

IMPORTANT DETERMINANTS OF GERONTOLOGY

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ABSTRACT: This article provides a psychological description of important determinants of gerontology. Psychic changes in old age, communication and interpersonal relations in old age, and the influence of cognitive processes on personal behavior are analyzed.

KEYWORDS: Aging, communication, empathy, cognitive characteristics, gerontology, threshold of acceptance, role of children, role of society, cognitive process in aging.

INTRODUCTION

Gerontology is the study of the effects of aging on brain function and personality traits. As a scientific discipline, gerontology is a branch of general psychology that studies age-related changes. The general characteristics of gerontology were formed by modern psychologists as a field of science about the laws of mental aging of a person. The reason for the emergence of science was the increase in the number of elderly people. The importance of old age as a period of human personality development has increased due to the general aging of the population in developed countries in the 21st century.

- 60-74 years old - an elderly person;
- 75-89 - old age;
- 90 and more - those who live a long life.

low birth rates and increased life expectancy, the proportion of people under the age of 15 in Europe has decreased, while the number of people over 64 has increased. Thus, in Germany and Great Britain, the percentage of young people under 15 years old is 13.3% and 17.3%, and the number of people over 64 years old is 20.6% and 16.5%. By comparison, in the underdeveloped economies of Bangladesh and India, the youth under 15 years old are 34.3% and 29.7%, respectively, and the elderly over 64 years old are 4.7% and 5.5%, respectively. The aging of the population and the increase in the number of pensioners, reaching 15% in some countries, have caused the emergence of socio-psychological and economic problems. The problem of an aging population is aggravated by the disappearance of the multigenerational family, and as a result, the number of single elderly people who need public care is increasing.

Psychologist N.F.Shakhmatov wrote in his work on the process of mental aging that the most important mental factor of old age is recognizing oneself as old. This is also shown by the

American psychologist G. Craig, a negative attitude towards alcohol increases not only mental but also physical aging. The stress experienced by an elderly person after retirement is exacerbated by the uncertainty of the situation, the lack of demand for professional skills and the loss of life guidelines. During this period, it is necessary to develop new socio-psychological stereotypes of behavior and radically change the way of life. If a person cannot fully adapt to the new reality, then life loses its meaning and loses its value. Psychology of Aging Gerontopsychology examines the ways in which an elderly person can overcome the social barrier that has arisen after retirement, establish new relationships with the environment, and define new life goals. The period of "actually old age" Physiological weakening of the body and mind is inevitable, and after the active stage of old age, of course, comes a period of decline in vital functions. Even if a person lives to a ripe old age without disease, after the age of 80, his muscles weaken, his breathing becomes weak, and his brain works less efficiently than in adulthood.

The most difficult task at this stage of life may be the inevitability of an early encounter with death. If a person has not developed his attitude to this most important part of existence during his life, then the fear of death becomes especially acute during this period. Panic appears before death or complete neglect of the issue or, on the contrary, constant reference to this topic. According to the American psychotherapist J. Rainwater, the fear of death disappears when a person comes to terms with the inevitable end of life. Religion sometimes helps an elderly person to accept the inevitability of death, and sometimes he himself is tired of facing illness and physical weakness. But if the reality of death is not realized in youth, then the question of the finitude of human existence will inevitably become most painful in old age.

In old age, excess free time becomes a real problem. Unable to find any benefits for themselves, many elderly people fall into depression after retirement, the prevalence of which reaches 12% in old age. The aging process itself is very similar to depression. What happens in old age: brain volume decreases; loss of neurons, disruption of connections between them; narrowing the scope of communication and interests. All these changes are very reminiscent of depression, which can lead to death and suicide attempts. The problem of depression in the elderly is exacerbated in people with serious illnesses. A negative perception of life is filled with stress, which causes illness and the need for treatment, visits to the clinic and communication with seriously ill people. To prevent depression, you need to: Encourage older people to "find themselves". Searching for new activities, hobbies, expanding the number of friends. If possible, continue to work in your specialty. Frequent communication with young people. Writing an autobiography. Communicating with older youth is beneficial for both parties. For the young, it is a clear experience, and for the elderly, it is a source of strength. Retirees who managed to work in their main profession after retirement can be considered lucky. They have no problem with free time. It's good if you don't have free time. This means that performance remains high. This approach to the aging process is called constructive. It creates the necessary conditions for long-term active aging.

The important changes in human cognitive ability during old age is a decrease in the speed of performing physical and mental operations. At this age, reaction time increases, processing of

perceptual information slows down, speed of cognitive processes slows down. The problem of cognitive decline in the elderly is studied more in the context of changes in memory functions . Recently, in the scientific literature, there are conflicting opinions about the decline of intellectual activity in normal aging. Researchers who have studied the problem of changes in cognitive processes in old age say that most mental skills are relatively preserved. According to the results of a large-scale study of memory at this age [Perlmutter, Adams , Barry, Kaplan, Person, and Verdonik, 1987], memory decline is not only a consequence of aging, but also other factors, depression, cessation of active activities, and adverse effects of drugs. is the result of the secret. A certain decline in the level of cognitive development occurs during old age. For example, in the process of cognition, a decrease in the speed of information processing and mechanical memorization is observed. But there will be compensations accordingly. As a result, the loss of certain cognitive characteristics does not affect daily life. [Perlmutter, et al., 1987; Salzouse, 1985].

In aging people, we can also see changes in the emotional sphere. This is an increase in affective reactions , i.e. [strong nervous excitement]; feeling sad for no reason is manifested in crying and others. For the elderly, the past is their value. According to the 40 -year research of Californian scientists , emotionally and psychologically stable active persons at the age of 30 remain at the age of 70.

the social and psychological status of the elderly is physical health and physical activity. Physical discomfort is an important cause of dissatisfaction with life in old age. The main consequences of this can be seen in a decrease in interest in others , changes in relationships with loved ones, and a decrease in self-esteem. However, the attitude towards personal aging is an active element of the mental life of the elderly. Realizing the physical and mental changes and feeling one's own physical unhealthiness is a new level of self-awareness in the old age .

If the constructive type of aging is consciously chosen by a person in adulthood or even at a young age, then old age will not become a period of fear and depression for a person. A real "happy old age" can be achieved by people who continue to do what they love, maintain relationships with relatives and friends, show empathy and have a positive attitude to all changes in life.

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