



Healthy Elderly: A Means of Preserving and Promoting Individual, Familial, and Social Identity



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Authors

Shamsikhani S.*¹ PhD,
Ahmadi F.² PhD

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¹Shazand School of Nursing, Arak University of Medical Sciences, Arak, Iran

²Department of Nursing, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran

*Correspondence

Address: Shazand School of Nursing, Arak University of Medical Sciences, Sardasht Street, Arak, Iran. Postal Code: 3848176941

Phone: +98 (861) 34173524

Fax: +98 (861) 34173524

shamsikhani@arakmu.ac.ir

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Dear Head Editor

This letter aims to provide an overview of the basic propositions to express the importance of the study of old age and to maintain and improve the health of this segment of society. In other words, this editorial aims to explain the necessity of caring for the elderly and preventing the occurrence of old age problems. Considering the population pyramid status and scientific predictions, elderly people will double the current population by 2050, more than two billion people, and by 2030, one out of every six people will be elderly ^[1].

Being elderly is not regarded as an illness in and of itself, but various biological problems in most geriatric systems lead to malfunction in the elderly and necessitate additional attention ^[2]. Biological changes that occur in the human body with age affect the mental state, physical condition, and social activity and provide the background for the need of the elderly for help and support from others ^[3]. Physical or cognitive impairments emerge with growing age, affecting a person's ability to conduct autonomous duties ^[4].

The Holy Qur'an is the last divine book that conveys the essence of divine messages and approaches by the prophets, clearly and directly and indirectly, in verse 36 of Surah al-Nisa, verses 23 and 24 of Surah Asra, and verses 15 and 34 of Surah Maryam. It refers to the necessity of all-around attention and support for elderly parents, also emphasizing the dignity of the elderly in Islam and other divine religions, and paying attention to the material and spiritual needs of this group obligates the family and the society to respect spiritual rights. One of the initial teachings is to treat the elderly with kindness and to pay a lot of attention to them both materially and spiritually and take care of them. In Islam and Islamists, from the point view of the Muslim people, the elderly are considered as a value, and old age is a sign and symbol of experience and knowledge, and the elderly have a wonderful social status because they are a

treasure of knowledge, experiences, and information ^[5]. According to a study on the needs and support needs of the elderly, these vast capitals require daily support, emotional-psychological, care-therapeutic, knowledge-building, economic, and social activities ^[6], and most importantly, respect ^[7].

Given currently, 10% of the country's population is elderly, and this population has doubled compared to 40 years ago, maintaining and improving the health of the elderly in the current situation is a national and even international necessity and priority, and failure to consider will undoubtedly cause serious harm to the elderly, while also creating secondary victims. Due to healthy and successful elderly require less cost, care, and support from caregivers, families, society, and officials, this action is regarded as paying attention to the individual, family, and social identity.

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