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From the midlife and forth, age stereotypes progressively inhibit social judgments and often plays a vital role in the discrimination or sensitivity towards certain age group. This happens because people are mostly judged by their physical appearances like age, color, and other facial features. Due to this public perspective, another question arises that whether there should be an age limit to certain activities or not. In order to discuss this, it is important to take into consideration various types of age like biological age, psychological age, and others (Cavanaugh & Blanchard, 2018).

I personally believe that there should be an age limit towards certain types of activities like having a baby for instance. Although it is strictly a person’s own choice to whether have a child or not but pregnancies before and after certain ages involve severe risk of abnormality in the child and is the leading cause of death during pregnancies. Likewise driving a car before and after a certain age is a reason for increasing death rates due to road accidents. Thompson and Thompson (2014) have discussed the same thought by conducting various experiments on people above the age of 50. They deduce the conclusion that although life expectancies are increasing in the US and people are trying to be less judgemental about the age factor yet still they believe that driving is unsafe before and after a certain age limit.

It is therefore important to choose one’s goals wisely in adulthood because those influence the whole life ahead. Although according to studies the average life of a person will range from 80 to 100 years in 2050 in the US, as it is said that age is just a number more important is self-growth and realization what can we achieve while we can (Cavanaugh & Blanchard, 2018). The author Brody (2010), stated in a research article that *“as one grows older, one grows more like oneself”*, which means life does not stop or end while being old. So one can explore different suitable activities that may provide them with the peace of mind.

**References**

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