

Theories of ageing essay sample

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In this essay I will explain two theories of ageing and the physical and psychological changes which may be associated with it. I will also discuss two major theories of ageing in relation to the development of the individual, discuss the effects on self-esteem and self-confidence to the physical changes associated with ageing, and finally evaluate the influence of two major theories of ageing in health and social care provision. Disengagement theory

Activity theory

Physical changes

Cardiovascular system:

Respiratory system:

Muscular skeletal system:

Psychological changes

Confidence:

Self-esteem:

The psychological changes occurs as a result of physical and biological impairments due to the effect of aging process. However, the body develop unavoidably deterioration, as a result, individuals become vulnerable to illnesses such as dementia, Alzheimer, and arthritis. There are several changes that causes the losses of vital organs and cells, such as, loss of hearing, sight and memory. For several individuals, remembering things becomes more difficult. Memory loss affects short-term memory more than long-term. It may be easier to recall events which happened twenty years ago, but extremely to recall what happened just recently. However, due memory loss individual's reactions or actions slow and, certain cognitive

functions diminishing. At this point involvements in conversation and socialization reduces as a result of shame, and tasks which individuals used to carry out daily become difficult. Therefore, all the aforementioned illnesses and severe conditions could seriously affect individual's self-esteem and confidence, and also compelled individuals to adapt a new way of coping and as well, cause role changes.

Read more:

<http://www.mademan.com/mm/what-are-psychological-effects-aging.html#ixzz2TtnAyK00>

Grows becomes wiser with experien however the experience of memory loss and cognitive slowing as a byproduct of aging affects our daily routines and.

Impacts our personality in a negative way. Chronological aging as a frame of reference for the study of developmental phenomena is widely used but not very well understood

As a person grows older he becomes wiser with experience however the experience of memory loss and cognitive slowing as a byproduct of aging affects our daily routines and. Two thirds of all people eventually experience some significant loss of mental strength and understanding capabilities as a result of aging. Usually people who are above the age of sixty experience significant cognitive declines, including a weaker memory (memory loss or absentmindedness), a low concentration level, unclear thoughts and a lost focus along with some other neurological problems like the Alzheimer's disease, Parkinson's disease or stroke

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Memory loss implications on our lives. Those aging individuals who face this condition cannot converse well and hence leads to social cut off. It also causes embarrassment, feeling of isolation and loneliness. After Arthritis and hypertension, memory is the third most prevalent disabling condition. A lot of aging individuals do not take loss of memory seriously, although it can have serious implications on their lives. The quality of life of people who have to face loss of memory deteriorates and their involvements and socializing reduces along with loss of confidence. They feel embarrassed and hence avoid conversation