

Effects of ageing on biological, psychosocial and biological



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1. Introduction Ageing is the accumulation of changes in an organism or object over time and is usually mainly seen as a biological process, however there are many other factors that can affect the ageing process such as the psychosocial and behavioral factors. These influence heavily on the aged person and the life they live. If any of these components of aging are neglected or ignored then person couldn't possibly sustain a healthy standard of living.

2. Effects Of Ageing- Psychosocial The term psychosocial refers to ones psychological development in and interaction with a social environment. ' A healthy older age is a state of maintaining a level of social activity that is only slightly changed from that of earlier years' (Kaplan and Sadok, 1998). Staying healthy does not only mean staying physically fit, but also continuing to grow psychologically. As older people experience increased isolation, they become susceptible to depression, as well as to other illness's, and eventually succumbing to death.

Growing evidence shows that maintaining social activities is important for physical and emotional well-being. In 1997, One hundred and thirty- five initially healthy men and women older than 65 years of age were studied prospectively to identify factors associated with health outcomes (Willis, E. Goodwin, J. Lee, K. Mosqueda, L. Garry, P. Liu, P. Linn, R. Wayne, S. 1997). The structure of psychosocial characteristics of the healthy elderly sample was revealed in the pattern of correlations between personality, social interaction, and locus of control.

3. Effects Of Ageing- Behavioral As Humans become older some behavior changes can be noticed. There are many different types of behavioral changes and many reasons why these come about. For example, elderly who are secluded or don't have much interaction with the outside world, may become depressed which is very common in aged persons. In some older persons, depression is less characterized by sadness then by irritability and anxiety (Englehardt, 2010).

Some other examples of behavioral changes may be that a person who has been independent all their lives can become very defensive when they think a family member is trying to control them, maybe when trying to convince them to consider an aged care facility. Being aware of behavioral changes in elderly is very important, especially when depression, dementia or other illnesses are suspected. Although some behaviors changes can be negative there are positive changes that can be made to ward of the illnesses and diseases that the aged are susceptible too. Changes such as eating foods loaded with antioxidants to minimize damage caused by free radicals, exercising to limit bone and muscle loss and practicing mental fitness to keep their brains sharp.

4. Effects of Ageing- Biological Biological ageing is viewed as an expression of the declining functional capability of the most fundamental structures in the cells, which in turn affects the functioning of the human being. There are many biological maintenance needs that are essential to life and also have direct and indirect effects on one's psychosocial well-being (Davies, Nicola, 2011). The biological basis of ageing is unknown but there are a number of biological theories that contribute to our perceptives the cellular process of <https://assignbuster.com/effects-of-ageing-on-biological-psychosocial-and-biological/>

ageing. These Theories can be divided into 2 major groups: stochastic and non stochastic.

4. 1 Stochastic Theories Stochastic Theories, also known as ‘ error’ theories, proposes that over time an accumulation of errors in protein synthesis results in impaired cellular function. Errors in transcription translation could lead to protein abnormalities (Sacher, G. A, 1962) Such Theories include the Wear-and-Tear theory, The Cross-Linkage theory and the Free Radical theory.

4. 2 Non stochastic Theories Non stochastic Theories are those in which the changes of ageing are attributed to a process that is programmed and thought to be predetermined. Such Theories are the Programmed Theory and the Immunity Theory. The Programmed theory basically suggests that the cell and organism has a genetically determined life span and life process. The Immunity theory is based on immune cells.

4. 3 Biological Maintenance needs Biological maintenance is needed for the aged person to keep them healthy and emotionally and psychologically well (Ebersole P, 2008). These maintenance needs include and overall care but mainly focused on the mouth, feet and skin as these areas usually receive minimal care.

5. Conclusion Ageing is something we all do but understand very little about and it is only recently that researchers have begun to study seriously. What we can understand is that ageing in humans is influenced by changes in all aspects of personhood, be they Psychosocial, Behavioural or Biological.

These aspects together define the person in their later stages of life. It is <https://assignbuster.com/effects-of-ageing-on-biological-psychosocial-and-biological/>

important to spread awareness and understanding of these aspects of aging as a broader knowledge and a positive attitude towards aging can improve their quality and quantity of life.

Reference

http://www.caregivershome.com/community/askexpert_full.cfm?UID=58