

# Why the earth's population is aging and what is the proper way to deal with it?

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**Abstract-** Aging is one of the critical periods in our lives, usually with a physical disability or reduced capacity for several diseases and is associated with problems such as these. Although the aging process is anodic offers new opportunities, but is associated with a set of challenges. In this article we are going to investigate what caused the problem and how population aging of the population will be able to save yourself and your community from the premature aging. Community attitudes to aging can make older thinking that would help the situation is hopeless. Population aging is unprecedented. This is a global phenomenon. That can affect men, women and children. Countries that have followed later in the process have less opportunity to adjust their population age requirements. Aging population is a continuing theme. This paper also the vibrancy and vitality of the factors that are known to generations of people who live with happiness jolly good nutrition and exercise can delay aging and the more attractive features is displayed.

**Keywords:** Physical disability; Opportunities; elderly; Hopeless; Challenge

## 1. Introduction

Aging is a gradual process and still natural. In response to the question of why the world's population is aging rapidly, and can reduce the birthrate decline in mortality at all ages to make. One factor is the declining population of working women. Given the current situation, different communities, these communities are growing old or growing old. Industrial and post-industrial countries due to advances in medicine and health, mortality is low. In addition to advances in medicine and health, the most important factor in reducing population levels of pregnant women and mothers of information, particularly unwanted pregnancy, which in turn leads to population decline and population aging in the future, is ahead.

Aging can be a combination of genetic and environmental structure, where we live. Aging is a process that provides a new opportunity, but is faced with many challenges associated with the development. Class, gender and race are important influences on aging have experienced. Older women than men live sex phenomenon. A cost we must pay attention to gender differences in mental health care for the elderly was not past. With the increase in life expectancy was due to the physical health of the elderly. The elderly population is increasing social power efficiency that can affect how health services - mental

and physical health and how to get After all, she organized and devoting resources to affect the elderly.

Humanity owes its moral and social development is aging. Seniors experience their story to future generations. Lifetime when the actual value that will be used to achieve higher goals happen. When increasing age is associated with better health and higher education as the biggest advantage of social capital is possible.

## 2. Premature aging is caused by the following factors

- 1 - Hereditary Factors
- 2 - Causes toxic (smoking and drug addiction)
- 3 - Hormonal
- 4 - Psychological causes include stress, excitement

## 3. Sudden aging adults

1 - Impaired hypo thalamus - the suspect or emotional events (hypo disturbance and endocrine phases) is created. A major failure, a failure in a legal battle could bring the old man to a young person.

2 - Toxic causes: smoking, alcohol and other toxic, causing premature aging and life expectancy is short.

Cigarette smoke contains 1200 chemical compounds that to date, 40 have been identified. Furthermore, some of

these cause cancer in the presence of background provides consumers.

#### 4. Loneliness is of two types

Real feeling that communication with others is reduced or stopped severe mental age when a person can feel lonely.

#### 5. Subjective feeling

A feeling that one is older than those not old enough emotion. If that age alone is not a good environment for family and friends feel the adverse effects of these things will be added will have adverse effects.

#### 6. Aging effects:

All people are not like the old. In today's world do not measure aging and age identity. Aging does not mean that the individual can do and what it cannot do that. Factors that control how long we live and depend on the following factors:

- Gender(women generally live longer than men)
- Ethnic group (life expectancy in the West, most of the third world countries)
- Medical and health services available
- Social environment
- Life and Style

#### 7. Genetics Signs of Aging

Aging is a gradual process and still natural. Theories try to understand why these questions get older. Respond to the first theory is the belief that every cell in our body to replicate itself is similar in each of the body's tissues is aging. Another theory is of the opinion that the protein in the cell may have changed and there are cells that are less effective, when you open a further aging of tissues.

Finally, it is suggested that the cells of our bodies, our immune systems may lead them to gradually deteriorate.

Aging seems to be a combination of genetic and environmental structure of these theories, along with diet and exercise, whether we are or not Characteristics of the Elderly Population: Population aging is unprecedented in the human history it has been faced with increasing age and longevity. The population is aging, it is a global phenomenon that has influenced women and children and disciples.

It changed the way this country is far different from that later start this process less time to adjust to the conditions of the age - new population.

Ageing population is a continuing theme that we'll never come back again to the young population, aging population; many aspects of our lives are affected by this phenomenon.

Why elderly populations of different nations, is itself important. To answer this question, the various indicators of health, nutrition, maternal and child health, and improve the position of women is concerned.

The most important factors that can reduce the burden of aging population, productivity, reductions in death rates at all ages and it is so. In general and the situation of

aging or growing communities in the elderly population is steadily increasing. Explain and answer these two trends in the post-industrial countries should improve the socioeconomic status - and the effects of medical care in the nation. Explain and answer these two trends in the post-industrial countries should improve the socioeconomic status - and the effects of medical care in the nation.

Post-industrial societies in general to large changes in socio - economic years have, to a medical facility in a "H is hidden. This as a factor in the increasing proportion of elderly in the population is considered.

#### 8. The most important factors in elderly populations

Increased life expectancy, increased population, median age, median age increased productivity and reduced crowds. Vulnerable elderly age and the prevalence of chronic diseases in the elderly is a major challenge of the health system in the world.

Aging factor lies in human genes. Investigators say DNA is the genetic material of all cellular genes, particularly those who are well have no ability to practice dentistry.

Can intervene in the aging process. This damage weakens the performance of the aging that we all have a "we experience.

#### 9. Community attitudes to the elderly

All elders are not the same old, so there is the issue of social values. In some cases, the peak age status. However, some places are not. Among Indians and Eskimos, when people grow old, they leave their tribe. Belief in life after death, especially the belief that another world could be better than the present life, feels free to create. Person of replacing old with new, age-appropriate activities, rather than past efforts, can fill the pension gap. Some occupations, such as farming garden home side, addressing the craft could be a sense of being useful in elderly individuals live. Nutrition in old age has a significant impact on the mental and emotional health is an individual. Depression can be reduced through proper nutrition.

#### 10. Needs of the elderly

Needs of the elderly in the world can be divided into three main groups:

The first group, health needs - care of the elderly, group, social needs - business, such as insurance and pensions that pay attention to their comfort, emotional, psychological and social problems will be elderly. Psychological needs of the elderly group.

#### 11. Premature Aging

If aging symptoms appear before the age of sixty years, it is called premature aging.

Various factors, such as social issues, including economic pressures, problems of life, famine, war and violence, class conflict, there is injustice in society, lack of future supply, the speed of the aging process involved, which is often related to personal hygiene including poverty,

hunger, overeating, nightlife, and drug addiction can be named.

## 12. Barriers of fear and anxiety in the elderly

Practices such as prayers, slow response speed and reduce a person's feelings of fear, anxiety and feelings of loneliness can be modified to be useful for the elderly.

## 13. Cause of Aging

After age 30, the body gradually tissue cells themselves show less activity. It changes the maximum reaches the age of 80. Because of these changes include:

- 1 - Impaired cell nuclear
- 2 - Planning the genes (units that are under their control cell function.)
- 3 - Air Pollution
- 4 - Harmful radiation (such as X-ray of the sun's rays)
- 5 - Poor diet and bad diet
- 6 - Faulty life style
- 7 - Low and limited physical activity.

## 14. Main results

Based on the above discussions we conclude that the following items are useful to improve the situation of older people:

- Average of eight hours of sleep per day
- Respect the balance between physical and mental work
- Use vitamins since birth, grow up on old times
- Providing the necessary facilities for mental peace
- Refrain from using drugs and sedatives and stimulants
- Regular daily exercise and style
- Swimming and walking
- Avoiding stress and stressors
- Avoid job stress
- Avoid useless family tension
- Choosing the right partner
- To avoid environmental contamination
- Creating a healthy family and social environment for the positive mental
- Talk with people who understand the human
- Having a balanced and harmonious social behavior
- Belief in moderation background

## 15. Determinants of population aging

To such treatment, nutrition, maternal and child health, and improve the position of women is concerned. The most important factors in the elderly population can decrease fertility and decline in mortality rates at all ages. According to the conditions of aging or growing communities in the elderly population is steadily increasing. In response to these two trends in the post-

industrial countries should improve the socioeconomic impact of medical care in the nation. Postindustrial society-wide changes to the general public - have economically over the years as well as medical facilities are implicit in them.

This as a factor in the increasing proportion of elderly in the population is considered.

In less developed countries with population policy and reproductive control, aging population, it has been provided. Medical care plays a significant share of the increase in life expectancy.

Invest more in the health sector in general may reduce mortality in different age groups.

Likewise, the mechanism that leads to increases in old age.

Failure to follow the aging phenomenon is common for people that are suffering. Seventy years of age, most people who suffer from disabilities such intensity that depends on the mental condition of individuals.

According to medical facilities around the ages of 65-70 years to provide more services to address the weaknesses in the population is aging at an early age. The facility also provides a cause greater longevity for the elderly.

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