

Social theories of Ageing.

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These are the earliest theories of aging focus on change in behavior personality and attitude as we age.

Sociologists consider how changing roles relationships and culture impact on older adults ability to adapt.

Disengagement theory.

- formulated by Cumming and Henry in 1961 in the book Growing old and was first theory of ageing that social scientists developed.
- It states that "aging is inevitable mutual withdrawal or disengagement resulting in decreased interaction between the aging person and others in the social system he belongs to."
- Theory claims that it is acceptable and natural for elders to withdraw from society.

Activity Theory.

Developed by Robert Havighurst
in 1960.

This theory was proposed ~~it~~
in the opposition of disengagement
theory.

— Havighurst saw that happiness of
older people dependent on the
active maintenance of personal
relationships

— Acc. to this there is a + relation
between ~~active~~ person's activity
level and life satisfaction

Various ways in which older
people can maintain social
interaction.

- 1/ Engaging new education
- 2/ Maintaining social interaction
- 3/ Going on holiday
- 4/ Dating
- 5/ Starting new hobbies
- 6/ Remaining physically active
- 7/

CRITICISM.

- It neglects limitations to stay active
- It assumes older adults are a homogenous group. Older people are a heterogeneous demographic group.
- Being busy is not enough

SOCIAL CLOCK THEORY.

developed in 1960's by Bernice Neugarten
shared expectation of age appropriate behaviour

Members of society are told explicitly and implicitly when it's appropriate to start their first job, marriage, baby, purchase a home, retire.
Social clock examples include everything that people do ^{commonly} throughout their life.

Adhering or diverging from the social clock can be a major source of change in personality of an adult acc. to Laura Beck.

Instance in a study done on women born in 1930's were conducted to examine personality change that are linked to 3 social clock categories

- 1/ feminine clock based on marriage and parenthood in early or mid - twenties
- 2/ Masculine clock based on ^{high status} career and advancement by late twenties
- 3/ Women who do not come under any 3 of these.

Results were seen that ~~for~~ women with feminine clock were ~~more~~ responsible, self controlled, tolerant and caring. However as ^{the} line progressed they decline and felt more vulnerable.

Those women following the 'masculine' clock were more dominant, sociable independent and intellectually sufficient

The ~~moral~~ women, ^{by age of 20} were married or started careers, felt more incompetent, self-doubt and loneliness.

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The social clock revolves around age norm

Culture and social class also have a strong influence on norms
For example

lower class people marry long before middle, upper-middle or upper class.

The age of marriage impacts the number of children, marriage satisfaction and likelihood of divorce.

People follow social clock so they can relate and fit themselves to others and enhance their understanding of their place in society.