

An Analysis on Gerontology: Cherishing our Elderly Heros'

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Abstract

Gerontology is the scientific study of human Aging's biological, psychological, historical, sociological, and economic aspects. We have to assist our Golden heroes in maintaining dignity and Autonomy despite the physical, social & psychological losses they may experience as elderly who is of a calm and happy nature will hardly feel the pressure of age and can guide the youth of the nation in becoming able Warriors with their beacons of wisdom. This multidisciplinary gerontological study aims to discover the patterns inherent in Aging and the most effective channels to apply this knowledge to benefit society at large.

Key Words: Gerontology, Autonomy, Dignity, Warriors, Beacons, wisdom, patterns, Aging, Society

Introduction to Gerontology

"The wisest young is the young who can look at the world through the eyes of the elderly!"— Mehmet Murat ildan

Russian biologist Eli Metchnikoff first coined the word " gerontology " in the year 1906. it is obtained from the Greek word " geront " meaning "old man,"

and "logia," meaning "the study." By definition, gerontology is the scientific scrutiny of the biological, psychological, historical, sociological, and economic aspects of human Aging. This investigation aims to find the processes integral in Aging and the most effective ways to apply this learning to benefit society at large.

The boundary of old age cannot be precisely fixed because it changes from society to society. People are seen as senior citizens because of specific changes in their social roles because of their limited regenerative mental & physical abilities and vulnerability to disease and sickness compared to those below the '60s. The Study of the ageing process medically is called gerontology, and the Study of diseases that afflict the elderly are geriatrics.

What is Ageism & Aging?

Ageism was a term first coined by Butler (1969). It refers to the discrimination of people because of their age. Ageist views, which may stem from lack of knowledge, preconceived discriminatory opinions, and fears, can form a barrier to societies being inclusive of older people. A review conducted of early 21st-century literature on the prevalence of stereotyping of older people found that ageing myths remained part of popular perception (Ory, Hoffman, Hawkins, Sanner, & Mockenhaupt, 2003). Ageist stereotyping can be harmful, and the associated negative connotations can potentially lead to older people themselves adopting a negative attitude towards their own aging. This attitude may have a detrimental effect on their self-confidence, physical function, and even longevity (Levy & Myers, 2004).

Chronometric age is a measurement of the amount of time that has elapsed since birth. According to the United Nations Department of Economic and Social Affairs, under Population Division. World Population Ageing 2013 report of New York- Age of Elderly is categorized into three different groups: young old (60-74 year), senior or OLD (75-84 year), and oldest-old (>85 years). The United Nations (UN) proposed a cut-off at 60+ years to refer to the older population. The government of India adopted 'National Policy on Older Persons' in January 1999. The policy defines 'senior citizen' or 'elderly' as a person of age 60 years or above.

Literature Review:

Research into understanding ageing within the broader field of gerontology has grown in the years since World War II (Schroots, 1996). Early advocates of paradigms and models for Aging included research using case studies on 533 older men and women, conducted by Pressey and Simco (1950). It investigated the experiences of those who had reported problems with Aging compared to those who had less difficulty. The key concepts they discovered for healthy Aging were varied interests and a feeling of contributing in a meaningful way to others (Pressey & Simcoe, 1950). The term most commonly used by contributors to this area of research was 'successful ageing.'

One of the critical early contributors to successful aging as central to gerontology was Havighurst (1961). To move forward from some of the initial definitions of successful aging, such as maintaining mid-life activities and experiencing a way of life that was socially acceptable to the group, the Life Satisfaction Index was proposed by Havighurst and his colleagues by their Research (Havighurst et al.;1963).

Phelps and Hedenson opined that "old age is natural and a normal Condition. The sufferings of that age are caused by illness, family disorganization, unemployability, reduced Income, and increased dependency." The Duke Longitudinal Study on ageing (Busse, 1993; Rossman, 1986), based in the south-east of the United States of America, was another significant research project on Gerontology. The key findings from these studies were crucial in the emergence of fundamental gerontology of that time.

Firstly, they found health and physical function to decline over time and that the decline rate varied.

Second, not everyone declines; therefore, the absolute rule cannot be determined.

Third, unless illness impairs function in older people, the psychosocial function does not decline. And finally, General patterns do not predict the results for every individual.

This finding reinforced the understanding of aging as a heterogeneous process, which was confirmed again in later works of other researchers (Blazer, 2004; Lowsky, Olshansky, Bhattacharya, & Goldman, 2014; Manton & Stallard, 1981; Sabharwal, Wilson, Reilly, & Gupte, 2015)

Gerontological Study is multidisciplinary

Contributions to the Study of the aging process were made by many in the necessary science fields. For example, biochemical, genetic, and immunological research provides valuable information on the biological aspects of Aging. Neurological studies contribute to gerontologists with insights into causes, epidemiology, and consequences of disease processes affecting the elderly. Social science and behavioural research are useful in providing gerontologists with a holistic view of the process of Aging. Because of this, gerontology is a genuinely multidisciplinary and interdisciplinary field as it relies on the contributions of several scientific disciplines.

Scientific contributions from Varied Disciplines:

Historically, concern and interest in the aged of society have existed for thousands of years. However, gerontology, as a unique and empirically-based field of science, is a relatively new concept. The methodological scientific inquiry began as early as the late 16th and early 17th centuries when Sir Francis Bacon studied the relationship between poor hygiene and rapid Aging. Later, Ben Franklin contributed to the legitimacy of the Study of aging in his research on the uses of lightning and energy to rejuvenate and retard death.

By the early to mid-20th century, several underlying themes had emerged in the Study of Aging. One was that the problems associated with Aging are complex and can be better understood within an interdisciplinary framework. Second, scientists had begun to recognize that there were social consequences of an aging population. Due to this, there was a need for necessary information on both normal and abnormal aging processes. Third, there appeared to be an interaction between one's biological predisposition and the environment that affects age.

Biological Gerontology

Biological Studies Reveal that Physically working older adults profit from reduced risks of early death, breast and prostate cancer, fractures, recurrent falls, functional limitations, cognitive decline, madness, Alzheimer's disease, and despair. The findings come from a review of all published reviews of studies that assessed the relationship between physical activity and health in adults aged older than sixty.

This aspect of gerontology focuses on physical longevity and causes of death. Research here is directed at understanding both normal and abnormal material changes directly associated with an aging biological system. Factors that affect include age-related hormonal changes, cell mutation, wear on tissue, degenerative influences of physical illness and disease, and related functional incapacitation.

The significant focus of scientists under Biological Gerontology is the ability to understand and differentiate between healthy Aging and pathological disease processes. Age-related changes in the biological system do occur naturally in the average population without illness or trauma. However, it would seem that as we age, we become more vulnerable to disease for a variety of reasons, such as central nervous system (CNS) cell loss, inefficient myocardial functioning, and reduced immunologic response. Much of gerontological research is centered on preventative interventions to extend and improve the quality and span of life. Not surprisingly, findings suggest that exercise and nutrition improve cardiovascular Health, increase bone and muscle structure, and reduce weight. Complex genetic manipulation studies have also shown effectiveness in maintaining and restoring the human body's aging biological systems.

2. Psychological Gerontology

Psychological concepts such as depression, anxiety, low self-esteem, antisocial personality, and introversion are all variables that can affect the aging process by putting people at high risk for injury or disease. Interpersonal relationships like social support and intrapersonal factors such as age, gender, cognition, coping mechanisms, and genetics also impact life and Aging.

There appear to be several age-related changes that affect the cognitive status, mainly memory functions, the ability to learn new things, intellectual flexibility, and thought-processing speed, all of which can directly affect one's functional level in society. Besides this, the elderly deal with a plethora of psychological factors associated with age that younger adults do not typically face (grief, loss of employment status, infirmity) that can complicate or reduce one's ability to deal with stress and change.

3. Sociological Gerontology

It examines the impact of society's uniqueness of values and customs on individual perceptions and behavior towards the growing aged population. Gerontologists believe that Aging is in itself a socially defined and constructed process how a community conceived of the capabilities and expected roles of its old members vary by location, historical period, religion, and culture. For example, a 75-year-old woman's role in an extended family might be much more involved in an Asian society than the industrialized Western nation.

Besides, there appear to be political and economic factors that can influence the process and quality of human Aging and life expectancy. These factors include national industrialization, sanitation, diet, hygiene, poverty, harmful substance exposure, medical accessibility, and infant mortality rate.

Gerontology versus Geriatrics: Gerontology is often confused with its sister science, geriatrics, as both are concerned with the biological aspects of Aging. However, geriatrics are more restricted in scope, concerning primarily with a clinical diagnosis and medical management of disease and illness within the elderly population. Geriatrics are the Study of the medical aspects of old age and suggest an active role as a practitioner or caregiver. In contrast, gerontology strongly focuses on understanding the etiology, frequency distributions, and consequences of diseases and illnesses as Technological and medical advances in the late 20th and early 21st centuries have contributed to the growth in the size of the elderly population. The scientific community continues to search for more effective treatment methods and cures for disease and illness, as this population will likely continue to grow. As such, it is assumed that interest in gerontology will rise at a similar rate to meet the social, economic, and psychological needs of the elderly. Future research in gerontology will likely be applied to the development of new and improved treatment and social policies intended to improve the quality of life and extend the years of healthy functioning among the rapidly increasing aged population.

Effects of Aging on Brain: Which is more painful for a human mind - to forget or to be forgotten?

As one grows older, one's brain loses cells, which are essential in the encoding and retrieval process of memory and the connection between synapses weakens. That is the reason older people find more difficulty in learning new things and retrieving old information. For example:- They Forget a close relative's name or forget where they have placed their glasses, books, or keys, etc.

In older adults with abdominal obesity (especially excess belly fat), sustained blood sugar levels were linked to a higher likelihood of experiencing cognitive decline. In older adults without abdominal obesity, the hormone adiponectin is a risk factor for cognitive decline. The Research, which is published in the Journal of the American Geriatrics Society, included 478 individuals aged 65 years or older who were examined periodically for ten years, with funding from the National Institute on Aging concludes stating "Higher levels of religiousness & spirituality are associated with better mental health consequences among aged.

The age-dependent loss of function appears in many animals too, and it begins with the onset of sexual maturity. Researchers have several theories about what is behind this deterioration. Still, it is clear that most Aging causes significant cell loss in a tiny region on the front side of the brain that declined in the production of a neurotransmitter named acetylcholine. Acetylcholine (ACh) is nothing but a neurotransmitter, a vital organic chemical that is active in learning and memory.

Besides, some parts of the brain that are vital for memory function become highly vulnerable with age. One aspect of the brain, called the hippocampus, loses nearly 5 percent of its nerve cells with each passing decade, which amounts to a total loss of 20 percent by the time one reaches the 80s. Also, the brain itself shrinks and becomes less efficient as one ages. Of course, other things like inheriting unhealthy genes, smoking, alcohol, drug addiction can also speed up memory decline. So it is clear that as one ages, the physical changes in the brain can make it more challenging to remember efficiently.

According to the investigation conducted by the Department of Nursing Science, the University of Turku, Finland about Social connections and their relevance to loneliness among aged people - a population-based survey of Routasalo PE, Savikko N, Tilvis RS, Strandberg TE, Pitkälä (2006) KH: Emotional loneliness and social isolation are significant problems in old age.

Every human desires to live in a society where one gets the feeling of belongingness. The need for love and belongingness is a human need, according to Maslow, which includes the range of intimacy between or among people and encompasses caring, compassion, empathy, a sense of having a place in the world, being part of a community, feeling accepted and approved of instead of rejection and disapproval as such associations make one feel satisfied with life's Meaningfulness.

Many reports suggest that poor older adults suffer from loneliness, boredom, depression, feeling of neglect, dependency, loneliness, powerlessness, and meaninglessness, which are primarily by the lack of productive and satisfying activity, absence of like-minded friends and associates around the locality, and lack of respect, affection, and attention from their family members. This shows we are "interhuman" born to live our lives and die not as isolated individuals but as social beings who are always with someone. These are the conditions that, when accepted, give rise to new possibilities, aspirations, and horizons, including significantly deepening understanding and wisdom that come with a lifetime of reflection. This social bonding & interconnectedness makes life meaningful.

Some of the older people in India are healthier and active. After retirement, they want to remain engaged in some activities to beat loneliness and idleness. Many of them are in search of jobs to support their respective families and meet their expenses.

However, job opportunities are minimal for them because of their age and recruiters' bias towards young workers.

According to the Study of Potts, MK (1987) entitled Social support and depression among older adults living alone: the importance of having friends within and outside of community published by the Department of social work of California State University. Which examined the extent to which social support from friends both within and outside of a retirement community was associated with depression. Although social help levels from friends within retirement, the population was quantitatively high, and they failed to affect depression significantly. In contrast, social support from friends living elsewhere consistently predicted low levels of depression. Practice implications include the importance of maintaining friendly ties with people living abroad and of strengthening friendship ties within the retirement community.

At the time of retirement that is 55-60 years in India, many of the individuals are at the peak of their occupation. After retirement, overnight, they become redundant for all practical purposes, and very few people have the vision to prepare for their life after retirement. Some people search for jobs being healthy to earn some money to meet their daily expenses and medicines as their children do not show much interest to care for them or living abroad

Following a study conducted by the Department of Nursing Science, the University of Turku, Finland about Social contacts and their relationship in causing loneliness among aged people - a population-based survey of Routasalo PE, Savikko N, Tilvis RS, Strandberg, Pitkala (2006) KH: Emotional loneliness and social isolation are significant problems in old age.

Indeed, loneliness can be a dangerous side-effect of Aging, as many elderly become less socially active and even self-transcendent. Many elderly abruptly find themselves with very few, if any, close friends. Loads of scientific studies point to loneliness in old age becoming a reason for poor health and early demise. So, if one gets lonely, it is vitally important that they increase their social interactions and contribute to the world using their knowledge and wisdom. Maybe have more get together parties. Maybe go to parks and interact or take a walk around the area they reside in.

An article with the title "The Retirement Problem: What to Do With All That Time?" of the University of Pennsylvania, Stewart Friedman, says, "the most successful people in retirement look to use their talents and passions to contribute." The article also beacons the studies which state that elders who volunteer have a tremendous Meaningfulness, self-esteem, life purpose, and they feel happier and healthier than those who do not contribute their knowledge & wisdom to the world .In the book of 1970s -"The Coming of Age," a French existentialist philosopher and prolific writer Simone de Beauvoir explains how further development of one's intellectual plane in old age affects the clarity of mind and separation "accompanied by an often bitter disillusionment" as some elderly, all of a sudden may get into the reality that they are aging more & more and moving towards death and nothing else to newly achieve in life. Most of the hard work done throughout entire lives will ultimately amount to meaninglessness. All the life lived and job done may get buried in the sands of time and never resurface again.

Nevertheless, she adds, this does not mean the elderly are incapable of pursuing things "that are beneficial to people at large." She continues on this theme, writing that "freedom and clarity of mind are not of much use if no goal beckons, but they are of great value if one is still full of projects." she says, Meaningfulness and social interactions are what the elderly consistently desire

Physical exercise and mental stimulation also can improve cognitive function. Some recent analysts have shown that many of the memory problems experienced by older people can be lessened or even reversed. One Study of nursing-home populations shows that patients could make significant improvements in memory when given rewards and challenges. Data from many animal studies suggest that stimulating the brain can stop cells from shrinking and increase brain size in some cases. Few researchers proved that rats living in enriched environments with lots of toys and challenges have larger outer brains with more abundant, healthier brain cells.

Furthermore, animals given lots of mental exercises have more dendrites, which allow their cells to communicate with each other. Thus it is believed that a stimulating environment encourages the growth of these dendrites, while a dull environment impedes it at old age. In many cases, an older person's brain may be less active not because of a structural or organic problem but merely due to a lack of use.

The disintegration of Extended /Joint Families:

According to the Milken Institute, By 2030, more people worldwide will be over the age of 60 than under the age of 10 years. Even with the consistent growth of India's older population because of advanced medical care & emerging technologies, the elderly are still struggling for their due share in the social & financial front. Presently, every Indian aspires for a rewarding career to have a better lifestyle, leaving the earlier traditional joint family system. Furthermore, the economic liberalization process in India after 1991 led to the emergence of a capitalistic economy. With the availability of lucrative career opportunities, Market relationships gained more considerable significance than emotional connections. The higher cost of living in urban regions and the lack of space for all family members to reside at the same place are causing the disintegration of the joint family system, the formation of more nuclear families, etc. increased the aging population's vulnerability. Many studies have confirmed that in India, most young prefer the nuclear type of family. These nuclear families made individuals more concerned about their wives and children alone, and so the care of the aged parents has become a matter of burden for them. This kind of situation has necessitated the substitutive safety net provisions and a requirement of

social services for the elderly. The total economic dependency status of most aged people in the absence of old age security benefits has aggravated the problem. Most of the Elderly Indian women lived in the shadow of the males in their family like father, husband, son throughout their lives.

Most Common Disorders among the elderly: It all starts with the Changes in Body System like

Musculoskeletal changes: It causes Arthritis -Primary problem during old age, Falls-Mostly due to Mobility issues, Osteoporosis-due to reduced calcium intake and Aging

Respiratory: Lung Disease-usually experienced by smokers

Cancers: Some common types can be Breast Cancer, Prostate Cancer, Colon Cancer

Cardiac Diseases-Enlargement, lowered heart rate, increased blood pressure.

Neurological: Memory Loss and Alzheimer's disease, Parkinson's Disease-Most common disease

Reproductive: Slower Sexual response, Menopause for females

Gastrointestinal: Decreased salivation, dysphagia, reduced gastrointestinal mobility, delayed esophageal and gastric emptying.

Nervous System: Reduced nerve conduction speed, increased confusion with physical illness, and reduced cerebral circulation.

Mental: Depression-loneliness, death of a spouse

Dental Problems: cavities, toothaches

Vision: Cataract-common eye problem during old age

Dermatological -Skin losing its charm and age-related folds

Identification of Cognitive Dysfunctions-

1) Misplacing things

Eg-He/She put his/her slippers in the refrigerator and a plate in the dressing table drawer.

2) The trouble with the familiar tasks.

Eg-Forgetting how to open the lock even forget how to eat food with the spoon

3) Confusion with time and location.

Eg-forgetting where one is living and even forgetting oneself.

4) Gradual memory loss-Unable to recognize old photos of the family and close relatives

As people get more & older, their brain loses cells, which are essential in the encoding and retrieval process of memory and the connection between synapses weakens. That's why older people find more difficulty in learning new things and retrieving old information. So to be a continuous learner is an essential part of healthy Aging for any human being. Physiological, social interactions may be decreasing at older ages, which can also contribute to declining satisfaction with life and depression. The primary cause of losing social interactions can be mobility issues. Meaningfulness and social interactions are what the elderly consistently desire.

Sex differences are salient in the aging process, and there is increasing evidence for the role of ovarian hormones in mediating behavior and brain function. Therefore, an integrative approach to examining the aging process in men and women reveals that

Aging is different among men and women through mind, body, and emotional capacity. The aging pattern for each gender dramatically depends on the society an individual was raised in and their smoking, alcohol abuse, infectious disease, nutrition, poverty, access to education, work conditions.

For instance, almost everywhere in the world, cardiovascular complications are the leading killer of older people of both sexes, yet, it is commonly thought of as a male disease and, as a result, often goes undiagnosed in women, particularly in low and lower-middle-income countries. On the other hand, men are more likely than women to avoid seeking medical help until the disease progresses. Further, men's life expectancy is shorter than women; however, in most countries, the combination of various Health and social factors results in a lower quality of life for women in later life. As widowers, older men tend to be more isolated than women due to a perceived lack of male skills in developing social and familial ties. On the other hand, in some countries, traditional practices relating to widowhood place older women at risk for violence, abuse, and poverty.

"Researchers at Albany Medical College of New York have beacons light revealing about a specific immune cell which banks in older brains and by activating these immune cells can improve the memory of aged mice. The study, which was published in the Journal of Experimental Medicine (JEM), suggests that targeting these cells might decrease age-related cognitive decline and fight aging-related neurodegenerative disease in humans."

According to the findings from a study published in Cancer Medicine, self-perception of Aging or attitudes toward one's aging experience may affect older individuals' risk of dying early after being diagnosed with cancer.

In the Study of 140 individuals aged 65 years and older who were diagnosed with non-metastatic cancer and were followed for up to six years, participants with more negative self-perception of Aging were 3.62 times more likely to die than those with a more positive self-perception of Aging, after adjusting for potentially influential factors.

Research also found Some elderly as educated, active, non-disabled, experienced, well-informed, and well-placed senior citizens. With the dramatic change in their profile, their perceptions of needs and rights have also significantly changed.

The Better way forward: In traditional Indian society, the aged persons enjoyed a position of authority. In return, they used to guide the younger generation because age was equated with knowledge and experience, and wisdom. For the healthy Aging of such wise heroes, they must focus on spirituality for optimism & peace of mind and learn new things in humanities and social sciences, history, literature, art, psychology, philosophy, and sociology in different fields, etc. Learning just for the sake of learning helps enormously.

According to Activity theory, social activity and involvement with others can follow an increased capacity to cope with Aging, improved self-concept, and enhanced emotional adaptation to the aging process (Lee, 1985). Activity theory also presumes that many times changes in social involvement are imposed by society

According to Bowlby's theory of attachment(1969, 1973, 1980), Social support is the existence or accessibility of people on whom one can rely. When social support is available from early periods of life, in the form of an attachment figure, Bowlby believes people grow to become self-reliant, learn to stand & work as support.

For others in any team, and so have decreased psychopathology's likelihood at later stages of life. Bowlby has thus concluded that social support's availability gives the capacity to withstand overcome frustrations and problem-solving challenges and make people resilient.

According to some researchers, the ingredients of social support must include

- (a) the act of providing a resource (b) the recipient should feel a sense of being cared for or a sense of well-being (c) the action should have an implied or direct positive outcome. It is unclear as to whether social support with these elements is present in elderly care.

In the support given at organizations, communities, such as nursing homes, the support provided includes the negative behavior of seeing them as a burden.

Conclusion

After analyzing multiple research studies, it can be concluded that 50-70% of all physical illnesses are related to psychological causes such as anxiety, depression, and stress. In rural areas of India, primary care medical services are the only health care available as it is rare in rural to deal with ill health from both psychological & Physical perspectives.

Physical and mental health are interrelated and effect each other—for example, older adults with medical problems also shown psychological imbalances

There is a strong need for governmental policies and their implementations, backed by reliable political and administrative will power. Of late, the government has taken many steps and directed its stakeholders to include older people on its social agenda. Over the years, several schemes and programs have been launched for the welfare and empowerment of older people. With fast-changing socio-economic conditions and redefined traditional value systems, most elderly are rendered without a proper social support base. The majority of older people are finding themselves at the receiving end. It's high time that the Social security system, senior age healthcare, empowerment of older people, and the protection of older people's human rights are needed to

be addressed on a priority basis. There is a compelling need to devise frameworks that ensure an elderly-friendly environment in society. People can lead a life respecting & utilizing the aged's wisdom and have the concern to protect them. There is a significant need to create awareness about the changing needs of older people, educate and sensitize younger generations about issues concerning old age, and empower older people through various media for the benefit of society.

The philosophical and spiritual focus of the elderly must be on enhancing meaning and purpose through contemplation, Study, and by striving for a keener understanding of life, people, pursuit, and to do new things, learning new things for self and contributing wisdom for the society at large.

According to the world health organization and according to section 21 of the Fundamental Rights of the Indian constitution, Health is a basic human right for the elderly because of their health issues developed over time and by contaminations of food, nature &, urbanization they suffer many problems. They are also more prone to crimes that target to take advantage of their vulnerability, and they are also subjected to different types of abuses which can be seen frequently in today's news, such as (a) Physical abuse; (b) Emotional or psychological abuse; (c) Financial exploitation and (d) neglect.

Mind effects body . As one age, the bodies change, and these changes extend into brains and cognition. Many studies concluded that interactions between people's biology of the physical body, mental health, personality (psychology), and sociocultural environment contribute to the person's experience of health or illness. The number of aged is increasing rapidly because of Westernisation, urbanization, and rapid growth in the total population. They suffer from feelings of sorrow and loneliness when their child or children start leaving their home, either because of their work, job, wife, husband, academic purpose, or for their future career prospects.

One is hale & healthy when one's life is meaningful for people and society because, by that way of life, people perceive themselves as productive. Right living conditions like a clean environment, employment, house are fundamental to a healthy life. Tracking these conditions is essential for any public policy according to the Indian Directive principles of state policy. Nevertheless, many indicators that measure present living

conditions fail to measure how people think and feel about their lives, the quality of their relationships, their positive emotions and the realization of their potential, or their overall satisfaction with life. The minimum well-being includes positive emotions and moods like contentment, Gratitude, happiness, sharing & caring interrelationships, absence of negative emotions like depression, loneliness, and anxiety. The aspect of being healthy has to include the following: physical Health, economic Health, social functional positivity, development and activity, emotional Health, psychological Health, life satisfaction, domain-specific satisfaction, engaging activities, and spiritual health.

Socrates said, 'I do enjoy talking with aged people because I think we ought to learn from them. They have gone on ahead of us, as it were, on a road which we too will probably have to travel, and we ought to find out from them what the way is like - whether it is rough, rocky, hard, easy, or soft and smooth. So we need to Care for our gOlden Heroes to better humanity in general and younger generations in particular.

“ qui summum nec metuit diem nec optat “ which means Neither fear the last day nor pray for it. Let's make our actions noble by learning with open-mindedness and going forward together with positive synergy.

Key words : Gerontology, Geriatrics, Memory, Aging, Retirement, Mobility issues, Arthritis, Alzheimers, Elderly, Mortality, Senior citizens, old age, Forgetfulness, Lonlieness, Social involvement, Government policies, Citizens rights, Health care, Empowerment, Cognitive decline, Agility, Psychological, Activity theory

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