

Free essay on senior citizen

[Media](#), [Interview](#)



Ideally, my interview with the 68 years old man was fruitful. I gathered quite a lot of information pertaining senior citizens in our society. It is therefore important to note that each of us is aging and there are a number of ways in which life will significantly change. Based on our interview, it is coherent to posit that the interviewee was very positive about life. From his facial expressions, you could note that he very much treasures his family which has always stood with him. He is very proud of his children who are now grown and independently working and living on their own.

The interviewee lives life to the fullest and he so much adores all what he has acquired to this day. From the interview, I noticed that he is physically and mentally healthy and he values the well being of all persons in all walks of life. There is this one instance when he saved the life of a young girl who had been hit by a car. He narrated the story emotionally stating that he had literally been sent by God at that particular time to save the life of that dear girl. His response to this incident was very strong which portrays his great love for children and mankind in general.

Certainly, there are responses from the interviewee that were amazing particular on the issue of learning. Unlike what most elderly people are accustomed to, learning to him is a noble thing and a lifestyle. He literally attends social classes where he learns about sociology in the society and various ways to bring cohesion among all social groups in the society. Most importantly his life is no different from that of a teenager; he enjoys walking, jogging in the morning when he wakes up and riding his bike. These activities have played a big role in building his physical and mental health. He claims that living healthy can be achieved by constantly focusing on only

that which builds once overall health. That is his secret of keeping the doctor away (McMurray, 2011, p. 112).

Healthy aging in this context is evidently portrayed by his positive attitude towards life. He is able to adjust to the limitations and changes that come with aging. For instance, his involvement in various local programs and forums portrays his good attitude towards life. To add to that, he attends classes that help build his esteem and also help him maintain good relationships with his family and lifelong friends. Critically, I would posit that the interviewer is on the right track and doing very well. The fact that he is able to socialize with his peers very well is commendable. Arguably, it is imperative to note that he owns a house and two cars; a station wagon that is driven by his wife and a truck which he drives, he is therefore financially stable which enables him to attend classes and participate in various social forums.

Participating in social activities like playing golf and badminton in the society is very impressive of the interviewee; this is because interacting with other elderly peers helps him relate well and acquire other relevant skills which he may need in life. Unlike many aged people suffering from social isolation and discrimination, it is a different case for him. He has been lucky enough to prioritize this prevention by living healthy and engaging himself in meaningful activities. Additionally, he has taken the initiative of ensuring his personal growth and that of his family. Volunteering in social forums aimed at developing the community is majorly significant in his life. Subsequently, maintaining a healthy life has been triggered by environmental and socioeconomic factors. His adoption of a healthy life has helped him prevent

chronic diseases that mostly affect people in their old age.

Based on what I gathered from the interviewee, there are a number of areas that he can possibly improve on to attain a balanced healthy aging life. To start with, he should engage in a balanced fitness like aerobics that particularly helps the elderly in increasing flexibility, increased cardiovascular endurances and also increased strength. Mutual aid is also equally important in enhancing a reciprocal process across all generations. It therefore is an important consideration that could assist in bonding the gap between the elderly and the young in the society. Similarly, if he gets more cultural and gender responsive information, he will be in a good position to learn more activities such as home exercise dancing that may enable him to actively participate with peers in different age groups with confidence and pleasure (Human, 2009, p. 450).

Based on this context, determinants of healthy aging vary with the interests of the involved victim although there are scenarios where same interests are common to all. Living healthy entails a number of things: eating healthy is a fundamental consideration to the aging group. Exercising regularly is very helpful in enhancing physical, psychological and social growth among the aging group. Consequently, having a positive attitude towards life is a huge determinant of healthy aging. As a final point, I would like to posit that growth, development and aging are correlated and are affected by similar factors. Therefore, it is important to note that healthy aging can only be achieved if one focuses on meaningful ways to enhance proper growth.

References

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