

노화의 정신·사회적 측면

Psychosocial Aspects of Normal Ageing

696 - 6

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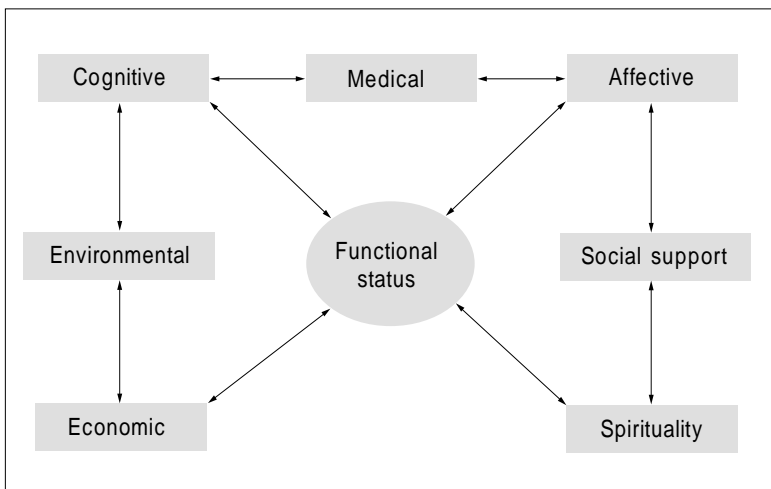
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Abstract

The normal ageing process has biopsychosocial aspects. The successful psychosocial ageing means the integration and dignity by maintaining the quality of life with a good physical status, mental functions, and self performances throughout the old ages. For this, elderly individuals need the following four - dignity, money, proper medical services, and appropriate works to do. Ageing as a physical change is relatively unimportant compared with ageing as a psychosocial event, although physical losses are serious and will ultimately sacrifice the victims. To maintain active and creative ageing, we should have a positive attitude for ageing and preparing the adversaries from psychosocial ageing such as decreased cognitive functions, role deprivation, loss of dignity, and especially even death.

Keywords : Ageing; Psychosocial aspects

(Ageing) 가
가 .
(life expectancy)
2000 65 7.0%
(aging society) , 2019
65 가 14.0%
(aged society)
가
(1).
(active aging)
(successful ageing)
(2).
가
(3).
가
가



1. 가

가 가

가

(integration versus despair) 가

30

65

(5).

(biopsychosocial aspects)

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1.

(life - cycle)

가 가

(4).

2.

1) (Body image)

(Sex)

. Erikson

8

(ego integrity)

(despair)

(ego)가

. Erikson

(body image) 가

가

가

가

가

(identity)

가

가

가

, 가

4

(pre - retirement) 60 ~ 65

50

가 가

가

(retirement) 65 ~ 70

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가

가

20

(old age) 70

50 가

가

, 80 가

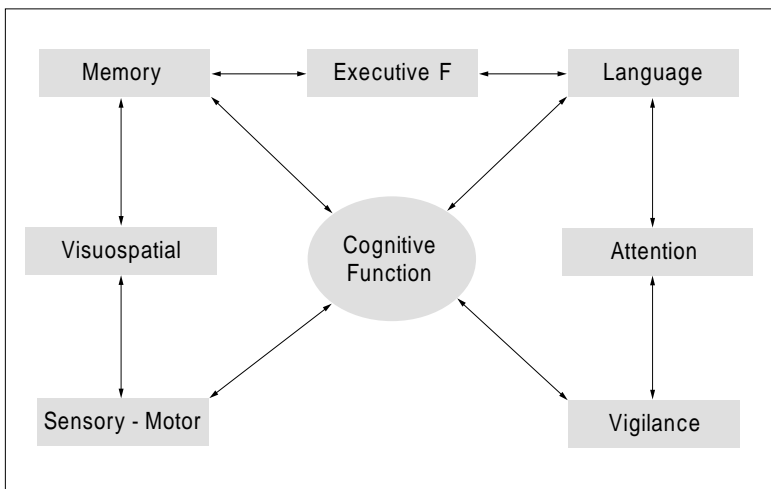
(terminal stage)

(sex)

가

(6).

가



2.

(hippocampus)

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가

(6).

(cognitive function)

(intelligence)

40

60 가

가

(7).

2) (Cognitive function)

(2).

(attention)

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(learning)

(memory)

(working memo-

ry)

(visuospatial

(prefrontal cortex)

abilities)

(abstraction reasoning)

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(10).

3)

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(stressors)

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(loss)

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Freud "Mourning and Melancholia"

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Reichard

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(life style)

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(projection)

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Strauss

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