

The Study on the Psychological Vulnerability of the Elderly in the Community

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Abstract: With the progress of society and the development of the economy, the mental health and mental health problems of the elderly have become the public health and social problems facing the world. The elderly mental and physical diseases and interpersonal problems caused by a series of common mental health phenomena such as depression and cognitive dysfunction. The imbalance of relations directly affects the harmony and development of society. Therefore, the psychological vulnerability of the elderly is also increasingly valued by medical care, governments and the World Health Organization (WHO), and has become an urgent problem faced by nursing staff at all levels of medical institutions and old-age care institutions. How to improve the mental health of the elderly and enable the elderly to spend their old age in the state of physical and mental pleasure has become an important part of the psychological care of the elderly. Solving the psychological problems of the elderly is of great significance for the elderly to have a healthy body and a good mentality. It has also become one of the important contents of the current neglect of work in the community.

1. Introduction

With the increase of age and the decline of function, the functions of the elderly decline linearly; such as memory and cognitive decline, insomnia, decreased vision, and low immune function. These are the normal physiological changes of the elderly [1]. With the changes in health status and social environment, the psychology of the elderly will produce a series of changes more or less. These characteristics of the elderly and the psychological behavior of the elderly provide nursing guidance to improve the mental health and quality of life of the elderly.

2. Characteristics of the elderly

2.1 Cognitive changes in old age.

As we age, the adaptive changes in perception are most pronounced. The performance is obviously reduced, and the so-called "presbyopia" appears; hearing loss is obvious after 70 years old, taste, smell and skin sensation are obviously decreased after 60 years old; memory decline is expressed as memory breadth, mechanical memorization, and then Recognition and recalls are all reduced by one.

2.2 Changes in old age thinking.

With the increase of age, the quality of brain tissue and the number of brain cells decreased, shrinking, and thinking slow. However, in real life, government officials and decision makers in large and medium-sized enterprises are mostly over 50 years old and even older people over 70 years old. It shows that the individual differences in thinking are very large [1]. Although the speed of thinking is gradually slowing down, it can be used with experience. □

2.3 Social changes in the elderly.

From social people to free people, social roles have changed, and may not adapt in the short term, and then bring about emotional changes, manifested as depression, depression, irritability and so on [1].

2.4 Personality changes.

Insecurity is mainly manifested in both physical health and economic security. Loneliness caused by the loss of power; loneliness and suffering caused by children's care for less, or loss of spouse and other factors [2]. Poor adaptability to the surrounding environment tends to be passive, attachment to existing habits is difficult to adapt to the new environment, rigid stereotypes, speed decline, tend to be conservative.

3. Common psychological characteristics of the elderly

3.1 Trends tend to be conservative.

Many elderly people have developed a certain style of life and habits in their social practice for many years. These styles and habits have been continuously strengthened with age [2]. Therefore, when they evaluate and deal with things, they tend to stick to their own opinions, but as long as they are seriously studied and discussed, they will give up their prejudice and obey the truth.

3.2 Unresponsiveness, memory failure.

The result of human perception of the brain analyzer (sensory, transmitting nerve; corresponding region of the cerebral cortex). Most elderly people with the aging of the body, brain and central nervous system function is gradually declining, brain volume is reduced, the sulcal widening, cerebrovascular stenosis to varying degrees, blood flow is reduced, nerve conduction velocity is reduced, resulting in slow thinking Inattention, memory loss, slow response to various stimuli [1].

3.3 The sense of development is comprehensive and accurate.

Most of the elderly are well-developed. Using the valuable experience accumulated in life to guide later practice, they can think carefully, understand the current things more deeply, accurately judge and avoid mistakes.

3.4 The temperament is irritable and the mood is easy to fluctuate.

Some elderly people have poor self-control ability, and emotions are easily affected by objective factors. The inability to do so, the contradiction between the incompetent reality and the objective environment often makes these old people have the idea of "cannot be used to" and "can not manage" the objective things. This kind of experience must affect their mood and make their emotions easy to fluctuate [3].

3.5 Quiet, afraid of loneliness, intolerance to loneliness.

Most elderly people are more than excited, so they do not like to be noisy, noisy, and willing to live, work and study in a quiet environment. When some elderly people leave their jobs for the revolutionary cause, they often lose their sense of loneliness and loneliness [3]. In the family, many elderly people are willing to enjoy the joys of their children and grandchildren. On the other hand, they are upset about the continuous and noisy environment.

3.6 Hope for health and longevity.

The average elderly person wants to see the business that he has worked on flourishes and see the progress of society and the growth of children and grandchildren [4]. Therefore, they hope that they have a body that is rarely sick and basically healthy. Once they have a disease, they hope to be cured as soon as possible, without leaving sequelae, not burdening the younger generation, and prolonging life as long as possible. It is the common psychology of the elderly.

4. Psychological problems of the elderly

4.1 Loneliness.

Older people are widowed, living alone, retiring, reducing interpersonal relationships, changing

social and family status, increasing space in life or inconvenient activities due to physical psychology and other reasons, making the elderly feel psychologically isolated. Or feeling lonely, and then feel bored and bored [4]. For example, some elderly people suffer from cerebral infarction and brain atrophy and are inconvenient to move. They are psychologically inferior and feel unwilling to go out and fear to see acquaintances. This will inevitably lead to a sense of loneliness that has never been seen before.

4.2 Depression.

Depression is a common emotional and psychological disorder in the elderly. As the elderly age, the mood changes are becoming more and more obvious. Some elderly people even have the idea of being suicidal. Most of the depression is caused by chronic diseases and death threats, which leads to fear and depression. Some elderly people have anxiety and depression due to monotony or loss of spouse and family disharmony. Some elderly people suffer from lifestyle changes after retirement, social interactions are reduced, lack of sense of belonging, causing depression, disappointment, pessimism and disappointment [4].

4.3 Forgetfulness.

As the age of the elderly increases, the level of intelligence will also decrease. It is characterized by recent memory loss and frequent forgetfulness. Therefore, the elderly often forget to take medicine, just holding the things in their hands, they will look for them in a while [5]. Looking for it in the west; going out and forgetting to close the door, these are the very common forgetfulness phenomenon in the elderly, which is also the obvious memory loss in the elderly.

4.4 Irritability.

With the increase of age, the functions of various organs of the elderly are declining, and they are prone to many diseases. Due to concerns about physical vulnerability and changes in social roles, they may not adapt in the short term. Emotional changes, manifested as depression, depression, irritability, and even night can not be paralyzed, loss of appetite, decreased mechanical resistance, more susceptible to physical illness, resulting in a vicious circle [5].

4.5 Communication barriers, interpersonal tensions.

Older people due to various organ dysfunction, brain tissue atrophy, brain cell reduction, slow thinking, memory, hearing loss, sensitivity, suspiciousness, love, distrust, carelessness, etc. Difficulties in communication with family and people around, and interpersonal relationships are tense.

5. Factors affecting the mental health of the elderly

Older people have a sense of loss in their minds due to changes in their social roles. For some reasons, the interpersonal communication of the elderly is reduced, the social and family status changes, the space in life is increased, and the action and communication are inconvenient. This factor can make the elderly feel empty and lonely, and psychologically often feel lonely. Psychological fears arise because of the fear of illness in the elderly, the decline in self-care ability and the burden of psychological burden. As the age of the elderly increases, the body ages and the level of intelligence decreases [6]. It is characterized by recent memory loss and frequent forgetfulness. Older people are plagued by chronic diseases and threats of death, which leads to psychological depression. Some elderly people suffer from depression due to monotony or loss of spouse, family disharmony and other reasons. Some elderly people have a post-retirement lifestyle. The change, the decrease in social interaction, the lack of a sense of belonging, and the depression of the mood. A variety of factors affect the mental health of the elderly, such as role changes, economic conditions, family environment, physical and mental aging. First of all, the role change is one of the psychological discomfort of the elderly after retirement. Originally, retirement is a normal role change, but people of different occupation groups have different psychological feelings about

retirement. Second, the economy is the basis for ensuring the normal daily life and health of the elderly [6].

At present, the economic income of the elderly in China is generally lower than that of the incumbent, and the rising cost of medical services has made the economic source of the elderly lack independent and reliable protection. Thirdly, the family is the most basic unit of human life. After the elderly are retired, they turn from society to family. The family becomes the most important spiritual, material and life support for the elderly [5]. Therefore, the family has special significance for the elderly. Physical and mental health also has a major impact. Finally, the elderly have a serious aging, or suffer from a variety of diseases, which makes some elderly people fall into deep distress and anxiety, thus affecting their physical and mental health.

5.1 Role conversion.

People from different professional groups have different psychological feelings about retirement. According to the survey, the psychological feelings of workers before and after retirement are not changed. After they retire, they get rid of heavy physical labor, have more time to do housework, entertain and entertain friends, so the psychological satisfaction is satisfied and the society adapts well [4]. However, the psychological status of retired cadres is very different. These old cadres have a high social status and extensive social ties before retirement. Their post-retirement life has become a family chores, and extensive social ties have suddenly decreased.

5.2 Physical and mental aging.

Older people with higher values and ideological pursuits are often unwilling to relax after leaving their jobs. They are eager to do more work for the society in their lifetime. The so-called retreat and old-fashioned is the true portrayal of the noble pursuit of the elderly [1]. However, many elderly people who are unimpressed are not ideal in terms of physical and mental health. They have serious aging, or suffer from a variety of diseases, and some have a significant decline in the comprehensive ability of perception, memory, and thinking. This has caused some elderly people to fall into deep distress and anxiety, thus affecting their body and mind.

6. Psychological care for the elderly

Psychological care is in the nursing work, the nursing staff apply the theory and technology of psychology, help the patient to eliminate psychological problems or relieve psychological stress through interpersonal communication between nurses and patients, so that patients can enjoy treatment and care happily, and promote the comprehensive physical and mental health of patients. Psychological care, life care and technical care complement each other and combine organically, which is an important part of modern holistic nursing.

6.1 Regularly carry out health education for the elderly.

Targeted introduction to the basic protection and treatment of common diseases, helping the elderly to correctly understand the disease, enhance the ability of self-care and self-care, and some elderly people always have a physical illness, which may increase their fear and depression. Psychology, nurses should take the initiative and harmonious service, which can establish the confidence of the elderly in retirement. Inform the elderly to be strong and to establish a correct outlook on life and death. Perceive and discover the value and significance of survival from life [7]. Be good at adapting themselves, controlling bad emotions, participating in community activities, enriching spiritual life, arranging family life, and understanding and taking care of family members, thereby improving the quality of life and life, and eliminating or reducing various psychological problems.

6.2 Depression care.

For some depressed seniors, nurses should give them psychological support and often communicate with them to understand their thought changes and emotional changes. In the contact

with such elderly people, we must first respect them, such as: actively greet them, patiently listen to opinions, actively find ways to solve the problems they encounter, etc., so that they feel their own value and the attention of others. Caring for the lives of the elderly on the basis of respect, such as understanding their needs, the attitude of communication should be correct, the language should be kind, thus eliminating their depression, gaining the trust of the elderly, and making them fully feel the warmth of the social family [7]. At the same time, let them participate in sports and outdoor activities that they can do, maintain a certain physical strength, maintain their ability to take care of themselves, and participate in some recreational activities to make their spirits happy.

6.3 Care for the elderly for forgetfulness.

First of all, help the elderly to arrange a regular life, the elderly will forget the daily necessities, so the care worker should guide the elderly to regularly place their daily necessities to form a fixed position or a specific schedule, easy to remember, such as helping the elderly people place the drugs they take daily, arrange a reasonable schedule, and maintain regular daily life.

6.4 Pay attention to changes in the body regularly to the hospital for examination.

Keeping family harmony is the foundation of the health of the elderly. Old people often feel empty and lonely. Especially when their children are not around, they are easily depressed, emotional and excited when they can't find a complaint [6]. At this time, it is more necessary to change the role of the nursing staff. At the same time as treating the disease, it should serve as the object of listening and explain to the elderly the way to get rid of loneliness:

1) Pay attention to interpersonal communication, and can reach more interactions between friends, family, colleagues and neighbors. And exchange, so as not to create a lonely and depressed mentality.

2) When you are alone, you have to be happy, talk to others about your heart, share the happiness and suffering of others, let yourself be dissolved in society, and be a social person, you will not feel lonely.

3) Medical staff should pay more attention to chatting with the elderly, be willing to listen to them, and accompany them with their thoughts, asking them to feel that they have not been ignored, not because of physical and functional decline and being forgotten by society.

6.5 Life is regular.

Moderate mental and physical labor, learn to arrange regular life and reasonable working hours, according to their own interests, hobbies, physical conditions, have a choice, regular exercise. Such as running, playing, climbing, playing Tai Chi and other physical exercises, playing chess, playing cards and other mental exercises, not only can enhance physical fitness, but also prolong the decline of brain function, effectively delay the advanced psychological functions such as memory loss, thinking ability and spirit. Keeping in touch with the external environment, contact with nature, society and people can enrich your spiritual life, enjoy your mood, and adjust your behavior in time to better adapt to the environment [7]. Develop more hobbies and make life more colorful. Participate in some social welfare activities that can do what you can to make the most of the heat.

7. Summary

With the development of society, the proportion of the elderly in the society has gradually increased. The psychological fragility of the elderly and various problems caused by the social environment have become increasingly prominent. Therefore, we should fully understand the changing characteristics of the elderly and discover the elderly in time. Human change, establish good interpersonal relationships, maintain communication with family and society, timely treat chronic diseases, develop good habits, establish an optimistic and cheerful attitude towards life, and make it happy to spend the rest of your life.

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