

CONTINUITY THEORY OF AGING

EXPLANATION

According to the continuity theory of aging, older adults tend to engage in the same activities, behaviors, and relationships as in their earlier life.

The theory holds that older people seek to preserve a continuity of living and behaving by adapting strategies learned and applied in the past.

EXAMPLES

- A person with anger issues throughout their life is very likely to get angrier and grumpier as they get older and are faced with the loss of friends and their impending deaths.
- A man who has always enjoyed reading poetry at a younger age will continue doing this when growing older.

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