

An Analysis on Theoretical Models and Assumptions of Aging

Name

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Aging is something that most of us is afraid of and yet for some, it is another chapter of new experiences. The existing theoretical models of aging can be questionable since the path that each aging person undergoes is full of twists and turns. One of these is the stability model and the fact that some older people may remain the same all through out their lives. A living case that made me disagree with the said model is that of my aunt. She is a professional who is already in her late 60s. When I was a kid, I can clearly remember that she was a stern person. She rarely smiles when there are family gatherings. Recently, I recognized that ever since she became old, she now initiates a conversation with me and our other relatives. She told us that too much stress and lack of outlets to relax will speed up her aging. On the other hand, I completely agree with the non-normative model. A postulate associated with the model is that unique events that happen to an individual mold a person's aging development. A different event can either be good or bad. Still, it can definitely have an impact on someone's life. A perfect illustration is the grandfather of my friend. The old man was born to a very poor family and has no financial means to study. Thus, his younger years were devoted to working and striving hard to reach his goals. He worked as a driver of a rich family. When his boss died, he was surprised to know that he has a part on the fortune of the family. He used the money to study and then after a few years, he became president of a top fertilizer company. His unexpected luck of inheriting wealth made him a positive person. The aging development of the man is blissful providing the outlook that he has. Indeed, the said event left a mark in his life. My friend told me that he had retired from work with a satisfied heart. From the two most common models, it is evident that uncontrollable factors from the external environment can affect a person's aging development. If one is lucky enough, he can age in a graceful manner and forget about all the worries.

Reference

Merck. *Psychology of Adulthood and Aging*. Retrieved from <http://www.scribd.com/doc/24>

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