Aging

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AGING

**Introduction**

Human development starts at birth and ends when one reaches the old age where they are the same categories as the kids. Notably, the aging process is one that begins when one gets to the middle-age stage. Aging is a process that occurs over time and is marked by the gradual decline of bodily functions as well as the change in physical appearances. There is no specific age foraging, as it is a process that takes place gradually. In most cases, once people have started aging, then their productivity decreases, which leads them to leave their jobs and go home and rest. Abraham Maslow equated this as the stage where people are self-actualized or live regrettably. All these depend on how they spent their earlier years and whether they achieved their goals. Some people become very irritable and harsh when they start aging. Observably, some people do not take well to the idea of aging, and as such, the process can be depressing for them. There are several perspectives which are used in the description and understanding of aging. First, we have the biological perspective of aging, the environment among others. We also have aphemenological perspective, which is mainly how individuals feel and their take on aging, especially when they are at that stage (Gubrium, 1999). To gather information on this, in conducted three -interviews with an African-American woman by the name mercy, a white man by the name Charles and a Caucasian woman; Ana all aged 69.

**Physical Health and Well Being**

Aging does not necessarily choose sides as everyone is bound to age at some point. The only difference is that some people age faster compared to others. At 69, most people are not working as they are at home resting enjoying their retirements. Mercy enjoys going out with her friends, especially from the church. They have several bible study sessions in a week, and she ensures to attend all of them. With the constant walking from her home to the venue, she keeps her body well exercised as she rarely uses a car. On interviewing her, she insisted that she liked walking as it was calming as well as more relaxing. Mercy gets to walk around her nearby park when her grandchildren visit. She said that was one of her favorite times spent with them. She informed me that she was healthy despite the severe cod that she had gotten about two weeks ago. I also noted that she is very particular about what she eats. She had worked as a secretary most of her life, which gave her know-how on how to deal with people as she is very social. As for Charles, he was not all that healthy, especially because he suffers from high blood pressure. He has also had a few heart surgeries and uses a pacesetter. He rarely goes out but given the vast mansion he lives in, once in a while he plays golf in his yard. Also, despite his condition, he enjoys drinking a few beers once in a while. Ana, on the other hand, owns a café which she still insists on running even at her age. The café keeps her busy most times, especially because she is not keen on growing old. She has been struggling to accept that her time is up, especially at the café. Her daughter tries assuring her it will e fine, but she still finds herself going there.At the age, they should get attention so that they can be helped in dealing with the process(McDowd, 2000)

**Friends, Family, and Community**

Mercy, as mentioned above, is very active at the church which she attends every Sunday. Her family is well known around the community. Several people look up to her for advice and directions, especially when in crisis. She is very good with people, which make it easy to approach her. She lost her husband a few years ago, and now it’s just her and her three children. Her firstborn son has two children while her second borne a daughter has three children. Her friends are mainly from her church congregation, which she attends bible study sessions with. Charles lives with his wife, and they are very happy. His children are employed and some married with children. He only gets with the community and friends when there are social events or golfing with his friends. As for Ana, most of her time is spent with her daughter s they run the café together and live near each other. She is well known in the community manly because of her café.

**Work and Leisure**

At the age of 69, most workers have retired and are enjoying their retirements. Having worked as a secretary for almost twenty years, Mercy feels contented with her retirement. Sure she misses having work sometimes, but she says it is better this way so that she can rest and relax. In her leisure time, she enjoys knitting and even teaches knitting though it is not a source of income. Ana spends most of her time at the café, where she enjoys cooking her favorites while engaging with her customers. Her leisure time is used baking whenever she can, especially at home. As for Charles, he does not report to any work and spends his leisure time playing golf or hanging out with his friends. After retirement, some people find it hard to transition to their new life, which leads them to find an activity which keeps them busy like knitting.

**Finances and Lifestyle**

Both Charles and mercy receive their retirement benefits, which help in their finances and lifestyle. As for Charles, he also lives with one of his children, which mean that his lifestyle is accounted for as he is provided for. There are the various medications that he is to take as well as his nutrition to ensure that his health is top-notch. On an annual basis, he and his wife take a vacation which is paid for by their children to different parts of the world, and they get to explore. Ana gets her finances from the café which she has run for so many years, and it enables her to afford her lifestyle and preferred way of living. At this stage, in the case that a person had not planned them properly or is neglected by their children, then one can lead a very miserable and unhappy life. Remember, no one is willing to employ a 69-year-old, so imagine not having any finances at all.

**Living Environments**

In as much as people spend a better part of their life living in rented apartments, a greater part of life is also spent paying for mortgages. At times the living standards maybe too high, and people reach their old age still paying rent. Luckily it was not the case for Mercy as she lived in a house which she and her husband had bought years ago. It was where they brought up their children, which made it very sacred. Seeing as it was near a park, the air was very fresh and inviting as well as quiet, which was exactly what she wanted. As for Charles, he lived in a mansion fully paid for by his son, so he had no worries. The home was quite luxurious and offered privacy for the family despite the several events held there. As a process of accepting that one is aging, there is a need for a serene environment which is chill and less noisy. Ana preferred the complete opposite as being in a vibrant environment helped her in believing that she was still in her middle age, and she could achieve whatever she wanted. Notably, this was one of the reasons that despite handing over the café to her daughter, she continued showing up regularly and acting as if she still ran the café (Ruth, 1996).). Her daughter had tried signing her up in groups where aging was discussed, and they helped deal with it, but she declined all of them. Having worked all her life, she found it almost impossible to stay in the house without doing anything.

**Impacts of the Interviews**

Aging is a process that we must all go through; therefore, there is a necessity to ensure that people are well prepared for this. Most people upon reaching this age become a shelf of themselves, depressed while others see it as the time to enjoy their fruits from all the labor they have put over the years. From my study, I discovered that people with spiritual; beliefs and commitments are more accepting of the aging and embrace it seeing it as a time to share their knowledge to the rest and help the rest of the community while still relaxing. I realized that more effort should be put in preparing the people psychologically of what changes to be expected once one starts aging. In some cases, the individuals cannot believe that they are incapable of helping themselves, especially when they hit 75 years and above and have to be guided in every step (Phoenix, 2009). Therefore, in organizations, there should be a time in which employees who are about to retire are led through a therapy session or two to help them come into terms with reality so that they can be more accepting of themselves and the situations that occur due to old age. At 69, most people can still carry themselves and take care of themselves.

**Conclusion**

Aging is a process that cannot be avoided hence the importance to teach people on how to handle themselves when their time comes. How to handle the different challenges and issues associated with old and most importantly, acceptance of oneself.

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