

## Beliefs and feelings about aging

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### Beliefs and feelings about aging

According to me aging is an inevitable process in the lifespan of an individual. Aging marks a transition from adulthood to old adulthood in which the individual undergoes physical, psychological, social and mental changes in life. It's my belief that getting retirement from active employment is a symbol of the aging which has both social and economical implications. The health statuses of the aging start to decline and there is possibility of chronic diseases associated with old age. However, with the current medical facilities, aging is not necessarily symbolised by diseases as it were in the past.

I believe that the changes in old age are not necessarily harmful, for example, it is natural for the hair to thin and turn gray, skin thinning which is accompanied by the skin sagging. Other symbols include slowing down of physiological functions. The aging process though a natural process differs from one individual to the other. The physical aging is symbolised by decline in eyesight, hearing, taste, weakening bones and muscle tone decrease.

### Positive aspects of aging

Aging has in many times been riddled with negative stereotypes. However, there are many positive aspects of aging. As one gets older he/she also becomes wiser and hence can address and tackle the many challenges associated with old age. It is my view that aging defines what an individual has aspired to be and it is during the old age that many people realise self actualisation and self esteem. Becoming wiser is accompanied by the positive aspect of being able to cope with many life skills. An individual becomes more tolerant and is emotionally stable with less anger and anxiety.

I understand that, confidence is also a trait exhibited in aging. It is at the aging process that the older adult gets self satisfaction as they are able to reflect on their past achievements. The presence of their children who are adults and their grandchildren makes the older adults more satisfied and hence the aging being associated with self actualisation.

The world for aging is also broadened by the happy extended families. The aging process brings the awareness of how time is precious among the older adults, these acts as a motivation among the older adults to pursue activities that add value to life such as leisure activities, engaging in volunteer activities and touring the world.

Also aging is a process and with it comes the challenges of life, the common challenges relate to the physical health. The physical decline in seeing, hearing and sometimes dementia are very stressing aspects of aging and many people dread them. Furthermore, at the old age there is the issue of chronic diseases such as diabetes, heart diseases which reduce the quality of life. Aging is also marked by losing of many peers through deaths which again brings a lot of grief to older adults. The retirement from active economic activities sometimes leads to the older adults becoming socially lonely and psychologically disturbed as their sources of income reduces drastically.

I believe aging is a process that is inevitable; it has both the positive and negative aspects which are depended on individual views towards aging. Hence, depending on individual view, I believe some people will face old age with positive feeling and realisation of self esteem and actualisation while others will be affected by the negative stereotypes.