

Type: Assignments

Subject: Gerontology Nursing

Subject area: Nursing

Education Level: Undergraduate/College

Length: 3 pages

Referencing style: APA

Preferred English: US English

Spacing Option: Double

Title: Theories of Aging Paper

Instructions: identify the different theories and their implications on the aging process. 1. define aging from biologic, sociologic, and psychological theories. 2. develop nursing interventions based on the psychosocial issues and biologic changes associated with older adulthood. 3. discuss several nursing implications for each of the major biologic, sociologic, and psychological theories of aging. 4. based on your experience what health promotion strategies would you recommend to facilitate successful aging?

Focus: submission instructions: the paper is to be clear and concise and students will lose points for improper grammar, punctuation and misspelling. the paper is to be formatted per current apa, be clear, concise and students will lose points for improper grammar, punctuation and misspelling. the paper is to be 3-4 pages in length, excluding the title, abstract and references page. incorporate a minimum of 3 current (published within last five years) scholarly journal articles or primary legal sources (statutes, court opinions) within your work. journal articles and books should be referenced according to current apa style.

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## **Theories of Aging**

Name

Institutional Affiliation

Course

Instructor

Date

## **Introduction**

Since the ancient Greeks' time, Western society has formulated and discussed aging theories. Researchers tried to adopt a theory which could explain the entire phenomenon. However a lot of experts have recently ascertained that this pursuit is in vain and that there is no such "one" concept or theory to explain all elements of aging. Instead, scientists have found that numerous hypotheses can be used to explain different parts of the complicated aging phenomena. Theories assist a particular phenomenon to be understood; they give a feeling of order and a perspective for interpreting the facts (Fisher, Chacon & Chaffee, 2019). A springboard for debate and inquiry is provided by theories. Some of the theories presented for their historical value are described in this chapter; they were mainly abandoned because there was no empirical support. Other hypotheses are the product of constant progress in biotechnology and provide insights into our future as such (Baumgartner, 2016).

### **Defining aging from biologic, sociologic, and psychological theories**

Biologic theories address basic problems underlying the physiological processes occurring as they age in all living species. These alterations occur regardless of any pathological or environmental effect. The main subject under consideration concerns the factors that cause organisms to age. In general, these theories consider aging from a molecular, cellular or even system viewpoint (Goldsmith, 2018). Biological hypotheses are also not supposed to be exclusive. Phenomena can be explained by combining theories.

Sociological theories concentrate on changing roles and interactions. Sociological theories connect, in certain respects, to different social adjustments in the lives of elderly people. The sociological theories can also be viewed in one of the easiest ways in the perspective of societal values at the time of their development. Early research was rather conducted on institutionalized and elderly people, therefore altering the gathered findings. New research takes place in a variety of more naturalistic situations, which more precisely reflects the diversity of the aging population (Fisher, Chacon & Chaffee, 2019).

The fundamental assumption of psychological aging theories is that growth does not stop when an individual enters maturity but remains a life-long and dynamic process. The change between the roles, skills, viewpoint and belief systems takes place when someone moves from the center to later life. The caregiver aims to apply ways to improve the quality of life of its customers with holistic care (Baumgartner, 2016). The psychological theories of aging are substantially larger in scope than prior ideas since both biology and sociology are influenced by them. Thus, the psychological aging of organic and sociological factors cannot be simply separated.

### **Nursing interventions**

Because nurses treat older persons in all environments with psychological theory, they help dissipate many of the stereotypes about being old. When an elderly individual is talking about retirement, physical living or even preparing funeral preparations, all of these are part of the development work for this age group. The nurse needs to realize that each stage of life requires distinct developmental responsibilities, rather than trying to change the issue, or to help

people not become "sick." The nurse should try to help his accomplishment instead of being hampered (Fisher, Chacon & Chaffee, 2019).

In the consideration of biological aging theories, two concepts have been widely adopted: for particular cells, the replicating capacity may be limited, leading to over-expression of harmed genes and oxidative damage to cells. These themes are used to support the health of older adults in a number of ways by gerontology nurses (Goldsmith, 2018). Support for the cessation of smoking is an example of promoting health. Smoking cigarettes increases the oral cavity, bronchial cavity and alveolus cell turnover. Smoking also leads to carcinogenic substances in the body that can lead to an increase in the rate of cell destruction causing cancer.

**Nursing implications for each of the major biologic, sociologic, and psychological theories of aging**

Assisting older adult adjustments can help older people remain independent and have a high quality of life in later years while emphasizing positive traits. These changes can assist elderly persons not to be prematurely institutionalized but to stay in the community, perhaps even in the family home (Baumgartner, 2016). Older persons remain valued and seen as active members of society when they are allowed to manage the living environment. Integration in nursing practice of psychological aging theories becomes increasingly relevant when people get older. The present generations and the future can learn from the past. Older adults should be encouraged to participate in a life review process, with the help of a range of methods such as reminiscence, oral history and history (Goldsmith, 2018). To reflect back on achievements and failures of life is crucial to help older adults perform developmental work (such as ego integrity),

promote positive self-esteem and recognize that they "did not live in vanity." The sociological theories pertain to helping older individuals to adapt and ensure adequate living conditions to a range of restrictions. After the adoption of the American Disability Act of 1990, a majority of buildings are now readily available to people with special needs. These particular requirements may include doors that are sufficiently broad for wheelchairs, stair ramps, handrails and elevators.

### **Conclusion**

The nurse typically plays a vital role as the health team coordination coordinator while working with elderly persons. Caregivers have a foundation in planning for older individuals to incorporate information from diverse sources. The nurse will have a broad background through an eclectic approach to aging theories that can provide clear information, clarifications or further insight into a given issue. Biological theories assist nurses to realize the changes in the physical body over the years and what variables can increase their vulnerability to stress or sickness in older persons. Health promotion plans might also be developed on behalf of aged people by the nurse. Understanding sociological theories expands the vision and relationships of the nurse to older folks. Psychological theories provide an insight into the values and beliefs that the elderly can have. These theories allow the nurse to comprehend the lifespan and developmental tasks of the elderly. Quality care for elderly individuals can be planned by integrating the different components of these philosophies. As the population continues to age, the leaders in gerontology nursing will be nurses capable of understanding and applying aging ideas from multiple

disciplines. These nurses will increase holistic care for elderly persons and improve their quality of life.

References

Fisher, G. G., Chacon, M., & Chaffee, D. S. (2019). Theories of cognitive aging and work. In *Work across the lifespan* (pp. 17-45). Academic press.

Goldsmith, T. C. (2018). Aging, evolvability, and the individual benefit requirement; medical implications of aging theory controversies. *Journal of theoretical biology*, 252(4), 764-768.

Baumgartner, L. M. (2016). Four adult development theories and their implications for practice. *Focus on Basics*, 5(B), 29-34.