

Characteristics of social work with the old and the elderly people

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Abstract

The Republic of Azerbaijan is a country where respect and care for the elderly is protected at a high level due to its national and moral values. The social and political situation is rapidly changing in the modern world, including in Azerbaijan. Therefore, the problems facing the elderly and elderly population and the ways to solve them have also changed. The need to profile social work aimed at the well-being of elderly and elderly people became relevant at the end of the 20th century. Therefore, social work as a professional specialty opens new perspectives in the direction of training specialists working with the elderly. This profession forms the content of activities that require solving the problems of elderly and elderly people. Of course, these issues are not resolved in a short period of time.

Key words: elderly, social work, individual approach.

In modern times, the problem of aging is a social phenomenon already manifested in a new form. Modern elderly and elderly people live at a new social level due to the development of information technologies. It is necessary to develop the efficiency of social work in order to adapt and rehabilitate the elderly to life in the era of new information technologies. Even today, there is very little information about human nature in the world's scientific knowledge system. The study of the laws of nature brought up the importance of studying the human phenomenon, because man is directly related to nature. That is why only the tools and methods of individual sciences are not enough to know human nature. The informational aspects of human nature, including human physiological, psychological and social characteristics and qualities, are very broad. Life experience and level of life knowledge increases as a person ages. At the same time, elderly people often react nervously to the events happening around them. Therefore, the characteristics of an individual approach to the elderly remain a pressing issue all over the world. The process of demographic aging of the population in Azerbaijan actualizes not only socio-economic, but also pedagogical aspects of social work with elderly people. Social work with the elderly as a result of the state's socio-economic policy should take into account the main factors to create conditions to protect the living standards of the elderly and help them solve their individual lives.

Social work with the elderly and the elderly requires higher and secondary students to learn the basics of gerontological profiling. Although the study of aging mechanisms is a problem of biology on the one hand, it is studied in relation to sociology on the other hand. Ch. Darwin's discovery of the laws of biological evolution stimulated the development of the biological direction in sociology. In connection with the emergence of mechanisms of social evolution, the importance of applying biological laws to society was confirmed. The history of sociology's interaction with biology, as well as contemporary biological trends in the humanities, are explored. The analysis of biological concepts of sociologists from the point of view of the modern theory of evolution made it possible to show the systematic errors of sociologists in the field of using biological laws [1].

Human aging, like the aging of other organisms, is a biological process and the result of the gradual deterioration of parts and systems of the human body. The physiology of the aging process is similar to that observed in other living organisms, but some aspects of the process, such as the loss of mental capacity, are of greater importance to humans. For this reason, many social and economic problems arise related to aging. The aging process is studied by the science of gerontology, which examines not only physiological changes, but also the place of older people in society [2].

Gerontology (from ancient Greek γέρων, old + λόγος, knowledge, word, teaching) is a field of science that studies the biological, social and psychological aspects of human aging, its causes and ways of combating it. This term was introduced in 1903 by I. I. Mechnikov. The field of gerontology that studies the psychological and behavioral characteristics of elderly people is well developed. Biogerontology is the

study of biological aging processes, so some biogerontologists believe that aging itself should be treated as a disease and treated accordingly [3].

The social discipline designed to solve the demographic, socio-economic problems of aging is a branch of gerontology and is called social gerontology. This term was proposed by E. Stiglitz (1940). It was officially formed in 1960. As a science, social gerontology has four areas:

- Old age affects people, changes in values, human needs, behavior in old age
And studying the impact on lifestyle;
- Studying the position of the elderly in society, in the family, in the team, with friends
Interaction, as well as studying the characteristics of groups of elderly people;
- In general, the study of the behavior of elderly people in society;
- Accepting the elderly as a certain demographic group, their involvement in social processes

influence and their influence on social processes.

Property ownership and income ensure the normal economic status of an elderly person, otherwise the elderly person is completely dependent on the charity of society. Having property and a pension provides independence and security for the elderly. In the mass consciousness, the role of the pensioner, or just the old, is not very clear, and there is no corresponding role assigned to it in society. When a person gets old, the society and the family as a social unit do not make any demands on him, thereby changing his status and depriving him of a certain role. Role ambiguity demoralizes the elderly. This deprives them of their social identity and often negatively affects psychological stability. Unaccustomed life situations lead to depression and anxiety, as the elderly feel the void of social expectations and the absence of norms for them.

Taking into account all these points, it can be noted that the attitude towards elderly and elderly people in Azerbaijan is different from that of many countries of the world and the social level of the elderly and elderly is stable.

For an elderly person in Azerbaijan, not only children, but also grandchildren are a source of various interests and positive emotions. The functions of the tutor, guardian of the young generation of a family are socially important and therefore can replace the previous social status, the social roles performed before retirement. At the same time, these functions require a lot of time and effort from an elderly person. In effect, retired grandparents replace their parents for young children by taking on a large portion of their grandchildren's care, thereby easing the burden on the middle generation of the family.

Revival and well-being of an elderly person is a necessary condition for improving his spiritual condition. In fact, one's life in old age is not easy and should not be viewed as a passive leisure time. It is a lifestyle that encourages constant activity, a sense of responsibility for one's own personality and mental development. Creative old age is accompanied by a sense of balance and spiritual harmony. Aging does not have to be a process of decline; the skill of old age is to extract new values from every minute of life. Older people have a very important quality that others do not and cannot have. This is personal wisdom and life experience. The individual wisdom characteristic of a person who has lived long enough in this world, which can be a strong stimulus and factor in the development of society, can make a person valuable to those around him in old age.

Understanding the characteristics of human nature allows predicting human behavior and making optimal decisions. Although this applies to the management of others, there is also fundamental knowledge for self-management, and to acquire this knowledge, the problems and perspectives of social work must be explored.

The prominent psychiatrist and psychoanalyst Norman Deutz said, "The plasticity of the brain. Surprising facts about how thoughts can change the structure and function of our brains," talks about people recovering from serious brain disorders, such as stroke. These studies have been confirmed by clinical observations, proving that the brain can change, reorganize and form new neuronal connections throughout life, not just

in childhood, as science previously claimed [4].

At any age, every person can improve their brain function or keep it at the same level. With the approach of aging, the brain is able to change its structure and function only through the thoughts and actions of a person. To do this, one must develop the flexibility of one's own thinking. It is human nature to always want to live in the conditions that one knows and believes in. Change is often scary because it forces you to leave your comfort zone. However, not accepting changes and not being able to adapt to them prevents a person from regulating his life.

Elders tend to establish their own discipline everywhere. It is claimed that an aging person gradually loses the ability to change (adapt), and there is a mismatch between thinking and the outside world. Such people begin to interfere in every little thing and try to adapt their environment to the standards they are familiar with.

The more you develop your mind throughout your life, the lower your risk of Alzheimer's disease and dementia. Lack of flexibility of thinking is not related to age, it is related to unwillingness to learn. It is important not to stop asking questions and learning new things. Being interested in everything has its own reasons. Only if we look at the secrets of eternity, the existence and amazing structure of reality, we can understand the damage of inactivity to a person.

Conclusion

It should be noted that because people in Azerbaijan are relatively long-lived, the period of old age begins when a person crosses the conventional border of 65-70 years old, but every year due to the development of medicine, social progress and the increase in the quality of life, the number of people who do not consider themselves old at this age increases. Aging is not a physical but a social phenomenon. Mental development of personality continues even in old age.

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