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 Research Article

REFORMATION OF SOCIAL RELATIONSHIPS DURING OLDER AGE

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Ataboyev Navruzbek

Teacher at the Psychology Department at Tashkent University of Applied Sciences, Uzbekistan

Raupova Obidaxon

2nd-year student at Pedagogy and Psychology faculty at Tashkent University of Applied Sciences, Uzbekistan

ABSTRACT

Social relations in all age periods differ from other periods in their own way. The decrease or cessation of work activity will prompt him to reconsider the relations in society and family. The development and formation of a person is a long-term process, and this process continues in its own way even in old age.

KEYWORDS

Psyche, psychogerontology, gerontology, involution, geriatrics, herohygiene, heterochrony.

INTRODUCTION

Aging can take different forms in people due to gender, living environment, values and other factors. Gerontology, a field of psychology that focuses on the study of old age (Greek "Heron" - old, old) studies the specific aspects of the psyche of the elderly.

The main part

Among the evolutionary factors of gerontogenesis in the science of psychogerontology, I.V. Davidovsky includes genetic, ecological, biological, social symptoms. D. Bromley states that the human aging cycle consists of three stages: 1) "moving away from work, service" (resignation) - 66-70 years: 2) old age (age 70 and older), 3) decrepit old age (slow old age and



death) maximum 110 years. People in old age can be conditionally divided into two types. The first is socially inactive men and women who have resigned from work, and those who have resigned and are engaged in a certain type of activity. The fact that a person engages in a certain type of activity during the day does not fail to affect his relationships with other people. Retired men and women have a relatively limited range of communication and this need is often met through relationships with family members. Psychologists have research work on studying the mental world of men and women in the aging period. American V. Shevchuk checked the characteristics of participation in social activities of people of this age and found that 24.1% of 65-year-olds, 17.4% of 70-year-olds, and 7.7% of 75-year-olds gave up social activities. Of course, the social environment is not expressed only by the work process, and its replacement takes place in various forms. But we can observe that this activity decreases year by year during the old age of a person. Interpersonal relationships also require a person to activate almost all mental processes (attention, intuition, perception, memory, etc.)

In particular, no matter what age a person is, it is realized within the framework of certain requirements in mutual relations.

Interpersonal relationships include:

- 1) people's perception and understanding of each other;
- 2) interpersonal attractiveness (attraction and sympathy);

3) interaction and behavior (in particular, role playing).

The fact that these processes are in a good state in a person cannot fail to have an effect on the relationships that take place in him. Memory, attention, intuition, perception, all of them deteriorate in quality during old age, and this affects all his relationships with the people around him. Biological aging causes drastic changes in mental processes, states, characteristics and behavior. Most of the sensory organs are weakened, the nervous system is weakened, it becomes difficult to receive information (memory) and process it, to understand its essence (thinking), to focus on one or another situation and to keep it for a certain period of time (attention). The weakening of the will begins to erode the sense of tolerance for the senses. As a result, due to the fact that the ability to focus on receiving external influences loses its importance, the old man and child become irritable, moody, and emotional.

In old age, it is observed that the relationship with others decreases in terms of quality and quantity. First of all, the violation of the usual regime and lifestyle has a negative effect on his physical and mental health. Often there is a sharp contrast between the remaining labor capacity, the possibility of being useful, and their undemandingness. A person feels that he is "thrown away" in the current common life without active participation in the processes as before. The decline of a person's social status and the loss of the rhythm of life that has been preserved for many years can sometimes lead to

a sharp deterioration of the general physical and mental condition, and in some cases to a relatively quick death. In the early stages of old age, active communication takes place, and depending on whether a person is excluded from work or not, social relations move from a wide circle to a narrow circle. Limitation from work activities is the main part of interpersonal relations in a person, which is carried out within the family, neighborhood and similar people. In old age, a person begins to reconsider social relations. Even in old age, a person's physical and mental activity and vitality are greatly influenced by his relationships with the people around him. Even in old age, both conditions (physical and mental) look good in people who have good social relations. We can see this in our daily life in the case of people who are active in these relationships and vice versa.

CONCLUSION

Non-participation in interpersonal relationships can lead to an increase in diseases, depression

and similar negative consequences. In old age, maintaining and developing socialization and sharing with family and friends is important because it keeps the passing of life meaningful, meaningful, and meaningful. Therefore, even in old age, interpersonal relations are one of the important and necessary social needs in human life.

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