Response To Stephanie

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Over time, labeling theory related to aging phenomenon has evolved significantly, according to Stephanie. During the 80s, Baum had claimed that people of older age who are denial about their real age are in fear of the social stigma attached to the age or the label (Baum, 1983). However, the labeling theory of aging has changed and it suggests that people have created self-concepts based on the interactions they hold with other people. Stephanie has rightly identified that numerous stigmas are attached with old age. Generally, people exhibit negative attitudes toward older adults. Contrarily, they seem very pleased with people of young age groups. These stigmas bear a negative impact on older persons as it changes their view about them and deteriorates their cognitive capabilities. Moreover, their physical health, general behavior, and mental health have negative effects due to these stigmas.

The social exchange theory is incorporated into labeling theory. It states that personal status is established using the equilibrium between the contribution of people towards society and the costs of looking after them, Stephanie said (Wan & Antonucci, 2016). According to Wan and Antonucci, this theory states that social behaviors and interactions between people take place based on the exchange process. During this age, individuals assess the potential risks and advantages of indulging in social relationships of any kind.

According to Stephanie, caregivers can employ these theories to look after and care for the elderly. Nursing can foster meaningful relationships to enable older people to have better experiences (Riedle, Mantovan & Them, 2013). The positive communication from the caregivers can prove immensely beneficial to the mental and physical health of older people.

It is refreshing to see that Stephanie has pledged to socialize with older patients in a way that would improve their health. Stephanie says that older people values relationships and most of them are at a stage of life where there is no one around to care for them. Having a positive attitude towards older adults will improve their health.

**References**

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