and a friendly attitude. Then the approach of old age will not cause negative emotions and will become just another stage in life.

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