

Current Status and Challenges in Psycho-Social Aspects of Aging

Avita Maurya* and Anand Kumar**

Abstract

Understanding the review of research reports on psycho-social aspects of aging can help in identifying areas in which older adults may be most vulnerable as well as areas in which older adults may continue to exhibit high levels of challenges. The study of aging and health has suffered from several problems, including a lack of conceptual focus with the real-world context of the phenomena of psychosocial change and challenges of aging. Knowledge of psychological changes and challenge in cognition that occur in aging is essential for understanding interventions to optimize cognition in older adults. One may become so wrapped up with theorizing or testing arcane theories that one loses focus on what really matters regarding social relationships, perceived health, self efficacy, coping skills, isolation, loneliness, and lack of preparation for old age. The information reported in this paper can guide efforts to help people face the challenges of aging. At this stage, development and evaluation of psychosocial interventions to support mental health of changing ageing people needs to be a research priority. Researchers must also account for biologic, psychological, and social factors as they seek to understand the psycho-social aspects of aging. Research reports so far not only yield clinical insights but also provide a direction for future studies.

Key words: Aging, Psychosocial aspect

*John Hopkins Community, Baltimore-21218, USA

**Professor of Psychology, Mahatama Gandhi Kashi Vidyapith, Varanasi, India