

Rodrigo Marques da Silva

Wanderlan Cabral Neves

(Organizadores)

Resilience, Health and Human Aging



Atena
Editora
Ano 2022

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Resilience, health and human aging

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Revisão: Os autores
Organizadores: Rodrigo Marques da Silva
Wanderlan Cabral Neves

Dados Internacionais de Catalogação na Publicação (CIP)

R433 Resilience, health and human aging / Organizadores Rodrigo Marques da Silva, Wanderlan Cabral Neves. – Ponta Grossa - PR: Atena, 2022.

Formato: PDF

Requisitos de sistema: Adobe Acrobat Reader

Modo de acesso: World Wide Web

Inclui bibliografia

ISBN 978-65-258-0389-0

DOI: <https://doi.org/10.22533/at.ed.890223108>

1. Health. I. Silva, Rodrigo Marques da (Organizador). II. Neves, Wanderlan Cabral (Organizador). III. Título.

CDD 613

Elaborado por Bibliotecária Janaina Ramos – CRB-8/9166

Atena Editora

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Atena
Editora
Ano 2022

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PREFÁCIO

Esta obra foi desenvolvida junto a um grupo de alunos de Iniciação Científica de diferentes fases de formação dos cursos de saúde (Enfermagem, Farmácia e Fisioterapia) da Faculdade de Ciências e Educação Sena Aires, sendo, portanto, uma obra coletiva construída no Grupo de Pesquisa Trabalho, gestão e empreendedorismo em saúde, linha de pesquisa Stress, Coping e Saúde.

Além disso, pesquisadores colaboradores de outras instituições com domínio na área de envelhecimento humano foram convidados a fim de contribuir com a construção desse e- book, dando um olhar amplo, objetivo e atualizado sobre os conteúdos abordados.

Portanto, destaca-se que a obra está organizada em 5 capítulos construídos de forma cuidadosa, atualizada e detalhada, com informações sobre o assunto e com uso de uma linguagem clara e objetiva.


Desejamos uma ótima leitura a todos!

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 <https://doi.org/10.22533/at.ed.8902231085>

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Data de aceite: 04/08/2022

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RESUMO: Objetivo: avaliar a resiliência em idosos e os fatores associados segundo a literatura científica. **Método:** Trata-se de uma revisão bibliográfica realizada no período de março à

maio de 2022 na biblioteca eletrônica Scientific Eletronic Library e nas bases de dados Literatura Latino Americana e do Caribe em Ciências Sociais e da Saúde. Para a busca, foram utilizadas as palavras-chave: “resiliência em idosos”, “aspectos da resiliência”, “resiliência psicologia”, “resiliência econômica” e “resiliência e o envelhecimento”.

Resultados: O processo de envelhecimento é cercado por adversidades que influenciam o idosos a desfrutar do bem-estar e da tranquilidade. Esse fenômeno é natural, universal, irreversível e não ocorre da mesma forma em todos os seres humanos. Envelhecer faz parte da vida e, visto à luz dos conhecimentos atuais, não há nada que se possa fazer para alterar esse processo. O presente estudo objetivou avaliar a resiliência em idosos e os fatores influenciadores, bem como as potencialidades que se constituem em mecanismo mediador dessas questões, como a resiliência biológicas, psicológicas, sociais e econômicas, que reflete a capacidade em lidar com situações críticas apesar dos desafios e a de garantir um envelhecimento saudável. A metodologia adotada baseia-se em uma revisão bibliográfica de estudos e pesquisas anteriormente publicados e na coleta de dados, parâmetros e sobre idosos. **Conclusão:** O processo de envelhecimento é cercado por adversidades que influenciam o idosos a desfrutar do bem-estar e da tranquilidade. Esse fenômeno é natural, universal, irreversível e não ocorre da mesma forma em todos os seres humanos. Envelhecer faz parte da vida e, visto à luz dos conhecimentos atuais, não há nada que se possa fazer para alterar esse processo.

PALAVRAS-CHAVE: Resiliência; Fatores Associados; Idosos.

ABSTRACT: Objective: to evaluate resilience in the elderly and associated factors according to the scientific literature. **Method:** This is a bibliographic review conducted from March to May 2022 in the Scientific Electronic Library and in the Latin American and Caribbean Literature databases in Social and Health Sciences. For the search, the keywords were used: “resilience in the elderly”, “aspects of resilience”, “psychology resilience”, “economic resilience” and “resilience and aging”. **Results:** The aging process is surrounded by adversities that influence the elderly to enjoy well-being and tranquility. This phenomenon is natural, universal, irreversible and does not occur in the same way in all human beings. Aging is part of life and, in the light of current knowledge, there is nothing you can do to change this process. The present study aimed to evaluate resilience in the elderly and influencing factors, as well as the potentialities that constitute a mediating mechanism of these issues, such as biological, psychological, social and economic resilience, which reflects the ability to deal with critical situations despite challenges and to ensure healthy aging. The methodology adopted is based on a literature review of previously published studies and research and on the collection of data, parameters and on the elderly. **Conclusion:** The aging process is surrounded by adversities that influence the elderly to enjoy well-being and tranquility. This phenomenon is natural, universal, irreversible and does not occur in the same way in all human beings. Aging is part of life and, in the light of current knowledge, there is nothing you can do to change this process.

KEYWORDS: Resilience; Associated Factors; Elderly.

INTRODUCTION

In recent years, the world's elderly population has increased significantly. These demographic changes are evident both in developed and developing countries, such as Brazil. According to studies by FAPES (2016), the country has about 11 million people over 60 years, and by 2025 Brazil is expected to have the sixth largest population in the world in this range.

In Brazil, the growth of the elderly population has been more expressive than in the global scenario, in 1950, the rate of elderly people aged 60 years or more was 2.6 million, rose to 29.9 million in 2020 and is expected to reach 72.4 million in 2100. Absolute growth was 27.6 times (ALVES, 2020).

In relative terms, the elderly population aged 60 years and over represented 4.9% of the total inhabitants of 1950, rose to 14% in 2020 and should reach the impressive percentage of 40.1% in 2100. In the last two decades of the 21st century the absolute number of elderly people will decrease. However, the percentage of elderly people will continue to rise, bringing new challenges and new opportunities. (ALVES, 2020)

Population aging has been a reality in much of the world in recent decades. According to Celade (2012, p. 11), “the living conditions of the population and advances in medicine in

the fight against diseases have reduced early mortality and contributed to longevity.”

Demographic changes are related to the aging process. It is a phenomenon that increases biological, economic and social risks and difficulties. Along with this, there is a decrease in personal and social resources that allow controlling or dealing with these changes, this reduction in the elements of management of adverse situations negatively influences the increase in the possibilities of developing damage to psychological well-being and good health and quality of life. (WHO, 2005)

In this sense, the aim of this study was to evaluate resilience in the elderly and associated factors according to the scientific literature.

METHOD

The present study is a bibliographic review of the literature, which seeks to synthesize results of previously published research and draw conclusions from a literature, thus leading to the contribution of discussions on methods and research results, as well as providing reflections that offer future investigations. (Creswell, 2010)

The practice addressed allows evidence-based development and the use of research results in practice. In the meantime, researchers in the health area run into the amount and complexity of information found, thus emerging the need for review methods such as that demonstrated in the present study. Thus, it is a research method that allows the search, critical evaluation and collection of available evidence on the theme investigated, with the objective of its final product the current state of knowledge of the subject, opening the possibility of effective interventions in health care and cost reduction (Mendes, Silveira, & Galvão, 2008).

Data were collected from March to May 2022 in the Scientific Electronic Library Online (SciELO) electronic library and in the Latin American and Caribbean Literature on Social and Health Sciences (LILACS) databases. For the search, the keywords were used: “resilience in the elderly”, “aspects of resilience”, “psychology resilience”, “economic resilience” and “resilience and aging”.

We included articles published in Portuguese (Brazil) available online and in full, as well as dissertations, books, book chapters, reviews and theses. Those previously found in the same database and those without relevance to the theme were excluded.

Initially, an exploratory reading of the titles and abstracts was carried out to recognize the articles that met the eligibility criteria. Then, the previously selected articles were read in full, and they were resubmitted to the inclusion and exclusion criteria. Finally, the selected materials, title, objective, results and conclusion were extracted in order to obtain the data

related to the object of this review.

RESULTS AND DISCUSSION

Forty-two publications related to the theme were found, 12 of which were eliminated by the initial reading of the titles, in the reading of the abstracts of the remaining articles according to inclusion/exclusion criteria, 8 for not having a direct relationship with the theme, and 2 for not being related to the theme. The remaining 20 articles were read and used in the final sample of the text.

Biological resilience

The aging process is defined as a dynamic and progressive process in which there are both morphological and functional, biochemical and psychosocial changes that begins from conception and, which we can determine being the progressive loss of the individual's ability to adapt to the environment. (Maciel and Silva, 2012)

It can be observed that the growth in the elderly population is associated with decreased birth rates and infant mortality, and improvement in the treatment of infectious diseases and basic sanitation and access to health services for a larger number of individuals (KALACHE, VERAS E RAMOS, 1987).

According to age, the World Health Organization (WHO) considers elderly people aged 65 years or older, and in developing countries 60 years or older, in developed countries. Applied to social or physiological aspects, although uncertain, chronological criteria are most commonly used to define whether an individual has reached old age. (Jorgemar Soares Felix (PUC-SP).

We can describe biological aging as vulnerability to the attack of the internal and external environment and, therefore, greater susceptibility to cells, tissues and organs, devices and systems. Based on this, the elderly work in the same basic conditions as younger adults, however, the differences are manifested in the need to use homeostatic reserves, which are more vulnerable in the elderly. In addition, each organ or system has a different age. Therefore, variability increases with age. (Maciel, Silva, 2012)

Psychological resilience

Aging is considered one of the main psychological factors of the elderly, as it is accompanied by limiting factors that, in most cases, by the effect of frustrating the will and generating frustration.

It is worth mentioning that the elderly becomes introspective, observes more what manifests itself and has to be idle, this is directly related to the limits that the body suddenly

has to impose, making it difficult, for example. This cuts the relationship between will and response in older people and can cause fear to move.

There are diseases considered psychosomatic, which are those in which an emotional factor ends up determining the appearance of some ulcer injury and hypertension are examples of this type of disease. Authors have already made a report in which they state that the social and family environment has a strong influence on the improvement or worsening of behavioral processes; they assert that the physical limitation of the elderly is not confounded with their ability to make decisions, in addition, to prevent them from exuding such faculties or exercise them for it – this is called social paternalism – goes against the factors related to psychic well-being, that is, autonomy and independence.

However, studies mitigate the common belief that older adults tend to retract and depress or become more rigid, and report that depression would be linked to the personality dimension, which would be a permanent disposition, capable of better assessing mood disorders than time as a life circumstance. (NICKLETT, TAYLOR, ROSTANT, JOHNSON E EVANS, 2017).

In addition, the authors demonstrate that this observed rigidity has been influenced by the sociocultural experiences of their own and that it is possible to observe a decline in this and increased sociocultural flexibility of young adults, providing ease of adaptation to the challenges of aging for the new elderly.

Scientific research focused on aging positively proves that physical activities are great allies in combating the effects of aging from a psychological point of view. For the aging process to occur with an impact on the daily life of the individual, it is essential to follow-up associated with healthy habits. (NICKLETT, TAYLOR, ROSTANT, JOHNSON E EVANS, 2017).

Resilience can be defined as a universal capacity that enables the person, group or community to prevent, minimize or overcome the harmful effects of adversities, including leaving these situations strengthened or even transformed, but not unharmed (GROTBERG, 1995). Psychological resilience is the most important not only for the elderly, because it is through this resilience that they can cope with all the weight of aging and with this they will be able to deal with all the problems arising from this stage of life. (BARRIER AND NAKAMURA, 2006)

Social Resilience

The emotional health of the elderly can be affected by the lack of social interaction it is, thus making it one of the greatest challenges faced in society. In today's hectic life, most people do not have the patience or time to talk to their elders, hearing that and respecting

their time, given this, inclusion in the environments is important for them to feel good and comfortable to tell their stories and it is important to point out that the lack of socialization affects physical and cognitive health (FONTES E NERI, 2015).

There are situations in which the elderly are abandoned and inserted in nursing homes, and although they offer all the necessary structure to ensure the well-being and quality of life of the elderly, in some cases, the elderly end up being abandoned by their relatives, who will not even visit them, which can generate emotional discomfort. For the elderly who live in nursing homes, the constant visit of their relatives is very important to feel welcomed and loved, however, this does not happen with the desired frequency. (AIRES, PAZ E PEROSA, 2009)

Family support at this stage of life is very important, as the elderly tend to be more emotionally sensitive and, therefore, the attention needed is essential so that they can feel loved and welcomed. (ANGST, 2008).

For the elderly, the greatest difficulty encountered is the inability to perform their daily tasks, and become dependent, and this relationship brings with it the emergence of more serious diseases, especially the increase in chronic-degenerative diseases, changing the panorama of health conditions of the Brazilian population. (DANTAS E SANTOS, 2017).

With advanced age, health problems often appear, often due to adopted lifestyles, habits, poor diet and lack of physical activities throughout life. Among the most common challenges are chronic diseases, degenerative diseases, cognitive abilities and the difficulty of balancing that compromise the quality of life of the elderly. (BRASIL, 2007).

As can be seen, the challenges that the elderly face in society are many, however, there is no reason for them to give up. And with the advancement of modern society there are many activities that they can perform to feel independent and strong and of course with help, this process will become much easier (DANTAS E SANTOS, 2017).

Therefore, the greatest social resilience found by the elderly is not to allow abandonment, leave and neglect with their new condition on the part of family members, so it should not be saved on affection and love and demonstrates how special this person is for the family, surely you will see that this attitude will make all the difference.

Economic resilience

Given the country's economic scenario, most of the elderly are forced to continue working, according to the National Continuous Household Sample Survey (Pnad), prepared by IBGE, points out that the elderly are the group with the lowest market share, but this percentage is increasing. In 2012, the percentage of active elderly was 5.9%. In 2018, the rate increased to 7.2%, according to IBGE, which represents 7.5 million elderly people

working as a labor force. (IBGE, 2012)

However, the same study showed that unemployment among the elderly increased significantly from 40.3% in 2018 to 18.5% in 2013. Often, these numbers reflect prejudice against the elderly (IBGE, 2012).

One of the great challenges faced by the elderly is the prejudice of the labor market, given this, they need to be resilient to face adversity. In general, misinformation is one of the causes for prejudice. Many young professionals still believe that the elderly do not have full physical and cognitive capacity to perform certain professional activities. (PORTAL DO ENVELHECIMENTO, 2019)

There is another widespread prejudice that creates great resistance to the insertion of the elderly in the labor market: the idea that they no longer have the strength for certain professional activities, especially when the profession requires some kind of attribution. (PORTAL DO ENVELHECIMENTO, 2019)

There are many reasons for an old person to decide where to return to the labor market, such as the low value of retirement, an income supplement to help meet the needs of the grandchildren of other family members, the possibility of paying medical insurance, debts in took during the death of the partner, among others (ALVES E CAVENAGHI, 2019).

When the elderly obtains a taste for the work they have done throughout their lives, they end up with the feeling that this can give meaning to their life, will and need to stay active, and everything leads them to believe that it is the only way to maintain bonds of friendships, to feel useful towards the family, community and society. (KROTH ARAÚJO, CORRÊA CARDOSO, PEREIRA MOREIRA, WEGNER E COUTINHO AREOSA, 2012)

Therefore, it is necessary to invest in policies capable of stimulating the inclusion of the elderly in the labor market with respect, a sense of collaboration and without differentiating them from people of other age groups, combating prejudices related to the ability of those who have passed 60 years, giving them opportunities to enter the market in a dignified way and build their own income, not being held hostage to donations from family members. (RAMOS, SOUZA E CALDAS CP, 2008)

CONCLUSION

Drawing a study on resilience in the elderly and the associated factors is a challenging and attractive project, both for the need to learn and talk more about them, and by the very nature of creating a better understanding on this subject.

Starting from the knowledge generated and validated by the movement of

evidence-based research, a methodological approach has been developed closer to the multidisciplinary characteristics necessary to deal with the natural course of aging.

For this reason, and because it is a subject of interest to the population, developing studies under this paradigm is of great value for the knowledge of family members and caregivers, always considering the possibility of learning and critical construction, respecting the need of the elderly.

It is known that the aging process causes great stress to individuals, either by not accepting the natural process or because they feel foreant to society and family members. Therefore, research aimed at clarifying, comparing, and defining a new trajectory for aging can improve quality of life and understand the challenges faced by the entire population.

However, it is necessary to understand that resilience should not always be seen as a positive factor in the aging process, as it contributes to the resistance to acceptance of the whole process, and this can interfere in the professional, family, psychological and social spheres leading the elderly to face challenges in social life.

Resilience is a tool to be researched in nursing, aiming to improve the methodologies and approaches of the elderly population, so that they feel welcomed and heard. Nursing plays a fundamental role, because most of the time it is primary care, and therefore it is important to know the aspects that can be resilienceced by the elderly population to be able to assist in treatments when necessary, advise follow-ups of other multidisciplinary teams, reserving them a job of caring and being cared for.

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