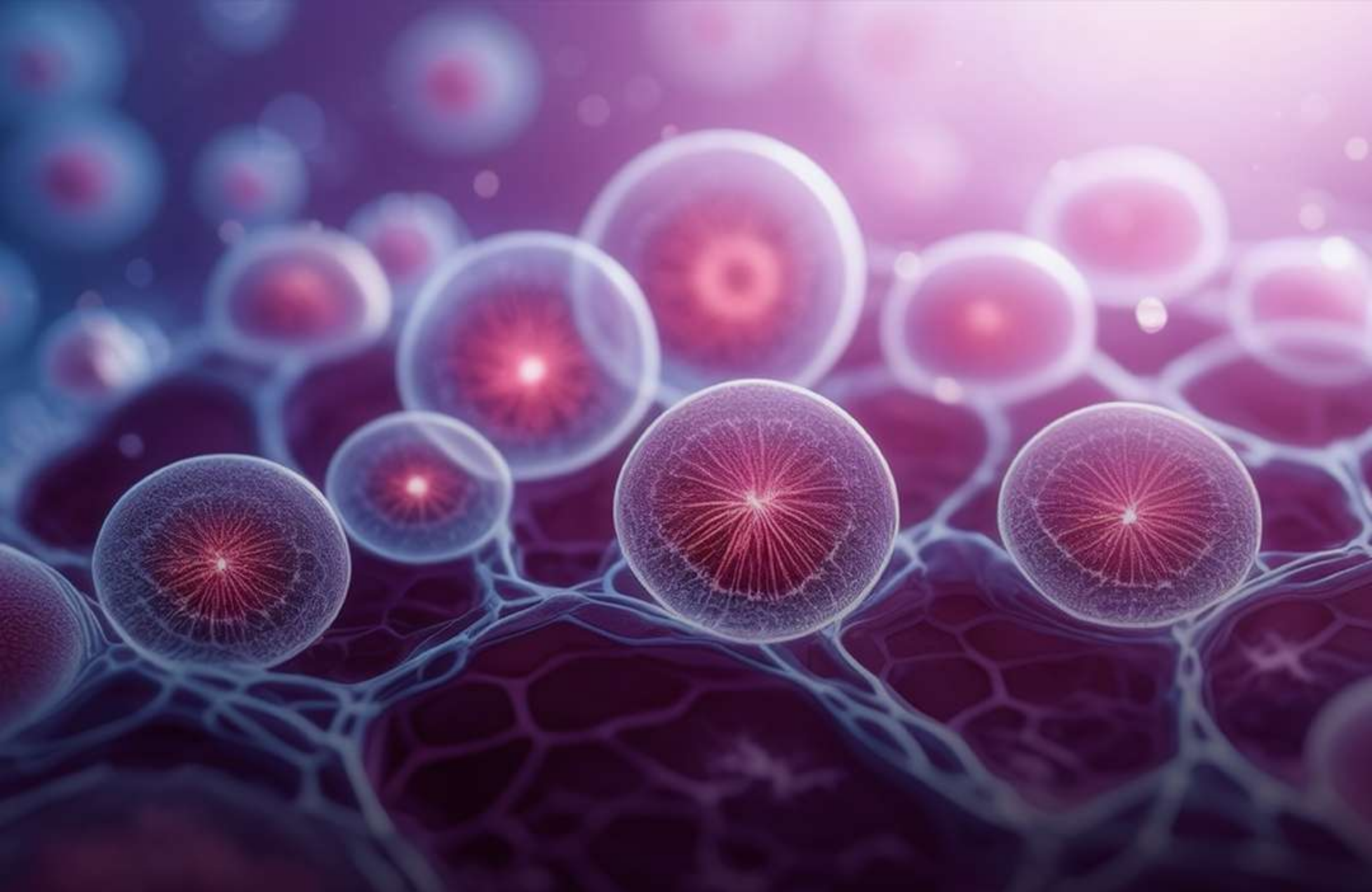




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Theories of Physical and Psychological Aging

Cellular-Clock Theory

Proposed by Hayflick in 1977, this theory states that cells have a finite number of divisions for repairing damage. This limitation is linked to telomeres, protective structures at the ends of chromosomes that shorten with each division. When telomeres become too short, cell division stops, leading to aging.

Wear-and-Tear Theory

suggests that aging results from accumulated physical stress and damage over time. As the body's organs and tissues are repeatedly used, they gradually wear out. For example, collagen, an elastic tissue that keeps skin flexible, loses its elasticity as people age, causing the skin to sag and wrinkle.

Free-Radical Theory

An extension of the wear-and-tear theory, the free radical theory explains that unstable oxygen molecules, called free radicals, damage cell structures by stealing electrons from other molecules. As people age, this accumulated damage leads to aging effects.

Activity Theory of Aging

Havighurst's theory suggests that elderly individuals can adapt positively to aging by staying active and engaged in life. Activities like volunteering, hobbies, and socializing contribute to their well-being and longevity. Often, older people stop participating not by choice, but because they are no longer included in social events.

FAQ

Which theory explains aging as a result of accumulated physical stress and damage over time, such as the loss of elasticity in collagen?

- a. Cellular–Clock Theory**
- b. Activity Theory**
- c. Wear–and–Tear Theory**
- d. Free–Radical Theory**

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