

BÖLÜM 3

Yaşlılık Kuramları

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Öğrenme Hedefleri

1. Yaşlılıkta yer alan psikososyal kuramlar hakkında bilgi sahibi olmak
2. Yaşlılık kuramlarının, yaşlanma sürecine etkilerini açıklamak
3. Yaşlılık kuramlarının, yaşam kalitesinin sürdürülmesindeki önemini anlamak
4. Yaşlılık kuramlarının, yaşlanmanın karmaşık ve dinamik doğasındaki önemini anlamak
5. Yaşlılık kuramlarının, değişen yeteneklere uyum sağlama ve kişinin hayatı üzerindeki kontrol duygusunu sürdürmedeki önemini anlamak

Bölüm Başlıkları

Giriş

Yaşlılık Kuramları

Ayrılma/İlişkiyi Kesme (Disengagement) Kuramı

Aktivite (Activity) Kuramı

Süreklilik (Continuity) Kuramı

Sosyo-Duygusal Seçicilik (Socioemotional Selectivity) Kuramı (SDSK)

Yaşam Seyri (Life Course) Kuramı

Başarılı Yaşlanma (Successful Aging) Kuramı

Telafi Edici Seçici Optimizasyon (Selective Optimization With Compensation) Kuramı

Yaş Sınıflandırma (Age Stratification) Kuramı

Eleştirel Gerontoloji (Critical Gerontology) Kuramı

Gözden Geçirme Soruları

Kaynaklar

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4. Yaşlılık kuramları, hangi konuda uyum sağlamanın ve kontrol duygusunun sürdürülmesinin önemini vurgular?

- A) Değişen yeteneklere uyum sağlama
- B) Bilişsel yeteneklerin korunması
- C) Sosyal etkileşimlerin yoğunluğu
- D) Fiziksel aktivite düzeyi
- E) Kişinin finansal durumu

5. Aşağıdakilerden hangisi yaşlanma sürecini açıklamada Aktivite Teorisi'nin güçlü yönlerinden biri olarak kabul edilir?

- A) Sosyal rollerden gönüllü olarak ayrılmanın önemini kabul eder.
- B) Tüm kültürlerde evrensel ve tek tip katılım modelini vurgular.
- C) Sosyal ilişkilerin sürdürülmesinin ve aktivitelere katılımın önemini vurgular.
- D) Sadece yaşlanma ile ilişkili fizyolojik değişikliklere odaklanır.
- E) Yaşlanmanın bilişsel yeteneklerde kademeli bir azalma ile karakterize olduğunu öne sürer.

Cevap anahtarı: 1-D, 2-C, 3-D, 4-A, 5-C

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