

GENERAL UNDERSTANDING OF MEMORY LOSS AND MEMORY FUNCTION IN THE ELDERLY

Turdikulov Kamronbek Muzaffar o'g'li

Student of Termez State University, Faculty of Social Sciences,

Department of Applied Psychology, 3rd year, Group 221

Abstract

In this article, the subtle aspects of gerontopsychology are scientifically analyzed. Also, the causes of memory loss in old age and memory functions are highlighted.

Key words: Aging, gerontopsychology, memory, memory functions, memory loss

Introduction:

Gerontology is a Greek word that means the origin of old age. The word geriatrics refers to the treatment of an aging person. The concept of involution is the opposite of evolution, meaning a reversal from growth. Gerohygiene is the field of maintaining and strengthening the health of an elderly person. Gerohygiene serves to prevent nervous and mental diseases in the elderly. Heterochrony is the manifestation of mental processes differently (at different times and periods) in people of the same age. In the science of psychogerontology, I.V. Davidovsky includes genetic, environmental, biological, and social symptoms among the evolutionary factors of gerontogenesis. D. Bromley states that the search cycle of a person consists of three stages: 1) "moving away from work, service" (resignation) - 66-70 years old; 2) old age (age 70 and older), 3) terminal old age (severe old age and death) - maximum 110 years. At the same time (the laws of aging include the following). 1) the law of heterochrony (different temporality); 2) the law of identity; 3) the law of diversity. I.V. Davidovsky "What is aging?" as stated in his work, when a person is 50-60 years old or older, he enters the late period of maturity. If the death rate of people of this age is compared with that of their peers in the 18th century, their chances of living and working can be extended up to 75 years. Because nowadays pension determination is 15-20 years earlier than the actual biological aging age. This situation is clearly visible in intellectual people engaged in intellectual work. According to I.V. Davidovsky, long-lived people are mostly thin, active, mobile people, they like to breathe freely in the air, and they are free from chronic diseases related to the functioning of the body. In 1928, the researcher P.P. Lazerev said that the central ethnology of the visual apparatus fades with age. Later, in 1967, the American psychologist Gregory experimented with this idea, and as a person ages, the optical function of the receptor apparatus weakens, blurring the sense of sight and perception. The perception of color of the eye changes with age, and even the ability to distinguish color decreases

significantly. It should be noted that the propagation of spectral rays was explained by Ibn Sina, and in the world of science this discovery is compared to Gelmgols. Vision loss acquires a heterochronic character and is more clearly reflected in the short and dark part of the spectrum (blue and red). E.N. Sokolov, E.I. Boyko, A.R. Luria, who rejected the time of perception from the psychogerontological point of view, conclude that the time of perception is nothing but a function of the informational stimulus of the Age period. They worked out the curvilinear indicators of the time of perception in the form of a scheme and analyzed in depth two characteristics of old age. Similar data were obtained in the experiments of D. Birron, D. Botvinnik. In psychogerontology, more tests are used to study the psychological characteristics of elderly men and women. Tests have several types according to their purpose, essence and system: 1) goal-oriented, standard tests that determine the amount of knowledge - exam - test sheet; 2) intelligence tests adapted to measure human intelligence; 3) tests designed to check the qualities of a human personality; 4) tests aimed at determining the level of human talent, talent and ability. Studying the psychology of people during the aging period with the help of tests creates an opportunity to save time in the experiment by reducing willpower, mental stress, and nervous tension. At the same time, tests arouse in people (due to their variety), a feeling of interest, natural inclination, engagement.

Due to the limited time in working with the tests, some defects are allowed, but if they are repeated with the same testers after a certain period of time, the defects can disappear. Some methods of psychogerontology are widely used in experiments related to the research of the psychology of the elderly. The need of people who have reached retirement age to continue working and use them puts a number of demands on medicine and psychology. These requirements, as noted by M.D. Aleksandrova and her students, determine the extent to which the somatic aspects of people over 60 allow them to participate in production, the extent to which a person's mental health helps in work, the psychophysiological functions, mental processes, personal characteristics and profession of a healthy elderly person. - is to determine whether it meets the necessary requirements for blindness. Psychologists are directly responsible for the research of the last part of these, and changes in physiological functions with age should be studied in a certain way based on psychometric data. In this method, a number of people, communities are compared with the population of the same age. This method of research serves to determine the age dynamics of certain mental processes. Aging of the nervous system was studied in the physiological and histological studies of scientists such as V.D. Mikhailova-Lukasheva, M.M. Aleksandrovskaya, and changes in the structure of the brain were studied, and this situation was expressed on the basis of macroscopic and microscopic data. According to macroscopic data: a) 20-30% of the weight of the brain is taken up in old age; b) the

disproportion between the volume of the brain and the skull increases during the same period; c) during aging, the cerebral folds decrease and the canals expand, which are especially evident in the frontal part of the cerebral cortex, and are shortened by 3-4 times compared to people of mature age; g) brain density increases. According to the results of microscopy: 1) the total number of nerve cells decreases, this change is clearly visible in the III-V zones of the shell; 2) the number of Purkin cells is sharply reduced, the loss of cells is 25% more than in mature adults; 3) nerve cells are wrinkled: the nucleus begins to have an incorrect appearance; 4) nerve fibers thicken; 5) the number of myelin fibers in the message-carrying path decreases. The aging period includes the period from 61 to 74 years. People of this age differ from people of other ages in interpersonal relationships. They can be conditionally divided into two groups: 1, socially inactive men and women; 2) retired men and women, but the elderly who are active in various spheres of social life. Old age period includes 75-90 years. The elderly can be divided into a group of elderly people who are prone to physical and mental activity and who are used to a passive lifestyle. Biological aging causes drastic changes in mental processes, states, characteristics and behavior. Sense organs weaken, nervous system weakens. It becomes difficult to receive information, to understand its essence, and to keep the mind on an object for a long time. Grekov studied the features of the memory process based on the word association method. His information is as follows: 1. Memory (mechanical memory) weakens in the elderly between 70 and 80; 2. The importance of the quantity is stored in logical-meaningful memory in the elderly from 70 to 80; 3. visual memory weakens; 4. In young people from 70 to 89, the stability of memory is based on the internal connection of meaning; 5. long-term memory is weakened; 6. At the age of 90, the internal connection of speech is broken;

Main part: The main task of gerontopsychology is to find tools that help people to live healthy and active even in old age. When a person gets old, mental weakness and slowness in the functioning of some organs of the body and slowness in movement are observed.

Memory involves the basic processes of remembering, memorizing, recalling, and forgetting. Each of these processes is not considered a separate independent psychic property. They are formed during activity and determined by that activity. Remembering a certain material depends on gaining individual experience in the process of life activity. It is necessary to recall what has been memorized in order to improve the activity later. Leaving a certain material out of the scope of activity leads to its being forgotten. Remembering the material depends on its participation in the activity of the person. Because at each specific moment, the behavior of a person is determined by his whole life experience. Memory is one of the most popular branches of psychology.

An individual's ability to remember, retain, and recall his life experience is called memory. The following main processes are distinguished in the field of memory: remembering, remembering, recalling and forgetting. These processes do not occur in isolation. They externalize different aspects of a common process. The emergence and development of memory is related to a person's activity. Memorization of certain material is related to the accumulation of individual, that is, personal experience during life activities. Using the accumulated experience in the next activity requires recall. Not participating in the activity or falling out of the activity of the known material leads to forgetting it.

Nowadays, there are many theories about memory mechanisms. All of them can be combined into several groups.

The first group of theories - psychological theories, the second - neurophysiological theories. In the following years, new theories, theories in the third direction - biochemical direction are added to them.

Among all theories, psychological theories are among the first to appear and develop. These theories are classified depending on how the activity of the subject is given a place in the composition of memory processes, how the activity of the subject itself is viewed. One such current is the associative theory.

The main concept of associative theory is the concept of association. Association means connection and is considered as a universal mechanism that explains all psychic phenomena. According to them, if certain mental phenomena are formed in the human mind at the same time one after the other, an associative connection is formed between them. If any element of this associative connection is affected again or disappears again, it will lead to re-establishment of all the elements of associative connection in our mind.

Thus, associationism believes that the necessary and sufficient basis of connection between two influences is the fact that these influences are invisible in the human mind at the same time.

Associationists indicate the main conditions for the formation of the following association. A) time and space consistency of relevant objects; b) similarity of objects to each other, differences and opposites of objects. According to these conditions, three different associations are distinguished: association of consistency, association of similarity, association of contrast.

But the same chain of associations is not always formed in the same conditions. In that case, different people would have remembered the same things under the same conditions. In reality, connections are created in a selected image.

Summary: Our daily experience shows that we do not remember the things we remember, some of them are forgotten. Unity is also a memory phenomenon.

What is remembered is the material of memory, and what is remembered and recalled is the content of memory.

The images that we remember of previously perceived objects are called imagination. These are the images of perception that are preserved in our memory and belong to the figurative memory. The main content of human memory is speech material. Names of perceived objects and events, read texts, words, sentences, speech of others are remembered, preserved and recalled. But when the speech is remembered, it is not the systems of simple sound combinations, but the meaning expressed in the speech, of one's own and of others, that is stored and remembered. Remembrance and recollection of words connected to each other in a semantically logical form is a lexical-logical memory in terms of content, and it is a more complex mental activity compared to figurative memory. The emotions we experience, various muscle and work movements also form the content of memory.

Therefore, depending on the content of the material to be remembered, memory is usually divided into such types as figurative, verbal-logical, emotional (emotion-feeling) and action memory.

Thus, the mental activity that consists of consolidating, preserving and later restoring (remembering) what our mind reflects is called memory. In old age, the functions of memory weaken, and for this very reason, there are cases where our elderly people forget many things that have been said, and this can be considered normal. In order to prevent this, it is necessary to engage in memory exercises from a young age, and only then our memory will not fail us even when we are old.

LIST OF REFERENCES:

- 1-Bruner d. S. Psychology Poznań. - m., 1977
- 2-Gamezo m. V., Domashenko I. A. Atlas po psichologii. - m., 1986
- 3-Gippenreiter yu. B. Introduction to psychology. The course is a lecture. - m., 1996
- 4-Granovskaya r. M. Elements of practical psychology. Spb, 1997
- 5-Karimova v. M. Psychological technique of organizing controversial lessons in the auditorium. - vol., 2000
- 6-Karimova v. M. Psychology. - vol., 2002
- 7-Karimova v. M., Akramova f. Psychology. Text of lectures - t., 2000
- 8-Nemov r. S. Psychology m. 1990
- 9-Nemov r. S. Psychology. - kn. 1. Basic psychology of Obshie. - m., 1994
- 10-Nemov r. S. Psychology. - v 2-x kn. Kn.1. - m., 1998
- 11-Nemov r. S. Psychology. V 3-x kn. - kn. 1. - m., 1998
- 12-Psychology. Textbook. - pod ed. A. Krylova - m., 1998
- 13-General psychology. Under the editorship of A. V. Petrovsky. T. 1992.
- 14-Www.ziyonet.uz