

Rocio Fernández-Ballesteros

# Active Aging

*The Contribution of Psychology*



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# Active Aging The Contribution Of Psychology

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## **Active Aging The Contribution Of Psychology:**

*Active Aging* Rocío Fernández-Ballesteros, 2008-10-01 Aging well and continuing to be active are often regarded as THE goals in life from individual family community and population perspectives This implies good health and physical fitness good cognitive and positive emotional motivational functioning and social participation and engagement Increasing life expectancy by means of biomedical advances is not on its own enough however Research shows that an individual's psychological condition contributes to their quality of life and well being in old age and that behavioral and psychological interventions can also prevent illness improve cognitive and physical fitness and increase positive emotional functioning and social participation This book shows how psychologists and psychological science as a whole can face the challenge of promoting optimal and active aging in a society that is growing ever older

**Active Aging and Disease Management** Helena Canhão, Jaime C. Branco, Giuseppe Liotta, 2019-01-11 Population aging and the associated burden of chronic diseases are one of the main challenges in public health worldwide This Research Topic on Active Aging and Disease Management provides a comprehensive overview of population aging through fourteen comprehensive papers Chapter 1 discusses an overview of health systems in active and healthy aging while Chapter 2 focuses on the role of lifestyles exercise and new technologies Chapter 3 debates psychological and cognitive issues in aging and finally in Chapter 4 an older people self assessment is proposed and the role of communities and supporters are highlighted We think that real social and health care integration at community level could be the key point to deliver effective health promotion and preventive intervention Enjoy the reading

*The Cambridge Handbook of Successful Aging* Rocío Fernández-Ballesteros, Athanasios Benetos, Jean-Marie Robine, 2019-01-24 Recent studies show that more people than ever before are reaching old age in better health and enjoying that health for a longer time This Handbook outlines the latest discoveries in the study of aging from bio medicine psychology and socio demography It treats the study of aging as a multidisciplinary scientific subject since it requires the interplay of broad disciplines while offering high motivation positive attitudes and behaviors for aging well and lifestyle changes that will help people to stay healthier across life span and in old age Written by leading scholars from various academic disciplines the chapters delve into the most topical aspects of aging today including biological mechanisms of aging aging with health active and productive aging aging with satisfaction aging with respect and aging with dignity Aimed at health professionals as well as general readers this Cambridge Handbook offers a new positive approach to later life

**Active Aging** Rocío Fernández Ballesteros, 2008 Aging well and continuing to be active are often regarded as the goals in life from individual family community and population perspectives This implies good health and physical fitness good cognitive and positive emotional motivational functioning and social participation and engagement

**Routledge Handbook of Cultural Gerontology** Julia Twigg, Wendy Martin, 2015-06-12 Later years are changing under the impact of demographic social and cultural shifts No longer confined to the sphere of social welfare they are now studied within a wider cultural framework that encompasses

new experiences and new modes of being Drawing on influences from the arts and humanities and deploying diverse methodologies visual literary spatial and theoretical perspectives Cultural Gerontology has brought new aspects of later life into view This major new publication draws together these currents including Theory and Methods Embodiment Identities and Social Relationships Consumption and Leisure and Time and Space Based on specially commissioned chapters by leading international authors the Routledge Handbook of Cultural Gerontology will provide concise authoritative reviews of the key debates and themes shaping this exciting new field

*Positive Aging and Precarity* Irina Catrinel Crăciun, 2019-05-10 This book explores positive aging through the lens of precarity aiming to ground positive aging theories in current social contexts In recent years research on aging has been branded by growing disagreements between supporters of the successful aging model and critical gerontologists who highlight the widening inequalities disadvantages and precarity that characterize old age This book comes to fill a gap in knowledge by offering an alternative view on positive aging informed by precarity and its impact on projections concerning aging The first part of the book places aging in broader theoretical and empirical context exploring the complex links between views on aging successful aging theories policy and social reality The second part uses results from a qualitative research conducted in Germany to illustrate the dissonance between successful aging ideals and both negative and positive views on aging as well as aging preparation strategies inspired by precarity Findings from this section provide a solid starting point for comparisons with countries that are both similar and different from Germany in terms of welfare regimes and aging policies The final part of the book discusses the psychological implications of these findings within and beyond the German case study and outlines potential solutions for practice This book provides health psychologists gerontologists sociologists social workers health professionals as well as students and aging individuals themselves with better understanding of the meaning of aging in precarious times and builds confidence about aging well despite precarity

**Aging and Work** Susana Rubio-Valdehita, 2025-09-30 The field of aging and work is becoming increasingly significant as the Western population continues to age impacting various aspects of the workplace The rising percentage of older workers necessitates adaptations in job roles to accommodate the psychological sensory physical and cognitive changes associated with aging Concurrently older workers must adapt to the dynamic nature of modern workplaces through continuous training and skill acquisition Despite the valuable expertise and organizational commitment that older workers bring studies on diversity management reveal persistent issues of ageism where older employees face negative discrimination This underscores the need for a deeper understanding of how work history influences psychological well being in aging individuals and how age affects performance satisfaction and occupational health Current research in this area is limited and conceptually varied highlighting the necessity for more comprehensive investigations This research topic aims to explore the intricate relationship between aging and work focusing on how an individual's work history impacts their psychological well being as they age It seeks to understand the influence of age on employee performance satisfaction and

occupational health while also examining organizational strategies to prevent cognitive decline and combat age discrimination. Additionally, the research will investigate the benefits of work as a source of active, successful, and healthy aging. By addressing these questions, the research aims to provide actionable insights for policymakers and organizations to better support an aging workforce. To gather further insights into the complex interplay between aging and work, we welcome articles addressing, but not limited to, the following themes: Successful aging at work, Promoting employment opportunities for the aging workforce, Age diversity at work, Cognitive decline at work, Employment and cognitive reserve, Age discrimination in the workplace or ageism. These themes are not exhaustive, and contributions that bridge multidisciplinary perspectives are especially encouraged. The research topic strongly supports both cross-sectional and longitudinal comparative studies involving diverse age groups or samples from later stages of life. This includes theory development, quantitative and qualitative empirical research, epidemiology research, and meta-analyses aimed at discovering new relationships or phenomena to inform modeling and advance the understanding of the psychology of aging and work.

**Healthy Aging and the Community Environment** Chanam Lee, Xuemei Zhu, Anna Patricia Lane, Erja Portegijs, 2021-11-29 [2010 \[catalog\]](#) Degruyter, 2010-12-16. Reviews are an important aspect of scholarly discussion because they help filter out which works are relevant in the yearly flood of publications and are thus influential in determining how a work is received. The IBR published again since 1971 as an interdisciplinary international bibliography of reviews; it is a unique source of bibliographical information. The database contains entries on over 1.2 million book reviews of literature dealing primarily with the humanities and social sciences published in 6,820 mainly European scholarly journals. Reviews of more than 560,000 scholarly works are listed. The database increases every year by 60,000 entries. Every entry contains the following information: On the work reviewed, author, title; On the review, reviewer, periodical, year, edition, page, ISSN, language, subject area; in German, English, Italian; Publisher, address of journal.

[Book Review Index - 2009 Cumulation](#) Dana Ferguson, 2009-08. Book Review Index provides quick access to reviews of books, periodicals, books on tape, and electronic media representing a wide range of popular, academic, and professional interests. The up-to-date coverage, wide scope, and inclusion of citations for both newly published and older materials make Book Review Index an exceptionally useful reference tool. More than 600 publications are indexed, including journals and national general interest publications and newspapers. Book Review Index is available in a three-issue subscription covering the current year or as an annual cumulation covering the past year.

*Awards, Honors and Prizes* Gale Group, 2001-07. **The American Psychologist**, 2006. Includes proceedings of the 54th, 55th annual meetings of the association, 1946-47, and proceedings of meetings of various regional psychological associations.

**Journal of Consumer Satisfaction, Dissatisfaction, and Complaining Behavior**, 1993. [Guide to Indian Periodical Literature](#), 1987. [Social Contribution by the Aging](#) American Academy of Political and Social Science, 1952. **Encyclopedia of Psychology** Raymond J. Corsini, 1994. Includes entries on such topics as

psychoanalysis assertiveness training neurotransmitters and small sample statistics      **The Role of Television in the Life of the Aged Person** Theo Fred Schalinske, 1968      **Social Gerontology** David Redburn, Robert P. McNamara, 1998-05-21  
Provides undergraduates with a collection of original chapters addressing most of the major topics covered in social gerontology textbooks focusing on social aspects of aging Subjects include the psychology of aging caregiving aging and gender issues deviant older adults and economics and politics of aging Annotation copyrighted by Book News Inc Portland OR      Adult Development and Aging Marion Perlmutter, Elizabeth Hall, 1992-01-20 Takes a life span view of development and a multi disciplinary approach to adulthood presenting development and aging at multiple levels biological psychological sociological anthropological cultural and historical Stresses the plasticity and diversity of aging Promotes an understanding of adult development and of life in an aging society Intended to develop analytic skills in students by allowing them to interpret age differences      **Health Science Books, 1876-1982** ,1982

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