

Psychosocial Stress: A Cause towards Ageing

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COMMENTARY

In the life of every person either young or old come across the difficult situations such as achieving financial security, career establishment, family demands and juggle work, social isolation, health issues, defense, and many more. Due to such difficult situation a person becomes stress [1]. The stress and age shows “Double impact” on the most of physiological systems, psychological system an individual [2]. The stress can be physical, psychosocial, emotional, psychological, psychospiritual. The excessive stress may leads to cause physical and mental problems [3]. In the current study author wants to focus on the effect of psychological stress on ageing of an individual.

The common signs and symptoms of psychosocial stress are poor sleep, anxiety, depression, restlessness, forgetfulness, poor concentration, frustration, fear etc. The hormones play an important role in regulating psychological conditions of an individual. The excessive level of stress hormone like cortisol damage the hippocampus region of brain which plays an important role in storage and retrieval of memories of an individual. The damaged hippocampus region due to elevated level of cortisol shows its contribution to most of the age related disorders such as Alzheimer, stroke, Parkinson’s disease, neuropathy, etc. [4]. The psychosocial stress is not only impairs the brain process but also affects on movement and attention of an individual. The chronic stress may leads to show its direct impact on cellular processes such as release of neuroendocrine mediators which further thought to show its cumulative impact on biological aging pathways like telomerase shortening, inflammation, cell stress, etc. So it has been reported that it is a very important to manage the Psychosocial stress in older adults in order to recue or prevent from the life-threatening medical conditions such as stroke.

Stress regulation

The regulation of stress in an older adult is quite tedious job, but some experts have been reported the ways for successful management of stress. The below are the ways for regulation of stress in senior citizen in order to live happy and healthy life.

- **Sharing:** The elders can manage the stress by sharing their feelings and difficulties to their loved one. This may help is emotional or psychological relaxation.
- **Positive Environment/Social support:** Maintaining the positive environment like staying close the family members and friends is a best way to reduce the stress. This kind of social support decrease the flow of stress hormone [1]. The positive thinking also improves self confidence.
- **Exercise:** As per the study of Woolston Chris the exercise helps to block the ageing process a cortisol level. The exeresis is also called as stress-buster for aged peoples. Doing a work one at a time is also helps to reduce the stress [1,3].
- **Meditation:** It also helps in reducing some physiological stress related medical conditions such as the anxiety, depression.
- **Habits:** Change in habits such as drinking, smoking and substance abuse helps in cope up with the stress [4].

CONCLUSION

In the current study an author tried to focus on the impact of physiological stress on ageing process and the ways towards overcome the stressful situation in the life of older adults. In future it becomes very important to study and develop the ways for the management of this emerging research area in the field of ageing.

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