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Blind Spots of the Successful Aging

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Received Date: December 09, 2019**Published Date:** December 20, 2019**Abstract**

Objectives: It was aimed to determine blind spots of the successful aging in this study.

Methods: This study was conducted in June 2019 with 44 elderly individual's inpatients in a private hospital (24 females, 20 males; living in the province of Adana in Turkey; ages ranging between 65 to 89).

Results: In this study it was found that blind spots of the successful aging determined as lack of second eye (consultant, coach, family), knowledge sharing (Active social participation, family relations, loneliness), personality traits (Flexibility, introversion, self-confidence, self-respect, self-despair, self-possession, self-realization, self-determination, self-reliance, self-esteem), external effects (social isolation, illness, physical and psychological declines, legal barriers (social security politics), climate).

Conclusions: In the successful aging of the elderly, lack of second eye, knowledge sharing, personality traits, external effects were identified as blind spots.

Keywords: Bleeding disorder; Mode of delivery; Intracranial hemorrhage; Postpartum hemorrhage

Case Report

Successful aging is an increasingly up-to-date issue with today's medical advances. As people get older, they experience significant social, physical and psychological declines [1-2]. These declines affect the social life of the individual negatively and decrease life satisfaction and quality [3-5]. Increased technological advances and medical innovations help individuals' lives. These positive developments may develop except for the individual's awareness. Individuals may experience problems with neglect, overlook, ignoring, disregard, postpone, forgetting [6-12].

Blind spots may arise in subjects that the individual is not aware of and cannot see in dealing with problems. These blind spots may prevent the individual from providing positive outcomes during the aging process. The determination of the blind spots is important for contributing to the aging process of individuals and for identifying the problems in advance. The aim of this study is to determine the blind spots and how to deal with the blind spots in order to successfully experience the aging process. The studies carried out in the literature are related to healthy, positive, active and successful aging issues. These studies do not reveal the blind spots in the aging process of individuals.

Materials and Methods

This study was conducted in June 2019 with 44 elderly individual's inpatients in a private hospital (24 females, 20 males; living in the province of Adana in Turkey; ages ranging between 65 to 89). A qualitative research method was used in the study [13-16]. The necessary permission was obtained from the private hospital and the patients to conduct research. The consent form was obtained from the participants [17]. Participants were asked pre-determined questions and their answers were coded and themes were created. To reach the cause of the phenomenon investigated, an in-depth interview was conducted with the participants. Medical reports of 44 patients about their diseases were examined. The treatment recommendations and other diseases mentioned in the report findings were compared.

Results

When the interview results, responses, and medical reports were examined together, it was found that the problems experienced in the neglect, disregard, postpone, awareness and coping problems in the aging process constitute the blind spot.



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According to the participants, to ignore the problems that arise in the acquisition of successful aging, to disregard the solutions and not to be resistant to disregarding and coping with the problems constitutes the blind spots. To eliminate these blind spots, the elderly patients recommended that awareness training be provided, the appointment counselors for the elderly (second eye), training for the elderly living with their families, and the development applications that remind the blind spots in smartphones for the elderly. The results of the qualitative research were focused on four main blind spots: lack of second eye (consultant, coach, family), knowledge sharing (Active social participation, family relations, loneliness), personality traits (flexibility, introversion, self-confidence, self-respect, self-despair, self-possession, self-realization, self-determination, self-reliance, self-esteem), external effects (social isolation, illness, Physical and psychological declines, legal barriers (social security politics), climate) (Table 1).

Table 1: The qualitative analysis results of blind spots of the successful aging.

Theme titles	f	%
1.Lack of second eye (consultant, coach, family)	22	50
2.Knowledge sharing (Active social participation, family relations, loneliness)	10	22.8
3.Personality Traits (Flexibility, introversion, self-confidence, self respect, self-despair, self-possession, self-realization, self-determination, self-reliance, self-esteem)	8	18.2
4.External effects (social isolation, illness, physical and psychological declines, legal barriers (social security politics), climate)	4	9.1
N= 44 (24 females, 20 males)		

Discussion

The results of the study indicate that elderly individuals perceive the problems they experience in successful aging as a blind spot. Participants identified blind spots that prevent them from succeeding in the aging process as four main issues. These include a lack of second eye to identify factors that prevent older people from awareness of their problems. Increasing physical and psychological declines in the aging process makes it difficult for the elderly to identify some problems in advance. They should be able to see these problems through a counselor or family member with whom they live.

As older individuals get older, their psychological resilience decreases, they are subjected to social isolation and move away from active social participation. This reduces the possibility of knowledge sharing. These situations of elderly people can cause problems to become more complex. In order to eliminate this situation, it is important to encourage the elderly to participate in social activities. Personality traits are another topic that participants have identified as blind spots. The individual becomes sensitive as he/she gets older and starts to experience psychological problems. These problems reduce the individual's self-confidence and make it difficult to cope with the problems. Therefore, training that will strengthen the

individual characteristics of the individual and counseling services for the elderly in hospitals can be recommended.

Environmental factors other than elderly individuals can lead to the formation of blind spots. The social security policies of the state, changes in health and medicine fees, changes in patient care service policies, climate, and sudden illnesses constitute blind spots for the elderly. The elimination of these blind spots is possible through state/government policies. It is necessary to develop policies to improve the quality of life and avoid sudden changes in-laws.

Conclusion

In the successful aging of the elderly, lack of second eye, knowledge sharing, personality traits, external effects were identified as blind spots.

Acknowledgement

None.

Conflict of Interest

No conflict of interest.

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