

Biological, Psychological and Social Perspectives of Ageing

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Abstract : Ageing refers to a comprehensive, multidimensional, and continuous process of growing older. This process starts from the beginning of the birth and continues till the death of a human being. This paper considers biological, psychological and social perspectives in the ageing context. To know about the physiological, mental and social changes that occur during life, it is fundamental to understand the ageing concept in an extended way. This paper highlights the conceptual definition of ageing under gerontology by focusing on religious, academic, research, and literature based issues. Elderly people not only face different exigent and challenging changes in both their body and mind, but the social structure and cultural aspects influence the perception of ageing to the elderly and society at the same time. Biological ageing or physiological ageing occurs various changes in the body, which usually decreases with age and time. Psychological ageing sheds light on the emotional or mental or cognitional changes and social ageing refers to changes in social roles and responsibilities. WHO defines healthy ageing as a process which maintains and develops the functional ability under a physical, mental and social context that guarantees the soundness of elderly people. In order to ensure the physical and mental soundness of the elderly people in the aged-friendly socio-cultural context, it is a must to have a better understanding of this concept for gerontologists, geriatric experts, policymakers, and planners.

Introduction

The process of growing older is considered ageing, which is universal in nature. Ageing is related to an unpleasant phenomenon which reveals an apathetic view of ageing. Shakespeare has uttered that when age is in, the wit is out. Old age is referred to as an incurable disease by Seneca. Emulating youth is the goal of ageing for many people. Again, history showed many positive aspects of growing older. According to Plato, a form of compensation comes with ageing because, with time, physical eyesight declines, but spiritual eyesight improves. All these voices may lead to many challenges with ageing,

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Aging And Health Biologic And Social Perspectives

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