

## Problems of Life Activity of the Elderly

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**Abstract:** *This paper will talk about the challenges of being a vital part of the elderly population.*

**Keywords:** *Old age, lifestyle deterioration, life problems, person, health.*

The problem of population ageing is an urgent one for many developed countries of the world and for Uzbekistan, where in recent years the proportion of older persons in the total population structure has been increasing.

Old age is a period of life when a person needs help and support to survive.

According to WHO, the age from 60 to 74 is recognised as old age, from 75 to 89 as old age, and from 90 and over as the age of the long-livers.

The deteriorating lifestyle of the elderly is influenced by:

### Loneliness

A person in old age is often estranged from children who have become independent, and in old age is left alone; to this is added the problem of weakening ties with society, loved ones, loss of friends and acquaintances due to their passing away. There are many more people living alone. Their well-being and life situation directly depend on the relationship with children, on the possibility of full dialogue with close people.

The transition of a person to the group of elderly people significantly changes his/her way of life, as well as his/her relations with the society.

### Deterioration of health

The morbidity rate of elderly people is almost 6 times higher than that of young people.

Typical ailments of old age are diseases caused by organ changes due to ageing itself. Joint pain is one of the most common ailments of the elderly and seniors, especially women. Diseases of the musculoskeletal system are the main cause of senility and infirmity. Headaches, dizziness, tinnitus, tinnitus and headaches, as well as memory impairment are the second most frequent causes.

### Poor financial situation

Material situation should be attributed to important indicators of the social status of the elderly person.

A significant proportion of pensioners prefer to work, especially if work saves them from loneliness and changes in social status.

The material situation of lonely elderly people becomes the main problem of their survival.

Loss of habitual social status

The loss of the habitual social status, which allowed for a long time to carry out an effective process of social and personal functioning, leads to serious emotional, psychological and sometimes physiological breakdowns.

#### Mental problems

With the cessation of the usual way of life and communication, with retirement, with the onset of loneliness as a result of the loss of a spouse, with a more vivid manifestation of character traits as a result of the development of the sclerotic process, many diseases appear. Older people are often characterised by irritability, resentment, the presence of senile depression.

#### Spending leisure time

Many elderly people find their vocation in various types of labour activities. However, there are very few centres where older people can find friends of interest.

#### Aging phobias

Biological fears associated with increasing helplessness and fading processes increase with age. In addition, elderly people are plagued by moral fears.

**Conclusion:** Thus, any aging person is characterised by changes in the central nervous system, which leads to decreased efficiency, resentment and irritability, decreased memory, loss of some skills, depression. An elderly person needs support, human participation more than anyone else.

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