[Your Name]

[Instructor Name]

[Course Number]

[Date]

Discussion Board: Psychology

**Week 8**

1. **What factors contribute to those who live well beyond the average age?**

I think that most contributive things or factors that increases one’s life expectancy are use of drugs, level of enjoyment in life, physical activity and fitness, and location of living.

1. **Consider lifelong healthcare regiments, attitudes, and behaviors. Are these factors in agreement with what psychologists find to be common in centenarians?**

The found factors by psychologists are common to the listed above because psychologists also find that extroversion, enjoying life activities, and staying engaged leads to longer life while these terms are similar to regiments, attitudes, and behaviors

**Response**

I agree with the statement of Wendy and the reasons given regarding argument. Wendy states that some people live longer than others because of involvement of different life affecting factors such as Lifestyle choices, particularly diet, exercise and smoking habits, playing habits but I would add some other factors because they also contribute in one’s longer life. Those factors are; childhood condition and prenatal, gender, as well as socio economic status.

I agree with your claim that strong social ties and family support are highly beneficial to overcome the intensity of depression. It is also necessary to provide physical and psychological support to centenarians for accomplishment of overall life wellbeing.

**Week 9**

1. **Is denying one's own impending death a beneficial way of coping?**

Based on my perception, denying that I have to meet death is not an effective way to cope. Because if someone does so then he/she may not be likely to do something amazing in life because people who think that they will leave this world one day prefer to do something credible and leave their name for all time.

1. **How might it affect development positively and negatively?**

In terms of affect, denying the day of meeting death may stops one from achieving something great before dying. This means that the development of person would be impacted inversely.

1. **Provide examples of practices that indicate death acceptance and death avoidance.**

The best example of practices that indicate death acceptance is intentionally ending a life to relieve pain and suffering (Gelso, Elizabeth, and Bruce, N.P).

**Response**

I strongly agree with your view and I think same. It is a reality that denying or ignoring that I have to meet death one day is not a fine way to cope. While keeping it in minds makes the individual to live a better life and do something credible in life experience. In terms of its impact, I think that it impacts negatively because someone who ignore death is not likely to do something great in life as the one who does not ignore. So ignoring meeting death stops individuals to grow in better way.

Work Cited

Gelso, Charles J., Elizabeth Nutt Williams, and Bruce R. Fretz. Counseling psychology. American Psychological Association, 2014.