



Original Contribution

PSYHO-SOCIAL ADAPTATION OF THE ELDERLY

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ABSTRACT

Aging is natural, biologically based process influenced by social and psychological factors. Factor personality /individual aging/ determined not only life expectancy but also quality of life and the way in which older, it is influenced by genetic and external factors. Aging starts at puberty and continues throughout the life of man, and from a social point of view the definition of adult dependent on social, cultural, moral categories and traditions.

The goal of our scientific report is to reveal and outline the pedagogical conditions of caring out the methods of the practical learning of nurses how to deal with adults at their homes while being in clinical practice. In the process of the studies some inquiry was applied, as well as targeted observation and pedagogical experiment. The results show, that while introducing of the learning program and her realization in the environment of do practical learning, in clinical practice will apply better qualified care for the adults at home.

The conclusions are: the contemporary clinical approach requires to negate the image of equality between age and disease; when frequent suffering, based on illness among aged people, a search of diseases with hidden symptoms is required; the appliance of proper therapy should be accompanied with careful registration of the tissue sensibility and its influence on the human body as a whole. The nurse should apply strictly an individual approach when diagnosing, pre-treatment and cure of the aging patient; she should be aware of the age norms, characterizing healthy people in mature, advanced and long living people; as well as knowing in details the changes due to aging

Key words: aging, psychosocial adaptation, elderly people, social roles, social status, medical nurse

INTRODUCTION

Aging pass through different stages– within the cell, cell and tissue, within the organs, within the body systems and in the body in general. Within the body the changes begin at the age of 30-ies, when the period of physical maturity is completed. Step by step changes advance in the metabolism and in the functions of the particular systems, the adapting abilities, as well as the probability of rise of chronic-generative pathology, inclination to complications and even death.

The goal of this scientific report is to reveal and outline the pedagogical and organizational conditions in the methods of practical learning of the medical nurse in her work with aging people at home.

Subject of the study is the process and the conditions while nurse training goes on in order to prepare her to apply the obtained knowledge and skills when working with man in need.

The people to analyze were the students of the chair “Health care” at the Thrakia University, Medical Faculty– town of Stara Zagora, trainees in the subject of medical Nurse and their teachers.

Inquiries, observation and pedagogical experiment were applied.

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SUBJECT AND METHODS

Social adaptation is the process of human adaptation to the environment and the environment to him. The purpose of adaptation is the human organism to transform the best way for him. Adaptation is a continuous process in which the human organism and environment change to achieve a positive balance. The social adaptation is successfully implemented when there is a balance in social society. The process is continuous and dynamic, adaptation is a complex phenomenon, which includes relationships, activities and skills [1, 24]. The process of adaptation in the elderly is determined by the specific social, psychological and behavioral problems that people. Any changes in the lives of older people if they experience such distress provoke emotional, cognitive, physical, motivational and behavioral changes. Adaptation to new living conditions and opportunities changed man may be completely or almost impossible. The problem of "aging" is a problem of society and to it is approached by the responsible individual, family, society and government institutions. The guidelines in the process of psychosocial adjustment in adults are as follows:

- The thought of the approaching end of life requires personal resources to overcome the fear of death and increased health problems;
- Older people experience difficulties in adopting new social roles and changing opportunities for social activity;
- Overcoming loneliness and isolation that affect emotional and mental status, and that the quality of life.

The components of social adaptation, which depends on its successful implementation, are: social ideas, social knowledge, social behavior, social competence and social skills (1).

RESULTS AND DISCUSSION

Based on the premised formulations, the applied inquiry, purposeful study and pedagogical experiment we prepared a training program for clinical practice at home of the senior people, to be applied while nurse winter semester of the year 2011/2012 with the students of the Year 3 and 4.

The result of care for adults may be positive or negative. The positive manifests within the

feeling of being useful, necessity and role within the family, being in power to change to everyday life of the adult in need. Positive may mean fellow feeling, sympathy and love toward to man, humanity and nurse care for the man in need. The feel of satisfaction, helping the adult in need for care is obvious.

The people in senior age appreciate the care of their beloved and friends. A nurse's self-respect grows after her cares have been recognized by them.

The negative result of nurse's care for a senior age people consists of their physical problems, financial problems and everyday life. Many of them have problems with health. Very typical triple effect: problems, insomnia and fatigue. Very often - social isolation like a conflict between brothers, sisters and others. Fatigue and misunderstanding as well as many challenges during day time may lead to conflict between members of the family. Nurses also take care of people at home, stress may be avoided via following means: communication at home, keep the balance in needs and other members of the family; control in behavior toward the members of the family.

CONCLUSIONS

In the environment of dynamic quantitative and qualitative changes in the need of health care for adults, a necessity of highly trained nurses grows immensely.

Older people are not a homogeneous entity, but carry their individuality. They are influenced by socioeconomic status, ethical and cultural rules and norms.

They are in varying degrees with reduced physical and functional capabilities. Increased number of premature aging persons. The reason for this is the social determinants and personal capacity for successful adaptation and overcoming the challenges of the environment. In the process of aging is the accumulation of irreversible loss that need to adapt human social way as you develop skills for maximum using of resources and capacity to achieve happiness in old age.

RECOMENDATIONS

Following recommendations could be made toward the teachers in the subject of medical care: while nurse training, an effective use of the methods to work with adults, mentioned above is necessary; the teachers should possess the needed qualification in order to apply optimally the active methods, contemporary methods to

stimulate the students; The teachers should make all in their power to give additional possibilities to the students to improve the professional skills and knowledge.

REFERENCES

1. Vodenicharov C., et al, "Current problems of aging and old age", Sofia, 2009.