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#### **CHALLENGE 1 RELATIONSHIPS WITH OTHERS**

**IO3**

#### **MATERIALS FOR ELDERLY**

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## COMMUNICATION IN OLD AGE AND ITS SOCIAL SIDE: INFORMATION FOR ELDERLIES



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## 1. INTRODUCTION:

Old age is a universal reality gaining importance day by day for all countries. The increasing number of elderly population bringing loneliness, poverty, disability, chronic diseases put it forward to be discussed the care and support for elderlies and all services. Thus, the issue that gains more and more importance and healthy and successful ageing, integration with society and lives as a part of it has been on the air. Ageing is a natural process and in it social integration problems of elderlies should be dealt with as well as their physical problems. Life is precious in its every stage. Therefore elderly people who know this process and are ready for it can have a happy life.

Consequently, all age groups contribute community life and none of them should be underestimated. With this reason, we must improve the relations between generations to keep and sustain our social values and make them easier to be transferred. For this, we shouldn't isolate ourselves from the society and be in contact with contemporary and younger groups.

## 2-What is 'old age'?

Old age is the last stage of a lifetime that we can classify as newborn, childhood, puberty, adulthood and old age. Today, it is very difficult to set a starting time for old age. Because this changes from society to society, from educational backgrounds as well as gender, psychological and biological age.

Old age is a natural process but changes which come up with old age brings a lot of anatomical and biological problems. In this stage, the need for care of elderlies' psychological and social integration problems are increased as well as their biological problems. When psychosocial changes are taken into consideration the individual's social activeness, power, prestige, close relations, sexual activities, reputation, and support are decreasing while he is heading to a more passive situation. While the person meets his own needs and help others he can get a position which he is in need. Children left home, beloved people maybe his wife or husband died, all the values he knew was lost, couldn't keep up with the life's quickly changing facts with his current knowledge, became aware of the fact that his life time is about to over and his economical sovereignty was no more. If not have enough social support in this stage, the person can be vulnerable to the feeling which these circumstances give birth. Psychologically old age causes focusing oneself rather than others and as a result of this, it is seen that contributing socially to the society is reduced.

## 3- Status of Elderlies in Turkey

Industrializing and urbanization in Turkey caused big changes in family structure especially in big cities. In our country, where the change from patriarchal family to core (modern) family takes place fast, the group who were effected from this situation is elderlies. Elderlies who used to be the authorities in families for years are now just a burden to bear as life circumstances are getting harder.

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Traditionally, woman who is in charge of housework and caring every individual in home has been affected as she takes more place in the world of work and spends less time for motherly duties and kids, elderlies, unhealthy or healthy people who expect to be looked after are affected and this leads a lot of problems within the family. Elderlies who lie alone has to deal with all problems by themselves and some time hey can overcome those problems but some time they leave it to luck.

#### **4- Factors that effects elderlies' social life qualities**

Social life brings and inevitable condition: being have to live with people out of lives. Family and friends are the most comfortable place where these feelings are intense and safe for the person who is in it. These kinds of environments make people relaxed and calm. What make a person active and social in old age are social relations and hobbies.

It is possible to gather the information collected from different researchers under four categories. These are;

##### **a. Economical indicators**

Under this category, there is technological development and economical growth. Yearly income from gross national product, owning properties, compatibility with work conditions and having durable goods shows their situation.

##### **b. Social Indicators**

In this category, the important thing is icrasing life quailit and sustainability. What's more important that this is activeness in social relations, social insurance, experience and knowledge, having a balanced diet, having a healthy life, the capacity in physical life (traveling)

##### **c. Psychological indicators**

In this category, there are factors like the satisfaction which the person has from his family and friends, pleasedness of hos own health condition, in short, happiness in his life.

##### **d. Health Indicators**

In this category, there are factors related to one's health. These are mentally, spiritually and physically and also making use of them. It is seen that all four different indicators are associated with each other. With this reason, all of them are related to each other.

#### **5- Conclusion**

It is vital to keep social relations alive not to be isolated. It is another way to make life meaningful. Socail relationships increase self esteem of the elderly. Socail relations play an important role to enjoy the life.

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## EK A:



## COURSE MATERIAL

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## 1. INTRODUCTION

One of the basic realities of our life is old age. It is generally mentioned that there are babyhood, childhood, youth, and adulthood and old age periods in man's life. It is possible to describe socially old age as the messages that a person receives from society stating that they have lost their titles. There are some behaviors expected from elderlies by society which are set by the values and morality of the society. Society describes some kinds of indicators of old age such as grey hair, reducing the movement speed, difficulties in comprehension. These indicators are directly related with the culture of the society and we are raised with these. This is the truth that if we can old age despite of the stressful life that we have today's world, we should count ourselves as lucky. Because, lots of people pass away even before they got old. Therefore it must be thought that how people who have reached this age can spend their time in quality and how they can successfully get old.

## 2- What are you going to learn?

- A- The importance of social communication in old age.
- B. How can we organize our social relations?
- C. The importance of having hobbies in old age.
- D. Free time activities.

## 3. COMMUNICATION IN OLD AGE AND SOCIAL LIFE OF BEING OLD

One of the musts of social life is to spend a life with other people. Being social means live together and act together. In sociology in order to act together it is needed to have face to face warm relations. Family and friends environments are the places these feeling are intense. They are the most comfortable and safest places to individual. These environments meet the social needs of individuals. In short, social relations and communication is a social need. These kinds of environments make people calm and relaxed.

In old age the thing that makes the person active is social relations and hobbies. Social activeness is also one of the indicators of successfully getting old. In this study, they have been studied under four titles that how they can keep their social relations alive and they need to have hobbies and how they can improve their life qualities.

### A. The importance of the communication at elderly

The individual who has the principle of "making his existence meaningful" live being aware of the life both in adults' times and older ages. This can be achieved by being model and educator to the people around. In other way, it means to be "helpful" and "achieve" something. In the communication, both sides should enjoy the conversation. Therefore, the elderly should prepare themselves to have pleasure whatever they will be doing in the following years. Each person needs to communicate with someone else and this need increases as the individual becomes older.

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## **B. How should we organize our social relationships?**

- This is not an easy question to reply. But in our environment including our families, friends and neighbors, we can build relationships healthily and treat them in a reconciliatory way. Because of the feeling “being safe” is one of the main reasons why elderly want to stay with their family. So, the importance of the family cannot be underestimated for the elderly. It will be beneficiary for you to keep warm your relationships with the members of the family.
- To create a group of friends and keep it going on depends on understanding each other and show a reconciliatory way. Friends may become much more important than families at older ages. To be modest plays an important role to create a strong relationships with friends and families. You can be more forgiving to people with whom you share lots of your time.
- Life is meaningful if shared. Taking care of grandchildren creates the feeling of “helpful” for the grandparents. As you know the love for grandchildren has a priority. This gets family relationship stronger and ties to life and increases the quality of your living.
- Besides these, you can be volunteer workers for charities if you feel healthy. For example, you can share your experiences with youngsters who have family and social problems, join the environmental activists to help to protect your environment etc. This will help you to develop social responsibilities. When you share this, you will be happier.

## **C. The importance hobbies for elderly**

People over 65 years are tend to either take part in social activities or get marginalized and isolated because of the reactions from the environment.

Especially becoming retired may have problems. Retirement may means not to be capable of doing things or works that can be done before. If the individuals retire before 65 years old, these problems may be prevented. They can also find hobbies to become prepared for older ages. This helps individuals to go on social activeness. But this can be different for those retired after 65 years old if they haven’t prepared themselves or lost the meaning of social activeness.

It is usual that we always hear from people about their plans after retirement. It is seen that the individual is in the preparation for a new life. This is vital for the elderly. This show how strongly elderly tied to the life. To realize that they haven’t lost the joy of life is important.

Life goes on and before getting older, you should prepare yourselves about how to spend your time at older ages. You can join in many hobbies or activities such as;

- drawing
- Sculpture
- Ceramics

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- Poetry, novel, story
- Cinema, theatre, concert
- musical instruments

These hobbies may be strange for you. It may require skill too. But you can gain new habits by learning. These help you to get stronger ties with the life.

Except these hobbies you can also have opportunities as;

- Gardening
- Growing organic plants and flowers

These activities don't require a lot of knowledge. Dealing with garden, being witnesses of a new life blooming will make you feel joyful.

#### **D. Free Time Activities**

To increase the quality of living, free time activities are very important. To keep fit, you should find an appropriate sport or activity. You shouldn't ignore sport. You can have advice from your doctor. It is clear that elderly who involved in any kinds of sports are smiling to life. The feeling of "being successful" makes you happier.

If you want to communicate with other people you can join in one of these activities. These are available in mosque associations as well social centers. You can have conversations, crafts and games there. There are centers only for men or women.

#### **CONCLUSION:**

It shouldn't be forgotten that it is needed that social relations should be kept alive to get rid of the feeling alone in old age and to meet the social needs. These behaviors are ways of giving meaning to life. In this case, that you keep your social relations alive is possible if you expand your family and friend and have hobbies as well.

For this, before getting old you need to invest socially. Social investment means standard income, to have health insurance and a healthy shelter, to have a balanced diet, to deal with music and sports to have a healthy mind and body, to have healthy relations with relatives and friends, to develop ready-to-agree mind while dealing with problems. Doing all of these or some of them make your life more enjoyable and meaningful.

Please ask these questions below to yourself in elderly stage or while preparing for it and seek for answers.

**Q1.** What kinds of changes have happened in your family in elderly stage? (relations with kids and wife and friends and relatives)

**Q2.** Do you have plans for this period?

- How do you think to spend this period?
- Do you think to take up new hobbies?

**Q3.** What do you think are the most serious problems in this period of your life?

Do you know what can be done to solve these problems?



**Q4.** Do you do exercise, how is your general health condition?

**Q5.** How do you see yourself as mind activeness? Do you do some activities (reading, solving puzzles) to improve yourself?

Don't forget old age is not waiting for death, it's the making joy out of it...!

## EK B:

### Useful Books and Links

- Her Yönüyle Yaşlılık, Galip AKIN
- Sosyal Yönleriyle Yaşlılık, Ayşe CANATAN
- Yaşlılık, Aytaç AÇIKALIN
- Yaşlılığın Tadını Çıkarın, B. F. Skinner, M. E. Vaughan
- Psikolojik, Sosyal ve Bedensel Açından Yaşlılık, Yrd. Doç. Dr. Melek Kalkan
- Yaşlılık - Italo Svevo
- [www.sakarya.bel.tr](http://www.sakarya.bel.tr)
- [www.sakarya.aile.gov.tr](http://www.sakarya.aile.gov.tr)
- [www.yaslilikrehberi.org](http://www.yaslilikrehberi.org)
- [www.yaslibakicisi.net](http://www.yaslibakicisi.net)
- [www.eyh.aile.gov.tr](http://www.eyh.aile.gov.tr)
- [www.adanaaile.gov.tr](http://www.adanaaile.gov.tr)
- [www.inegonline.com](http://www.inegonline.com)
- [www.denizli.bel.tr](http://www.denizli.bel.tr)
- [www.karatay.bel.tr](http://www.karatay.bel.tr)
- [www.huzurevleri.org.tr](http://www.huzurevleri.org.tr)
- <https://www.izmir.bel.tr>
- <http://www.turkgeriatrivakfi.org.tr>