Features of indications of the biological and psychological ages of women practicing fitness

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Age is one of the most integral characteristics of a person. At present, biological, psychological and social ages interconnected with each other are distinguished besides calendar (passport) one.

Purpose: studying the features of indications of the biological and psychological ages of women practicing fitness, as well as their attitude to the problem of old age and health. Thirty-nine women at the age of 35-55 took part in the investigation.

Methods: the method of surveying by questionnaire, the method of determining biological age, the method of determining psychological age (calculated approach and subjective estimation), and the methods of mathematical statistics.

Results: according to the results of surveying by questionnaire it is determined that 66.6% of 39 investigated women consider old age as a proper age period, 25.6% consider it as an active period of vital activity, 7.6% consider it as a period of loneliness and diseases. 74.3% suppose that biological processes are the leading ones during the ageing, 26.5% suppose that psychological processes are the leading ones, and 5.1% suppose that social processes are the leading ones. 41.0% of women consider the notions "old age" and "health" compatible, 51.2% consider them rarely compatible, and 7.6% consider them incompatible. Indications of biological age were determined in the investigated women (42.6 ± 7.3 years); indications of psychological age (calculated approach) (46.3 ± 8.1 years); indications of psychological age (subjective estimation) (36.5 ± 8.4 years).

On analyzing the data obtained the following features were discovered:

Psychological (calculated) age as a reflection of the process of self-actualization of an individual is closely connected with the calendar age of women at the age of 35-55, in 82.0% of the investigated women these indications coincide with the difference of 1-3 years.

Psychological age (subjective estimation) has the following features: in women at the age of 40-46 (the age of psychosocial crisis according to E. Erickson) the difference between psychological and calendar age is the largest (10-12 years), in women at the age of 47-55 the difference is 1-5 years, and in women at the age of 35-40 the difference is 4-6 years.

Comparison of the data of the calendar, biological, and psychological (calculated) age of women practicing fitness shows that in 51.2% these values coincide (with the difference of 1-3 years), and in 38.4% of the investigated women the indications of the biological and psychological age coincide, but they are less than calendar age values.

On the whole, the investigation carried out shows that calendar age is not the single and objective indication of age development. Biological and psychological ages are also informative ones and in many respects they depend on the factor of "healthy behaviour" of a person.

References
