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Senescence and the Problems of Senescence Period

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Abstract: Senescence has been defined in many ways that it is concept which is inevitable and irreversible. The importance given to senescence is increasing because of the growing senescence population by means of the longer life expectancy. With the increasing rates of the senescence population all over the word, their characteristics and unique needs change and new problems are caused. Some of these problems are caused by physical, psychological and economic problems, problems with accumulation, the problems caused by family and friend relationships and the compliance issues will be dealt with old age and loneliness. However, this problem can be prevented, delayed or it can be determined in earlier periods. Solving the problems of the old age in a country is closely related to the level of its industrialization, urbanization, culture, the level of the health culture and social structure.

Key words: Senescence, senescence period, problem, social structures, age

INTRODUCTION

Senescence has been defined in many ways that it is concept which is inevitable and irreversible. World Health Organization (WHO) defines senescence as the gradual decrease in the ability to adapt to environmental factors (WHO, 1972). According to another definition, senescence is the period of time experiencing specific problems and losses of old age as cognitive and physical function declines, the role of productivity is left, interpersonal support is weakened and the loss of health. Aging reduces some abilities of the individuals but on the other hand there is no reduction in some abilities or just the opposite there are developing capabilities. Knowledge and experience accumulated over the years, skills for overcoming difficulties and practical decision making capabilities are good example for developing capabilities (Andrews and Withey, 1976; Campbell *et al*., 1976). Although, everybody becomes old, aging rates and formats are different. By getting older, health and social problems becomes more apparent and the need of care and support increases. For this reason, old age which is considered as 65 and older by WHO and the laws is divided into three: Early old age (65-75 years) not to many functional losses are expected, Middle old age (75-84 years) functional losses are observed in this stage, very old age (85 or older) in this stage, individuals need caretakers and special care renters (WHO, 1972).

The importance given to senescence is increasing because of the growing senescence population by means of the longer life expectancy. With the increasing rates of the senescence population all over the word, their characteristics and unique needs change and new problems are caused. The addition of problems to old age period, the life of the senescence become more complicated. The most common issues concerning the senescence can be listed as the overall quality of living standards, poverty and low income, the changes in social security policies, the increasing number of senescence living alone, unsuitable housing conditions, the decrease of the family care, sings of aging in senescence population, positive and negative feedback for old age and the difficulties in accepting positive roles. Some of these problems are caused by physical, psychological and economic problems, problems with accumulation, the problems caused by family and friend relationships and the compliance issues will be dealt with old age and loneliness.

In this review from the problems of senescence period: health, psychological, economical and accommodation problems, problems related to family and friend affairs, problem of adaptation to old age and the feeling loneliness will be discussed.

HEALTH PROBLEMS

Senescence is a period of time that much health care service is needed and chronic diseases increase. Because of having physiological changes and being more likely to encounter disease agents, senescence becomes ill more than young people individuals over 65 years, usually has more than one disease which requires regular follow up and control, chronic and non-communicable diseases that need continuous drug therapy. Diabetes, high blood pressure, cardiovascular diseases, asthma, chronic and non-communicable diseases, asthma, chronic lung

disease, bone and joint diseases, vision and hearing loss, paralysis and some cancer types are the most common ones. The most commonly expressed problem among senescence is the pain. The most common parts defined in pain are knees, back, ankle, foot and thigh. The major health problem of senescence is the degenerative diseases like dementia, Alzheimer, urinary incontinence, visual and hearing impairment, malnutrition, osteoporosis, weakness in walking and osteoarthritis. Senescence people realize their health problems less and have less ability to express complaints or they deny the symptoms, less attention paid by health care providers and problem in achieving health services, lower levels of education than young people. Because of these problems, the health problems become a heavy burden for senescence. Another significant deficiency of health problems of old age in less developed or under developed countries is caused by the irregular periodic check-up. Major reasons of not having regular health checks is the concern about the condition of a bad situation of a disease and the concern about the tests which may cause a restriction in innutrition such as diets. However, nothing serious can be found as a result of these checks and tests or bad or risky situations that may arise in the future can be prevented by early diagnosis. By getting older, the functions of nerve system slow down like all the other system cognitive functions such as attention, perception, memory and learning slow down or deteriorate by getting older. These reasons can cause difficulty in carrying out daily activities and a decrease in the quality of life (Noble, 2001). WHO has defined he healthy, independent and in defective senescence. WHO (1984) has defined the basic factors as good nutrition, no smoking, regular exercise, the prevention of disability and injury and treating chronic diseases for a healthy, independent and in defective senescence stage.

PSYCHOLOGIAL PROBLEMS

Aging can cause not only physical changes but mental and psychological changes as well. Senescence may have problems which they have never had previously. The causes of depression can be the retirement, the death of couples, relatives and friends, the mourning and the fear of death due to these losses, being house bound or bedridden and the feeling of loneliness (Lugo and Hershey, 1974).

ECONOMICAL PROBLEMS

One of the major problems of senescence is the economic problems. As years go by individuals who get alder have to face the retirement which is the final step of their career. Social and psychological problems in old age occur due to poor economic conditions. Most of the economic problems are caused by the reduction of individual's income after retirement and the growing rates of in flatiron every day. Because of this reason, senescence people need to work after retirement if they have no problems with their health. However, it is difficult to find a job for old people who are eager to work in less developed or underdeveloped countries where even the young people have a difficulty in finding a job. Therefore, they work hard or work in difficult conditions with very low wages. The great majority of senescence people who live alone have serious health problems and are in need of homecare problems in addition to economic problems.

ACCOMMODATION PROBLEMS

Accommodation is one of the significant problems of senescence. Because the three most important concern of the senescence is poor health, decline of economic, social and physical independence and the residential care on the other hand, house provides the protection which is considered as one of the basic needs of senescence. Their home is a kind of place that gives them a chance to have intimate relationships with the family and to have some hobbies. House is important for senescence because most of the individuals prefer to live in their own house where they can feel more independent. However, this may cause difficulty for the life of senescence people because of the problems like home renovation tecnical malfunctions, taxes, the reform of the hods due to older age. It is known that senescence people spend most of their times at home (by means of accelerated urbanization and the reduction of income accommotion is a serious problem for senescence). Because of accelerated urbenization and the recluctran of income (Gurney and Means, 1993). Senescence individuals prefer to accommadate in houses which are qurte have freedom of behavior, socio-economically close to themselves are close to friends, relatives, bus stops, markets and social activities like park. Senescence people who live in rural areas have less problems with accommodation because the senescence in rural areas usually live with her children, on the other hand, the houses in rural areas are not appropriate for senescence. In urban areas, the accommodation problem is increasing the accommodation problems is the young couple's preference to privacy. One of the aspect that cause accommodation problem of senescence is the construction where is convenient for

fast urban life and to obtain unearned income. High buildings and in considered construction for senescence makes the problems worse.

PROBLEMS RELATED TO FAMILY AND FRIEND AFFAIDS

Socio-cultural changes have created significant changes in the life style and the social structure of family so the senescence within the family have lost their importance, power authority and the place in the family. The need for love and family has never comes to an end though the social changes and lock of livelihood impair the family this and friend ship the grand children positively affect the emotional state of senescence but the lack of the relations can cause feelings like loneliness, desolation. After many losses (couples, relatives, peers, friends) senescence parents have a difficulty in adapting to aging and the changes in social expectations increase. The intensity of relationship gradually increases. First, environment that consist of parents and close relative expands then new friends are made at school and finally friends at work are made. However, this relationship is reduced by post-retirement and aging. The individuals in this case miss the density of their relationships. Because this type of relationship plays an important role in promoting a positive image of themselves. The reduction of the intensity relationships can cause individuals to be in an introverted pyschological structure and consequently individuals feel lonely. Changing the environment where eldery live is important to get them met somebody they have never met.

THE PROBLEM OF ADAPTATION TO OLD AGE AND THE FEELING OF LONELINESS

Pyschological and social problems make it difficult to adaptation to old age. Some of the old people, life can be a process passing to consumption from productivity that can cause a dependency. For some of them, it is a kind of active process that their experiences are taken into consideration and it is full of respect and love. Retirement is a kind of stage which is considered as a period of uselessness and the loss of productivity. Old individuals can suffer from the psychological problems and behavior changes which are caused by the difficulty in adapting the new situation in the retirement. However, it is inevitable that the senescence retired is sidelined by their families considering them as consumers.

CONCLUSION

As a result, old age problems especially in less developed and under developed countries have become a gradually growing problem. However, this problem can be prevented, delayed or it can be determined in earlier periods. In this way, secondary problems like death, dependence, disability caused by health and social problems can be prevented or minimized. Solving the problems of the old age in a country is closely related to the level of its industrialization, urbanization, culture, the level of the health culture and social structure.

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