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TYPES OF ACTIVITIES - THE EFFECTS OF ENRICHING COGNITIVE FUNCTIONS DURING ADULTHOOD

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Annotation:
age: an annoying burden or an invaluable acquisition. Ancient doctors distinguished xenium and senectus to describe old age. In modern terminology, the first corresponds to the deficit model, the second corresponds to the competence model of old age. Its success or failure depends on biological, psychological, social and mental determinants. In the article, the determinants of personality are compared in terms of competence and scarcity, success and failure. And also the selected substantive aspects of biological life that are important for successful aging are outlined, namely: awareness of the transitory nature of life, attention to life, reconciliation with oneself, a higher state of health by F. Nietzsche, attention to God and humor.

Keywords: old age, gerontology, changes, person, environment.

Do different types of intellectual, physical and social activities cause cognitive enrichment effects, that is, do they improve cognitive abilities in different periods of adult life, paying special attention to old age. Let's start with a theoretical framework that emphasizes the ability of behavior to influence levels of cognitive functioning.In accordance with this concept, the indisputable presence of age-related deterioration of cognitive functions does not refute the opinion that behavior can improve cognitive functions. Instead, the course of normal aging forms a zone of possible functioning that reflects a person's specific abilities and age-related limitations. Individuals influence whether they function in the higher or lower ranges of this zone by engaging in or abstaining from beneficial intellectual, physical, and social activities. From this point of view, the potential for positive changes, or plasticity, is preserved in adult cognition. This argument is supported by more recent research in the field of neurology, showing neural plasticity in various aspects of the functioning of the central nervous system, neurochemistry. This view of human capabilities contrasts with static ideas about cognition in old age, according to which the decline of abilities is fixed and individuals cannot slow down its course. In addition, any understanding of cognition as it occurs in everyday life should distinguish between basic cognitive mechanisms and skills (such as the amount of working memory) and the functional

use of cognition to achieve goals in specific situations. In practice, knowledge and experience are crucial for effective functioning, and the available evidence suggests that older people use certain knowledge and experience effectively and can acquire new knowledge when needed. In general, the available data support the hypothesis that maintaining an intellectual and physically active lifestyle contributes to successful cognitive aging. First, research on cognitive learning has shown that older adults can improve cognitive function if they are intensively taught strategies that promote thinking and memorization. The literature on early learning has suggested little transfer of functions from specially trained skills to new cognitive tasks; the training was very specific to the cognitive processes that the training is aimed at.Recently, however, a new generation of research suggests that providing structured experiences in situations requiring executive coordination skills, such as complex video games, task switching paradigms, and shared attention tasks, trains strategic control over cognition, which really demonstrates the transfer of tasks to another environment. These studies show that older people have a significant reserve potential for cognition, which can be improved through training. Secondly, a significant number of studies show that maintaining a lifestyle that stimulates intellectual development predicts better preservation of cognitive skills and is associated with a reduced risk of developing Alzheimer's disease in old age. Our review is devoted to longitudinal evidence of the link between an active lifestyle and improved cognitive abilities.because such data allow for fewer competing explanations of the observed effects (or lack of effects) than cross-sectional data. Longitudinal data consistently show that participation in intellectually stimulating activities is associated with better cognitive functioning at later points in time.

Other studies show that meaningful social interaction also contributes to the better preservation of cognitive functions in old age. These longitudinal data are also open to important competing explanations, but in general, the available evidence suggests that activity may delay decline, mitigate deterioration, or provide prosthetic benefit in the face of normative cognitive decline, while at the same time indicating that cognitive abilities in late age changes may lead to reduced activity. Given the complexity of the dynamic mutual relationship between stimulating activity and cognitive function in old age, additional research will be needed to find out to what extent the observed effects confirm the causal effect of an intellectually active lifestyle on cognitive functions. Nevertheless, the hypothesis that an active lifestyle requiring cognitive effort has long-term benefits for the cognitive functions of older people is at least consistent with the available data. In addition, a new study of interventions, which includes multimodal interventions focused on purposeful actions that require

cognition (for example, reading to children) and social interaction, will help to find out whether an active lifestyle improves cognitive functions.

Thirdly, there is parallel literature suggesting that physical activity, and in particular aerobic exercise, increases the cognitive function of older people. In contrast to the literature on active lifestyle, there is already an impressive body of work with humans and animal populations showing that exercise interventions have significant benefits for cognitive function, especially for aspects of mobile intelligence and executive function. Recent neuroscience research on this topic shows that exercise has a significant impact on brain morphology and function, representing a likely brain substrate for the observed effects of aerobic exercise and other activities on cognitive function. Our review identifies a number of areas where additional research is needed to address critical issues. For example, there is significant epidemiological evidence that stress and chronic psychological distress are negatively associated with changes in cognition. In contrast, less is known about how positive qualities such as self-efficacy, a sense of control and a sense of meaning in life can contribute to the preservation of cognitive function in old age. It is well known that certain personality characteristics, such as conscientiousness, predict adherence to an exercise regime, but we do not know whether these qualities are relevant to predicting cognitive function maintenance or effective compensation for cognitive decline when it occurs. In addition, more information is needed about the factors that encourage an active lifestyle in old age in conditions of increased risk of physiological decline, mechanical deterioration of the body, morbidity with disabling consequences, as well as the expediency of efforts to maintain an active lifestyle associated with successful aging, both in terms of cognitive function and psychological and emotional well-being. We will also briefly discuss some interesting issues for society and public policy regarding the effects of cognitive enrichment. For example, should efforts to improve cognitive function be included in the overall prevention model to improve health and vitality in old age? We also commented on the recent trend of interventions in business marketing aimed at strengthening mental abilities and preventing age-related cognitive decline, as well as the desirability of direct scientific data confirming claims about the effectiveness of specific products. Should efforts to improve cognitive function be part of an overall prevention model to improve health and vitality in old age? We also commented on the recent trend of interventions in business marketing aimed at strengthening mental abilities and preventing age-related cognitive decline, as well as the desirability of direct scientific data confirming claims about the effectiveness of specific products. Should efforts to improve cognitive function be part of an overall prevention model to improve health and vitality in old age? We also

commented on the recent trend of interventions in business marketing aimed at strengthening mental abilities and preventing age-related cognitive decline, as well as the desirability of direct scientific data confirming claims about the effectiveness of specific products.

Human aging is a calculus and coverage that continues over time.According to the frequency of most gerontologists, it begins in the fourth decade of life. The process of human aging is complex and individual, revolves in a biological, psychological and social environment. Biological aging with progressive progression of age-related changes, increased and physico-chemical properties of cells, leading to a violation of self-regulation, prescriptions, structural and structural changes in tissues and organs. This is a natural and irreversible process that can occur as successful aging, as shown, and pathological. Biological changes, increasing with age in a person's environment, properties on mood, attitude to the environment, natural state and influence on activity, reveal the place of infection of people in society and society. Mental aging refers to a person's awareness and adaptability to the aging process. Among adaptive attitudes, there are: constructive, dependent, hostile to others and to oneself attitudes. With increasing age, difficulties arise with the perception of a new situation, usually unfavorable changes in the cognitive and intellectual sphere, the process of perception, perception of perceived sensations and perceived information is twisted, thought processes change.

Social aging is limited by the role of an elderly person, internal culture, and may change as customs change. Social aging refers to how a person perceives his aging process and how he sees society.hostile attitude towards others and towards yourself. With increasing age, difficulties arise with the perception of a new situation, usually unfavorable changes in the cognitive and intellectual sphere, the process of perception, perception of perceived sensations and perceived information is twisted, thought processes change. Social aging is limited by the role of an elderly person, internal culture, and may change as customs change.

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