

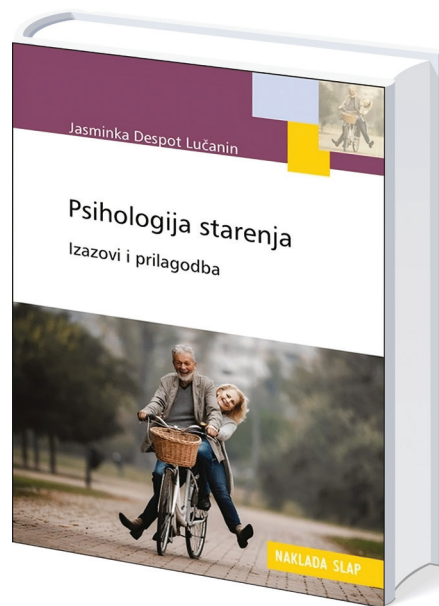
Jasminka Despot Lučanin

Psihologija starenja: izazovi i prilagodba

/ Psychology of Aging: Challenges and Adaptation

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Knjiga „Psihologija starenja: izazovi i prilagodba“ autorice Jasminke Despot Lučanin temeljito se bavi temama iz područja psihologije i gerontologije. Cilj ovog djela je uspostaviti snažnu poveznicu između psihologije i procesa starenja, istražujući strategije koje promiču zdravo i kvalitetno starenje produbljujući razumijevanje iskustva starenja.

Brzo starenje stanovništva postaje globalni fenomen zbog dužeg životnog vijeka i opadanja nataliteta što uzrokuje rast udjela starije populacije. Ovaj demografski pomak potiče porast istraživanja usredotočenih na razumijevanje psiholoških aspekata starenja te njihov utjecaj na pojedince i društvo u cjelini. Postizanje psihološkog blagostanja tijekom starenja postavlja se kao važan cilj ekonomske i zdravstvene politike, budući da može imati zaštitnu ulogu u održavanju zdravlja, s dokazima koji upućuju na povezanost s duljim životom. U tom kontekstu prepoznaje se da integracija gerontoloških kompetencija u zdravstveno i socijalno obrazovanje postaje imperativ zbog sve većeg starenja populacije. Psihologija starenja istražuje mentalno zdravlje, emocionalno blagostanje i promjene povezane sa starenjem. Psihološki

The book “*Psihologija starenja: Izazovi i prilagodba*” (“Psychology of Aging: Challenges and Adaptation”) by Jasminka Despot Lučanin thoroughly addresses topics in the fields of psychology and gerontology. The aim of this work is to establish a strong link between psychology and the aging process, by exploring strategies that promote healthy and quality aging, all the while deepening the understanding of the aging experience.

Rapid population aging is becoming a global phenomenon due to longer life expectancy and declining birth rates, which is causing an increase in the share of the elderly population. This demographic shift is fueling an increase in research focused on understanding the psychological aspects of aging and their impact on individuals and the society as a whole. Achieving psychological well-being in the course of aging is set as an important goal of economic and health policies, as it can have a protective role in maintaining health, with emerging evidence indicating its link to a longer life. In this context, it is recognized that the integration of gerontological competencies into health and social education is becoming imperative due to the increasing aging of the population. The psychology of aging explores mental health, emotional well-being, and changes associated with aging.

aspekti starenja i doprinosi psihologije gerontologiji ključni su u izgradnji znanja i praksi povezanih sa specifičnostima i općim karakteristikama starosti i starenja, što koristi psihološkoj znanosti i gerontologiji općenito.

Sadržaj knjige obuhvaća tri ključne tematske cjeline s ukupno 17 poglavlja i 384 stranice. Prva cjelina, „O starenju i starosti“, razmatra osnovna pitanja starenja, važnost psihologije u očuvanju kvalitete života starijih, te stereotipe i predrasude uključujući „ageizam“. Naglašava se potreba razbijanja predrasuda i osvještavanja društva. Analiziraju se demografski trendovi, čimbenici dugovječnosti i teorije starenja, kao i izazovi u istraživanju starenja. Druga cjelina, „Promjene u sposobnostima starijih osoba“, bavi se prirodnim padom tjelesnih, motoričkih i kognitivnih sposobnosti s godinama, ali i načinima na koje ove promjene utječu na kvalitetu života starijih. Naglašava se važnost dobrog sna, kognitivne rezerve i socijalne aktivacije koja pomaže u održavanju mentalnih funkcija. Razmatraju se i emocionalne i socijalne promjene te psihološki utjecaj umirovljenja, gubitka bližnjih i promjena u obiteljskim odnosima. Autorica ukazuje na to da kvaliteta života starijih osoba nije samo povezana sa zdravljem već i s njihovim subjektivnim doživljajem života i zadovoljstvom. U trećoj cjelini, „Primijenjena psihologija starenja“, istražuju se prilagodbe u komunikaciji sa starijim osobama naglašavajući važnost razumijevanja njihovih potreba i specifičnosti. Razmatraju se izazovi u savjetovanju starijih i različite vrste skrbi uključujući život u domovima i odnose između osoblja i stanara. Autorica također razmatra ulogu tehnologije u životima starijih s posebnim naglaskom na njezine prednosti u očuvanju mentalnog zdravlja. Cjelina završava razmišljanjem o procesu umiranja i prijelazu u posljednje životne faze, te prilagodbi na taj neizbježni dio života.

Ova knjiga, iako koncipirana kao udžbenik za studente, nudi izuzetno koristan resurs svima, kako je naglasila i sama autorica, preporučuju-

Psychological aspects of aging and the contributions of psychology to gerontology are crucial in building knowledge and practices related to the specificities and general characteristics of old age and aging, which benefits psychological science and gerontology in general.

The book contents include three key thematic units, with a total of 17 chapters and 384 pages. The first unit, entitled “On Aging and Old Age”, discusses the basic issues of aging, the importance of psychology in preserving the quality of life of the elderly, and the related stereotypes and prejudices, including “ageism”. The need to overcome prejudice and raise awareness in the society is emphasized. Demographic trends, longevity factors, and theories of aging, as well as challenges in aging research, are analyzed. The second unit, entitled “Changes in the Abilities of the Elderly”, deals with the natural decline in physical, motor, and cognitive abilities that come with age, but also with the ways in which these changes affect the quality of life of the elderly. The importance of good sleep, cognitive reserve, and social activation, which helps maintain mental functions, is emphasized. Emotional and social changes are also discussed, as well as the psychological impact of retirement, loss of loved ones, and changes in family relationships. The author points out that the quality of life of the elderly relates not only to health, but also to their subjective experience of life and satisfaction. The third unit, entitled “Applied Psychology of Aging”, explores the adaptations in communicating with older persons, emphasizing the importance of understanding their needs and specificities. The challenges in counseling the elderly and the different types of care are discussed, including living in retirement homes and relationships between the staff and the residents. The author also discusses the role of technology in the lives of the elderly, with particular emphasis on its benefits in preserving mental health. The chapter ends with reflections on the process of dying and the transition to the last stages of life, as well as the adaptation to this inevitable part of life.

As the author herself emphasized, although it is conceived as a textbook for students, this book is

ći je za čitanje svim odraslim osobama. Pristup knjizi obuhvaća raznolik raspon teorija, metodologija i znanstvenih izvora relevantnih za proučavanje psihologije starenja. Svako poglavlje započinje zanimljivim razgovorom ili odgovorima starijih osoba na postavljeno pitanje stvarajući angažirajuće iskustvo za čitatelja i uvid u stvarna iskustva starijih osoba. Scenariji s pitanjima povezani s temom dodatno potiču čitateljevu znatiželju. Posebna pažnja obraćena je interaktivnosti s vježbama na kraju svakog poglavlja, prilagođenima obrađenim temama što potiče dublje razumijevanje gradiva. Fotografije starijih osoba dodatno obogaćuju svako poglavlje, pružajući vizualni prikaz obrađenih tema. Važni pojmovi su naglašeni podebljanim tekstom, olakšavajući čitateljima prepoznavanje ključnih informacija. Autoričina predanost tome da knjigu učini jednostavnom, ali istovremeno stručnom, rezultirala je iznimnom čitljivošću koja odgovara i stručnjacima i laicima. Knjiga ne samo da educira već potiče i aktivno učenje i razumijevanje kompleksnosti psihologije starenja.

Knjiga je sveobuhvatan prikaz kompleksnih aspekata psihologije starenja. Prožeta je znanstvenim spoznajama i praktičnim pristupom, a pruža izuzetno koristan izvor svima koji žele razumjeti proces starenja. Osim toga, stilske karakteristike knjige, poput interaktivnosti, scenarija i fotografija, dodaju osobnu dimenziju čitanju čineći ju pristupačnom i zanimljivom širem auditoriju. Bez obzira na čitateljevo predznanje ili struku, knjiga pruža vrijedan uvid u dinamiku starenja te potiče razmišljanje o važnim pitanjima koja prožimaju tu fazu života. Tekst odražava stručnost autorice u području psihologije starenja, ali i njenu posvećenost raznolikoj publici. Knjiga motivira čitatelje na razumijevanje, suosjećanje i aktivno sudjelovanje u stvaranju pozitivnog starenja, čime postaje iznimno korisna literatura.

Autorica ove knjige, Jasminka Despot Lučanin, psihologinja i redovita profesorica, zaposlena

an extremely useful resource for everyone, and is recommended to all adults. The approach taken in the book encompasses a diverse range of theories, methodologies, and scientific sources relevant to the study of the psychology of aging. Each chapter begins with an interesting conversation or answers provided by older people to a particular question, creating an engaging experience for the reader and providing insight into the real experiences of the elderly. Scenarios that involve questions relating to a topic further stimulate the reader's curiosity. Special attention is paid to interactivity, with exercises at the end of each chapter adapted to the topics covered, thus encouraging a deeper understanding of the material. Photographs of older people further enrich each chapter, providing a visual representation of the topics covered. Important terms are emphasized in bold text, making it easier for the readers to recognize key information. The author's commitment to making the book simple, yet professional, has resulted in exceptional readability that suits both experts and laypeople. The book not only educates, but also encourages active learning and understanding of the complexities of the psychology of aging.

The book is a comprehensive overview of the complex aspects of the psychology of aging. It is imbued with scientific knowledge and practical approach, and provides an extremely useful resource for anyone who wants to understand the aging process. In addition, the book's stylistic features, such as interactivity, scenarios, and photographs, add a personal dimension to the reading, making it accessible and interesting to a wider audience. Regardless of the reader's prior knowledge or profession, the book provides valuable insight into the dynamics of aging and encourages reflection on the important issues that permeate this phase of life. The book reflects the author's expertise in the field of aging psychology, but also her dedication to a diverse audience. The book motivates its readers to understand, empathize, and actively participate in the creation of a notion of positive aging, making it an extremely useful piece of literature.

Jasminka Despot Lučanin, a psychologist and full professor, is the author of this book. She is

je u Odsjeku za psihologiju Fakulteta hrvatskih studija, a surađuje s nekoliko zagrebačkih i riječkih fakulteta. Njezino istraživanje fokusira se na psihologiju starenja, a objavila je više od 50 znanstvenih radova.

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employed at the Department of Psychology at the Faculty of Croatian Studies, and collaborates with several faculties in Zagreb and Rijeka. Her research focuses on the psychology of aging, and she has published more than 50 scientific papers.

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