

## Theories of the Ageing Process

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***Abstract:***

*Numerous authors tried to answer the question “Why are we getting older?”, by elaborating a plenitude of theories and methods which brought up a significant scientific contribution in order to explain the complex ageing phenomenon. Taking into account the fact that ageing brings along evident changes, biological ones first of all, the majority of ageing theories are of biological facture.*

**Key words:** *ageing, theories, methods, classification, human-body*

In order to get a complex holistic image concerning the latest period's aspects of the human development, it is proper to cater for the period of the human life classifications, which exist in the specific literature and which constitutes, most of the cases, the chronologic criteria for the participants' selection into different studies regarding ageing process.

The most common classification of the human old age period contains:

1. the passage towards the old age phase: from the 65 to the 75 years of age;
2. the average old age phase: from 75 to the 85 years of age;
3. the great old age phase: over 85 years of age.

The World Health Organization classifies and considers that old persons can be classified, dependent on age, in three categories:

1. senior persons: between 60 – 74 years of age;
2. oldsters: between 75 – 90 years of age;
3. the great oldsters: over 90 years of age.

The American perception regarding old age proposes the following classification of the third generation persons:

1. the old-young: between 65 – 75 years of age;
2. the old-old: over 75 years of age.

The French medical-sociological perceptions asserts that the last phase of human development can be branched into the third age phase (after 65 years of age, in correspondence with the retirement age) and the fourth age phase (after 80 years of age).

### **I.1. Theories and methods of the ageing process**

Numerous authors tried to answer the question “Why are we getting older?”, by elaborating a plenitude of theories and methods which brought up a significant scientific contribution in order to explain the complex ageing phenomenon. Taking into account the fact that ageing brings along evident changes, biological ones first of all, the majority of ageing theories are of biological facture (Muntean, A., 2006, p. 419).

But, event though every single theory explained successfully some aspects of this phenomenon, neither one of them was accepted as a definitive-valid explanation. Yet, it is