



Cognitive Function In Old Age

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Abstract. This article discusses the effectiveness of developing cognitive activity in the elderly, measures and methods aimed at preserving and improving a person's mental and intellectual potential, and the fact that this process, first of all, includes supporting and developing cognitive functions, such as memory, attention, thinking, and problem-solving skills, in old age.

Keywords: older generation, cognitive activity, development, efficiency, mental capacity, old age, cognitive functions, memory, attention, thinking, contemplation, speech, perception, retention.

One of the most important ways to increase the adaptability of the older generation to life, to make their life more interesting, to enhance their role and strengthen their status as full-fledged members of society is to develop their cognitive activity.

Cognitive activity (English - cognitive activity; German - kognitivke Tätigkeit) is an important part of the human mind, thinking. Man is distinguished from other creatures by his high thinking. Human thinking consists of several parts, and the parts that are related to cognitive activity are considered competencies and skills.

In his article "Cognitive Linguistics: Understanding and Its Universal Nature," Uzbek researcher Nursultan Shaykhislamov writes: "Cognitive activity is a thought process that implements a person's perception of something or reality. Cognitive activity is directly related to language, because experience and knowledge are exchanged, information is transmitted through language. It is this aspect of the cognitive process and its results that is related to the science of



linguistics, which studies the linguistic system of knowledge, that is, the linguistic means of organizing it and storing it in memory¹.

In a general sense, cognitive activity is a mental activity aimed at consciously understanding, comprehending, analyzing things, making appropriate decisions, and acquiring knowledge. The most important direction in clarifying the content and essence of cognitive activity is its connection with the concept of thinking. At the same time, the reception of information about the realities occurring around a person and its processing in the mind are manifested as an integral part of cognitive activity².

Another important part of cognitive activity is language, which is developing as a separate field, that is, cognitive linguistics. Because the importance of cognitive linguistics, and language in general, is that the patterns of information that a person perceives and processes are directly related to language. In a different way from other types of cognitive activity, language has a secondary character³.

Cognitive abilities are considered the highest function of consciousness and allow a person to remain a person, regardless of any circumstances, situations, or situations. In general, the field of cognitive activity is characterized by such abilities as thinking, spatial orientation, understanding, human computational skills, the ability to get out of a situation, react to the realities of the situation, and most importantly, to perform actions based on mental stability.

As people age, the need for cognitive activity increases. This condition can be attributed to the effects of certain complications associated with the many difficult situations, difficulties, and mental stress they have encountered throughout their lives. Typically, cognitive (mental) abilities are among the higher functions of the human brain, allowing a person to understand his or her own identity. These include the ability to think, identify and understand the space in which one lives, calculate quantities, estimate, read and learn, speak, and reason.

¹ Shayxislamov Nursulton Zamon o'g'li «Kognitiv tilshunoslik to'g'risida tushuncha va uning universal tabiati». «SCIENTIFIC PROGRESS» Scientific Journal ISSN: 2181-1601

² Tashpulatovna T. A. Gerontopedagogy in Person's Evovlement //Miasto Przyszłości. – 2024. – T. 45. – C. 65-68.

³ Caron J. Les régularions du discours: Psycholinguistique et pragmatique du langage. – P.: PUF, 1983. – 255 p.



Based on the living conditions, labor activity, chosen profession, field, personal experience, and age, the needs of the older generation arise for the preservation and development of the following basic competencies:

- 1) intellectual - theoretical knowledge, interdisciplinary professional competence;
- 2) innovative - intellectual potential competence;
- 3) legal - competence in knowing and applying legal documents;
- 4) moral - competence in self-control, understanding;
- 5) social movement, activity competence, and others.

Scientists believe that social activity, a sense of responsibility, reading, and a sense of belonging in old age contribute to successful aging. In this regard, South Korean scientists Sin-Hyang Kim and Sihyun Park cite four factors that describe successful aging:

- 1) freedom from disease and disability;
- 2) high cognitive abilities;
- 3) possession of mental and physical functions;
- 4) active participation in social life⁴.

Research shows that life activity, positive and optimistic outlook, physical and cognitive abilities, and social activity have an impact on meaningful and productive aging. In order to achieve successful aging, the objective and subjective causes and conditions of these processes, along with the physical, cognitive, psychological, and individual characteristics of the individual, must be taken into account⁵.

Maintaining physiological, cognitive, and social function in old age, achieving peace of mind, enjoying the benefits of old age, the status of old age in society, and ensuring that older people enjoy life through successful aging require extensive scientific and practical research. Professor E. Goziyev conditionally divides the elderly into two groups:

- 1) those who are not socially active,
- 2) pensioners, but are socially active in one or another aspect of social life.

They are of two types in terms of the emergence of emotions:

⁴ Kim S.H, Park S. A Meta-analysis of the correlates of successful aging in older adults. *Research on Aging*. 2016;39(5):657–677.

⁵ Cosco TD, Prina AM, Perales J, Stephan BC, Brayne C. Operational definitions of successful aging: A systematic review. *International Psychogeriatrics*. 2014;26:373–381.



a) men and women who have a stable mood, a sense of calm, maintain their dignity, and strive for prestige;

b) people who are in a stable mood, have a calm demeanor, have become the leader of the family environment, enjoy the beauties of nature and society, have withdrawn from social activity, and are approaching old age⁶.

Cognitive activity creates the following opportunities as a person ages:

1. A person is able to quickly perceive potential danger to himself. That is, he can quickly and instinctively detect factors that could harm his body in the events taking place around him. While walking on the side of the road, a person can detect the splashing of water from a passing car, someone shouting loudly and inaudibly, warning of danger, or the temperature of a fire, all of which can be felt from a distance, using their sensory capabilities, and quickly analyze them in their brain. Since this analysis process occurs within seconds, human thought can react much faster than the threat or process itself.

2. Filling the brain with detailed information. For example, when someone remembers something (this happens more often in older people), they can quickly recall some fragments that are close to it. For example, when buying the necessary products in a store or market, they remember that something is out of stock at home. In addition, in the process of telling friends about some past events, as a product of cognitive activity, he remembers some specific situations that occurred in these events and can tell them exactly how they happened.

3. Remembering and telling information. A person's short-term memory develops and strengthens as a result of constant cognitive activity. For example, the elderly can sometimes easily remember the address of the street where they grew up in their youth, the telephone number, the exact topography of the houses of acquaintances, and the language they learned in their youth. To achieve such an achievement, it is very important for the elderly to pay constant attention to the issues of strengthening cognitive activity, to exercise, not to get nervous, to live in conditions of constant peace and tranquility.

4. Contextualizing information and solving problems. It is known that cognitive activity, when it connects information from the past with the present, helps in making decisions to solve problems. For example, it prevents disappointment that may arise as a result of a certain action. Situations that lead to fires, factors that can cause a disaster, and events that negatively affect interpersonal relationships are manifested in this case. In this first case, "the

⁶ G'oziyev E. «Psixologiya» (Yosh davrlar psixologiyasi). -Toshkent: «UzMu», 1994. – B.164.



views of the older generation, who have tasted the bitterness of life, on life processes and relationships, in most cases, stem from their own life experiences"⁷.

In conclusion, it can be said that according to many studies, as a person ages, their cognitive abilities, along with their physical abilities and capabilities, become limited. However, being able to manage their life properly, eating right, and doing regular mental and physical exercises prepare the ground for a person to enjoy life in old age and live without any cognitive problems.

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⁷ Rex Hartson, Pardha Pyla. Scope, Rigor, Complexity, and Project Perspectives. *The UX Book (Second Edition) Agile UX design for a quality user experience*. 2019, Pages 49-62