

Two pages diss 9

Psychology



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Diss 9 Health Measures Vision impairment is one health measure associated with individuals in middle age. This is due to the weakening of neurons and muscles of that individual. Individuals in this age group experience presbyopia (decreased ability to focus on near objects) and therefore end up using spectacles. This contributes to their diminishing cognition as without clear and strong eyesight, the individual cannot perform cognitive actions like reading a lot hence diminishing their fluid intelligence.

The next health measure is in reproduction and sexuality. Due their aging and slowing down of body processes, hormones decrease and the ovary also ceases to produce ovums (onset of menopause). This leads to diminished ability to copulate and hence have to adopt not having children affecting the social development. Reducing hormones minimize sexual drive and lubrication. Sexual intercourse therefore becomes painful and minimal. This changes social life of such individuals who want to enjoy their sexuality (Hutchinson, 2010).

Mobility reduction is the other health measure that takes place during middle age. Muscles and bones of individuals at this age start wearing out as the minerals like calcium reduce in their body. Osteoporosis therefore settles in as well as other health complications like arthritis. Due to such issues, mobility of an individual is curtailed to a great extent. This therefore forces the individual to change their social life patterns like going to visit friends or travelling a lot. Some individuals not used to staying immobile for long may start developing cognitive and psychological illnesses like stress-related disorders.

Lessening of abilities

As a result of the aging of the individual in the middle ages which leads to <https://assignbuster.com/two-pages-diss-9/>

thinning of bones and wasting of muscles, individuals at this age need to be advised on how to cope with the lessening abilities. Exercises to strengthen the muscles of such individuals are needed as one coping strategy (Hutchinson, 2010). Taking of mineral supplements like calcium to reinforce the weak bones in order to prevent osteoporosis should be recommended by a health professional. This is in the docket of a health psychologist.

Hormonal Therapy and drugs for sexual enhancement can also be used as a way of raising awareness of the lessening ability to enjoy sexual activity and also reducing hormones. Therapy for hormones like estrogen and progesterone can lessen the effects of the lessening abilities in that they can enhance reproduction and reduce effects of menopause. Use of lubricants and arousal drugs can be prescribed by a sexologist who deals with addressing human sexuality issues. An individual can therefore opt to become a sexologist to create such awareness.

Reduce smoking and drinking is another measure that can be advised by clinical psychologist or health psychologist in order to curb the health issues brought about by the smoking and drinking (Hutchinson, 2010). Some of these health issues include bone thinning, cancer, bronchitis and even heart attacks. Having known that, a clinical psychologist can therefore place the individual in rehabilitation to deal with the addiction (for those who are addicts), counseling through behavioral modification therapy can also be used to raise awareness and also treat such individuals who are the risk groups to such health complications that contribute to lessening of abilities.

Reference

Hutchinson, E. (2010). *Dimensions of Human Behavior: The Changing Life Course*. California; Sage.

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