

Aging and society term paper sample

[Life](#), [Death](#)



Abstract

Aging is a reality of life, at some point the beauty of youth fades and is replaced with a gradual destruction of body tissues, organs, and the reduction in energy as well as desire for most things. For many, aging is a challenge and psychologically traumatizing experience. However, it is important for the society to understand that aging is a natural process, and there is no known cure for the process of aging. Still, the world has developed such that some of the happenings of old age such as the ease of acquiring diseases, the comfort of life as well as the life span has increased, the truth is that humanity is not immortal. This paper attempts to delve on the biological process and its connection with old age.

Introduction

Scholars of the physiology define aging as the propagated and extensive accumulation of poisonous changes that happen in the cells as age increase. With the increase of toxic substances in the body, the risk of diseases and death increase. The aging process in humans is much faster than of animals because of limited risks of predation, disease, lack of food and drought. Because of these reasons, some scholars have argued that aging in humans is perhaps one of the most unique experiences. With extensive research, scientists have become able to understand the aging process and provide remedies leading to an extension of the life span of humans (Brossoie, Before delving in the aging process, it is important to understand that aging is often a subject of life expectancy. According to Geriatric Medicine and Aging Research (20110, Life expectancy refers to the average summation of

the number of years that an individual can realize. Even though human body structure has basically not changed in the past 100, 000 years, the life span of people has increased mostly in the developed countries like Japan, Western Europe and the North America. This lengthening of life is as a result of the continuous elimination of infectious diseases, improvement in the technology as well as better hygienic conditions.

While examining the biological factors that affect the aging process, it is best to agree that aging is itself not a disease. Research has documented that the cure of common causes of death at old age such as cardiovascular diseases, stroke or cancer would only lead only lead to reduced death after 60 years by only 15 percent. It is thus the reality that humanity is not immortal. In modern society, old age is often associated with the decreasing ability to handle stress, change, as well as other human concerns. The lack of homeostatic balance among the elderly leads to the conclusions that death is unavoidable among after the process of aging. Perhaps the biggest responsibility that the American society must handle is to reconcile the inevitability of death after the aging process and accept the responsibility that comes with caring for the elders. The American society must learn to value old age, appreciate the elderly and ensure that the old are treated with respect that they desire (Segal, Gerdes, & Steiner, 2010).

White, Duncan, & Baumle (2012) report that some of the theories that explain the process of aging such as the free radical theory, immunologic theory, inflammation theory as well as the mitochondrial theory attempt to explain the causes of aging and the possible ways of containing the aging process. Together, these theories provide specific and particular narrations

of the aging process while giving insights on how it could be controlled. Still, the researchers have failed to agree on one global view on the process of aging. Instead, the scholars agree that aging is complex and multi-factorial. Because of this, it should be argued that several process concurrently combine or interact to channel the functional organization that catapult the aging process.

Since time immemorial, humanity has grappled with thought of conquering the aging process and remaining young for eternity. However, people have failed to realize this elusive “ fountain of youth”. Today, there is no known cure of the aging problem. Nonetheless, considerable studies on animals have proven that the rate of aging as well as life expectancy can be modified by just the increase in the quality of life.

The challenges that elders face in the world today include gender gap between women and men. Many elders are women, indicating that men die earlier. Elders also face challenges such as behavioral changes, extreme physical challenges, loneliness as well as the lack of attention from family due to fast-paced lifestyle (Gilliland, 2010). We have to remind the need to care for the elderly, show them love, and bring happiness in their lives.

Elders remind us the beauty of life and the happiness that we receive from living a purposeful life. In some cases, elders see joy seeing generations multiply and the pride of passing on family traditions. The culture of supporting the elderly in the society should be encouraged and not shunned. The elderly are beautiful.

American psychological Association (2009) reported that elders are true nonconformists of contemporary times. The existence of elders in modern

society offers proof that adulthood does not last forever. There is always life after adulthood, although exceptionally few people live to see this other side of life. Elders prove that there is life beyond retirement and the regular hustles of life. In a way, elders also remind that happiness in life is not limited to activities such as careers, sports, and intense activity. Elders are reminders of the existence of solitude in lives, and the happiness that can be derived from that solitude. Regardless of the beauty of the elderly in the society, many elders are away from the society and are denied adequate care and love.

References

- American Psychological Association. (2009). Psychology and Aging: Addressing Mental Needs of Older Adults. *Journal of American Psychologists*, 2(4), 1-6.
- Brossoie, N., PhD. (2010). Social Gerontology. In *Gerontology* (pp. 23-54). NY, USA: Jones and Bartlett Publishers.
- Geriatric Medicine and Aging Research. (2011). *Issues in Geriatric Medicine and Aging Research: 2011 Edition*. NY: ScholarlyNew TM.
- Segal, E., Gerdes, K., & Steiner, S. (2010). *An Introduction to the Profession of Social Work: Becoming a Change Agent: Becoming a Change Agent*. Cengage Learning,
- White, L., Duncan, G., & Baumle, W. (2012). *Medical Surgical Nursing: An Integrated Approach, 3rd ed.: An Integrated Approach*. Medical Surgical Nursing: An Integrated Approach, 3rd ed.: An Integrated Approach.