

Eurasian
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In Psychology and Medicine Role of Gerontology

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ABSTRACT

This article discusses the study of gerontology (old age) in medicine and psychology, changes in the human body and their impact on life, psychology and the human body.

Keywords:

Gerontology, gerontopsychology, V.V. Frolkis, anti-aging treatment, geriatrics, atherosclerosis, psychological aging, biological aging, social aging.

Gerontology -is a scientific field that studies the mechanisms of aging and prolongation of human life and is considered from a physiological and psychological point of view. Aging is a biosocial phenomenon, and the first stage of old age is called gerontogenesis or aging. Basically, scientists say that this period begins after 60 years. Some say it starts after age 55 for women and 60 for men. Many people are aging and the number of older people is increasing. What is causing this? All this is an increase in the number of children born per second. All of them age after about 60-70 years. This leads to the problem of aging and related social problems. Seniors are retirees by nature. They face many challenges in the transition from adulthood to old age. That is, psychological and physiological changes in older people can weaken their hope for life and activity. With this in mind, many scientists have different views on aging. For example, the gerontologist V.V. Frolkis sees in old age a decrease in the body's ability to adapt. The concept of anticoagulation or vitaucta (Latin Vita-life, auktum-stretch) is an important component of the theory of adaptation proposed by the scientist. The elderly and the

elderly have a new attitude towards their personality. Often they are accustomed to being less anxious, to save physical strength, to act carefully, not to overwork the body, to resort to speech activity as rarely as possible, and not to receive unnecessary information. This is why when they age, they are "sweeter".

Gerontopsychology - (Greek Geron - old, old and psychology) - a section of gerontology and psychology of youth. The Department of Adolescent Psychology is a branch of psychology that studies the problems of old age. Today the network attracts the attention of many researchers. For example, in his study, Baltes found that 30- and 70-year-old workers performed standard tasks to test memory for differences in cognitive processes in older people at different rates. Simple cognitive tasks, that is, comparing the sizes of different objects in memory, took 50% longer for older people than for younger people. When the task is difficult, older people take twice as long as younger people. The main reason for this is the slowdown in physiological activity. As the body ages, the distance between the brains decreases, the cerebral cortex becomes thinner, the branches expand, and the ventricular

cavities become larger. Dystrophic and atrophic changes in neurons cause signs of aging: decreased mental and physical capabilities, dysfunction of the internal environment, memory loss.

Everyone has their own way of aging. J. Turner and D. Helms distinguish three interrelated processes:

Psychological aging- is how a person perceives and feels the aging process, how he or she reacts to the aging process, comparing himself to the aging of others.

Biological aging- is the process by which the body changes with age.

Social aging - a person associates aging with society, with the fulfillment of social roles.

Geriatrics - (Greek Geron - the elderly, the elderly and iatreia - treatment, care) - a section of clinical medicine that studies diseases of the elderly, as well as develops methods for their prevention and treatment, is an important section of gerontology. Studying the peculiarities of the occurrence, course and development of various diseases in the elderly and their prevention, identifying the processes that cause aging, taking anti-aging measures, refusing medical and social assistance to the elderly and the elderly is one of the most pressing issues.

In old age, the mental activity of a person - cognition, perception, thinking, thinking, emotions - decreases. Age-related changes, such as metabolic disorders, decreased gonadal function and endocrine imbalances, lead to involutional psychoses. Anxiety in patients

Anxiety, apathy, guilt, temptation arise, the psyche becomes unstable. Memory decreases, mental retardation develops, suicides occur. Decreased blood circulation, filtration, renal reabsorption. Osteoporosis, osteochondrosis and atrophic changes occur in bones and joints.

Atherosclerosis- Atherosclerotic changes underlie heart disease in old age and are one of the most important problems in geriatrics. Atherosclerosis begins at the age of 45-59 and accelerates the aging of the body. As one of the founders of Russian gerontology, I.V. Davydovsky, said, there is no exact date for the onset of old age, it is both a duty and a not to let

them think that they are useless, isolated from society. Therefore, in order to live a long life, everyone who has reached old age must pay attention to their health, nutrition and prepare mentally. From a medical point of view, the elderly are advised to pay attention to the rules of personal hygiene on a daily basis, eat easily digestible foods, exercise, walk slowly, and go for evening walks. Elderly people, like babies, need care, so it is important to identify and treat the various conditions they may develop as they get older.

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