

TYPES OF AGING

Biological aging:

- It represents how the human body changes over time
- For example, elderly people tend to have reduced immune response, digestion problems, and spinal problems



Psychological aging:

- It is mainly related to the person's behavior, environmental reactions, and general perception
- It is also related to the changes in a person's cognitive capabilities



Social aging:

- It refers to changes in social habits and behavior
- The social behavior of individuals changes with age due to numerous factors



Understanding Aging

S Ben Porath



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