

Physiological changes and associated behaviors due to aging

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ABSTRACT

Introduction: Physiological changes occur with aging in all organ systems. The cardiac output decreases, blood pressure increases, and arteriosclerosis develops. Lean body mass declines with age and this is primarily due to loss and atrophy of muscle cell. Aging-associated disease includes arteriosclerosis, arthritis, cancer, cataract, osteoporosis, hypertension, and Alzheimer's disease. Physiological changes associated with normal aging are mirrored during periods of immobility, such as prolonged hospital bed rest, or after a fractured limb or a fall. **Materials and Methods:** The sample size for this study is about 100 participants and a set of questionnaire is being created by the use of SurveyPlanet software, and at the end of the survey, all the data were compiled for statistical analysis to note the significant changes. **Results:** There is a significant relation between physiological changes and aging ($P < 0.005$). **Conclusion:** Our findings suggest that it is proved that there are some physiological changes occur in human and that result in change in behavior due to aging.

KEY WORDS: Immobility, Normal aging, Organ systems, Physiological changes

INTRODUCTION

Physiological changes occur with aging in all organ systems. The cardiac output decreases, blood pressure increases, and arteriosclerosis develops.^[1] With maturing, there are changes in the cardiovascular framework, which result in modifications in cardiovascular physiology.^[2] In prohibitive lung illnesses, then again, mean the lungs cannot completely extend, so they limit the measure of oxygen taken in amid inward breath. This confinement additionally limits what can be breathed out when contrasted with a normal individual.^[3] Skin maturing is related with a decrease in utilitarian limit that itself builds the defenselessness to cutaneous issues and the resulting advancement of dermatoses and skin diseases.^[4] Physiological changes happen in pregnancy to support the creating hatchling and set up the mother for work and conveyance. A portion of these progressions impacts typical biochemical qualities while others

may impersonate manifestations of restorative sickness.^[5] Changes in visual with maturing go past the requirement for eyeglass solution. Much of the time the physiological visual changes that go with maturing communicate with ecological or illness elements to cause visual debilitation.^[6] There are various pathophysiological forms fundamental age-related changes in the sound-related framework. The impacts of hearing misfortune can have results past the quick loss of hearing and may effectsly affect the working of the individual.^[7] Old populace there was proof of muscle squandering and shortcoming. These progressions were appeared to result from lost working engine units. The enduring engine units were frequently developed and would, in general, have moderately moderate jerks.^[8] The more seasoned populace is the single biggest statistic aggregate at lopsided danger of insufficient eating regimen and lack of healthy sustenance. Maturing is related with a decrease in various physiological capacities that can affect wholesome status, including diminished slender weight and a resultant decline in basal metabolic rate, diminished gastric emission of stomach-related squeezes and changes in the oral depression, tactile

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capacity shortfalls, changes in liquid and electrolyte direction, and constant sickness.^[9] The epidemiological writing on oral well-being in the old is not empowering, and it shows significant lopsided characteristics among nations and districts and as a component of institutionalized^[10] Ladies of more seasoned age are bound to encounter pregnancy entanglements and illnesses, for example, unsuccessful labor, low birth weight, pre-term or post-term conveyance, and cesarean conveyance.^[11] More established grown-ups with age ordinary memory changes and those with amnesic mellow subjective weakness report gentle memory troubles with regular issues, for example, adapting new names or recollecting past occasions.^[12] In seniority, social circles may likewise impact subjective working. A developing number of studies have discovered that more established grown-ups installed in solid informal communities, and large amounts of social action are more uncertain than their all the more socially withdrawn friends to encounter decreases in subjective working.

MATERIALS AND METHODS

The sample size for this study is about 100 participants and a set of questionnaire is being created by the use of SurveyPlanet software, and at the end of the survey, all the data were compiled for statistical analysis to note the significant changes.

Inclusion Criteria

The people of age group above 30 years were included in this study for the physiological changes and associated behaviors.

Exclusion Criteria

Certain people with some age group (not exactly known) were excluded in this study as their physiological changes and associated behavior varies.

RESULTS

There is a significant relation between physiological changes and aging ($P < 0.005$).

DISCUSSION

As observed from the study, there is a significant occurrence of physiological changes and associated behaviors due to aging.

The immune system is the body's defense against infectious organisms and other invaders. 85% of the people accepted that aging affects the immune system. Aging is the process of being older as we all know. Nearly 80% of people accepted that physiological changes occur with aging in all organ systems [Figures 1-3].

Shrinking is always occurred in older age nearly 62% of the people accept that age starts shrinking. All living thing having the physiological changes, nearly 82% of the people accepted that physiological changes occur with aging in all organ systems [Figures 4-6].

About 62% of the people accepted that gaining of physiological benefits due to physical activity, 89% of the people accepted that exercise is helped in condition their body.

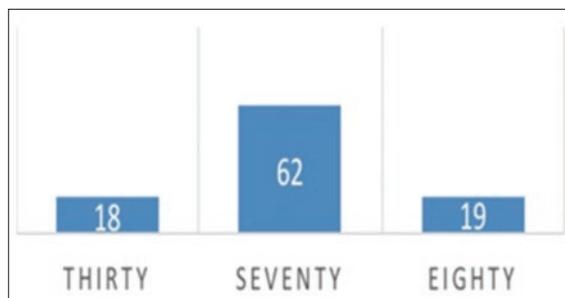


Figure 1: What age do you start shrinking?

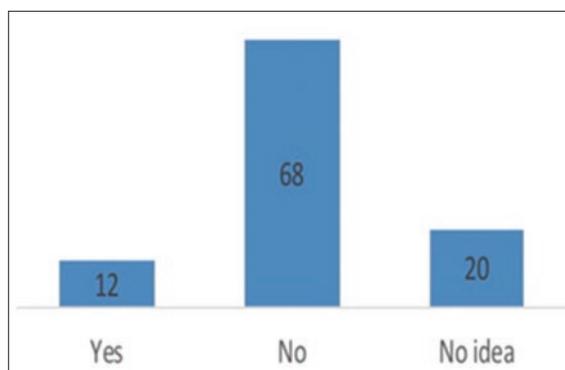


Figure 2: Physiological changes and behaviors occur only in human?

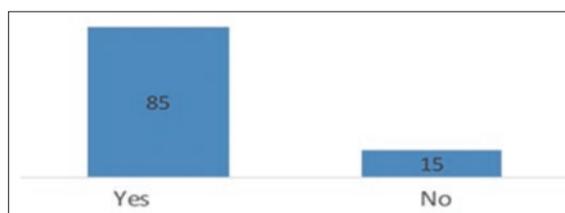


Figure 3: If aging affects the immune system?

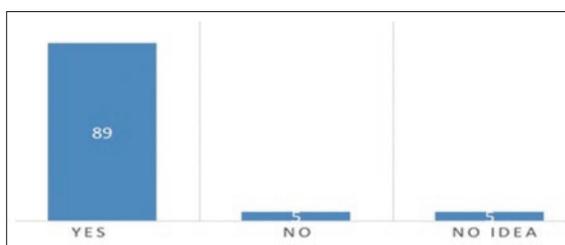


Figure 4: Can physical activity or exercise is helped in condition your body?

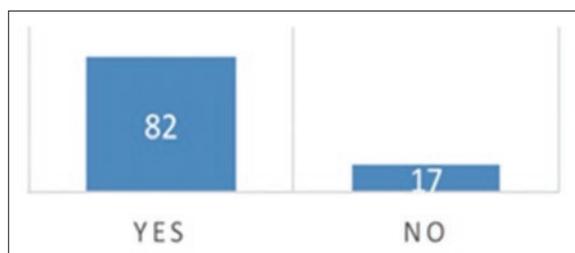


Figure 5: Physiological changes occur with aging in all organ systems?

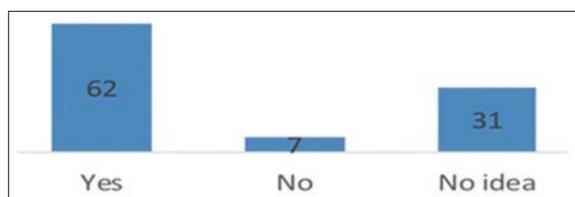


Figure 6: Is there any physiological benefit of physical activity?

CONCLUSION

Our findings suggest that it is proved that there are some physiological changes occur in human and that result in change in behavior due to aging.

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