

Study of Development in Late Adulthood

Mahek Purohit^{1*}

ABSTRACT

The study is about the physical and cognitive development in late adulthood. The term late adulthood generally the times of mid-sixties till death. As both the physical and cognitive development differs and lead to the different changes in an individual during the stage. This topic start with the discussion and research about what changes and development take place in this age and what are the outcomes of such development. The study reached to the conclusion on the basis of survey.

Keywords: Ageism and capabilities, decline study, late adulthood

Physical development

As individuals age, there is an inevitable physical decline, influenced partly by lifestyle choices such as poor diet and lack of exercise rather than solely by the aging process. Energy reserves diminish, cells undergo decay, and muscle mass decreases. The immune system becomes less robust in defending against diseases, and various body systems and organs, including the heart and lungs, become less efficient. Despite people's best efforts, aging results in a general decline, leading to an increased susceptibility to infections and diseases. Changes in organs like the heart and musculoskeletal system contribute to this heightened vulnerability. Additionally, stamina, strength, suppleness, mobility, and fine motor skills gradually diminish, affecting coordination and dexterity.

Cognitive development

In the stage of late adulthood, cognitive development undergoes changes. Cognition, encompassing thinking processes facilitating the retention and comprehension of new information, experiences alterations. Recognizing, remembering, judging, problem-solving, and sustaining attention on a stimulus for a duration are part of these cognitive processes. In late adulthood, there is a decline in memory and attention. However, actively participating in cognitive activities and ongoing learning efforts can mitigate the impact of aging on cognitive development.

New Research on Aging and Cognition

Can the brain be trained in order to build cognitive reserve to reduce the effects of normal aging? ACTIVE (Advanced Cognitive Training for Independent and Vital Elderly), a study conducted between 1999 and 2001 in which 2,802 individuals age 65 to 94, suggests that the answer is "yes". These participants (26 percent who were African-American) received 10

¹Student, Mumbai University, Maharashtra, India

*Corresponding Author

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group training sessions and 4 follow up sessions to work on tasks of memory, reasoning, and speed of processing. These mental workouts improved cognitive functioning even 5 years later. Many of the participants believed that this improvement could be seen in everyday tasks as well (Tennstedt, Morris, et al, 2006). Learning new things, engaging in activities that are considered challenging, and being physically active at any age may build a reserve to minimize the effects of primary aging of the brain.

LITERATURE REVIEW

Old age or late adulthood is characterized by changes in a person's appearance, sensory adaptation, memory, brain, and health. Figure; In old age or late adulthood, the skin begins to wrinkle, loses elasticity, and becomes thinner. Small blood vessels, warts, skin tags, and age spots on the surface of the skin may also appear on the surface of the skin. When the melanin level drops, the hair begins to whiten and thin. Sense; with age, all sensations decrease and include: Vision decreases in low light and close attention. This is because the cornea is translucent and scatters light, resulting in a blurred image. The lens of your eye becomes cloudy and flexible, reducing your ability to read and distinguish between different colors. Hearing: With age, the blood supply decreases and hearing is affected due to the death of the hearing organs, cilia, and the auditory cortex of the brain. Taste and smell; Older people may not be able to taste the different flavours of different foods, especially if they are breaded. Taste receptors on the tongue are lost, so the tongue cannot distinguish between sweet and bitter tastes. They also lose the perception of all kinds of smells. They all smell the same. This is because blood flow in the veins and arteries is slow. This slow blood circulation slows down the brain's ability to receive sensations. Health; Many older people consider themselves healthy because it is critical to a person's overall well-being. While aging can pose a threat to health, older people are better able to cope with health-related areas, and only those who live in poorer areas are at risk of health problems. Older people are better able to cope with disabilities, especially if they want to change or rehabilitate. Also, older people have trouble solving problems, so they turn to a partner to help them solve them. However, older people tend to be more knowledgeable than younger people because older people have more life experience, so they can handle problems more maturely, listen carefully, and listen sparingly. Brain; As a person ages, brain function begins to decline due to reduced blood circulation. The brain's size decreases and it becomes less active as the food supply decreases. However, at the age of seven, the boy grows as fast as the girl and weighs the same but is 2 centimetres tall. This is because increased motor skills allow the child to be flexible, balance and apply force. They also improve responses to stimuli, allowing them to respond faster than 5 to 6 year olds. However, girls participate less in sports and other activities than boy. Alzheimer's disease is the most common form of dementia, in which structural and chemical brain deterioration is associated with gradual loss of many aspects of thought and behaviour. Alzheimer's accounts for 60% of all dementia cases, affects approximately 10% of people over age 65 in the U.S., and close to 45% of those over age 85 are affected. About 5% of all deaths among the elderly involve Alzheimer's, making it a significant cause of late-life mortality. The earliest symptoms are often severe memory problems; forgetting names, dates, appointments, familiar travel routes, or the need to turn off the kitchen stove. At first, recent memory is most impaired, but recall of distant events and such basic facts as time, date, and place deteriorates. Personality changes occur along with depression. The course of Alzheimer's varies greatly, from 1 year to 15 years. The average life expectancy for a 70 year old man with the disease is about 4.5 years, for a 70 year old woman, about 8 years. Researchers are testing both drug and nondrug approaches to preventing or slowing the progress of Alzheimer's. Diet, education, and lifestyle play a large roll in preventing this disease. A successful aging person

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will see them more frequently away from home when visiting her friends. Under such circumstances, Aunt Tamar usually goes on a date with another old friend and returns home very happy. Successful aging people engage in physical activities such as tending their own garden. A person who ages successfully will have a healthy body. This is accomplished through specific exercises that help flex muscles for flexibility. It helps keep the body healthy and strong. People who are successful in aging gain health by eating healthy foods. Smoking and alcohol consumption should also be stopped, and fatty foods that can raise cholesterol levels in the body should be avoided.

METHODOLOGY

Sample

A survey was conducted regarding the physical and cognitive development of late adulthood.

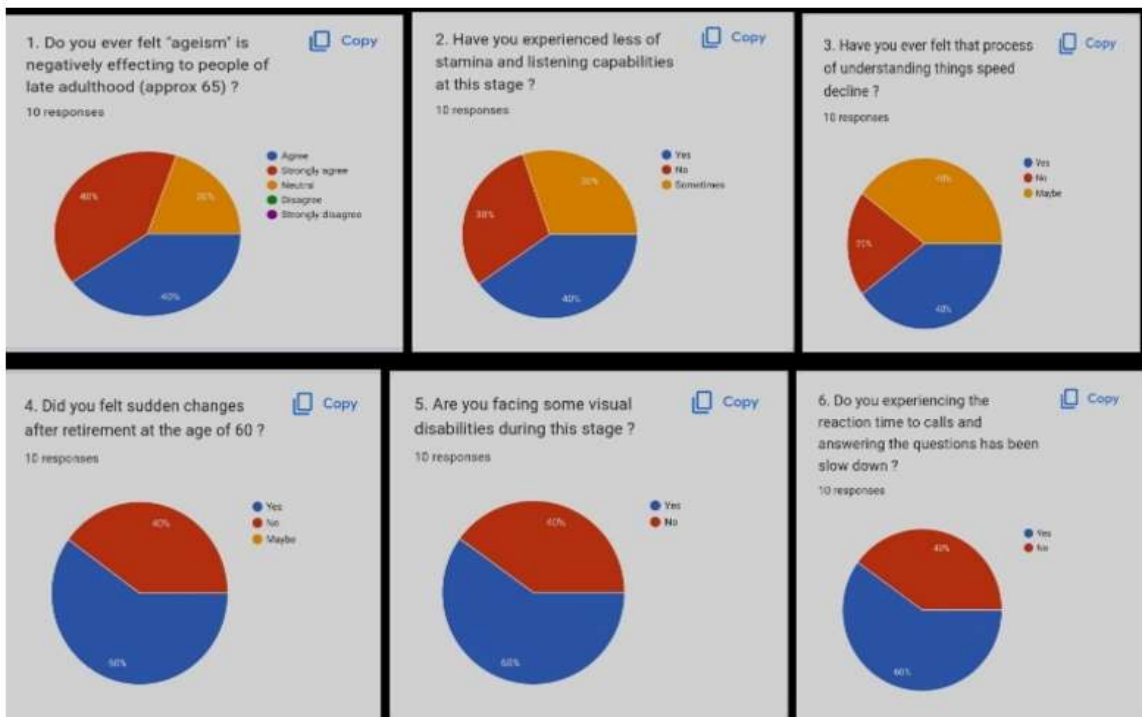
Hypothesis

A survey was conducted in which a questionnaire was developed on the physical and cognitive development of late adulthood of age 65 years. It was distributed to people in the late adult stage. It was conducted to know the way they are experiencing changes in this stage physically and cognitively. And to check how many of them feel the same changes at this stage and what is their opinions. How they react to each opinion and questions overall conclude their experience in this stage and changes occur.

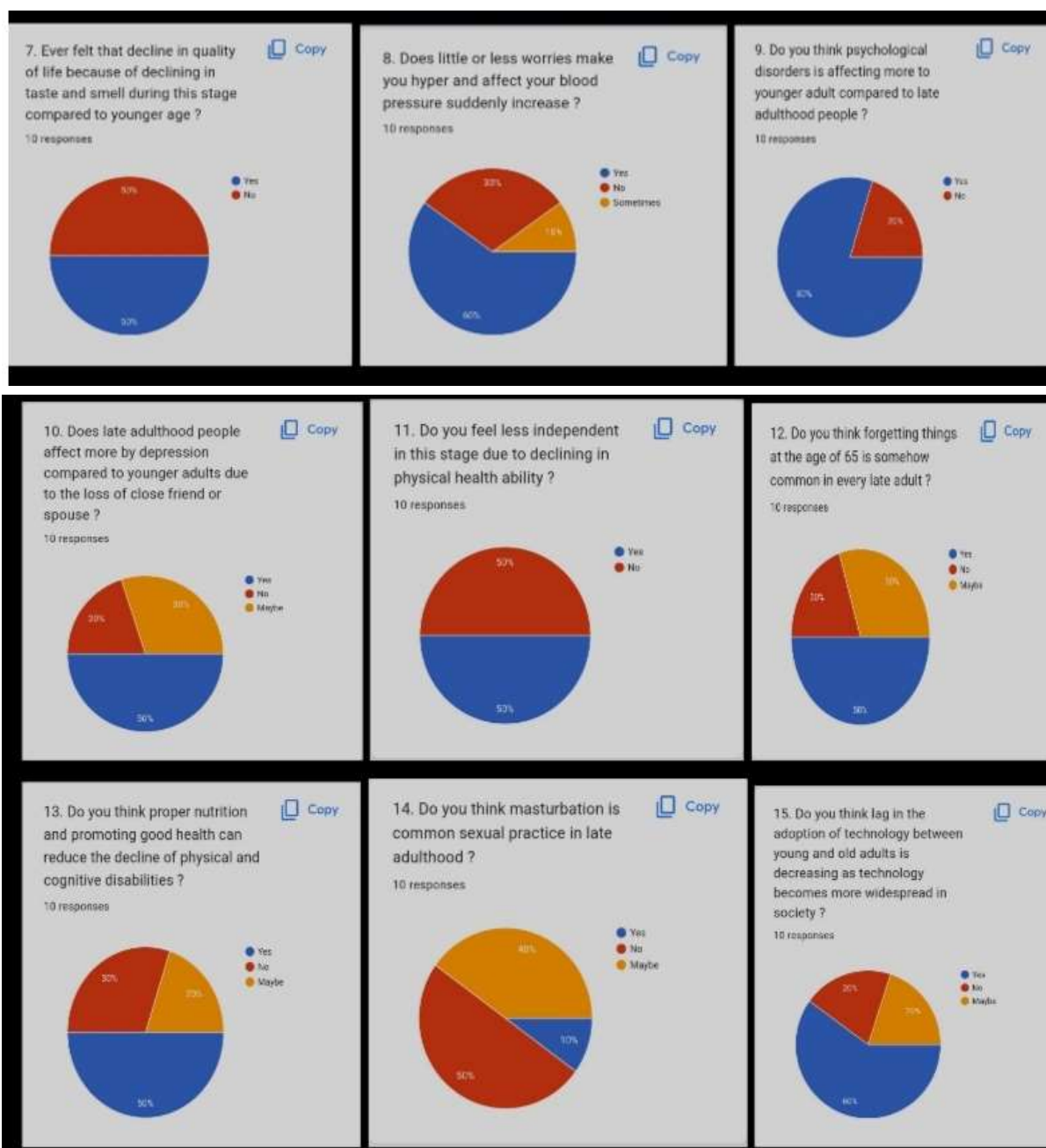
Tools

A survey was conducted in online mode through Google forms and distributed link of the survey is: <https://forms.gle/EPswH8uuZTAVKbDW7>

RESULT / TABLE GRAPH / PIE CHART



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DISCUSSION

The survey was conducted on the physical changes and cognitive changes of late adulthood and the development that takes place during this stage. As per the research and the survey the development and changes took place during this stage most probably decline the capability of late adults and they feel low during a certain age. Some believe that they slow down and some of them believe it happens sometimes not regularly but the changes and weakening of physical stamina is a major problem during this age. The sudden changes from working life to retirement life affects them cognitively more. 50% of late adults believe that their independence has declined at this stage whereas 50% believe they are still independent. As per the report, the sudden stop in their working life and changes affected late adults.

CONCLUSION

Old age or late adulthood is a very delicate age for all those who reach it. Late adulthood has been associated with various diseases which include; heart diseases, diabetes, obesity, osteoporosis among other diseases. Thus, all old people should ensure that they eat healthy food and do exercise occasionally. This may help them to stay healthy both physically and cognitively. Whereas research has made it clear that most of the late adults feel changes in their life and decline of excitement, stamina, etc. in them. Even they believe that certain changes make their life boring and meaningless. Overthinking at this stage also affects them physically and mentally both.

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Conflict of Interest

The author(s) declared no conflict of interest.

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