

Chapter 11

BLIND SPOTS OF WOMEN'S SUCCESSFUL AGING

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INTRODUCTION

Aging is one of the most up-to-date issues today. The world's population is getting older and societies called super-aging are emerging. In 2019, 703 million people were 65 years or older. This figure is expected to reach 1.5 billion by 2050 (UN, 2019). In 1990, the elderly population, which accounts for 6% of the world's population, rose to 9% in 2019. This ratio is expected to increase to 16% in 2050. This rate of increase means that one in every six individuals in the world is old. This increase was due to the increase in the elderly women's population (UN, 2019).

Between 2015-2020, women's life expectancy at birth is 4.8 years more than men. 65-year-old women are expected to live 18 years, while the life expectancy for men is 16 years (Nusselder et al., 2019). This difference is increasing day by day. This difference makes it necessary to investigate the difference between over-living and quality living (Lindahl-Jacobsen et al., 2016). Decreasing quality of life in developing countries despite increasing population decreases the quality of time spent in old age. The economic, social and physical regressions that occur with aging may cause more severe results in women (Kontis et al., 2017). Women's social positions, roles, physical differences, and biological characteristics may cause different problems compared to men.

Differences in the physical structure of women may cause some restrictions on sports, daily activities, freedom of movement and clothing. Women have very large chest sizes, joint surfaces and shoulders are narrow, buttocks are large and muscle mass is low compared to men (Liu et al., 2016; Alleva et al., 2018). Women are biologically different from men. Menstruation, hormonal changes, postnatal biological changes, genital tract infections, changes in the body before and after menstruation, changes before and after menopause affect quality of life (Reavey, Maybin, & Critchley, 2019; Taylor & Woods, 2019). The fact that these effects are not observed in men creates differences in activities of daily living. In women, the necessity of using bras for the protection of breast structure, the use of pads for

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Therefore, personal development and awareness training are important for the detection of blind spots.

Diseases, menstruation, menopause, gynecological diseases, and legal barriers may prevent women from successfully managing the aging process. Awareness about the problems that may occur during these periods can be created through training, conferences, and seminars to be held in every life cycle. The importance of issues such as make-up, personal care, clothing, hygiene for the management of the aging process should be addressed by policy-makers. An international platform should be established for the identification of blind spots for women who experience economic difficulties, are under social pressure, are subjected to discrimination and harassment, and whose emotional aspects are predominant. This platform should aim to raise awareness and train women.

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