



PROBLEMS OF THE OLD AND THE ELDERLY

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Abstract:

Today, with the increase in the average life expectancy, the proportion of elderly people among the general population is increasing. At the same time, the problems of caries are becoming one of the urgent issues in society. This article focuses on the problems of the elderly and tries to reveal them.

Keywords: old age, the problem of losing the meaning of life, the problem of living without the need of loved ones, the problem of declining health, the problem of the sight of death;

As you all know, the social policy being carried out in our country one of its main goals is to provide social support to the representatives of the older generation, to increase their social activity, and to form a healthy lifestyle in them.

The issue of honoring the elderly and showing them due respect is considered a priority of state policy in New Uzbekistan. As a result of the changes implemented in recent years, the material and household conditions of the representatives of the older generation have improved, and their influence in society has increased. Making good use of the great experience of our enlightened fathers and mothers in ensuring social stability, their participation in the stability of the spiritual environment and the upbringing of the young generation is increasing. At the same time, the problems of old age are also an actual and noteworthy situation.. The aging process is different for each person. Some people actively age, while most people begin to notice that their youth gradually fades away as they grow older.[1,3]

Much attention is being paid to the social status, social status, role and place of the elderly in the family. Medical and social rehabilitation of the elderly, providing them with social services, providing for the elderly and caring for them are being resolved. In terms of practical application, these are very important.

Today, in our society, the main problems of caries are observed:

- 1) Loss of meaning of life;
- 2) Living with the feeling that loved ones are not needed;
- 3) Deterioration of health;
- 4) Inability to follow the usual lifestyle;
- 5) The problem of attachment to others;
- 6) Fear of death;
- 7) Reducing the scope of social relations;
- 8) Mental problems;
- 9) The problem of loneliness.

The problem of losing the meaning of life.

Throughout their lives, elderly people form conclusions about the meaning of life and their place in society. They give their opinion on the loss of the meaning of life. The reasons given by society for not being satisfied with their place in the family are:

- Relation to the present time.

The fact that important situations do not occur in the patient's life, that the elderly do not participate in important work, and that the events that occur in the elderly are perceived as less important.

- Relation to the past tense.

All important events are in the past, the present and the future are perceived as meaningless, it analyzes the path taken by a person, "who and why all actions?, for what purpose?, its benefit today?, for what purpose?" the questions are difficult.[2]

- Attitude towards the future.

There is nothing in the future because there will be no old people and no old people.

They do not know what will happen in the distant future. Therefore, there is no benefit in doing any work today. Inability to foresee the future. After many years, what the Kariyas have done will be considered useless to the future generation.[6]

- Relation to his social origin.

A person cannot live apart from society, it is not characteristic for them. In the concept of a human being, there is a meaning in living when someone always needs him, when he plays an important role in the lives of others (relatives, colleagues, friends, colleagues, state, society, inhabitants of the planet). That is why the elderly evaluate the content of life by the behavior of the people around them. If they feel that someone needs them, and there is evidence for that, they feel good. If they critically criticize the elderly, if they are not satisfied with them, the world will turn upside down for the people around them. Such a situation leads to frustration, giving up many things and close ones.[4] An aggressive situation occurs. This problem is common in society. The facts of personal and professional growth accumulated during his lifetime to find his place in the old age are



not enough. They reject the actions, opinions, skills of others in order to appear more experienced and smarter. Old people like to criticize young people. The problem of not needing a person to society, to those around him, especially to his loved ones, is transversally embodied. An elderly person begins to feel as if he has lost the meaning of life.[3]

The problem of feeling unneeded by loved ones

People are always surrounded by other people. The closest ones can be distinguished among them. Emotional relationship with such people is of great importance. The closest people are family members. But at the same time, they can have close friends, neighbors, colleagues, students and teachers. In communication with them, the elderly are once again convinced that they are individuals. Through communication with different people, the elderly open up to someone from this side, and open up a different side of themselves to others.[5] Thus, if a person is treated with enough communication, he will have the necessary feelings. As a result, adults feel even more that they have not lost their identity.

As age passes, communication with other people decreases, communication becomes less saturated with emotions. The older generation and some peers have also passed away. The usual communication circle is not as lively as before: the number and duration of meetings are reduced, there is nothing to talk about: all the old topics end, and new ones do not appear. Sometimes this lack of communication can become a social problem for older people. This is especially true for pensioners who are unable to work and cannot actively participate in society.[4,5]

A person spends a lot of time at work, and when he retires, he loses close contact with his colleagues. The list of old social contacts is significantly reduced, it is often impossible to fill in new ones: it is necessary to create an opportunity for this in advance. In addition, old people do not have much physical strength.

They spend less time with children: the younger generation has grown up and is organizing their own life, establishing social relations (going to the family, expressing themselves at work, doing what they like, etc.). Relations with other relatives also decrease, everyone dives into their own world, everyone has their own problems.[1,4] In the elderly, the idea that they do not need their loved ones appears and becomes stronger. Old people, who feel that they are moving away from relatives and friends, mourn that life is fading away. This feeling is especially strong in people who are left behind. The feeling of caring for others is gnawing at them from the inside.

They will think that their own bodies have betrayed them.

The problem of betrayal of OWN body

Each person has a different reaction to the disease and the specific diagnosis observed in it. As the age increases, the human body becomes weaker as a biological system. A person cannot completely overcome a new or recurring disease. Because the body's resources are reduced.[5] Complications often develop in the elderly. It takes more time than before to heal, recover, and return to an independent life. The disease worsens. A sharp deterioration in health is a serious modern problem of the elderly.

The problem of sudden health improvement

Health care costs a lot. It is very difficult for the elderly to force themselves to exercise, especially if they did not learn to exercise during their youth. Taking into account the age, it is necessary to change the way of life.[3] A person should behave more, but the body does not listen, it likes a quiet state.

The problem of the inability to maintain a normal lifestyle

Illness and loss of strength are not the only reasons for not being able to maintain a normal lifestyle. Problems such as inability to move independently without outside help, limitation of movement, quick fatigue (physical and mental) are added to the problem of lack of demand for caries. Relatives avoid the elderly, deny them.

The reasons for the above problems are as follows:

Internal reasons: a person becomes seriously ill, the disease changes from an acute form to a chronic one, and requires a change in lifestyle. It is often necessary to reduce physical activity and social activity.

External reasons: a person retires and quits his job, downsizing at work, not being able to find a similar job.

It should be said that this problem is especially relevant among young grandmothers who have quit their jobs to raise their grandchildren. For many years, they have been supporting their children and grandchildren and solving the problems of young people. As the children grew up, the need for a grandmother disappeared by itself.[6] The society does not need an employee who has lost such professional ability and professionalism over the years.

The problem of dependence on others

Another problem is the dependence of the elderly on others. As a person grows older, he becomes more attached to other people. It is very difficult for a person who has lived an active life, who has done everything himself and is always ready to help others, to come to terms with his helplessness. He does not accept himself as a person, he cannot



fully express himself, he cannot work independently, he cannot fully communicate with the people around him.[3,5] These people have an aggressive attitude towards themselves, accusing their body of "betrayal". It seems that life has lost its meaning and is no longer useful. The elderly are especially depressed because they cannot live as before.

Asking for help from relatives and social workers is difficult. In the opinion of the elderly, asking for help is understood as proving that they are incapable of taking care of themselves independently. They expect attention because they have devoted their lives to their duty.

People who are inactive in their youth have a different transition to old age. They like a peaceful way of life, they are demanding towards their loved ones. Older people think that people around them are indifferent and do not care about them. That is why the elderly are prone to heteroaggression. The thought of physical, mental, social helplessness, the feeling of fear of my mother always bothers me. The more a person's contact with the world around him decreases, the more his emotional state worsens.

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