



PSYCHOLOGICAL BASIS OF THE SPECIFIC CHARACTERISTICS OF THE MEMORY PROCESS IN OLD AGE.

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Abstract. *In this article, the specific features of old age, important changes in the memory process during old age are covered in detail, problems and current issues are psychologically analyzed.*

Key words: *memory decline, old age, mental operations, sensory memory.*

Enter. Memory is very important in human life. Thanks to memory, not only present things and events are reflected in our mind, but also things and events perceived in the past, feelings and thoughts. If we did not have memory, we would reflect only the things and events that are perceived at the moment, and at the same time, the things and events that are perceived would always seem new and unfamiliar to us. Thanks to memory, a person creates skills and abilities, enriches his knowledge and expands his level. Memory is of great importance for the functioning and development of other mental processes. If imagination, which is a product of memory, as well as thoughts, knowledge, and our experiences, are firmly established in our memory, this will provide conditions for the activity and development of imagination, thinking, speech, will and feeling. The wealth of a person's imagination and the wealth of knowledge firmly established in his memory, the more meaningful, full, and clear his perception is. The activity of imagination, thinking, speech and will will also be effective.

Materials and methods. Nowadays, the problem of determining the causes of memory loss and prevention of these processes is gaining importance in social practice. Memory and its main features, psychological aspects of effective memory, psychological exercises related to memory, study of psychological tools of effective memory occupy the main place in pedagogical activity.

Memory is formed and changed during mental development under the influence of brain development, lifestyle, education and training. But external psychological conflicts and biological factors are factors that cause memory loss. According to research on differences in cognitive processes in the elderly, 30-year-olds and 70-year-olds perform at different speeds on standard memory-testing tasks. In simple cognitive tasks, that is, when comparing different objects in memory by their size, it took 50% more time for the elderly than for the young. When the task was complicated, it took 2 times more time for the elderly than for the young.

In old age, there are age differences in the results of tests dedicated to the study of long-term memory. A number of studies have found that older adults perform better on familiarity tasks than on recalling word strings. They show greater selectivity for storing material in memory. Remembering a list of useless words in the elderly causes internal rebellion. In connection with this, in studies dedicated to remembering meaningless words, they showed lower results, while remembering meaningful words and interesting phrases,



the elderly showed a better result than the young. Thus, according to the research conducted by a number of scientists, the elderly remember better the material that is considered important to them and that they think will be needed in life. Tertiary memory is the recollection of an event that happened before. This type of memory is fully remembered in the elderly.

Researchers who have studied the problem of changes in cognitive processes in old age say that many mental skills are relatively preserved. According to the results of a wide range of memory studies at this age, memory decline is not only a consequence of aging, but also a result of other factors, depression, cessation of active activities, and adverse effects of drugs. In old age, there is a certain decrease in the level of cognitive development. For example, in the process of cognition, a decrease in the speed of information processing and mechanical memorization is observed. But there will be compensations accordingly. As a result, the loss of certain cognitive characteristics does not affect daily life.

One of the important changes in human cognitive ability during old age is a decrease in the speed of performing physical and mental operations. Reaction time increases in people who have reached this age, perceptual information processing slows down, and the speed of cognitive processes slows down. The problem of decline of cognitive abilities in the elderly has been studied more in the context of changes in memory functions. Foreign psychologists who approach from the point of view of information emphasize the existence of sensory, primary, secondary and tertiary memory. According to them, sensory memory is very short-term visual or auditory memory, in which information is stored in memory for a period of 250 milliseconds before being processed. It is known from the conducted studies that the elderly retain less information in memory than the young. Primary memory is described by foreign researchers as the storage of a limited amount of information. For example, remembering the price of a purchased product can be cited as an example. This type of memory can also be called working memory or RAM. Studies have not revealed differences in the primary memory of young and old. Secondary memory is a type of long-term memory in which age characteristics are evident. In studies of memorization and recall, it was found that elderly people remember few words from a given list and few details of a picture. Tertiary memory is the recollection of an event that happened before. This type of memory is fully remembered in the elderly. Elderly people remember past historical events in detail, if they participated in this event, they remember it better. At the same time, there are individual differences in memory retention in people in old age. For example, seniors with higher education remember memory tests better than their peers with secondary education. People who are actively engaged in intellectual activities show good results in these tests. Russian psychologists have found that mechanical memorization deteriorates with age, while logical memory is preserved. Figural memory is less memorable than verbal memory. Thus, in old age, memory is based on logical connection, since logical memory is closely connected with thinking, it can be said that thinking is well developed in the elderly. Although young people are better than old people in terms of memory, they are not superior in terms of wisdom. Thus, it can be noted that the memory process in a person develops throughout his life, starting from birth.



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