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PSYCHOLOGY OF OLD AGE (GERENTOPSYCHOLOGY)

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Annotation: *This article will talk about the old age and current research on the problems of bio-social phenomena and gerentopsychology that take place in it.*

Keywords: *Old age, old age, gerentopsychology, cognitive processes, sensory functions, memory, family, age, gerentogenesis, psychological disorders.*

Introduction.

Appreciating, honoring, honoring representatives of the older generation is one of our long-standing values absorbed in the blood and blood of our people. The resolution of the Cabinet of Ministers of September 27, 2019 “on measures to further increase the role and social activity of representatives of the older generation in society” 816 also aimed at the comprehensive support of representatives of the older generation in our country, ensuring their peace and tranquility in society, family and neighborhoods, raising the role of the younger generation in the Based on this decision, the fact that every year the first week of October is designated as the “week of the elderly” serves to increase the scale of events that sing the lesson school to the younger generation by honoring the older generation, studying their way of life.

Old age, old age (aging) is a certain age — related period of an organism's life, a process that inevitably occurs. Specific changes occur in the organs and systems, which gradually lead to a weakening of the bo The first period of old age is called gerentogenesis or old age.

Foreign scientist Bernside divided this period into four groups: the pre-old age period from 60-69 years, old age from 70-79 years, old age from 80-89 years, old age from 90-99 years.

It is one of the most mihim characteristics of age that indicates the aging of a genetically programmed process that is accompanied by a change in age. Old age is a complex bio-social psychological phenomenon. As a biological process, old age is associated with the aging of the organism, an increase in the likelihood of death. As a social phenomenon, old age is associated with retirement, changes in social status, loss of important social roles. In addition, many changes also occur in the body during the aging process. dy's chances of adaptation to life.

It is initially observed in a gradual decrease in the body's activity. It can be observed that the physical strength of people of this age, the total reserve of energy, is

much reduced compared to the period of youth. The human circulatory and immune systems also significantly weaken.

The aging process also affects the human nervous system. At first, its sensitivity decreases, there is a slow reaction of the body to external influences, a decrease in the sensitivity of various sensory organs. In old age, most people feel that they spend more time getting this or that information.

The results of the aging process are observed in a third of a person's hearing sensitivity, in most cases in men.

In many people of this age, vision can be observed in different ways. It is possible to notice a decrease in the ability to look at objects at the expense of the loss of elasticity of the eyeball. A change in the structure of the eye cavity can lead to a pronounced bruise, followed by cataracts. As one of the changes in the elderly, vision is manifested in the attenuation of sharpness, the difficulty of distinguishing small details. Such changes can be supplemented with bifocal and trifocal glasses. Changes in visual sensitivity in the elderly are psychophysical in many ways related to the dynamics of functions. In the elderly, color separation is also somewhat muted, only yellow separation does not change even after the age of 50.

In the sense of taste cognition, certain changes due to age and old age come into being—for example, while the perception of sour, sweet and bitter does not change dramatically until the age of 50, but during the period of subsequent growth, an expansion of the sensory limits occurs to taste, a decrease in the amount of mace suckers.

The main reason for the change in the sense of smell is the onset of numbness in the nerve endings and fibers. In addition, the reasons for the decrease in the sensitivity to taste cognition are air pollution, inhalation with toxic and odorous substances if used, smoking, lack of vitamin A in food. When it gets older, the pain skin-numbness sensations also decrease. Vibration sensitivity also worsens with age, which is what the degenerative change in the posterior parts of the spinal cord causes.

The aging period includes men and women aged 61-74 years. The people of this period are distinguished from those of other younger periods by their diverse characteristics, interpersonal relationships. Those of this age can be conditionally divided into two large groups: a) completely retired, socially inactive men and women; b) retired men and women, but people who are pressing signs of old age that operate in one aspect or another of social life. Their feelings are two in terms of their occurrence: a) stable mood, self-esteem-preserving men and women with a sense of calm; B) mood has become the captain of a stable, calm-behaved family environment. Those who are breaking away from the beauties of nature and society, who are almost away from social activities, are pushing the Gasht of old age. While one group of them strives to bring material wealth together with spirituality, others are content with the

accumulated material wealth, consisting of men and women who have been willing to spend the rest of their lives calm, without suffering poison. The crisis that occurs at this age is also a product of both of these factors.

Psychologists have conducted research on the mental world of men and women in old age. American V. Shevruk examined the nature of the participation of people of this age in social activities, noting that 24.1% of 65-year-olds, 17.4% of 70-year-olds, and 7.7% of 75-year-olds abstained from social activities.

One of the founders of Russian Gerontology I. V. Davidovsky expressed the opinion that the exact date of the onset of old age does not exist. Another notable gerontologist was N. F. Shakhmatova argues that by approaching aging problems from a biological point of view, psychic aging is viewed in higher sections of the CNS as the result of age-induced iodic destructive changes. Aging is accompanied by a different individual in everyone, depending on whether it is an inevitable process of age. ANI. Gerontopsychology (Jun. geron-old, old and psychology) is a field of gerontology and young psychology.

Using tools and methods of general psychology, he studies the peculiarities of the psyche and temperament of the elderly. Although scientists were initially interested in the mental properties and changes caused by aging in people, it was not until the 2nd half of the 20th century that it began to take shape as a separate field of science. Its emergence was caused by social factors: an increase in the number of elderly people, issues of their working capacity and living conditions. Gerontopsychology studies the relationship between Universal physiological and psychophysical characteristics in old people and their actions, psychological characteristics of their verb, changes associated with personality activity and other factors. The general task of gerontopsychology is to find means that will help people live hard, trigger even in old age.

Conclusion.

In old age, many changes occur, and these conditions are considered a natural state. During this period, the body's activity begins to slow down.

At this age, we can also observe that the physical strength of humans, the total reserve of energy, has decreased significantly compared to the age of youth. In addition, a decrease in visual sensitivity is also observed in the elderly. But we do not have to look at this as a natural state, because there is also a high probability of being completely blind if we are into it.

Therefore, we recommend that every elderly person undergo frequent medical examinations.

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