

Pay Attention to the Elderly Mental Health Aging

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Abstract: The size of China's elderly population is expanding, the growth rate is accelerating, the life expectancy of the population is increasing year by year, and the elderly are a special and large group in the society. As people age, in general, they will show a slow physiological metabolism, a drop in resistance and physiological function, hair, eyebrows, and beard become white because this is the natural law. Psychologically, the older you are, the more things you need to face and bear. The more things you experience, the more complex your mind will be. From simple reactions to complex thinking, maturity means getting older. A popular science data show that 85 percent of the elderly have different psychological problems, and mental health of the elderly has become a social problem.

Keywords: Thermal recovery; Steam channeling; Compound; Profile control agent; Two-fluid process.

1. Introduction

The size of China's elderly population is expanding, the growth rate is accelerating, the life expectancy of the population is increasing year by year, and the elderly are a special and large group in the society. As people age, in general, they will show a slow physiological metabolism, a drop in resistance and physiological function, hair, eyebrows, and beard become white because this is the natural law. Psychologically, the older you are, the more things you need to face and bear. The more things you experience, the more complex your mind will be. From simple reactions to complex thinking, maturity means getting older. A popular science data show that 85 percent of the elderly have different psychological problems, and mental health of the elderly has become a social problem.

2. The Main Manifestations of Mental Health Problems of the Elderly

2.1. Low level of consciousness

The level of consciousness tends to be objective indicators because the lowering of the level of attention can affect the effective level of conscious activity. The higher the concentration, the lower the mental health level, and the more serious the other consequences, such as the decline in memory. After entering the old age, the intelligence gradually subsided. Recent events, new contacts, or learning new knowledge can be easily forgotten.

2.2. Poor mental rehabilitation

No one can avoid being traumatized in a person's life. After mental trauma, emotional fluctuations, temporary changes in behavior, and even somatic symptoms are possible. Old age is the multiple stage of negative life events such as gradual aging of physiological functions, the emergence of a variety of diseases, the change of the social role and reduced social intercourse, and the death of a spouse, children or friends. These negative life events on old people, creates a huge impact on their emotions. They need to recover from this traumatic stimulation but it takes longer for older people but with less time to recover.

2.3. Verbal repeatability

As the saying goes, trees are old and old. After a certain age, many older people become chattering, repeating and talking to themselves. Old people are a special group of people who are old and lonely and talkative. In order to discharge loneliness, they will add a bit of a lively atmosphere to their life with the help of repetitive and nagging language. They are sometimes overconfident, always treating adult children as children, or because they are trying to assert their dignity, repeatedly stressing their claims. Physical, and especially, the decline of brain tissue in the elderly, can cause the elderly to be prone to nagging. (I said I forgot, I have said things, but I forget, when I think of it, I will again be reminded or repeatedly asked.) – can be removed from the article.

2.4. Significant nostalgia

People into old age, as if thought began to retreat, like when I was young, no longer look forward to the future, but start to finish his decades of road and self assessment,

saying and doing things with strong nostalgia. – try to rephrase because the idea is not clear. In the psychological sense, because the elderly are unlikely to get a new, major achievement and a sense of pride, so they turn to the psychological balance of self maintenance, it is natural that they feel the need to recall and talk about their life the achievements and honors.

Many elderly people feel more comfortable with their peers, and those who grow up with life, anecdotes, especially the young fellow, they feel friendlier, because they have more common language AND common memories.

2.5. Weak environmental adaptability

A person's ability to adapt to the new environment, and a person's personality (is flexible, accustomed to social networking, self-confidence, etc.), the new environment (whether welcome visitors, whether or not discrimination, and the old environment gap is too big), life experience and so on. – rephrase because it is not clear. When the old people move to the new environment of their children, they will encounter differences in the traditional way of life, eating habits, language, ideas, beliefs, customs and other aspects of the local social groups. At this point, they first have to face a "split" suddenly, with the past being very familiar with the environment, memory, emotion, character, habits and coping with the way of connection is disconnected, this itself is a kind of "SangShi-Gan", will lead to separation anxiety, because people often feel most comfortable in their familiar environment.

2.6. lack of self-confidence

Self-confidence is essentially a kind of analysis and comprehensive ability of self-cognition and thinking. Whether a person has proper self-confidence is a standard of mental health. Old people often put "the sunset is so good, just near the dusk" to the mouth, afraid to face and try new things, new activities. I think I am old and lacking in ability. I am afraid to fail because I am not willing to do things that may be difficult. Even if there is a problem, it is often a retreat and a retreat, not an effort to solve it. Sensitive, anxious, easy to be overanxious, easily agitated.

3. Carry Forward the Traditional Virtue of Respecting old Age and old Age

Respecting the old is the traditional virtue of the Chinese nation, and it is the common responsibility of the whole society to love the old. Supporting parents is a legal obligation, and social endowment is necessary to supplement. Mental care is more important than material support. The heart is wide, the heart is wide, and the heart is long. Since ancient times, China has advocated "the old man and the old man" and "the good parents and the filial piety". The elderly law also stipulates that "the whole society should carry out the education activities of res-

pecting and caring for the elderly, and establish the social fashion of respecting, caring and helping the elderly." Taking care of the elderly is a civilized behavior, and how to treat the elderly is a serious test of the civilized qualities and moral standards of the current generation, which is an important manifestation of the progress of social civilization and the improvement of civic morality. In hospitals, banks, such as the elderly service window, set the old seats on buses, in newspapers, magazines, TV, Internet, and timely propaganda to respect love the support advanced unit and advanced deeds of the individual, to disrespect unfilial pension not bad performance to timely exposure, serious to organize processing.

4. Actively Carry out the Mental Health of old People Education

In-depth psychological counselling for the spirit of loneliness, especially the mental health of the elderly to provide psychological care volunteer service. With the street and the neighborhood committee, we will establish professional psychological counseling organizations, so that social workers and volunteers with professional psychological knowledge will be professional psychological counseling for the elderly in the community. In the community, a series of psychological education and psychological crisis relief system have been built for the elderly. Through telephone greetings, visits to the door, online chatting and other forms, psychological counseling services for the physical characteristics and psychological needs of the elderly are carried out to alleviate the psychological problems of the elderly. Help old people to solve the heart knot, happy life. Community volunteers will not regularly provide spiritual care services for the elderly with mental loneliness and mental illness, often accompany the elderly to chat and exchange, and read and read newspapers to the elderly. And told the old to the appropriate vent their emotions, to develop personal interests and life interest, choose a healthy way of life, learn to enjoy life, learn to express love, learn to accept love to improve the quality of their old age life, live more wonderful.

5. Optimize the Industrial Structure of Education and Establish the old Education Network

Older university, aged TV university, a variety of forms such as elderly online school aged education, to enrich life and cultivates the mind as the tenet, by setting the keeping in good health, singing, calligraphy, dance courses, such as actively advocating healthy elderly, dominated by culture, way of life. The elderly university has expanded space for the elderly to participate in social economy, politics, culture and other activities. College students can make friends at old universities, relieve lo-

neliness, show their spirit, and improve their life satisfaction and subjective well-being. Apart from being able to communicate and learn from each other, old universities can also enable older people to develop and improve their potential. So we have put forward the concept of education innovation, promote the reform of teaching, strengthening the teachers, improve the management level, enhance radiation function and operating conditions, etc, to promote sustainable development of the undertaking of elderly education. It is a major social system project to correctly understand the psychological characteristics of old people, effectively maintain and promote the mental health level of the elderly, and realize "healthy aging". When a man comes to his old age, he often needs more care. Caring for the elderly is not just a family, a child, but a society, a country to work together! Our country is running into an aging society, the speed and degree of aging is beyond our imagination. They all share a common psychological trait, such as mental stability, positive change, optimism, magnanimity, good adaptability to the environment and a fulfilling spiritual life. The old-age service industry is the service industry that provides life care and nursing service for the elderly,

and meets the special needs of the elderly and the spiritual needs. Development services for the elderly is the current solve the practical problems in the elderly life, maintain stability of the family relationship harmony, promote the elderly in harmony as well as the important content of building a harmonious socialist society.

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