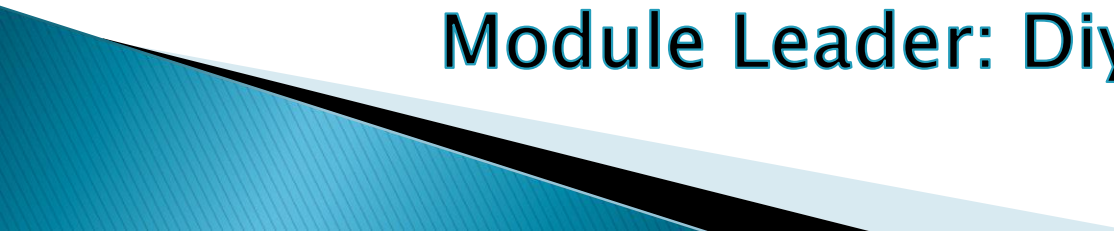


Psychology in Health and Social Care

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A woman with short, wavy grey hair is shown in profile, looking towards the right. She is wearing a light-colored, textured sweater with a dark brown turtleneck. Her hand is resting under her chin. The background is a soft-focus sunset with warm orange and yellow light from the sun on the right, transitioning to a greenish-yellow at the bottom.

Introduction

*A brief report on a
psychological
development and
changes on late
adulthood*

Overview of late adulthood

- Late adulthood: Changes, Challenges and Adjustments;
- Old age is also referred to as senescence and is considered to be the final stage in the lifespan of an average human being.

Experiences and Changes in late Adulthood stage of a human being



- ❑ Cognitive changes during ageing that are inevitable.
- ❑ Emotional changes that elderly person has to cop up with ageing.
- ❑ Changes in the behavioral pattern of the people in late adult hood

The Symptomatic Cognitive Changes

- ❑ The reduction in perceptual speed
- ❑ The decline in inductive reasoning
- ❑ Decrease in numeric ability
- ❑ Verbal memory loss
- ❑ Changes in verbal ability



Emotional Changes That Occur In Old Age

- ☐ Denial: Some people at this age might not acknowledge the fact and the changes that have occurred at this age.
- ☐ Loneliness: mourning the loss of their loved ones and familiar people, an elderly person can isolate themselves away from others.
- ☐ Guilt: The elderly people can feel that they could have prevented many losses in their life.
- ☐ Sense of helplessness: At the mercy of other physical issues, an elderly person can feel really helpless.
- ☐ Stubbornness: The sense of being helpless, and not having control over most of the things at this age might be frustrating.

Emotional Changes That Occur In Old Age

- ☐ Selective memory: some elderly people might only be able to remember a certain part of the best or the worst memories of people or events in their life
- ☐ Regression: in some elderly people, it is observed that they go back to their old behavior of coping up in some unpleasant events which might not be a practical or appropriate solution
- ☐ Grief: with the advancing age of an elder person, they might lose unto their loved ones, relationship, former lifestyle, hearing capability, vision, mobility or independence and physical capability level.

Changes In The Behavioral Pattern Of People

- ❑ Experiencing changes in their neurological and medical conditions.
- ❑ Experiencing extensive anger and frustration in their behaviors.
- ❑ Experiencing changes in their attitude.



Lifespan Psychological Theories

Kohlberg's Theory: refers to the best adjustments to the changing circumstances that a person can adapt for old age

Kohlberg's theory of moral development not only helps a person to fit in the society, but it also helps to build a good relationship with others.

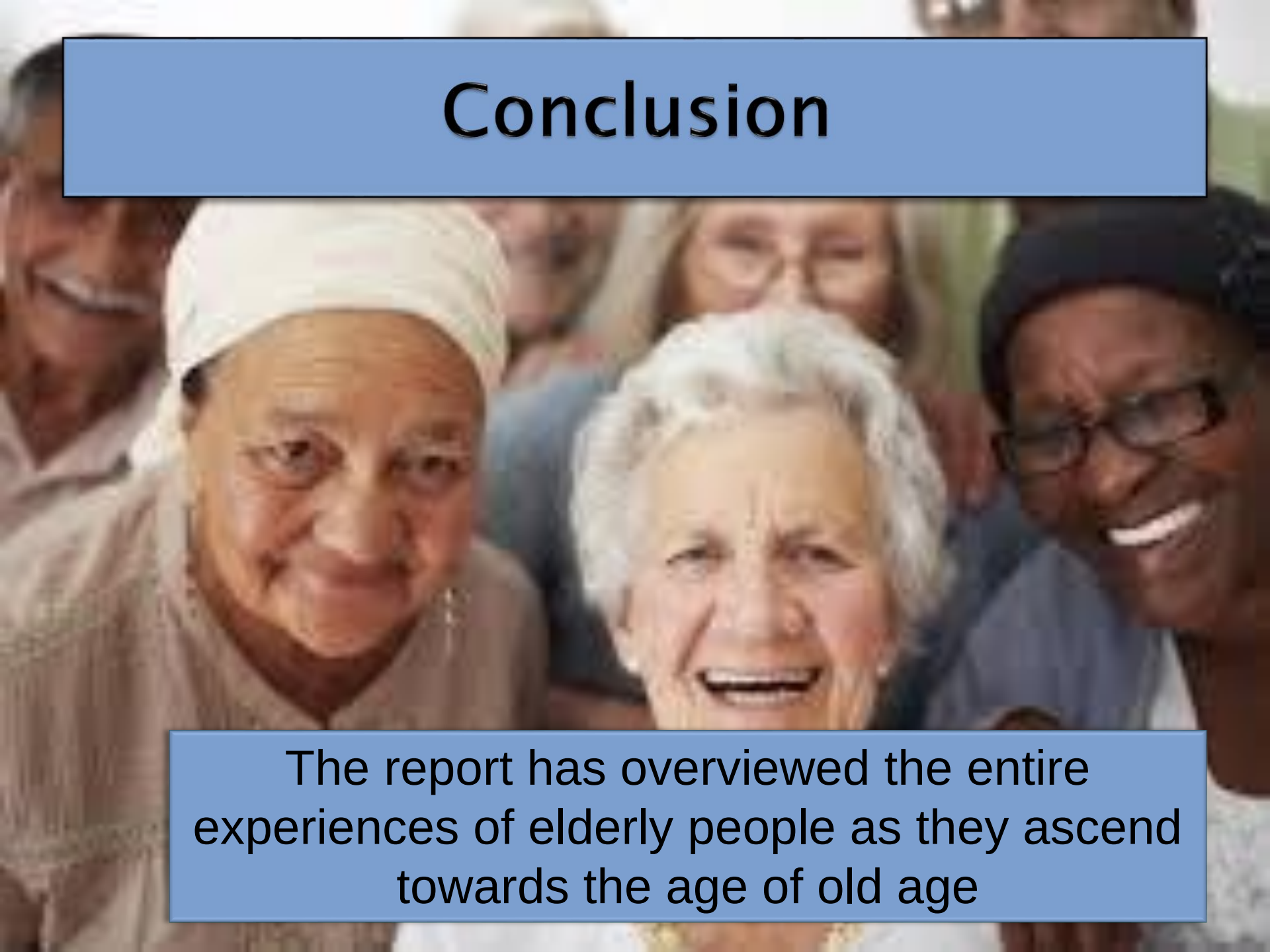


Kohlberg's theory suggests and addresses the moral development of a person from the early stage of their life in 3 Levels and 6 stages:

- ❑ Level 1: Preconventional morality
 - Stage 1: Obedience and punishments.
 - Stage 2: Exchange and individualism
- ❑ Level 2: Conventional morality
 - Stage 3: Development of good interpersonal relationships
 - Stage 4: maintenance of the social order
- ❑ Level 3: Postconventional morality
 - Stage 5: Individual rights and social contracts
 - Stage 6: Universal principles

• .

Conclusion

A close-up photograph of a diverse group of elderly people. In the foreground, a woman on the left wears a white headscarf and a brown jacket, smiling. Next to her is a woman with short white hair, also smiling. To the right, a man with glasses and a blue shirt is smiling broadly. Other elderly individuals are visible in the background, all appearing happy and engaged.

The report has overviewed the entire experiences of elderly people as they ascend towards the age of old age

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