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## MENTAL DEVELOPMENT IN OLD AGE AND AGING PERIODS

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### Annotation:

This article describes the aging periods. Such as old or pre-retirement age, retirement period and the first years after retirement, period of age, long-term living in conditions of sharp deterioration of health, long-term stay with relatively good health.

**Key words:** old age, ageing, late maturity, early retirement age, mental development.

**Introduction.** In late adulthood there is a sharp divergence of different ontogenesis lines, differences in its content depending on individual personalities of the person. Therefore, the boundaries of this age are fluctuating. According to the WHO European Regional Office classification, ageing, lasts for men from 61 to 74 years, and for women from 55 to 74. Since 75 years old age comes more precisely advanced age. A period of over 90 years — longevity is more precisely seniority.

The social criterion for transition to old age is often associated with the official retirement age. However, in different countries, for different professional groups, for men and women the retirement age is different (mainly from 55 to 65 years). Other socio-economic indicators of the "threshold", the transition to older age, are changes in the main source of income, changes in social status, narrowing the circle of social roles. The distinction between so-called "young old age", "third" age (usually up to 75 years old) and "old age", "fourth" age (after 75 years) is quite significant. The difference is based on the application of the functional criterion — the opportunity for an old person to lead an active and independent life or to need care. Late adulthood, old age as a psychological age, is the final period of life that involves changing the position of a person in society and playing a special role in the life cycle system. Old age is regarded as a complex biosociopsychological phenomenon. As a biological phenomenon, old age is associated with increasing vulnerability of the organism, with increasing probability of death. As a social



phenomenon, old age is usually associated with retirement, changing and declining social status, losing important social roles, and narrowing the social world.

In psychological situations, it is about awareness of the changes that are taking place and adapting to them more or less successfully. So what brings with it old age for a person? Ageing can be a period of loss or loss of economic, social, and individual positions that will lead to a state of dependence often perceived as humiliating and burdensome. But in a positive way, old age is a generalization of experience, knowledge and personal potential, helping to solve the problem of adapting to new life requirements and age changes. In old age, one can deeply understand life and understand life in general, its essence and meaning of life, its obligations to the previous and subsequent generations. The range of individual differences in the appearance of signs of aging is enormous. These signs are expressed in a gradual decline in the functional capabilities of the human body. However, old age should be characterized not only on the negative side, highlighting the depletion of certain abilities compared to maturity. But it is also necessary to establish qualitative differences of the elderly person's psyche, to identify and show the peculiarities of mental development occurring against the background of deteriorating psychophysiology, in conditions of innovative changes of the nervous system. Foreign countries that share maturity and late maturity are usually considered retirement, the end of active professional activity "shock resignation".

The central characteristic of the social development situation in old age is the change of public position, retirement and removal from active participation in productive work. The limited and negative nature of the "cultural standards" of old age and the uncertainty of social expectations for the elderly in the family do not allow the social situation of the elderly to be regarded as a full development situation. Retiring, one faces the need for an important, difficult and absolutely independent choice in solving the question: "How to be old?" The active, creative approach of the person himself to his own age is put at the forefront. Turning the social situation into a development situation is now an individual personal goal of every elderly person.

Retirement preparation, considered as the development of readiness for social change, is a necessary moment of mental development in old age, as a focus on school education at five to six years of age or as a career guidance, professional self-determination in youth. When old age comes and man decides for himself whether to try to maintain old ties, as well as create new social connections or move to life in the interests of close friends and their own problems, i.e. move on to life as a



whole individual. This choice defines one or another adaptation strategy: preserving yourself as a person and preserving yourself as an individual. In accordance with this choice and, accordingly, adaptation strategy, the leading activity in old age can be directed either to the preservation of a person's personality, maintenance and development of his social relationships, or to the separation, individualization and "survival" of him as an individual in the context of gradual depletion of psychophysiological functions. Both versions of aging are subject to the laws of adaptation, but provide different quality of life and even its duration.

The strategy of adaptation "in a closed circuit" is manifested in a general reduction of interests and claims to the outside world, self-centeredness, reduction of emotional control, in a desire to hide, in a sense of inferiority, which over time changes indifference to others. Approximately this type of aging is mentioned, describing "passive aging", behavior such as "egoistic stagnation", loss of social interest.

The alternative is to maintain and develop diverse ties with society. In this case, the leading activity in old age can be structuring and transfer of life experience. Options for adequate age of socially significant activities can be continuation of professional activities, writing memoirs, teaching and mentoring, raising grandchildren, public activities.

Preserving yourself as an individual means being able to work diligently, to have diverse interests, to try to be close to people, to feel "involved in life. N. S. Pryazhnikov proposed to highlight the specificity of self-determination and activities at different stages of old age: the elderly, the pre-retirement age, about 55 years before retirement is above all expectation, and at best preparation for retirement. In general, the period is characterized by:

1. Social situation of development:

- Waiting for retirement: for someone, retirement is perceived as an opportunity to "start early rest", for someone – as an end to active working life and uncertainty about what to do with their experience and still considerable energy;
- basic contacts are even more productive when, on the one hand, colleagues can expect this person to leave work soon (and the person himself feels it), and on the other hand, the person does not want to leave and he secretly hopes that the pension will come later than for many of his peers;
- Relationships with relatives when, on the one hand, a person can still provide a considerable amount of support to his family, including grandchildren and in this



sense he is "useful" and "interesting", and on the other hand, a sense of his immediate "needlessness" when he ceases to earn much and will receive his "pathetic pension";

- the desire to educate, prepare for themselves a "deserving replacement" at work;

2. Leading activity:

- the desire to "success" to do what has not yet been done (especially in a professional way), as well as the desire to leave a "good memory" at work;
- the desire to pass their experience on to pupils and followers when grandchildren appear, people of pre-retirement age seem to "break up" between work where they want to realize themselves and raising their grandchildren, which is no less important to them, because it is also the continuation of their kind;
- By the end of the pre-retirement period, especially if the probability of leaving this job is very high, there is an aspiration to choose one's retirement, somehow plan one's future life.

*The retirement period and the first years after retirement* are primarily the development of a new social role, a new status. In general, this period is characterized by the following:

1. Social situation of development:

- old contacts (with colleagues) are still maintained at first, but in the future become less pronounced;
- mainly contacts with close people and relatives, respectively, on the part of relatives requires special tact and attention to "unexperienced" pensioners;
- gradually appear friends - pensioners or even other, younger people, depending on what the pensioner will be engaged with and with whom he will have to communicate with. For example, pensioners-publicists immediately find new areas of activity and quickly acquire new "business" contacts;
- In general, relatives and relatives tend to have a pensioner "who has so much time" more engaged in raising grandchildren, so communication with children and grandchildren is also an important characteristic of the social situation of pensioners.

2. Leading activity:

- First of all, it is "searching for yourself" in a new quality, it is a test of one's strength in a wide variety of activities. For example, raising grandchildren, households, hobbies, new relationships, social activities, etc. is a self-determination method of "problems and mistakes"; in fact, the pensioner has a lot of time, and he can afford it, all of this is happening against the background of the feeling that "life is decreasing and decreasing every day."



- for part pensioners the first time on retirement is to continue working in their main occupation, especially when such employee receives the pension and the main salary together; in this case, the pensioner's sense of self significance increases significantly;
- ever-increasing desire to "teach" or even "shame" people of a younger age;
- For some pensioners, it may be the desire to calmly reflect on their entire lives: someone even tries to write "memoirs" during this period, and someone certainly needs to share their experiences and experiences.

*The period of old age itself.* A few years after retirement and until the moment of serious health deterioration, when a person has already mastered a new social status, is characterized by about the following:

1. Social situation:

- communication with the same elderly people;
- communication with family members who either exploit the old man's free time or simply "guard" him;
- some pensioners find new contacts in public activities or even in continuing professional activities;
- for part of pensioners the importance of relations with other people changes. For example,

some authors note that many previously close to the old man gradually lose their former intimacy and become more generalized.

2. Leading activity:

- leisure activities, often pensioners change one hobby after another, which somewhat disproves the notion of their "rigidity"; they continue to seek themselves, to seek meaning in different activities... The main problem of such search is the "incorporation" of all these activities compared to the previous "real" work;
- striving in all ways to confirm one's sense of self-worth, in accordance with the principle: "As long as I do something useful for others, I exist and demand respect for myself";
- For part of the elderly in this period, even when health is still good enough and there is no reason to "say goodbye to life", the leading activity may be preparation for death, which is expressed in joining religion, in frequent trips to the cemetery, in conversations with relatives of the "will".

*Longevity in conditions of sharp deterioration of health* is significantly different from old age without any particular health problems. Therefore, it makes sense to highlight the peculiarities of this type of old age.



1. Social situation:

- Mainly – communication with relatives and relatives, as well as with doctors and neighbors in the chamber, if the old man is on stationary treatment;
- They are also roommates in nursing homes, mostly elderly people are transferred to such homes when they need special care. Unfortunately, in many homes such care is actually worse than at home.

2. Leading activity:

- treatment, at least a desire to fight diseases;
- the desire to understand one's life. Very often this desire to decorate one's life, one as if "chained" for all the best that was and was not in his life. In this state, a person wants to leave behind something very good, meaningful, worthy and to prove it to himself and others: "I did not live for nothing." Or repent of something unworthy.

*Longevity with relatively good health* after about 75–80 years of age or older may be characterized by:

1. Social situation:

- Communication with relatives and relatives who even begin to be proud that their family has a real longevity. To some extent, this pride is selfish: relatives believe that their kind has good heredity and that they will also live long. In this sense, longevity is a symbol of the future of life for other family members of the family;
- A healthy long-lived person may have new friends and acquaintances;
- Because longevity is a rare phenomenon, various people, including media representatives, seek to communicate with such an elderly person. Therefore, the circle of acquaintances in the long-term can even expand somewhat.

2. Leading activity:

It depends largely on the inclination of this person, but in any case it is quite active life, sometimes even with excesses characteristic of a healthy mature person. It is likely that not only the prescriptions of the doctor are important for maintaining health, but also the feeling of one's health or "feeling of life".

**Conclusion:** Age-related development tasks in old age can be summarized as follows:

- adaptation to age changes – physical, psychophysiological;
- adequate perception of old age and opposition to negative stereotypes;
- reasonable distribution of time and purpose - use of the remaining years of life;
- role reorientation, abandonment of old and search for new role positions;
- combating the affective poverty associated with the loss of loved ones and separation of children; maintaining emotional flexibility, striving for affective



enrichment in other forms;

- striving for mental flexibility and overcoming mental rigidity, finding new forms of behavior;
- the desire for inner integrity and meaning of living life.

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