

노화의 정신·사회적 측면

Psychosocial Aspects of Normal Ageing

696 - 6

Byoung Hoon Oh, M.D.

Department of Psychiatry

Yonsei University College of Medicine

Severance Mental Health Hospital

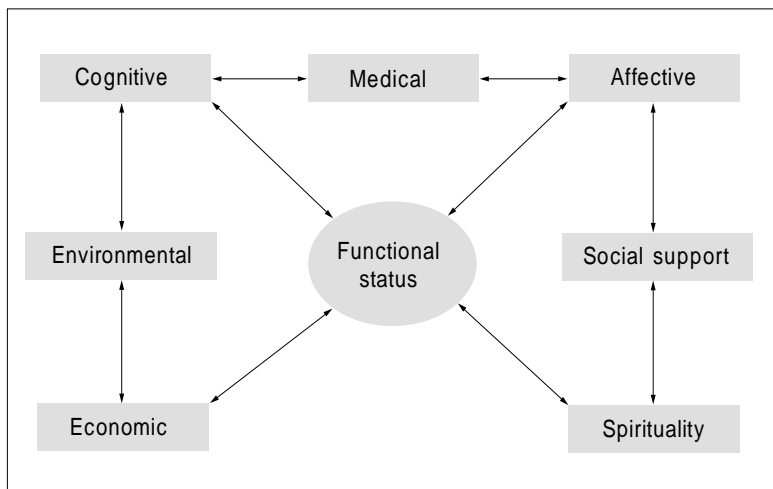
E - mail : drobh@chollian.net

Abstract

The normal ageing process has biopsychosocial aspects. The successful psychosocial ageing means the integration and dignity by maintaining the quality of life with a good physical status, mental functions, and self performances throughout the old ages. For this, elderly individuals need the following four - dignity, money, proper medical services, and appropriate works to do. Ageing as a physical change is relatively unimportant compared with ageing as a psychosocial event, although physical losses are serious and will ultimately sacrifice the victims. To maintain active and creative ageing, we should have a positive attitude for ageing and preparing the adversaries from psychosocial ageing such as decreased cognitive functions, role deprivation, loss of dignity, and especially even death.

Keywords : **Ageing; Psychosocial aspects**

(Ageing) 가
가
(life expectancy)
2000 65 7.0%
(aging society) , 2019
65 가 14.0%
(aged society)
가
(1).
(active aging)
(successful ageing)
(2).
가
(3).
가
가



1. 가

가 가

가

(integration versus despair)

(integration versus despair)

가

30

65

(5).

(biopsychosocial aspects)

1

1.

(life - cycle)

가 가

(4).

2.

1) (Body image)

(Sex)

. Erikson

8

(ego integrity)

(despair)

(ego)가

. Erikson

(body image) 가

가

가

가

가

(identity)

가

가

가

, 가

4

(pre - retirement) 60 ~ 65

50

가 가

가

(retirement) 65 ~ 70

가

가

가

20

(old age) 70

50 가

가

, 80 가

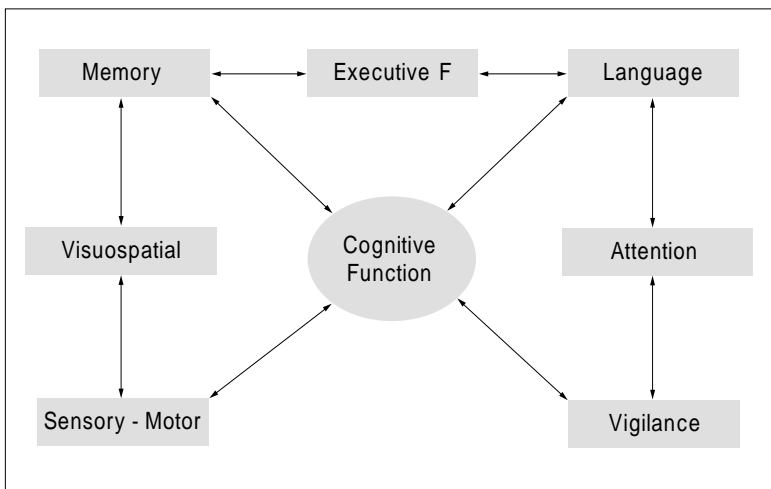
(terminal stage)

(sex)

가

(6).

가



2.

(hippocampus)

가

가

가

(6).

(cognitive function)

(intelligence)

40

60 가

(7).

가

2) (Cognitive function)

(2).

(attention)

가

(learning)

(memory)

(working memo-

ry)

(visuospatial

가

가

가 가

(prefrontal cortex)

abilities)

(abstraction reasoning)

(10).

3)

가
(stressors)

가

가

가

(loss)

(9).

가

Freud "Mourning and Melancholia"

4

가

3.

가

Reichard

가

가

가 (12).

가 , 가

가 가



가

가가

가가

가

가

가

가

가

1. : , 1988
2. 2001 ; 44(8) : 810 - 1
3. World Health Organization. World health statistics annual. Switzerland : Geneva, Author, 1991
4. Sadavoy J, Fogel B. Personality disorders in old age. In Birren JE, Sloane RB, Cohen GD, eds. Handbook of mental health and aging. San Diego : Academic Press, 1992 : 433 - 63
5. 1982 ; 6(6) : 127 - 9
6. Jacoby R, Oppenheimer C. Psychiatry in the Elderly, 3rd edition. Oxford, 2002
7. La Rue A. Normal aging. psychological aspects. In: Comprehensive textbook of psychiatry, six ed. Baltimore : Williams & Wilkins, 1995 ; 2527 - 32
8. Mizner GL, Strauss D. Later adulthood and old age. In : Understanding human behavior in health and illness. Simons RC, Pardes H, eds. 2nd ed. Baltimore : Williams & Wilkins, 1981 : 432 - 62
9. Sadavoy J. Lazarus LW, Jarvik LF. Comprehensive review of geriatric psychiatry, Washington : American Psychiatrc Press, 1992

10. Conwell Y, Duberstein PR. Suicide in Elders. *Ann N Y Acad Sci* 1994 ; 38 : 1516 - 22
2001 ; 932 : 132 - 47
11.
12. 2004 ; 2 (in press)

3 ()

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |