

Week 7 Discussion

When I am with a group of people, it depends on who are the people if it is people I know then I would be comfortable but if it is with people I do not know then I would get social anxiety. when I am with a big group of friends I sometimes get social anxiety and just stay in my corner. I never knew why my behavior changes exactly, it could be many factors, like the specific person I don't like, I don't really like big crowds or the vibe just isn't there. Conformity is defined as people changing their beliefs, attitudes, actions, or perceptions to more closely match those held by groups to which they belong or want to belong or by groups whose approval they desire. (Britannica, 2022). an example is when a person drinks and drives because friends do it, or because friends assure that person he or she can safely do so. or when your parents say "if your friend jumps off the cliff you gonna do it too? I am not a crowd-fitting type of person.

References:

Britannica, Levine, J; Retrieved (2022, June, 11) "Conformity"
<https://www.britannica.com/topic/conformity>

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Quality of life is a concept that is important across age groups. Quality of life becomes a concept recognized by name as individuals become older. Quality of life is a broad concept including but not limited to hearing, seeing, mobility, and cognitive functioning. Quality of life also consists of an individual's ability to satisfy psychological needs (Berger et al., 1993). The conscious choices and physical actions that an individual participates in have long-term effects on future life experiences. The quality of life of an individual in their 50's is a result of the combined decisions in their 30s.

Stress is a significant factor in many disorders and diseases. Stress can cause infections and conditions to be prolonged or to become chronic. The body's immune functioning is hindered by intense stress (Santrock, 2019). Older adults need to have effective ways to eliminate, reduce, and relieve stress. In handling stress, individuals support healthy immune functioning. Healthy immune functioning is essential for viral and disease immunity and the body's ability to build immunity by fighting off infection.

Exercise is linked to weight loss, reducing stress, improving immune functioning, improving blood flow & circulation, and better lung functioning (Santrock, 2019). Healthy functioning organs are paramount to preserving the quality of life. Exercise builds and retains strength which is vital for older adults. Building and maintaining strength reduces the risks of falling and breaking bones.