



## Elderly People's Attitudes and Perceptions of Aging and Old Age

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### ABOUT THE STUDY

Old age refers to the age at which life expectancy is approaching or exceeding the average human life expectancy and is therefore the end of the human life cycle. The terms and curiosities of people of this age include the elderly, the elderly global usage; British usage stands for geriatric pensioners, the elderly American usage, and the elderly.

Older people often have limited regenerative capacity and are more susceptible to illness, syndrome and injury than young adults. The organic process of aging is known as aging, a medical study of the aging process as geriatrics, and a study of diseases that affect aging as geriatrics. Elderly people also face other social problems such as retirement, loneliness and age discrimination. Age is not a specific biological stage because the chronological ages called "old age" are culturally and historically different.

Everyone in every country in the world should have the opportunity to lead a long and healthy life. However, the environment in which we live can be beneficial or harmful to our health. The environment has a significant impact on our behavior and exposure to health risks such as air pollution and violence, access to services such as health and social care, and the opportunities that aging brings.

The number and proportion of the population over the age of 60 is increasing. In 2019, the population over the age of 60 was 1 billion. This number will increase to 1.4 billion by 2030 and 2.1 billion by 2050. This increase is occurring at an unprecedented rate and will accelerate in the coming decades, especially in developing countries.

This historically significant change in the world's population requires adjustments to the social structure of all sectors. For example, health and social care, transportation, housing, city planning. Working to make the world more age-friendly is an integral and urgent part of our demographic transition.

It is the final stage of an individual's life process, an age group or generation that includes some of the oldest members of the population. The social aspects of old age are influenced by the relationship between the physiological effects of aging and the

collective experience and shared values of this generation on the particular organization of the society in which it resides.

Longevity brings opportunities not only to the elderly and their families, but to society as a whole. Additional years offer the opportunity to pursue new activities such as further training, new work, or long-overlooked passions. Elderly people also contribute to their families and communities in a variety of ways. However, the extent of these opportunities and contributions depends heavily on one factor that is health.

There is evidence that the percentage of years of healthy life remains fairly constant, suggesting that the extra years are in poor health. If people can experience these extra years of living in a healthy and supportive environment, their ability to do what they value is a little different from that of young people. The impact on the elderly and society is more negative when those extra years are dominated by diminished physical and mental abilities.

Some of the health differences in older people are genetic, but most are due to the physical and social environment of people such as homes, neighborhoods and communities, as well as personal characteristics such as gender, ethnicity and socio-economic status. The environment in which people live as children, or even developing fetuses, combined with their personal characteristics, has a long-term impact on their aging.

The physical and social environment can affect health directly or through barriers or incentives that affect choices and health behaviors. Lifelong healthy behavior, especially balanced diet, regular physical activity and smoking cessation all contribute to reducing the risk of NCDs, improving physical and mental functioning and delaying the need for long-term care.

Supportive physical and social environments also allow people to do what is important to them, despite their reduced capacity. Safe and accessible public buildings, transportation availability and easy to walk locations are examples of supportive environments. When developing a public health response to aging, it is important to consider not only personal and environmental approaches to mitigate the losses associated with aging, but also approaches that can promote recovery, adaptation and psychosocial growth.

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**Received:** 01-Apr-2022, Manuscript No. JASC-22-16714; **Editor assigned:** 04-Apr-2022, PreQC No. JASC-22-16714 (PQ); **Reviewed:** 18-Apr-2022, QC No. JASC-22-16612; **Revised:** 25-Apr-2022, Manuscript No. JASC-22-16714 (R); **Published:** 02-May-2022, DOI: 10.35248/2329-8847-22.S11.002

**Citation:** Giesecke M (2022) Elderly People's Attitudes and Perceptions of Aging and Old Age. J Aging Sci. S11:002.

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