

OLD AGE UNIT-V

The main headings are given in the **BLUE** colour
Main Subheadings are given in the **YELLOW** colour
Subheadings are given in the **Green** colour

CHARACTERISTICS

1) Old age is a period of decline

- Senescence - a time of growing old
- Senility - more or less physical and mental breakdown takes place.
- Decline leads to unfavorable attitudes towards oneself, other people, work, and life in general and can lead to senility.

2) There are individual differences in the effects of aging

- Aging affects different people differently
- The difference in hereditary endowments, socio-economic status, educational backgrounds, living patterns
- Some think retirement is a blessing but some as a curse

3) Old age judged by different criteria

- Young children judge old age in terms of physical appearance and activities
- As a result, old age people try to reflect the youth to avoid being criticized.

4) There are many stereotypes of old people

1. unfavorable portrayal of old age people in tales
2. characterized unfavorably in mass media
3. jokes and different forms of humor contribute to unfavorable stereotypes of the elderly.
4. stereotypes reinforced by scientific studies

5) Social attitude toward old age

- Social attitude reflects the way elderly people are treated
- It makes the elderly feel that they are no longer useful to the society
- The financial status of the elderly plays a role to acquire the respect of the other family members

6) The elder has a minority group status

- A status that excludes them to some extent from interaction with other groups
- It gives little power than other
- Insecure and hesitant to go out and in case of need they go with the accompaniment of youngsters.

7) Aging requires role changes

- Many elderly feel that they are useless and develop the feeling of inferiority
- They start to feel that they are unfit for social adjustment

8) Poor adjustment in characteristics of old age

- They are subjected to maladjustment behavior of different degrees of severity.
 - Increased loss of status in society
 - Dominated by young
 - Desire to escape from pain
- 9) **The desire for rejuvenation is widespread in old age**
- Search for fountains of youth
 - Youth drug - sex hormone therapy for rejuvenation but found that it has side effects
 - Recent research has shown that it is impossible to make aging people young again.

DEVELOPMENTAL TASKS

Changes in appearance

Common Changes in appearance during old age

Head region

- Nose elongation, changes in mouth shape, lusterless, dull and watery eyes, double or triple chin, wrinkled, baggy cheeks, head hair becoming thin and turns grey or white, tough hair appears in nose, eyebrows, and eyes

Trunk region

- Shoulders smaller and stoop, abdomen bulges and droops
- Hips flabbier and broader
- Waistline broader and sacklike appearance
- Breast become flabby and droop

Limbs

- The upper arm, flabby and heavy
- Lower arm shrinks
- Flabby legs and prominent veins
- Scrawny veins are prominent
- Nails become thick
- Feet become more extensive as a result of sagging muscles

ADJUSTMENT TO PHYSICAL CHANGES

Internal changes

- Hardening of bones and changes in skeletal muscle
- Deposits of mineral salts and modification of the internal structure of bones
- Brain nervous system changes
- Atrophy (loss of flesh) marked in the liver, spleen, testes, heart, lungs, pancreas, and kidneys
- the gastrointestinal tract, urinary tract, and smooth muscle organs generally affected by aging

Changes in physiological functions

- Changes in the functioning of organs

- Regulation of body temperature is influenced by the impairment of the regulatory devices
- Can't tolerate extreme temperatures, hot or cold - decreased vascularity of the skin.
- Pulse rate and oxygen consumption are the most varied
- The increased rigidity of the aorta → elevated blood pressure
- Excrete less urine and less creatine in their urine than in that of younger adults
- Digestive changes → difficulty in eating, partial loss of teeth
- Strength- ability decreases

Sensory changes

Vision - consistent decline in vision, low levels of illumination

Hearing - atrophy in nerve → hearing loss in the cochlea, men tend to experience greater than women

Taste - atrophy of taste buds → and the inner surface of cheeks

Smell - less acute sense of smell, increased hairiness of nostrils

Touch - skin become drier and harder, sense of touch lessen

Sensitivity to pain - the sensitivity to pain occurs at different rates in different parts of the body

Sexual changes

- Male climacteric occurs later than menopause in women
- The decline in sexual potency in the sixties
- Male climacteric has 2 common effects - 1) waning of secondary sexual characteristics 2) cultural influences produce anxieties
- People with poor sexual adjustment when they were younger have the chance of losing their sex drive earlier than those who made a better adjustment

CHANGE IN MOTOR AND MENTAL ABILITIES

Strength

- Tire quickly and require a longer time to recover from fatigue

Speed

- Skilled movements such as handwriting and test reaction decreased

Learning new skills

- Learning at this age takes place slowly

awkwardness

- Spill and drop things easily
- The breakdown of motor skills proceeds in inverse order in which skills were learned

CHANGES IN INTERESTS

Personal interests

Interest in self - more preoccupied, egocentric, and self-centered, preoccupied with health and body issues, exaggerate the ailments

Interest in appearance - careless about grooming, more incentive and careful about looks, sex differences in appearance also due to part of economic status

Interest in clothes - based on how socially they are, some refuse to wear accordingly to the current fashion, and lack of income leads to social withdrawal

Interest in money - interest in money starts to wane in middle age, revived, and becomes intense as old age progress, retirement leads to reduced income or no income at all

Recreational interest

Common recreational activities in old age

Reading, writing, listening to the radio, watching tv, visiting friends, sewing, embroidery, traveling, playing cards, movies, and taking part in club activities are some of the club activities of the elderly.

Social interest

Mutual Withdrawal from the social environment

Social disengagement-

Commonly expressed in narrowing down the sources of social contact and a decline in social participation

Kinds of social disengagement -

- voluntary or involuntary
- Socially isolated and failed to be up to date
- Involuntary Social Engagement and unable to do things with them
- Impossible to keep up with the pace

Social participation

- Social decline and scopes narrow
- Young people are replaced in the place of the elder
- Members of the upper group dominate the organized life of the community

Religious interest

Attitude towards religion and religious practices provides the greater interest, sense of serenity, and decreased fear of death that tends to accompany conservative religious belief

- **Religious tolerance** - individual adheres less strictly to religious dogmas and adopt the most lenient attitude towards the church, clergy, and people of different faiths
- **Religious belief** - changes in religious belief during old age are generally in direction of acceptance of traditional beliefs associated with individual faith
- **Religious observances** - lack of interest in factors such as failing health, lack of transportation, embarrassment about being able to contribute money

Common conditions for changes in interest

Health - gradually fails in physical disability - poor eyesight, involved in low energy consuming activities

Economic status - reduced income may cut down the recreational activities

Place and residence - they want to live the static as they had before

Sex - women are more likely to involve in some activities than men as they find it difficult to cultivate interest to occupy time

Marital status - just as unmarried men and women in early adulthood and middle Ages have more time and money to cultivate interest may be new but most are carryovers from younger ages

- **values** - values changes are based on conservatism as compensation for loneliness caused by the loss of a spouse

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VOCATIONAL ADJUSTMENT

- Vocational Adjustment refers to the amount, if any, of adjustment to different tools, skills, and job situations that the Social Security Disability system deems reasonable for you based on your age, education, and work experience.

Attitude towards work

- Social attitude
- Cultural attitude

Vocational opportunities for older workers

- Getting a new job is difficult and often impossible.
- Older workers are overrepresented at the bottom of earning and underrepresented at the top

Appraisal of older works

- They are more conscientious as they are more mature and desire to keep their work
- Less restless and less likely to be dissatisfied with their jobs or want to change them than younger workers, and quality to higher as they make fewer mistakes.

RETIREMENT

Retirement - Retirement refers to the time of life when one chooses to permanently leave the workforce behind.

Kinds of retirement - it may be voluntary compulsory regular or early

Attitude towards retirement - retirement become a major social problem in our culture and acceptance of mandatory retirement policies are exist

Conditions affecting adjustment to retirement- - it makes a better adjustment and radical changes in one's life

Sexual difference - women are better adjusted than men, sometimes they feel I don't lose of power and Prestige

Conditions affecting adjustment to retirement

- Voluntary term and it's better than force related
- Poor health conditions
- Diamond counseling under planning aid
- Developing substitute are meaningful
- Economic status makes them live successfully and happily
- Place of Residence also affects the adjustment to retirement

CHANGES IN FAMILY LIFE

Relationship with spouse

- Elderly people must make a good relationship with their spouse because they do not know what to do in their free
- show their feelings by being critical or finding irritable during the treatment

Changes in sexual behavior

- Lack of interest in sex or natural
- they believe that it is due to neuroendocrine changes that occur with the physical aging
- It is shown that both men and women experience a dimension of sexual powers

Factors influencing sexual behavior

Effects of marital adjustment - influence of marital adjustment which affects sexual activity, and diminishes sexual power may have a serious effect on marital adjustment during old age

Relationship with offspring - some seem less satisfactory, parents should shift their attitude as per the children's age

Parental dependency - role reversal takes place, financial dependency on their children affects the elderly parents

Relationship with grandchildren - the gap between grandchildren occurs in lots of perspectives like values, attitudes, patterns of dress and behavior, and morals. standard

Assessment of adjustment to changes in family life - people who are generally happy married become more satisfied when they go old

Satisfaction with marriage among old people is increased with their children being successful and having good family formation.

LOSS OF A SPOUSE

Adjustment to loss of a spouse in old age

Major adjustment is the loss of a spouse, more common for women than men
50% of sixty-year-old and 80% of eighty-five-year-old women are widows.

Adjustment problems for men

- Loss of a spouse after retirement is very difficult for men
- They could count on their wives to provide companionship
- Depend on their grown children for every need
- Do not like to be surrounded by people who constantly remind them of their advancing age.

Adjustment problems for women

- Complicated by decreased income unless husband carried life insurance policies
- Giving up interest
- Smaller and less desirable living quarters.

Remarriage

One of the ways older people try to solve the problem of loneliness and sexual deprivation brought on by the loss of a spouse is by remarrying.

Age differences in remarriage

Older men usually select younger women

It's known as the **reverse trend** when older women also interested in marrying younger men

Adjustment problem in remarriage

New spouse, a new set of relatives, a new home in the same community, or else to the new community

Supposed to face criticism from society and their children

Those who have children who are grownup don't need to face the problems of step-parent as small children

LIVING ARRANGEMENTS FOR ELDERLY HAZARDS

Needs in living arrangements

Types of living arrangements

The living arrangements should be suited to the physical and psychological needs of elderly

Living with an extended circle of relatives is the most common type of household arrangement for older people around the world, according to a recent Pew Research Center study

Institutional living for elderly

- When there is no one to care for the elderly they may prefer to reside in the institution
- When they enter an institution voluntarily they may feel happy unless they are forced by others.
- They may enjoy the recreational activities provided by the institution
- Going to an institution from a former home is a traumatic experience
- Children of the elderly should ensure that their old parents are still part of the family

Conditions influencing the chance of living arrangements

Economic status

Financial status determines the living Arrangements

Marital status

- It is also based on whether they are single or with the spouse

Health

- Health makes the elderly for making some decisions about living alone or not

Sex

- Women want to live with their families but some men are willing to live alone than being with family

Children

- If they have children they live with them in case of no children they get into institutional life

Desire for companionship

- Elderly with good health and who want companionship may move either to a new home of their own near a married child or to a retirement community where they can count a social contact with contemporaries

Climate

- Cold affects older people more easily than young
- May lead to arthritis, sinus
- They travel to warm areas which helps to feel free

Physical and psychological needs of elderly

Physical needs

- No poor circulation with good house temperature
- Large windows with light for good vision
- Safe provision lighted for dangerous areas
- Adequate space for indoor and outdoor recreation
- House should be controlled during the night
- Labor-saving devices for cleaning cooking and vessel washing

Psychological needs

- One small room for their own
- Space and sedentary recreation such as reading television etc
- Provision for storage
- Live close to stores and community organizations
- Live near relatives and friends
- House need Recreation
- Provision should be made for transportation

Advantages and disadvantages of living arrangements

Advantages

- More expensive
- Food is less appealing than home-cooked
- Location is sometimes so far
- Living quarters are smaller than home

Disadvantages

- Maintenance and repairs are provided
- Meals are available at a reasonable cost
- Opportunities for contact
- Acceptance for contemporary
- Holiday celebration for people who are alone