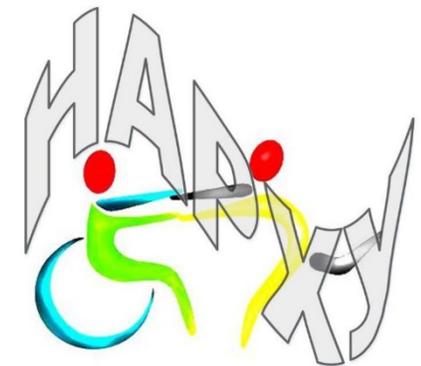


Definition of ageing and related theories



Module 1: The ageing process --- Video 1



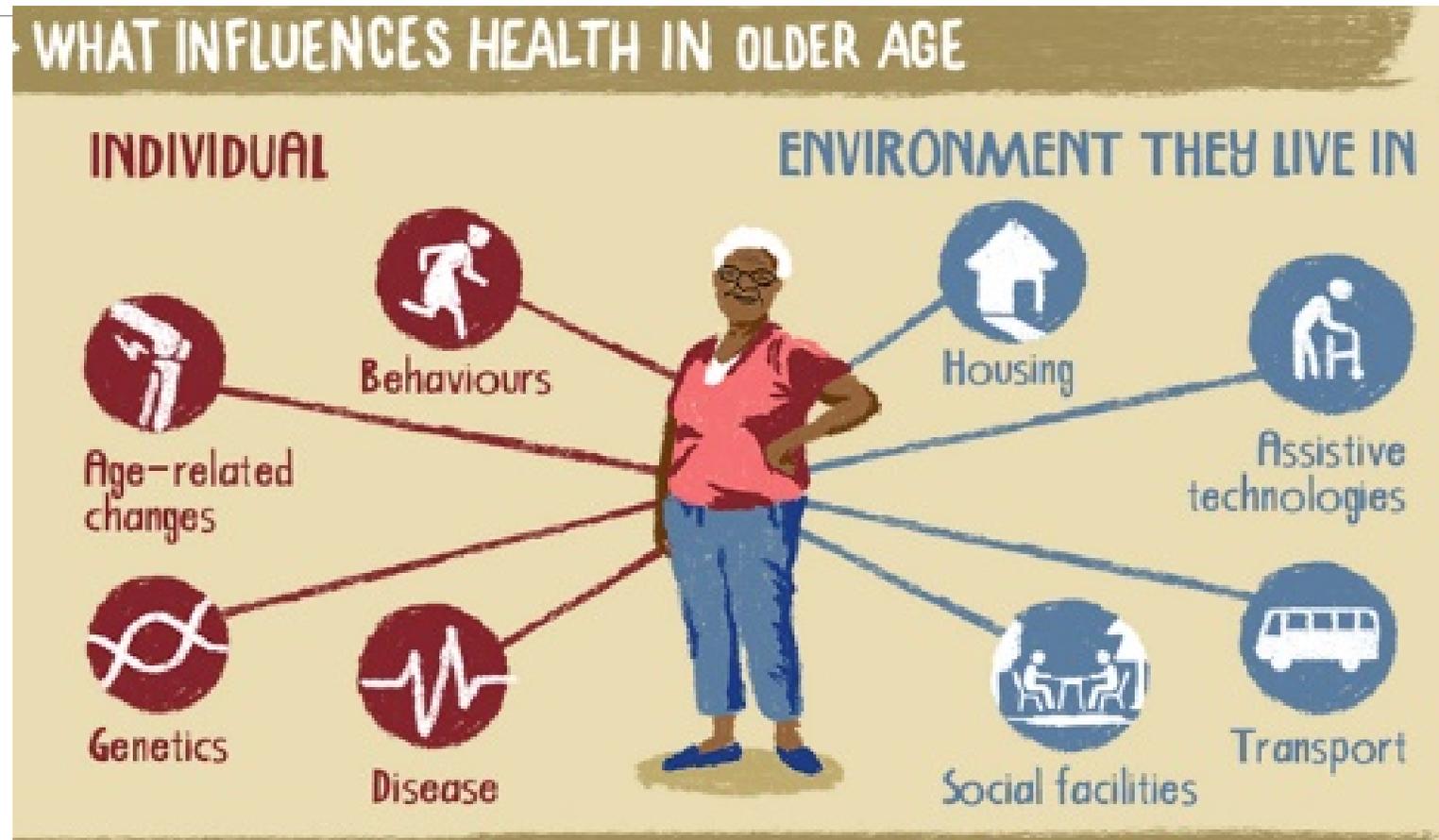
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Ageing

At the biological level, ageing results from the impact of the accumulation of a wide variety of molecular and cellular damage over time. This leads to a gradual decrease in physical and mental capacity, a growing risk of disease, and ultimately, death (WHO).



from [WHO infographics](#) on Ageing and Health

Ageism

Ageism can be defined as: “the stereotyping, prejudice, and discrimination against people on the basis of their age. It is a widespread and insidious practice, which has harmful effects on the health of older adults.”

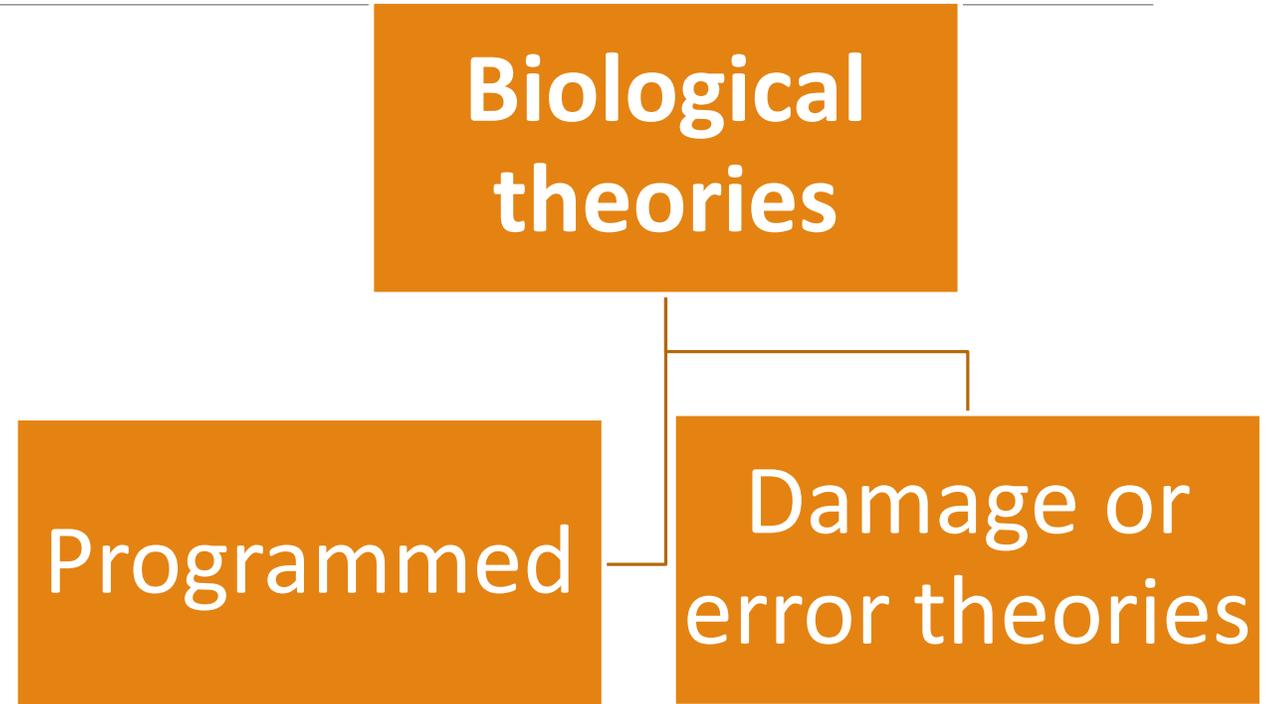


image source: [DreamsTime](#)

Theories of ageing

1. *Biological theories*

Biological Aging Defined Aging is a complex biological process in which changes at molecular, cellular, and organ levels result in a progressive, inevitable, and inescapable decrease in the body's ability to respond appropriately to internal and/or external stressors.



Psychosocial theories

Psychosocial theories of aging do not explain why the physical changes of aging occur, they try to explain why older adults have different response to the aging process.

**Activity
theory**

**Disengagement
theory**

**Life course
theory**

Sources:

- ❖ Slide 3: Image from WHO infographics on Ageing and Health
- ❖ Slide 4: Definition by (WHO & Workbook) ; Image source: [DreamsTime](#)
- ❖ Slide 5, 6: Jin K. Modern Biological Theories of Aging. Ageing and Disease.2010 oct;1(2): 72-74

Other used sources of information:

- ❖ <https://sites.google.com/site/geriatricnursingstudentusj/theories-of-aging>
- ❖ [Ageing and Life Course](#)