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A STUDY OF MENTAL PROBLEMS FACED BY ELDERLY PEOPLE

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ABSTRACT

Every person has problems in every area of life because of the stress and demands of society. However, the challenges that seniors encounter have always been a source of worry. Many people in their later years have difficulties, but how they fare depends on their own rate of ageing and the strategies they choose to deal with those difficulties. The negative elements of ageing, such as declines in physical, mental, and social functioning, should be emphasized, but so should the positives, such as the opportunities these individuals still have for development and improvement. Knowing the mental and emotional requirements of the elderly requires an understanding of the challenges that they experience in daily life. Aging is primarily a biological phenomenon, driven by its own intrinsic mechanisms and beyond of human control. Getting older is an inevitable process that brings about profound changes that the ageing individual may find difficult to accept. Many people find it difficult to understand that the elderly will inevitably lose some of their physical vitality and vigour, and that they may also experience a decline in their senses. Their inability to interpret and synthesize information is a concern. This is especially true when interacting with the younger generation, when they may feel out of place. The world is changing at an ever-increasing rate, and the challenges and issues faced by the aged are becoming increasingly complex as a result. Those seniors who were able to fit in with today's youth-centric culture had relatively few challenges outside of those related to their health, while those who were unable to do so owing to impairments had obstacles on many fronts.