

Aging beyond 65 Years: Somatic, Psychological, Social, Societal Aspects more Specifically Data when listening to the Complaints of Octogenarians



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Abstract

Research relating to the existential and current aspects of this Growing population involved increasingly in-depth contribution. Demographic data is all consistent. For instance, in JAPAN, one of the countries where there are the most centenarians, a percentage of 0,106 %, the oldest reaching 116 years since August, 30 % of the population has reached the 65 years mark or 36,25 million and the two other countries are URUGUAY and FRANCE. In this last country of great longevity, the oldest has reached 114 years. We want, in fact, to focus on the living conditions of older, Alone, Self-Sufficient, active and always Relevant octogenarians but, by scrutinizing the intimate lifestyle and assessed regarding the influence of environment. Notably about stresses and risks, which it can involve and entail, depending on a family-social support which rarely becomes vertical, forcing on to stand up. We therefore exclude subjects affected by disabilities and by cognitive or neurological and cognitive disorders.

Keywords: Aging; Somatic; Cognitive; Octogenarians; Psychological

Preamble

September 2024: 36,25 million of Japan have reached 65 years and more representing 29,3 % of the population. Some are still working. That a real democratic novelty.

Introduction

In a previous article, we described octogenarians located in a stage of well-being -at least those free of free from diseases- having a rather fulfilling and pleasant lifestyle during their Elderness. Now, we want to draw attention to the possible stresses of a sneakily hostile or unempathetic world. That will require many researches concerning the Elderly, but our goal in this is to highlight the hazards, the life's difficulties and the frequent scams, which can affect those, who become older, for example octogenarians, autonomous and fully active and relevant, as a sneaky and envious pressure can be exerted as their expense insidiously or sometimes incisive/boldly, without measure stress and the consequences on their health. The fact is obvious, that women have a longer lifespan, being apparently

better prepared for an organization of vital constraints, such as preparing their food and cooking well. They seem also to have simpler exchanges between them, whether in words or in ballad or group game. The end of professional career is less involving and the impact of competition is lower. Assertiveness in a background of virility fades or is diluted in coquetry. Nevertheless, the level of intellectual interest remains beneficial in each case.

- There is of course a notable difference between those who are widowed or separated/divorced and those who have always been living single, between those who can rely incidentally or regularly on family members and those who are independent, without many links in their entourage. But also, those who were raised among siblings and those who had the status of only child, between those raised in a wealthy and literate, even intellectual environment and those who experienced poverty, those who achieved in an attractive professional way -which they regret, trying to continue in similar voluntary activities or in action of help and support to the deprived-or regroup in a creative way and those, who depend on groups, attendance or various attractions

such as gaming or substance use... Among those, who have had a famous creative and popular activity, which they don't want to leave, we can cite Bill GATES, who said he will continue, as the old financial and many artists or writers, as P. PICASSO at 91 years old, the aristocratic J. d'ORMESSON at 92 years old, after surviving more than a decade, bladder cancer treated.; who had had a happy and glory old age and even said that the death had forgotten him. D. VELASQUEZ, appreciate so much by King Philippe IV of SPAIN was expected to die of exhaustion at the age of 61... It's the same for many others, like for some royal or political leaders, even medical searchers or engineers I.e. However, the life of a single man involves many hazards, especially since the current era has a "big disadvantage": the loss of verticality in a family context in favor of horizontality, the tendency that seniors are targeted by careful concern ordering them to regroup in residences and by attempts to make them subject or placed under guardianship, negatively implying a restriction of their initiatives or their freedom, sometimes unconsciously under the cover of good intentions. Another disadvantageous difficulty, the development of digital communication, to which they had to adapt, despite their achievements relating to another generation.

- Lifestyle Observations and Psychotherapeutic and somatic Approach:

1. Consequence of a fusional mode of Life shared with one's mother: Odette had his life centered during his last years on visits to his mother placed in hospice, going there on foot with her little penny dog trotting beside her. After the death of her mother, she bought an apartment very close of aa widower on whom to have her sights. But it only had new furniture and seemed cold, with no magazines or personal touches appearing. She had to quickly carry the new little dog, which replaced the deceased previous one, who had become incapable of walking, trembling constantly, the anxiety of her mistress being delegated to it...By Proxy. The cognitive level and the abilities of this single woman caught in a broken relationship were drop rapidly, necessitating her placement in an institution, were she died having just reached her 80s.

2. Neglected medical Care: LUC, 80 years, former high-level salesman, widowed for 5 years, father a son living abroad, during corona virus epidemic-COVID 19- was beginning to complain with a severe obituary constipation, which he attributed to the side effects of the second vaccination. A gastro-enterologist offered to hospitalize him in his university medical clinic, one Friday afternoon. There was no entrance exam and he had to strongly request a purge, which had notable result. On Saturday, no care was provided to him, so that he became irritated with the feeling of wasting time. He only received a visit from a young intern, who told him that he was just starting out in this specialty. and only gave him a rectal examination. Although he had some prostate urinary problems, this isolated care didn't seem him obvious, even superfluous, in relation to the purpose of his

treatment, to the extent that he benefited already from a urological follow-up. Finally, in the absence of the statement of care plan, as well as Monday was a public holiday, due to the lack of medical attention, he had to sign his release against medical advice. It was therefore a psychiatrist, who listening to him at length, knowing that the intestine, which secretes 50% of a serotonergic amine, took an interest in his diet, believing that the biotope must be intervene in a major way in his peristaltic disorders. He suggested a significant modification of it, which led to decisive result.

3. LEO, 80 years, was an active school teacher and, after his retirement, was greatly missed the time when he was an activity. Divided for 8 years, estranged from his 3 children, after having sold a family home, he regretted being able to rarely give advice to former students. He was still buying scholar things but also all kinds of objects, elegant clothes, perfumes and rare alcohols to the point of finding themselves in financial difficulties. He was to die of a heart attack brought on in part by his sense of unredeemable rejection and we owe this observation only in post-mortem context. We had also the opportunity to discover seniors living with lifestyle habits with accumulation of objects, as if to fill a lack or a void, with a regular sillagoma-niacal practice, escaping appearances.

- **Among them:**

4. GIL, 79 years, a former officer in the Navy, had to fill his apartment with microscopes, spending his time searching for unless instruments in the bazaars, although maintaining a normal appearance.

5. ANDREA, 80 years, who had managed a commercial business with his wife, of whom he was a widower, had the feeling of being dispossessed of his ability to manage his assets in the context of a private bank and consulted for anxiety and fatigue, as result of fear of being cheated and which led him to painful checks [1].

Conclusion

SENIORS beyond 65 years, even OCTOGENERIANS, but staying Autonomous, often Alone, Active, Self-Sufficient and always relevant may encounter daily difficulties in their relational exchanges and in their Existential Affirmation, then they ask specialized help...Although they remain proud of themselves. It appeared, in fact, that in the new society, the taking into account of these subjects, who don't have career or project obligations socially conceptual to implement, can provoke unempathetic reactions.

The reason of that seems due to the loosening of family ties, and to the trivialization of the elderly subjects, whose number is increasing, the ancestor no longer fits into a vertical dimension but leveled horizontally, exposing him revealing various weaknesses aspects of in their demands. In a society in constant technological, cultural and economic renewal, integrating the

transformations of existential modalities and lifestyles without a hitch, the grandfather located in a family verticality involving the emotional contribution and psychological support of children has been replaced by an integration at a level of horizontality, such that the senior must position himself according to the adaptive criteria to find his place.

This tends towards a sectoral integration in the population, such that the trend goes to the grouping in subdivisions or neighborhoods defined with facilities thought out almost by algorithm as to their comfort but, by reinforcing their passivity and their sectorization, even segregation, when they slide

towards places of life and institutions. Interrelations with the youngest become sequential, during visits and, we do not take the grandparents on vacation for example. Access to the fast-paced dynamics of society is sometimes provided to them by conferences or organized trips. Seniors, who should be happy to be getting older thanks to advances in medical care, tend to suffer from a tendency toward isolation and “separation.”

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