

## THE IMPACT OF OLD AGE ON THE LIFE OF MAN

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### Abstract:

The study adopted explanatory research design, qualitative research approach, research strategy used was cross-sectional survey, population of the study were examination of the works of seven authors, sampling design were papers published by academic journals and papers published at the various websites, source of data collection was primary source and method of data collection was investigation into existing research. The problem statement of the study "The impact of old age on the life of man". The objectives of the study were achieved. With the literature review, the study considered what other authors had written concerning the subject under study. The background of the study was brief introduction to aging. The study found out causes of old age, symptoms of old age, problems of aged people and changes that happened in the brain during old age. The study generalized that old age had impact on the life of man. The study recommended that the general public should be educated about what will happen to man at old age in order for us invest towards the future.

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### BACKGROUND OF STUDY

#### Introduction

The term "old age" is also known as "sensescence". Sensescence is the last stage of the normal life on the earth. There is no standard definition of old age from the knowledge of biology, demography and sociology. Base on statistical and public administrative report old age is determined at the age of 60 or 65 years. Old age is referring to the aged people of the population of a country. A lot of modern Western countries accepted 60 or 65 years as retirement and old age social programs. Many countries and societies consider old age around mid-40s-70s. Old age ends the life cycle of man. Terms for old age are "old people", "the elderly", "seniors", "senior citizens", "older adults" and "elders". Old age is not classified under biological stage. Many advanced Western countries accept retirement age between 62 and 67 years. This is regarded as the progression from middle age to

old age. United Nations accept old age around 60years. In 2001 U.S National Institute on Aging and World Health Organization Regional Office for Africa declared old age beginning from 50years.

#### OBJECTIVES OF THE STUDY

- To find out causes old age
- To find out problems of aged people
- To find out symptoms of old age
- To find out changes that happen in the brain during old age

#### CAUSES OF OLD AGE

A lot of writers accept that free radical and oxidative stress contribute to aging. Aging is generated by the destruction to the structures and functions of the molecules, cells, organs of an organism. Aging is caused by the body like growth spurts children pass through at puberty stage. Excessive Sun exposure could cause aging. Aging is caused due to physiological

changes in our bodies and environmental factors. Being exposed to poisons, UV radiation, unhealthy food and pollution. These could destroy DNA in cells being prone to excessive inflammation. The action of metabolization creates continuous destruction to cells. Hormones disapprove cause changes in the skin like wrinkles, loss of elasticity, loss of muscle tone, bone density and sex drive. A cell could reproduce about 50 times before the genetic material becomes inactive.

**THESIS STATEMENT:** The problem statement of the study was "The impact of old age on the life of man". The study found out causes of old age, changes that happen in the brain during old age, symptoms of old age, problems of aged people.

#### **SYMPTOMS OF OLD AGE**

**Appetite and digestive changes:** Getting to the old age metabolism and digestive begins to slow down, loss of appetite and decline thirst becomes normal. Swallowing difficulty, nausea and constipation could be allied with appetite. There are loss weight and signs of dehydration

**Sleep:** General weakness and fatigue become rampant. Time for sleeping increases.

**Withdrawal:** The aged person feels resigns and withdraw from the world. Spend much time discussing his or her past life than current.

**Anxiety and depression:** As old age becomes reality, some aged men entertain fear for themselves and the children who will left behind.

**Urinary and bladder:** The kidneys start to decline, urine could be dark in color. Bladder and bowels functions are complex to control.

**Vital signs:** Heart rate, body temperature and blood pressure start to decline. Due to decreased circulation, the hands, arms, feet and legs begin to feel cold. The skin changes dark blue, purple or seen mottled.

**Confusion:** Loved ones may be become confused. Time, place and close friends are hard to recognize. The attention span is affected.

**Sensory changes:** Eyesight becomes weak and sensory changes cause illusions, hallucinations and delusions.

**Cardiovascular system:** The blood vessels and arteries become narrowed which make the heart to work hard in order to pump blood through them.

#### **LITERATURE REVIEW**

Many writers have written papers about aging which enlightened the general public about what to expect during old age. Notwithstanding the views of above writers, the study investigated into "The impact of old age on the life man". Because of this, the study examined what other writers had written concerning the subject under study. In reference to (Physiopedia, n.d) an article written entitled "Older people-An introduction" states that common view of aging is that it is part of life cycle. This is continuous physiological cycle which leads to old age or fall of biological functions and the body's capability to conform to metabolic stress. Aging is considered as broad event which are physical, psychological and social processes. During this stage, we acquire certain qualities such as knowledge and experience. An article written by Archana Singh and Nishi Misra entitled "Loneliness, depression and sociability in old age" specifies that older population is broad and expanding because of improvement of Health care education. These people encounter physical,

psychological and social responsibilities which test themselves and ability to live happy to life. A lot of people experience loneliness and depression in their old age. This could be created through staying alone, withdrawal from family members and their culture of origin. With respect to the views of the above mentioned authors, the study investigated into causes of old age, symptoms of old age, problem of aged people and changes that happen in the brain during old age.

### **CHANGES THAT HAPPEN IN THE BRAIN DURING OLD AGE**

**Brain mass:** The volume of the brain decreases, frontal lobes and hippocampus shrink more than the other region.

**Cortical density:** This is disintegration of the outer corrugated surface of the brain because of declining synaptic links. The cerebral cell bodies become fragile.

**White matter:** It's comprises of myelinated nerve fibers. Researchers accept that myelin lessen which slows processing and decrease cognitive functions.

**Neurotransmitter system:** The brain start to procreate different levels of chemicals which affect neurotransmitter and protein production causing decline in cognitive function.

**Blood:** Blood circulation in the brain decreases.

**Inflammation:** That is the body's response to injury or disease falls.

- Some brain regions communication between neurons may not be compelling

### **PROBLEMS OF OLD AGE**

**Cognitive problems:** Old age is accompanied by mental disorder and cognitive shrink. Aged people are prone to dementia, psychotic

depression, personality changes, mood swings and aggression.

**Emotional problems:** Fall in health and health capacity make people who are old dependent. Through stress, aged people lose the confidence of being independent. A lot of them encounter emotional problems like feeling alone and isolated. When a spouse dies, it increases the stress, depression and anxiety of the people.

**Social problems:** Being retired from work implies narrowed to social life. The passing away of friends and a family member hinder the person from involving in social life.

**Physiological problems:** If an old man does not have sans eyes, teeth, he or she starts to slow down physically. The physical state is based on hereditary, the way of living, emotional stress, endocrine disorders ; poor diet. Because of loss of teeth, the jaw is smaller and the skin sags. The cheeks are pendulous with wrinkles and the eye lids with upper lids hanging the lower. The eyes are dull, lustreless and watery due to in proper functioning of the tear glands. Lack dentries affect speech. The skin, is rough and loose it's elasticity.

**Financial problem:** Retirement from work creates loss of income and the pension pay the aged receive are scanty unable to meet the cost of living.

- Aging causes loss of hearing, cataracts, refractive errors, back and neck pain, osteoarthritis, chronic obstructive pulmonary disease, diabetes; geriatric syndrome.

### **METHODOLOGY**

#### **Introduction**

This chapter covers research design, approach, strategy, population of the study, sampling design, source of data collection and method of

data collection. The research design used was explanatory because it was the best method of achieving the objectives of the study. The approach to the study was qualitative since the study was interested in the impact of aging. The research study adopted was cross-sectional survey where the study considered other authors' work as a case study. The population of the study, sampling design, source and method of data collection were thoroughly examined.

**SAMPLING DESIGN:** The study examined papers published by academic journals and papers published at the various websites.

**POPULATION OF THE STUDY:** The study investigated into the works of seven authors.

**SOURCE OF DATA COLLECTION:** The source of collecting data to write this paper was primary source.

**METHOD OF DATA COLLECTION:** The method used to collect for the study was an investigation into existing research.

## **SUMMARY OF FINDINGS CONCLUSION AND RECOMMENDATION**

### **SUMMARY OF FINDINGS**

The study found out that old age is the last stage of life on earth. Aging is generated by destruction of the structures and functions of the molecules, cells and organs of an organism. Getting to the old age metabolism and digestive start to leisurely down. The volume of the brain decreases, frontal lobes and hippocampus reduce more than any other part. Stress makes aged people lose confidence of being independent.

### **CONCLUSION**

The study discovered that old age causes blood circulation in the brain to reduce and creates dementia, psychotic depression, personality

changes. Due to the above mentioned factors, the study generalized old age had an impact on the life of man.

### **RECOMMENDATION**

**Investment:** The general public must be educated about what will happen to every individual at old age so that we can invest towards the future.

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