

Discuss the activity theory as it relates to aging

[Sociology](#)



Activity Theory as It Relates to Aging Introduction It is a common belief and understanding that though ageing is a most natural process but it tends to accelerate if olds and retirees do not keep themselves active in some meaningful task that they like. It would be prudent to identify as to what some of the researchers propose regarding activity theory pertaining to ageing.

Important Research Findings

Lemon et al. (1972) propose that as people age they tend to lose their identity in their mainstream activities. They also found through their study that those who continued to interact socially had a better quality of life with good health. This is due to reason that they had some other role to play enhancing their self esteem.

Longino and Kart (1982) articulate that the informal activities that are not systematically structured help enhance quality of life in contrast to the structured and organized activities that bring negative effects. Thus, activities help improve the emotional health of the person by improving self-esteem of the old people.

Roy and Russell (2005) propose that the activities that are linked with hobby from early life until last day can infuse better health and happiness in any person's life. It is to be noted here that doing any old thing which a person just does not enjoy may have negative repercussions.

Conclusion

The various studies clearly conclude that non burdensome and non formal activities tend to keep seniors more happy and healthy. More than the activity itself, it is the social interactions that help enhance the well being of the oldies as they find their identity intact through active life. That is how <https://assignbuster.com/discuss-the-activity-theory-as-it-relates-to-aging/>

they identify themselves in the society finding a purpose in the life and that keeps them happy.

References:

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2. Longino (Jr.) Charles F.; Kart, Carry S. (1982), Explicating Activity Theory: A Formal Replication, retrieved March 18, 2012 from, <http://geronj.oxfordjournals.org/content/37/6/713>. short
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