

## AGING AND DISORDERS OF COGNITIVE PROCESSES IN OLD AGE AND GENERAL CLASSIFICATION OF COGNITIVE PROCESSES

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**Abstract:** This article provides general information about aging and cognitive processes in people during this period, as well as brief and general information on cognitive processes.

**Key words:** Aging, aging period, cognitive abilities and function of cognitive processes

### **Introduction:**

Aging, old age (senescence) is a certain age-related period of an organism's life, an inevitable process. Specific changes occur in organs and systems, which gradually lead to a decrease in the ability of the organism to adapt to life. People's old age begins after 75 years (people over 90 years old are long-lived), it is a physiological old age in which mental and physical strength, certain work capacity, cheerfulness and interest in the environment are preserved. Various unpleasant external and internal influences lead to premature or pathological aging. Usually, the first signs of aging begin in a person after the period of maturity (typically 60 years). But in fact, aging begins to be felt after the growth and development of the organism stops. For example, at the age of 30-35, the level of activity of biological processes begins to decrease. Aging does not begin at the same time in different tissues and organs and occurs at different levels, it consists of a gradual decline in the living properties of body cells. Although the changes initially caused by aging do not disrupt the process of adaptation of the body to sudden changes in life conditions, but as the age increases and the changes intensify, the body adapts to it with more difficulty. In particular, this is known during illness, physical and mental stress. Aging primarily affects the cardiovascular and nervous systems; in which the ability to switch from one activity to another becomes difficult. Insufficiency of the braking process leads to an increase in the nervous system's excitability, due to which adaptation and response reactions to the surrounding things are slow to work and slowly disappear; emotional instability increases. Aging is often accompanied by various chronic diseases that can lead to premature aging. In general, there is some correlation between age-specific changes and morbidity. In old age, the body's ability to adapt and recover decreases, which is the reason for the exacerbation of diseases and their severe course. Therefore, prevention of disease helps prevent premature aging. Until now, there is no clear idea about the causes of Aging, but it is

partly related to heredity. Some families are known to have passed down long-lived generations. The fact that aging is observed later in women than in men may also depend on the characteristics of the genetic apparatus and other factors (for example, women smoke less, drink less alcohol). It is well known that the rate of aging varies: some people have the energy and ability to do different things at the age of 75-80, and even much later. However, with age, all people's ability to work decreases, they get tired. For this reason, one should not do hard work even if one is in good condition in old age. In the aging period, it is important to strictly observe the regime of nutrition, work and rest, take a short walk before going to bed, exercise procedures, etc. However, it is better to consult a doctor about the type and duration of training procedures. Adherence to the above will prevent premature aging and allow it to pass smoothly, as well as preserve a person's physical and mental capabilities as much as possible. Gerontology studies the causes and mysteries of old age, and geriatrics studies diseases that occur in them. Karisiboruy's Parisibor (Uzbek Folklore)

#### **Main part:**

Biological aging causes dramatic changes in mental processes, states, characteristics and behavior. Most of the sensory organs are weakened, the nervous system is weakened, it becomes difficult to receive information (memory) and process them, to understand their essence (thinking), to focus on one or another situation and to keep it for a certain period of time (attention).

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The weakening of the will begins to erode the sense of tolerance to the sensations of pain. As a result, due to the fact that the ability to focus on receiving external influences loses its importance, the old man and child become irritable, moody, and emotional. Therefore, it is appropriate to take into account the qualities of this person when communicating with them. Deterioration of memory causes delusional disorder in the elderly, often there is an imbalance between remembering, remembering and recalling for many reasons, resulting in increased forgetting. As a result of not being able to focus attention on a specific object, there is an inability to engage in any type of activity for a long time. Misperception of things and bodies, and illusions are more prevalent. There is a difference between monocular and binocular vision. Feelings of withdrawal, stuttering, distrust begin to appear in character traits.

Psychologists I.Baylash and D.Zabeklar researched memory, perception, logical thinking, erudition, speech flow in the elderly and found a correlation between them (memory-0.20, perception-0.28, logical thinking -0, 37, erudition - 0.33, speech speed

- 0.40). American psychologists Freund and Zabeklar used deductions and syllogisms to study the criticality of thinking in old age and found that the object of thinking narrows and sharp rejection increases in old age. D. Bromley found a decrease in creative thinking in the elderly, adaptation to new conditions with great difficulty and dogmatism.

Major world psychologists S.Paco, G.Offre, L.Bine, U.Maynot, E.Medavir, A.Komfort, I.V.Davidovsky, B.G.Ananev, N.V.Nagorniy, Ye.D. Aleksandrova and others explain the secrets of long life in ecological they try to explain through factors. According to most scientists, environmental factors are factors that directly or indirectly affect the living conditions and development of a person.

In the book "Problems of Life Extension" (1952), it was noted that the main reasons for the longevity of Dagestanis are: 1) climatic conditions and geographical factors in the mountainous part of the Republic; 2) meat, vegetable oil and dairy foods consumed 3-4 times a day, smoking, drinking and excessive sex are prohibited; 3) cultural traditions passed down from generation to generation for centuries, a unique way of life and its characteristics; 4) compliance with all laws and rules of hygiene and physical labor throughout life; 5) both passive and active recreation at the same time; 6) approximation of the standard of living of the population in material and household terms, etc.

One of the important factors of longevity and life extension is the stabilization of the mental state related to professional activity. This includes the ability to distinguish space in human vision (spatial perception). The French gerontologist and ophthalmologist G. Offre provides information of scientific and practical importance in his book "The changes of the eye characteristic of the elderly" from the book "Fundamentals of Gerontology" (1960). According to him, the phenomenon of presbyopia (from Greek, weakening of vision in old age) occurs in old age, and near vision deteriorates. According to G. Offre, the decrease in the power of visual accommodation from the age of 10, if at the age of 10 the power of accommodation is equal to 16 diopters (Greek optical measure), at the age of 40-45 -4, and then it decreases to 1 dioptre can go the nervous system weakens, it becomes difficult to receive information (memory) and process it, to understand its essence (thinking), to focus on one or another situation and to hold it for a certain period of time (attention). The weakening of the will begins to erode the sense of tolerance to the sensations of pain. As a result, due to the fact that the ability to focus on receiving external influences loses its importance, the old man and child become irritable, moody, and emotional. Therefore, it is appropriate to take into account the qualities of this person when communicating with them. Deterioration of memory causes delusional disorder in the elderly, often there is an imbalance between remembering, remembering and recalling for many reasons, resulting in increased forgetting. As a result of not being able to

focus attention on a specific object, there is an inability to engage in any type of activity for a long time. Misperception of things and bodies, and illusions are more prevalent. There is a difference between monocular and binocular vision. Feelings of withdrawal, stuttering, insecurity begin to play a leading role in character traits.

Old men and women in old age develop new attitudes towards their personality. Most of the time, they get used to less disturbing themselves, save physical energy, act carefully, do not allow their bodies to get tired, turn to speech activities as little as possible, do not receive excessive information. the relationship becomes stronger, acquires a new form and a new quality. During the conversation, they exchange opinions on all impressions, information, experiences, feelings. High feelings such as closeness to each other and sympathy strengthen harmony even more.

Another characteristic of old age is to be kind to other people, even strangers. Because of this high sense of humanity, they wish good for the entire human race on earth. This last lofty feeling is a natural manifestation of internationalism. The expressions of feelings such as compassion, purity, mediocrity, gentleness, and sincerity in the elderly are not at all similar to the feelings of people of other young ages. That's why there is a proverb that says, "What an old man knows, a fairy does not know." Cognitive processes during the aging period in everyday life, many elderly people believe that their minds also decline. For example, if a young man does not remember what he put down, no one sees anything scary in it, but if such neglect is carried out by the elderly, such changes are evaluated as a manifestation of the changes of old age - sclerosis. Recently, in the scientific literature, there are conflicting opinions about the decline of intellectual activity in normal old age. Researchers who have studied the problem of changes in cognitive processes during old age say that many mental skills are relatively preserved. A large-scale study of memory at this age (Perlmutter, Adams, Barry, Kaplan, Person, & Verdonik, 1987) suggests that memory decline is not the result of aging alone, but rather other factors, such as depression, inactivity, and adverse drug reactions. is the result of the secret. During old age, there is a certain decrease in the level of cognitive development. For example, in the process of cognition, a decrease in the speed of information processing and mechanical memorization is observed. But there will be compensations accordingly. As a result, the loss of certain cognitive characteristics is common does not affect life (Perlmutter et al., 1987; Salthouse, 1985). One of the important changes in human cognitive ability during old age is a decrease in the speed of performing physical and mental operations. In people who have reached this age, the reaction time increases, the processing of perceptual information slows down, the speed of cognitive processes slows down. The problem of the decline of cognitive abilities in the elderly has been studied more in the context of changes in memory functions the sensor emphasizes the presence of primary, secondary and tertiary memory. It is known from the conducted research that

the elderly retain less information in memory than the young. Primary memory is described by foreign researchers as the storage of a limited amount of data. For example, remembering the price of a purchased product can be cited as an example. This type of memory can also be called working memory or RAM. Studies have not revealed differences in the primary memory of young and old. Secondary memory is a type of long-term memory in which age characteristics are evident. In studies of memorization and recall, it was found that elderly people remember few words from a given list and few details of a picture. Tertiary memory is the recollection of an event that happened before. This type of memory is completely preserved in the elderly, remembers past historical events in detail, if he himself participated in this event, he remembers it better. At the same time, there are individual differences in memory retention in people in old age. For example, seniors with higher education perform memory tests compared to their peers with secondary education better remembered. People who are actively engaged in intellectual activities show good results in these tests. Changes in the age-related functions of memory by Russian psychologists observed studies have shown that mechanical recall deteriorates with age, while logical memory remains intact. Figural memory is less memorable than verbal memory. Thus, memory in old age is based on logical connection, logical memory is closely related to thinking can be said to be well developed in the elderly. Although young people are better than old people in terms of memory, they are not superior in terms of wisdom. Wisdom is an expert system of human knowledge, focused on the practical aspects of life, giving useful advice on vital problems. Paul B. Bal, together with his colleagues, studied wisdom and identified several of its cognitive features. First of all, wisdom is related to solving important and complex problems related to the meaning of human life. Secondly, wisdom is characterized by a high level of knowledge, thoughts and advice. Thirdly, the knowledge associated with wisdom is so broad and deep that it can be retained in special situations. Fourthly, wisdom includes such intelligence that it can be used for personal benefit and for the benefit of humanity. Fifth, wisdom is hard to come by, but most people understand it easily.

#### **Summary:**

As a general conclusion, in the process of old age, the cognitive function is somewhat weakened. In the process of studying this topic, it became clear that the reason for the slowing down of cognitive processes was primarily the weakening of the organism, and as a secondary factor, it was found that cognitive processes were not properly engaged in from a young age. In order to prevent such negative situations, it is necessary to properly educate cognitive processes from childhood and take proper care of one's body.

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