

While younger people are healthier, but the elderly are happier, summarizes his research on American geriatrician



Results showed that while people grow older they lose physical strength, they feel better and are happierPhoto: Burim, [Creative Commons Attribution-ShareAlike 3.0 Unported](#)

Why do older people experience a greater sense of freedom and happiness than the young? Guest magazine Leonardo was an American geriatrician and a neuropsychologist Dilip V. Jeste, director of the University Center of the Center for Healthy Aging in San Diego.

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Scientists from the Jeste team first studied older and very old people with schizophrenia, and came to interesting conclusions, which then also appeared in the normal and healthy population.

"While the results showed that schizophrenia leads to physical deterioration, we found that with age, these people feel psychologically better and they thrive more in the social sphere," said the doctor.

In these patients, it showed that the symptoms of schizophrenia are fading, prescribed medication is taken far more regularly, and they also smoke less and use addictive substances.

Dr. Jeste also examined the relationship between physical health and sense of well-being in healthy people, and the results showed that while people grow older and lose physical strength, they are feeling better, and are happier.

Did we look for a connection between the two survey results? "The results surprised us," said Jeste. "Younger people are indeed physically healthier, but suffer more stress and anxiety."

It is generally known that the brain of an aging person is shrinking, losing synapses, older people forget, and it is harder to learn new things. How is it possible that people become happier and wiser with degeneration of the brain?

"We believe that wisdom is a complex personality characteristic, such as intelligence, and has a biological basis," says the doctor.

"It's not that there is a specific place in the brain where there is wisdom. In the human brain there are areas that are interrelated and neuronal pathways associated with the fact that someone ascribes to wise behavior ... Elderly people who are kept at an advanced age active individual components wisdom grow. "

How will the research science team proceed? "We wonder how it is that some older people are wise, and how it is that there are some young people who are wise, despite their age. We also want to know how it is that some old people do not show wisdom. We will use functional brain imaging methods. "

For it to become a wise man, he needs a certain level of intelligence. "That may be, but the smartest person in the world," said the expert.

Are these findings changing how we look at old age? The doctor believes that yes. "Most people think of old age as a disaster, which would like to avoid, often we think of aging as a disease, but it is the wrong approach."

"Aging has a positive side: people become wiser, socially responsive, better control their emotions, have the ability to self-reflect and know yourself better. Often they are much happier, suffer less from depression and are not as anxious as the younger population, "said Dilip V. Jeste.

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