

CONCEPT AND THEORIES OF AGING

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AGING

Definition-

- Aging can be defined as the time related deterioration of the physiological functions necessary for survival and fertility.
- Aging process is the process of growing old or developing appearance and characteristics of old age.

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CLASSIFICATION OF AGING

- Objectively, aging is a universal process that begins at birth is specified by the chronological age creation
- Subjectively, aging is marked by changes in behaviour and self perception and reaction to biologic changes.
- Functionally, aging refers to the capabilities of individual to function in society.
- Young old (60-74yrs) ,middle old (75-84yrs) , old-old (above 85yrs)
- Life expectancy of indians are 65-75 yrs.

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CONCEPT OF AGING

- Chronologic aging
- Biologic aging
- Psychologic aging
- Social aging



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CHRONOLOGICAL AGE

- It refers to the actual amount of time a person has been alive.
- Biologic aging refers to gradual deterioration of function characteristic example arteries might clog up or problems with lungs which makes breathing difficulty it also known as psychologic aging.

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PSYCHOLOGICAL AGING

psychological aging refers to the psychological changes including those, involving mental functioning and personality .

SOCIAL AGING

Social aging refers to the changes in person role and relationship both within their network of relatives and friends and in formal organization such as work place and houses of worship.

It differs from individual to another .

It is also influence by perception of aging that is part of society culture .



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COGNITIVE AGING

- Cognitive aging is the decline in cognitive processing that occurs as people get older. age related impairment in reasoning memory and processing speed can arise during adult and progress into elder years

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THEORIES OF AGING

Each theory of aging attempt to provide a framework in which to understand aging From different perspectives.

Each theory is useful to the clinician because of framework and insight into differences among elderly patients are provided.

Theories of aging classssified into:-

Biologic theory

Psycho social theory

Developmental theory

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BIOLOGICAL THEORIES

Biologic theories attempts to explain why the physical changes occur
Researcher trying to indentify which biologic factor have greatest influence in longevity .

Biologic theories :-

- . Gene theory
- .Molecular theory
- .Cellular theory

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GENE THEORY

The gene theory proposes the existence of one more harmful gene that activates overtime, resulting in typical changes seen with aging and limiting the lifespan of individual

Two gene types , one support growth and vigour and another support deterioration

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MOLECULAR THEORIES

- The aging is control by genetic material that are incoded to predetermind both growth and decline.
- The error theory – it proposes errors in ribonucliec acid and protein synthesis cause errors to occurs in cells of body ,resulting in progressive decline in biologic function
- The somatic nutrition theory
Exposure to x ray radiation and induces chromosomal abnormalities



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CELLULAR THEORIES

- It proposes the aging is the process that occurs because of cell damage
When enough cells are damaged overall functioning of the bodies is decreased.

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PSYCHO SOCIAL THEORY

- Psycho social attempts to explain changes in behaviour, roles and relationship that occurs as individual age
- This attempt to predict and explain the social interaction and roles that contribute to successful adjustment in older adults .

The activity theory

The continuity theory

The subculture theory

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THE ACTIVITY THEORY

- This theory proposes the activity is necessary for successful aging .
Active participation in physical and mental activities helps maintain functioning well into old age .
- Purposeful activities and interactions promote self esteem improve overall satisfaction with life , even at older age .
The continuation of activities performed during middleage is necessary for successful aging .

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THE CONTINUITY THEORY

The continuity theory state that personality remains same and the behaviour become more predictable as people ages .

Personality and behaviour pattern develop during lifetime determine the degree of engagement and activity in older adulthood .

Personalities and critical factor in determining relationship between and life satisfaction .

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THE SUBCULTURE THEORY

- Rose (1965) theorized that older adults form a unique subculture within society to defend against society's negative attitude towards aging.
- Older adults are a subculture with their own norms and beliefs, the subculture occurs as a response to loss of status.
- In subculture, individual status is based on health and mobility, instead of an education, occupation, and economic achievement.

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DEVELOPMENTAL THEORIES

These theories trace personality and personal adjustment throughout person life:-

Erikson's theory

Erikson's (1963) theory identifies eight stages of development tasks that an individual must complete throughout the lifespan .

- Trust versus Mistrust
- Autonomy versus Shame and doubt

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- Initiative versus guilt
- Industry versus inferiority
- Identity versus identity confusion
- Intimacy versus isolation
- Generativity versus stagnation
- Integrity versus despair

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Thank You

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