

Biological psychological and social determinants of old age: Bio-psycho-social aspects of human aging

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Abstract

The aging of humans is a physiological and dynamic process ongoing with time. In accordance with most gerontologists' assertions it starts in the fourth decade of life and leads to death. The process of human aging is complex and individualized, occurs in the biological, psychological and social sphere. Biological aging is characterized by progressive age-changes in metabolism and physicochemical properties of cells, leading to impaired self-regulation, regeneration, and to structural changes and functional tissues and organs. It is a natural and irreversible process which can run as successful aging, typical or pathological. Biological changes that occur with age in the human body affect mood, attitude to the environment, physical condition and social activity, and designate the place of seniors in the family and society. Psychical ageing refers to human awareness and his adaptability to the ageing process. Among adaptation attitudes we can differentiate: constructive, dependence, hostile towards others and towards self attitudes. With progressed age, difficulties with adjustment to the new situation are increasing, adverse changes in the cognitive and intellectual sphere take place, perception process involutes, perceived sensations and information received is lowered, and thinking processes change. Social ageing is limited to the role of an old person is culturally conditioned and may change as customs change. Social ageing refers to how a human being perceives the ageing process and how society sees it.

Key words

ageing, social determinant, psychological factors

INTRODUCTION

Aging is a physiological process, dynamic and irreversible, which occurs in the individual development of living organisms over time [1]. It is a universal phenomenon in the lives of humans from conception, and according to most biologists the aging begins from the fourth decade of life and ends with death, the end of biological life. The process of human aging is complex and individualized, occurs in the biological, psychological and social sphere [2]. The genetic code is considered the basic etiological-pathological mechanism of aging, in addition to the important role attributed to extracorporeal, biological and psychosocial factors. The biological agents include: physical inactivity, improper nutrition, psychomotor load, acute and chronic medical conditions, and the psychosocial: changes in the environment, isolation, loneliness, and lack of preparation for old age [3].

The aim of the study is to present the aging processes of humans and changes in bio-psycho-social areas by reviewing available literature.

Old age is defined as the final stage of the aging process, ending in death [1]. It is defined by biologists and physicians as the stage of life after the age of maturity, in which there is a reduction in bodily functions and various changes in systems and organs [4].

With the limits imposed, retirement age is assumed by the following:

- calendar (chronological, determined by years of age);
- biological (functional, determined in individual characteristics);
- law (statutory retirement age limit);
- economics (lack of activity, a reduction of income);
- social (related to the loss of prestige and social roles) [5];
- psychological (determined by the study of intellectual function) [6].

Due to the individualized process of human aging, the beginning of old age is difficult to determine; therefore, its beginning must be considered in accordance with the convention of the so-called calendar age, which means the threshold of old age [7]. There is no single universally recognized and applied threshold of old age, although in the literature various researchers refer to this problem. According to a German psychologist L. Aschoffa, aging begins at the age of 45, and by the Russian gerontology, at the age of 80 (!) [4]. The World Health Organization (WHO) adopted a threshold age of 60, and this age limit is accepted in Europe, including Poland. However, the United Nations (UN) decided that old age begins at 65, and this limit is accepted in both the United States and United Kingdom [8].

Old age is divided into periods, which is consistent with the literature. According to the World Health Organization old age is divided into 3 periods:

- 1) aging (early old age): 'young-old' – 60–74 years old;
- 2) old age (late age): 'old-old' – 75–90 years of age;
- 3) longevity (long-lived) – 90 years and older [7].

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The Biological Sociological And Psychological Aspects Of Aging

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The Biological, Sociological, and Psychological Aspects of Aging Kurt Wolff, 1978 *The Biological, Sociological and Psychological Aspects of Aging* Kurt WOLFF (M.D.), 1959 **The Biological, Sociological and Psychological Aspects of Aging** Kurt Wolff (médecin.), 1959 **Ebersole and Hess' Gerontological Nursing & Healthy Aging** Theris A. Touhy, DNP, CNS, DPNAP, Kathleen F Jett, PhD, GNP-BC, 2013-03-11

Ebersole Hess Gerontological Nursing and Healthy Aging is the only gerontological nursing text that follows a wellness based holistic approach to older adult care Designed to facilitate healthy aging regardless of the situation or disease process this text goes beyond simply tracking recommended treatments to address complications alleviate discomfort and help older adults lead healthy lives Featuring evidence based practice boxes safety alerts expanded tables and careful attention to age gender and cultural differences Ebersole Hess Gerontological Nursing and Healthy Aging is the most complete text on the market Focus on health and wellness helps you gain an understanding of the patient s experience AACN and the Hartford Institute for Geriatric Nursing core competencies integrated throughout Consistent chapter organization and pedagogy including Learning Objectives Glossary and Research and Study Questions Activities Evidence Based Practice boxes summarize research findings that confirm effective practices or identify practices with unknown ineffective or harmful effects Careful attention to age cultural and gender differences helps you understand these important considerations in caring for older adults Expanded tables boxes and forms including the latest scales and guidelines for proper health assessment make information easy to find and use Activities and discussion questions at the end of every chapter equip you with the information you need to assess the patient UPDATED Healthy People 2020 boxes integrate information about healthy aging NEW Safety Alerts highlight safe practices and quality of care QSEN competencies NEW Chapter on Neurologic Compromise expands content on stroke and Parkinson s disease A Study of the Relationships Between Biological, Sociological, and Psychological Aspects of Aging Anne Ventola, 1978

Ebersole and Hess' Gerontological Nursing & Healthy Aging - E-Book Theris A. Touhy, Kathleen F Jett, 2013-03-15

Ebersole Hess Gerontological Nursing and Healthy Aging is the only gerontological nursing text that follows a wellness based holistic approach to older adult care Designed to facilitate healthy aging regardless of the situation or disease process this text goes beyond simply tracking recommended treatments to address complications alleviate discomfort and help older adults lead healthy lives Featuring evidence based practice boxes safety alerts expanded tables and careful attention to age gender and cultural differences Ebersole Hess Gerontological Nursing and Healthy Aging is the most complete text on the market Focus on health and wellness helps you gain an understanding of the patient s experience AACN and the Hartford Institute for Geriatric Nursing core competencies integrated throughout Consistent chapter organization and pedagogy including Learning Objectives Glossary and Research and Study Questions Activities Evidence Based Practice boxes summarize research findings that confirm effective practices or identify practices with unknown ineffective or harmful effects

Careful attention to age cultural and gender differences helps you understand these important considerations in caring for older adults Expanded tables boxes and forms including the latest scales and guidelines for proper health assessment make information easy to find and use Activities and discussion questions at the end of every chapter equip you with the information you need to assess the patient UPDATED Healthy People 2020 boxes integrate information about healthy aging NEW Safety Alerts highlight safe practices and quality of care QSEN competencies NEW Chapter on Neurologic Compromise expands content on stroke and Parkinson s disease

Textbook for the Adult-Gerontology Acute Care Nurse

Practitioner Valerie J. Fuller,Paula S. McCauley,2023-02-13 Nearly 100 expert authors who discuss the evidence based gold standards for diagnostics and tests for optimal detection of multisystem disorders patient management and transitions of care In these chapters learners will gain greater understanding of the etiology and pathophysiology of acute and critical illnesses and the latest in advanced pharmacologic and nonpharmacologic therapies We congratulate the Editors and chapter authors for their efforts in developing a clearly outlined and accurate text for AGACNP use truly the first of its kind April N Kapu DNP APRN ACNP BC FAANP FCCM FAAN Associate Dean for Clinical and Community Partnerships Vanderbilt University School of Nursing Professor of Nursing Vanderbilt University School of Nursing 2021 2023 President American Association of Nurse Practitioners Ruth Kleinpell PhD APRN ACNP BC FAANP FAAN MCCM Associate Dean for Clinical Scholarship Vanderbilt University School of Nursing Professor of Nursing Vanderbilt University School of Nursing 2017 President Society of Critical Care Medicine Encompassing all of the knowledge required to fulfill AACN and NONPF competencies and scope of practice this comprehensive evidence based text is the first written specifically for Adult Gerontology Acute Care NP students and practitioners With contributions from over 100 respected practitioners in the field it encompasses the most current information on the evaluation diagnosis and management of common conditions and integrates advanced nursing practice competencies including leadership skills understanding of complex health care systems and interprofessional team practice The text is organized by body system for ease of reference Each chapter includes a review of the current standard of care for a particular topic including assessment differential diagnostic modalities interprofessional collaboration evidence based treatment and goals for transitions of care Also covered are specific challenges and professional considerations in acute care Clinical pearls and key takeaway boxes are woven throughout to underscore essential information Special topics on palliative care pain and pain management are also covered Instructor resources include PowerPoints and a test bank Key Features A comprehensive acute care textbook written by NPs for NPs Organized by body system for ease of reference Integrates advanced nursing practice competencies Promotes leadership skills helps students to understand complex health care systems and embodies core principles of interprofessional team practice Includes clinical pearls key takeaway boxes evidence based practice resources Delivers robust teaching learning package

Gerontology and Geriatrics Collections Lee Ash,2013-08-21 An essential resource for any library where research

on aging is conducted a guide to important and unique holdings in the field Handbook on Contemporary Issues in Health, Crime, and Punishment Nathan W. Link, Meghan A. Novisky, Chantal Fahmy, 2024-10-30 The Handbook on Contemporary Issues in Health Crime and Punishment covers many topics on the numerous ways in which mental and physical health and criminal justice system contact influence one another and are intricately intertwined These often mutually reinforcing dynamics affect a range of health and justice outcomes at individual familial group community and national levels Contributions detail this topic from a wide range of disciplinary theoretical and international perspectives and rely on various analytical lenses including quantitative qualitative policy analytic theoretical conceptual and lived experiences The chapters summarize what is known in each topical area but as important they identify emerging theoretical empirical and policy directions In this way the book is grounded in the current knowledge about the specific topic but also provides new synthesizing material that reflects the knowledge of the leading minds in the field Conceptually divided into 11 sections a number of contributions describe the unique experiences of women people of color juveniles older populations immigrants LGBTQ individuals and other sub populations i e people convicted of drug or sex offenses Where appropriate the authors provide both big picture and pragmatic policy directions aimed at reducing system contact health challenges and inhumane practices Given its breadth and depth the Handbook will appeal broadly to academics practitioners policymakers advocates and students seeking to understand the many ways in which health and justice system dynamics overlap **Middle Age and Aging** Bernice L. Neugarten, 1968-12-15 The process of aging is receiving an increasing amount of attention from behavioral scientists Middle Age and Aging is an attempt to organize and select from the proliferation of material available in this field The selections in this volume emphasize some of the major topics that lie closest to the problem of what social and psychological adaptations are required as individuals move through the second half of their lives Major attention is paid to the importance of age status and age sex roles psychological changes in the life cycle social psychological theories of aging attitudes toward health changing family roles work retirement and leisure certain other dimensions of the immediate social environment such as friendships neighboring patterns and living arrangements differences in cultural settings and perspectives of time and death *Community Mental Health and Social Psychiatry* Harvard Medical School, 1962 This single source provides a manageable representative selection of rapidly accumulating literature 1 158 items primarily in U S literature from January 1953 to April 1961 complement the 984 items to May 1953 of *Evaluation in Mental Health* USPHS Publications 413 The Guide s arrangement imposes a useful structure upon the entire field the detailed subject index offers easy access to all aspects of the materials Part I lists 15 books for orientation in the field Part II gives 715 items in five subject categories theory practice research methods and findings evaluations and reviews of practice and research and professional roles Part III lists 317 items for related professions and social problems Part IV gives 61 bibliographical items to aid access to more extensive or specialized materials and 22 reference books on vital statistics and census data Part V lists

28 reference works on information and funding organizations with their addresses The Guide s comprehensive Author Title Subject Index is of special value Introductory discussions instructions on use and a List of Journals are included **The Oxford Handbook of Social Class in Counseling** William Ming Liu,2013-04-26 Social class is a pervasive facet of all lives regardless of one s own social class and status One would think its ubiquity would make it necessary for all helping professionals to understand social class and discuss it in therapy and research Yet social class and classism are one of the most confusing and difficult concepts to understand and integrate into research and counseling practice mostly due to the relative lack of psychological theories research and quantitative data Fulfilling this need this handbook summarizes and synthesizes available research on social class and classism in counseling practice and research areas The 32 chapters included offer up to date fascinating and provocative applications of social class and classism as seasoned chapter authors provide an overview of theories related to social class and classism and its application toward research education training and practice Chapters include comprehensive coverage of lifespan issues related to social class such as unique aspects of social class and classism in the lives of children adolescents and older adults how social class is studied and empirically understood through research assessment and practice implications of social class in career counseling psychological assessment and diagnosis and the therapy relationship how social class is implicated in positive psychology career and work psychology and health psychology social class and classism and its connection to whiteness racism sexual orientation religion and spirituality and social justice This book offers the first compendium of counseling related resources on social class and classism and will be a comprehensive must have reference for professionals and academics in counseling psychology and related fields for years to come Hearings, Reports and Prints of the House Committee on Ways and Means United States. Congress. House. Committee on Ways and Means, *Handbook of Sociology of Aging* Richard A. Settersten, Jr.,Jacqueline L. Angel,2011-05-11 The Handbook of Sociology of Aging is the most comprehensive engaging and up to date treatment of developments within the field over the past 30 years The volume represents an indispensable source of the freshest and highest standard scholarship for scholars policy makers and aging professionals alike The Handbook of Sociology of Aging contains 45 far reaching chapters authored by nearly 80 of the most renowned experts on the most pressing topics related to aging today With its recurring attention to the social forces that shape human aging and the social consequences and policy implications of it the contents will be of interest to everyone who cares about what aging means for individuals families and societies The chapters of the Handbook of Sociology of Aging illustrate the field s extraordinary breadth and depth which has never before been represented in a single volume Its contributions address topics that range from foundational matters such as classic and contemporary theories and methods to topics of longstanding and emergent interest such as social diversity and inequalities social relationships social institutions economies and governments social vulnerabilities public health and care arrangements The volume closes with a set of personal essays by senior scholars who share their experiences and hopes

for the field and an essay by the editors that provides a roadmap for the decade ahead The Handbook of Sociology of Aging showcases the very best that sociology has to offer the study of human aging Textbook of Aging Skin Miranda A. Farage,Kenneth W. Miller,Howard I. Maibach,2009-12-02 This comprehensive Major Reference Book compiles all current and latest information on aging skin in a two volume set Highly structured with a reader friendly format it covers a wide range of areas such as basic sciences the different diseases and conditions which occur with aging from malignant to non malignant the latest techniques and methods being used such as bioengineering methods and biometrics as well as toxicological and safety considerations for the elderly population It also illustrates the global consumers sociological and psychological implications ethnicity and gender differences and includes marketing considerations for this elderly group This unique and comprehensive guide will become the main reference textbook on this topic Public Health Service Publication , **As the World Ages** Kavita Sivaramakrishnan,2018-05-07 People are living longer not only in wealthy countries but in developing nations For too long Western experts have conceived of aging as a universal predicament one that supposedly provokes the same welfare concerns in every context It is time Kavita Sivaramakrishnan writes to embrace a new approach that prioritizes local agendas and values **Reports and Documents** United States. Congress, **Developments in Aging** United States. Congress. Senate. Special Committee on Aging,1979 **Developments in Aging, 1979** United States. Congress. Senate. Special Committee on Aging,1980

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