

## NEGATIVE AND POSITIVE CONDITIONS OF GERONTO PSYCHOLOGY IN SOCIALIZATION

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### Abstract

In this scientific article, the subtle aspects of gerontopsychology are scientifically analyzed, together with the information about the changes and inner experiences that occur in the elderly during this period.

**Keywords:** old age, physiological, pathological, strength and potential, growth and development of the organism, physiological actions...

### Introduction

Gerontopsychology (Gr. Geron - old, elderly and psychology) is the field of gerontology and youth psychology. Using the tools and methods of general psychology, he studies the specific features of the psyche and behavior of the elderly. Although scientists have been interested in the mental characteristics and changes that appear in people due to aging, G. as a separate field of science began to take shape only in the second half of the 20th century. Its emergence was caused by social factors: the increase in the number of elderly people, their work ability and living conditions. G. Kari shows the relationship between general physiological and psychophysical characteristics of people and their actions, psychological characteristics of their verbs, personal activity, etc. Examines the changes associated with factors. G.'s general task is to find tools that help people to live healthy and active even in old age.

Aging, old age (senescence) is a certain age-related period of an organism's life, an inevitable process. Specific changes occur in organs and systems, which gradually lead to a decrease in the ability of the organism to adapt to life. Old age in humans begins after the age of 75 (people over 90 are long-lived), which is physiological old age, in which mental and physical strength, certain work capacity, cheerfulness and interest in the environment are preserved.



Various unpleasant external and internal influences lead to premature or pathological aging. Usually, the first signs of aging begin in a person after the period of maturity (typically 60 years). But in fact, aging begins to be felt after the growth and development of the organism stops. For example, at the age of 30-35, the level of activity of biological processes begins to decrease. Aging does not begin at the same time in different tissues and organs and occurs at different levels, it consists of a gradual decline in the living properties of body cells. Although the changes that initially started due to old age do not disrupt the process of adaptation of the organism to sudden changes in life conditions, but as the age increases and the changes intensify, the organism adapts to it with great difficulty. In particular, this is known during illness, physical and mental stress. Aging primarily affects the cardiovascular and nervous systems; in which the ability to switch from one activity to another becomes difficult. Insufficiency of the braking process leads to an increase in the nervous system's excitability, due to which adaptation and response reactions to the surrounding things are slow to work and slowly disappear; emotional instability increases. Old age is often accompanied by various chronic diseases, which can lead to premature aging. In general, there is some correlation between age-specific changes and morbidity. In old age, the body's ability to adapt and recover decreases, which is the reason for the exacerbation of diseases and their severe course. Therefore, prevention of disease helps prevent premature aging. Until now, there is no clear idea about the causes of aging, but it depends to some extent on heredity. Some families are known to have passed down long-lived generations. The later aging in women compared to men may depend on the characteristics of the genetic apparatus and other factors (for example, women smoke less, drink less alcohol). It is known that the pace of aging varies: some people have the strength and opportunity to do different things at the age of 75-80, and even much later. However, with age, all people's ability to work decreases, they get tired. For this reason, one should not do hard work even if one is in good condition in old age. In old age, it is important to strictly follow the regime of nutrition, work and rest, take a short walk before going to bed, exercise procedures, etc.



### Main part:

However, it is better to consult a doctor about the type and duration of training procedures. Adherence to the above will prevent premature aging and lead to its smooth passage, as well as preserving a person's physical and spiritual capabilities as much as possible. Gerontology studies the causes and mysteries of old age, and geriatrics studies diseases that occur in them.

Many psychological functions and processes undergo changes during old age. However, in general, we can confirm that these changes do not occur equally in all people, but these are the main factors that are influenced by factors such as physical health, genetics, or the level of intellectual and social activity.

Psychological changes that occur during old age.

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Gerontopsychology (Greek: geron - old, elderly and psychology) is the field of gerontology and youth psychology. Using the tools and methods of general psychology, he studies the specific features of the psyche and behavior of the elderly. Although scientists have long been interested in the mental characteristics and changes that appear in people due to aging, G. as a separate field of science began to take shape only in the second half of the 20th century. Its emergence was caused by social factors: the increase in the number of elderly people, their work ability and living conditions. G. describes the relationship between general physiological and psychophysical characteristics of elderly people and their actions, psychological characteristics of their verbs, personal activity, etc. studies changes related to factors. G.'s general task is to find tools that help people to live healthy and active even in old age.

The founder of gerontopsychology is Stanley Hall. In the second half of the 20th century, the number of elderly people increased in society, and their role in social life increased. This is called "population aging". As a result of the physical weakness of the human body and the deterioration of health, there are changes in the psyche in the period of old age. Our President declared 2015 as the "Year of



Honoring the Elderly" in relation to the representatives of the older generation. It is to pay more attention and apply their rich life experience to life.

At the solemn ceremony dedicated to the twenty-third anniversary of the independence of the Republic of Uzbekistan, President Islam Abduganiyevich Karimov announced the name of the year and expressed some thoughts about the elderly. Among them: "We will not be mistaken if we say that the attention and care of any society to the elderly determines its cultural level. To put it simply, in Uzbek terms, showing respect and kindness to the elderly has literally become an integral part of our spiritual life. Let's think about the deep meaning of proverbs and wise sayings: "The old house has a fairy", "Old people are the grace and angel of our homes". In fact, we all know well that in any household there is an enlightened father or mother, there will be blessings, prosperity, and harmony in this family. Therefore, we should not forget that our parents and respectable elders have an unforgettable and great service in our achievements in various fields today, that we owe them a lifetime debt, and that it is our human duty to make their lives as easy as possible and to prolong their lives. "We should know" - the thoughts of our society are to respect the elderly, to further enhance their honor and dignity.

If we talk about the above-mentioned feelings of the elderly, the views of the elderly on life and society, beliefs and needs, lifestyle, family criteria, how their children were raised and its results, and the results of their lives. Social changes that have become the basis and left their mark on their entire being, on the basis of the weakening of the biological process, cause withdrawal, stuttering, feelings of insecurity in their character traits.

Such psychophysiological changes and characteristics cause social and psychological problems in the life of the elderly. All this causes depression to a certain extent. That's why most of the elderly people are childish, capricious, and demand respect and attention.

Psychologists have conducted research to study the mental world of men and women in old age. American V. Shevchuk checked the characteristics of participation in social activities of people of this age and found that 24.1% of 65-year-olds, 17.4% of 70-year-olds, and 7.7% of 75-year-olds gave up social activities. The character of the elderly is based on spiritual strength and dignity. The spiritual life and value of an old man is based on his "I". This requires an adequate attitude



towards them. In order to positively affect the health and mental health of the elderly and increase their interest in social life, it is necessary to understand the inner experiences of the elderly. Research scientists express the feelings related to the social interests of the elderly as follows:

1. The feeling of living in a group or being with a group.
2. "You are at home, the feeling of being here." The feeling of being in a very pleasant relationship with people.
3. The feeling of communicating with people (getting sick).
4. "Feeling of confidence" - that is, every person has a good quality.
5. The feeling of being satisfied with the shortcomings. It is so that when starting a new job, it is not always necessary to "be the first", "to be right", "to be the best".
6. To feel oneself as a part of humanity, that is, as a person.
7. Optimism - the feeling of looking for the best things in life.

Its emergence was caused by social factors: the increase in the number of elderly people, their work ability and living conditions. Gerontopsychology studies the relationship between the general physiological and psychophysical characteristics of old people and their behavior, psychological characteristics of the verb, changes related to personal activity and other factors. The general task of gerontopsychology is to find tools that help people to live healthy and active even in old age.

- 55-75 years old Elderly Elderly • 75-90 years old • over 90 Long-lived people.

Stages of gerontogenesis according to Bromley. Stage of separation from work • 55-70 years old. Increased sense of dependence on loved ones, adaptation to changing roles, increased need for communication, personal aging • 70-80 years old. Health problems, decline in mental functions, reduced range of communication Longevity • After 80 years. Special attention is required.

### Summary:

Respecting and honoring the elderly and using their rich life experience in the education of the younger generation and the country's activities will help the elderly to live comfortably as an important and necessary person in the society, and psychologically preserve their work skills and intellectual potential. , will help them to live a long life and have an interesting life. Therefore, let's always support them and show kindness.





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