



## Gerontology is the Evaluation of Ageing and its Impact on Society

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### Description

Gerontology is the study aging and its impact on individuals and society as a worldwide. This field of study focuses on understanding the biological, psychological, and social aspects of aging, as well as the policies and programs that support aging populations. As the world's population is continues to grow large, gerontology has become an increasingly important area of research and practice.

### Aging population

According to the World Health Organization (WHO), the global population of people over 60 years old will nearly triple from 962 million in 2017 to 2.1 billion by 2050. This evolution is the result of several factors, including improved healthcare, increased life expectancy, and declining birth rates. As the population increases larger, there are a number of challenges that society must face, including the need for healthcare and social services, changes in family structure, and the potential for increased financial burdens.

### Biological aspects of aging

One of the important areas of focus in gerontology is the biological process of aging. This involves researching the improvements which also occur to the human body as it grows older, such as the decline in physical function and the increased risk of chronic diseases. Researchers in this field explore the underlying mechanisms of aging, including genetic factors and environmental influences, in order to better understand to improve health outcomes for older adults.

### Psychological aspects of aging

In addition to the physical changes that occur with aging, there are also psychological changes that can impact older adults. Gerontologists study the cognitive and emotional aspects of aging, including memory, decision-making, and mental health. They also explore the social aspects of aging, such as the impact of social isolation and social alienation on mental and physical health.

### Social aspects of aging

Gerontology also focuses on the social aspects of aging, including changes in family structure, social networks, and psychosocial functioning responsibilities. As people older, they may face increased isolation and decreased social support, which can have negative impacts on their mental and physical health. Gerontologists work to develop policies and programs that support social engagement and connection for older adults, such as community centers, senior centers, and volunteer programs.

### Policies and programs for aging populations

Gerontology encompasses more than the study of the ageing process; it also includes establishing policies and programmes to assist ageing populations. These programs can include healthcare services, housing options, and social support programs. Gerontologists work with policymakers and healthcare providers to develop policies that address the unique needs of the older adults, including the prevention and treatment of chronic diseases, and develop better healthy aging.

### Challenges and opportunities in gerontology

While gerontology provides many opportunities to improve the lives of older adults, there are also significant challenges facing in this field. The requirement of more studies and resources to support the development of effective policies and programmers is one of the most significant challenges. Another challenge is identifying differences in healthcare and social services for different population, including living in rural areas and reduced community members. Because of these challenges, there are many opportunities for gerontologists to make a positive impact on society. For example, they can work to develop innovative healthcare programs and policies that support healthy aging, such as preventative care programs and chronic disease management programs. They can also develop new technologies and interventions to improve the lives of older adults, such as assistive technologies and mobility aids.

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