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Assignment 1

This essay will look at the link between older parents and their children in the aspect that older parents can feel excluded from their older children. It will also look at this topic on a global scale.

Adult offspring who disregard their parents can cause significant emotional hardship and even physical ailments in elderly relatives. Similarly, grown children whose elderly or old parents do not speak with them may experience loss and confusion (great senior living. (2022).

A charity worries that a large number of retired individuals are lonely because their grown children are too far away. According to a research from the WRVS, these elderly parents rely on phone calls from their children for social contact. According to the survey, despite the fact that a huge majority of those over 75 claim to be lonely, they would not admit it to their own children. According to WRVS director David McCullough, this illustrates "the status of the modern family. The paper from the WRVS, formerly known as the Women's Royal Voluntary Service, shows how "scattered" family life in the United Kingdom can isolate elderly individuals with minimal interaction from their own offspring. According to the survey, more than 360,000 older adults have children who are too far away and "too occupied to see them," a situation that will be lamented by both children and their parents. According to the survey, around one-fourth of senior citizens speak with their children daily. According to a recent survey, older parents are unable to spend as much time with their families as they would like due to employment insecurity and time constraints. One in ten elderly parents with children lacks relatives within an hour of their residence (BBC. (2012).

Half of these parents, who live far away from their children, receive visits from them every two to six months. 15% of these parents do not see their children more than once a year. According to the survey, loneliness is a frequent problem among the elderly, and the absence of frequent visits from children is a significant contributor to this feeling of isolation. However, nearly two-thirds of elderly people who are lonely say they would still not inform their offspring because they do not wish to "bother" them. Men are

particularly susceptible to social isolation, according to the findings. Two out of five elderly males have no more than one or two face-to-face interactions every day.

Family detachment has been characterised as years or perhaps decades of alienation and loss of attachment within a family. It is unclear whether certain estrangements is currently on the rise, as the topic of study is relatively new. But it is widespread. According to research conducted by Stand Alone, a United Kingdom based charity that assists people who are separated from their relatives, a minimum of 1 in 5 British families is estranged. A survey of more than 2,000 mother-child pairings in the United States revealed that 10% of mothers were estranged from at least 1 older child. And according to a study conducted in the United States, almost 40 percent of respondents had encountered family estrangement at some point, indicating that in certain groups, such as American college students, estrangement may be nearly as prevalent as divorce (Christine Ro. (2019).

Seniors are more prone to social isolation and loneliness, which can have detrimental health effects. There are, nevertheless, ways to deal with melancholy, although if if an individual lives a lone and find it challenging to leave the house. In this country, a large number of elderly people are isolated and lonely, particularly those over the age of 75. According to Age UK, more than 2 million individuals over the age of 75 in England live alone, and over a million older adults report going well over a month without speaking to an acquaintance, neighbour, or family member. Individuals may well become isolated and lonely for a variety of reasons, including ageing or weaker, no longer being the centre of their family, quitting the workforce, the deaths of spouses and friends, disability, and disease. Regardless of the source, it is astonishingly simple to feel alone and helpless, which can lead to melancholy and a severe loss in physical health and well-being (NHS. (2022).

Attitude toward personal ageing, often referred to as ageing gratification or age self-stereotype, is one of the most frequently used indicators for assessing individuals' evaluations of their own ageing. Originally established by Lawton (1975) as a subscale of the Philadelphia Geriatric Centre Morale Scale, attitude toward own ageing has been studied for decades and has demonstrated significant predictive validity for successful

aging outcomes, including health and death (Westerhof et al., 2014). Specific health factors shown to be associated with an individual's attitude toward their own ageing were functional health and respiratory mortality. The family facilitates close relationships and is acknowledged as an important social resource. Children and parents continue to impact each other's health as they age over the course of their lives. As parents age, they frequently become more reliant on support from family, and children are frequently involved in caring for their ageing parents (Seojung Jung and Daniela S. Jopp. (2018).

Alterations associated with the mother's ageing may also strain the mother-daughter bond. Regardless of whether the parents remains healthy and independent, children may experience anxiety in anticipation of aging-related difficulties. Midlife is a moment when people begin to consider how much time they have left; middle-aged persons contemplate ageing and death. Consequently, middle-aged individuals may become increasingly cognizant of the ageing of their parents. In fact, as a daughter of middle age became conscious of her mother's ageing, she may perceive it as a greater cause of trouble than her mother believes. Cicirelli (1988) invented the phrase "filial anxiety" to characterise the tension that arises when an adult child frets about the care that an ageing parent may require in the future. While a middle-aged daughter frets about her mother's ageing, an elderly mother may resent her children's preoccupation with her potential decline while she is well. A mother may also perceive her own ageing as a source of conflict with her daughter, particularly if her deteriorating health prevents her from participating in the relationship as effectively as she once did (Karen L. Fingerman, 1996).

Children and parents continue to influence each other's lives over the course of their lives. Multiple complicated mechanisms are influenced by intergenerational interactions on the physical and mental health of the elderly. Contact and contact with grown children, as well as giving and receiving assistance and caregiving, may have either positive or undesirable effects on the well-being of parents, depending on whether these interactions are viewed as meaningful, harmonious, and wanted by the older individuals. Furthermore, social structural factors of families and particular relatives, such as race, ethnicity, and gender, in addition to cultural settings within and across

nations have an impact of parent–adult child relationships on older persons' health. In general, close intergenerational relationships characterised by high levels of contact and mutual support have a positive effect on the well-being of older parents, whereas tense intergenerational relationships characterised by adult children's problems or disregard for older adults' values and autonomy have a negative effect on the well-being of older parents. Children and parents continue to influence each other's lives over the course of their lives. Multiple complicated mechanisms are influenced by intergenerational interactions on the physical and mental health of the elderly. Contact and contact with grown children, as well as giving and receiving assistance and caregiving, may have either positive or undesirable effects on the well-being of parents, depending on whether these interactions are viewed as meaningful, harmonious, and wanted by the older individuals. Furthermore, social structural factors of families and particular relatives, such as race, ethnicity, and gender, in addition to cultural settings within and across nations, have an impact on parent–adult child relationships on older persons' health. In general, close intergenerational relationships characterised by high levels of contact and mutual support have a positive effect on the well-being of older parents, whereas tense intergenerational relationships characterised by adult children's problems or disregard for older adults' values and autonomy have a negative effect on the well-being of older parents (J. Jill Suitor, Yifei Hou, Catherine Stepniak, Robert T. Frase and Destiny O. (2022).

The 2030 Agenda enshrines the notion that every individual should experience a basic level of well-being and enjoy the benefits of prosperity. This is reflected in the Sustainable Development Goals, which aim to liberate all nations, people, and sections of society from hunger and poverty and to secure, among other things, access to education, modern energy, and information. Recognizing that it will be difficult to achieve these goals without trying to make institutions work for the poorest and most vulnerable, the Agenda includes broad objectives aimed at promoting the rule of law, ensuring equitable access to justice, and generally fostering inclusive and participatory decision-making. involvement in society is central to the majority of definitions proposed by academics, government entities, non-governmental organisations, and others. Overall, social exclusion refers to a condition in which individuals are unable to

fully participate in economic, social, political, and cultural development, as well as the process that leads to and maintains this condition. two distinct identities One pertains to "groups of people who recognise their shared membership, hold similar ideals, and act collectively." The term 'other' refers to groups of people defined by a shared characteristic as opposed to shared ideals and ways of life. Apart from the type of discrimination they suffer, members of these categories may not always know each other and have very little in common (United Nations. (2016).

Tensions are typical in the parent-adult child relationship, but little is known about the themes that produce the most conflict or whether tensions are connected with the overall quality of the relationship. Sons and daughters between the ages of 22 and 49, as well as their mothers and fathers, rated the intensity of various conflict themes and their relationship satisfaction with each other. Tensions varied by generation, gender, and age of offspring within and between families. Conflicts involving the partnership were related to less affective solidarity and higher ambivalence than tensions about individual issues. The results are in line with both the development schism hypothesis, which suggests that parent-child conflicts are prevalent, and the outcome of generational, gender, and age-related differences in developmental demands. Parent-child relationships are among the longest-lasting and most emotionally deep social ties. Although frequently positive and encouraging, this relationship also contains irritability, tension, and ambivalence. Indeed, parents and children report tensions long after children reach adulthood. Indeed, parents and children report conflicts long after children reach adulthood However, there is a lack of data on the themes that cause the most acute tensions between parents and their grown children, as well as on whether mothers, fathers, sons, and daughters report equal levels of stress. In addition, it is uncertain if tensions affect the relationship's overall quality as a whole. Due to the consequences this relationship may have for standard of living, depressive symptoms, and health, describing differences in tension perceptions and whether tensions are connected with relationship quality between parents and adult children is significant (Birditt KS, Miller LM, Fingerman KL, Lefkowitz ES. (2009).

Attachment is an emotional connection between two individuals. Bowlby thought that the ties created between infants and their primary carers have a profound impact that lasts a lifetime. Bowlby claimed that attachment also functions to keep the infant near the mother, enhancing the child's survival chances. Bowlby considered attachment an evolutionary result. While behavioural theories of attachment stated that attachment was indeed a learned behavior, Bowlby and others hypothesised that infants are born with an inbuilt need to create relationships with their caregivers (Holmes, J. (2006).

There has been a huge increase in both foreign and domestic migration rates during the past decade. Due to a disparity in industrial prosperity among rural and urban areas, worsened by globalisation and urbanisation, there is an escalating tendency for rural surplus labour to migrate to large cities. There are roughly 232 million migrants and 740 million domestic migrants on the planet. Possible migrants are more likely to be male, young, single, and high school graduates. Children and elderly family members are left behind due to the out-migration of young adults from the household. Research on the impact of migration on healthcare and well-being frequently focuses on the migrants themselves, while the families left behind receive scant consideration. Studies concentrating on those left behind frequently examine the children and spouses of migrants while ignoring the elder family members left behind. Left behind are families that remain in their nation of origin or home country after one or more of their biological or adopted children have emigrated. Adults over 65 without living children are not at risk of being "left behind. Adults over 65 without living children are not at risk of being "left behind." "Empty nest" refers to a home with only elder adults after the children have moved out, even though some research also adapts the term to childless households. Consequently, 'empty nest" older adults' may experience worry, despair, shame, and loneliness. Several studies have investigated the impact of adult children's relocation on the health of elder parents left behind, with some studies indicating a considerable negative impact on their mental health. Young people's outmigration has negative effects on ageing parents, including loneliness, isolation, and a lack of basic assistance (Thapa DK, Visentin D, Kornhaber R, Cleary M. (2018).

Age increases the likelihood of cognitive limitations, including deterioration within topics including memory and orientation. There are around 9 million Americans with

cognitive impairments, as well as the higher frequency among older persons, especially in the context of an ageing U.S. population, presents significant issues to caregivers households and health care systems. To meet these problems, a greater understanding of the factors that influence the cognitive health of this rising population at risk is necessary. Using nationally representative longitudinal data, the existing research examines the effects of relationship in terms of comfort and support with grown children, such as children listening to parents and making parents feel adored for them, and tension, in other words, children being critical or demanding, on the cognitive limitations of older adults, as well as whether this impact differs for mothers and fathers. Although some research evaluate the effect of comfort and support on the cognitive limits of older persons, others do not. Social interactions are multifaceted, and within the same relationship, someone might feel both support and tension. Although there is complexity in the relationship between support and health, such that undesired or excessive assistance may be damaging, there is a correlation (Thomas PA, Umberson D. (2018).

Recent years have seen an increase in the adoption of social media by seniors. However, little is understood about the characteristics that influence older individuals' usage of social media. Using population data from Finland, we uncover characteristics which indicate the consumption of social networking sites among older persons aged 68 to 73 and compared them to the behaviors of their adult offspring that are aged 19–56 (Tammisalo K, Danielsbacka M, Andersson E,. (2020).

The prevalence of social media usage among older people is growing. According to 2019 figures from the United States, social media users over the age of 54 grew the quickest in 2019, with increasing adoption of 59% among 55–73-year-olds and 28% among all those over 74. (Vogels, 2019).

Meanwhile, in Finland, around half of those aged 55–74 access social networks (Statistics Finland, 2020).

A second aspect of social life connected with the use of social networking sites was the frequency of communication with close friends. This was crucial for both generations of

women. Similarly, past research has demonstrated that older persons who often interact with friends and relatives in person are now more likely to utilise social media (Richter D., Bannier S., Glott R., Marquard M., Schwarze T. (2013).

Several studies have investigated the impact of adult children's relocation on the health of elder parents left behind, with certain studies indicating a considerable negative impact on their mental health. Young people's outmigration has detrimental effects on their elderly parents, including loneliness, isolation, and loss of essential support. Antman found that in Mexico, adult children's relocation was connected with deteriorating physical and mental health results for their ageing parents (Deependra Kaji Thapa ,Denis Visentin,Rachel Kornhaber,Michelle Cleary. (2018).

To conclude that older parents can feel excluded from their older children in a large number, when a person becomes older in life. They will naturally become more distant from their children due to their having their own families and lives.

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