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Essay Example on Aging and Dying: Dreaded Life Stages of Human Living Essay

Aging and dying are natural process that mark the twilight years of a person's biological progress. Both of these processes are dreaded by most people around the world, a fact that has driven a lot of individuals in the society to find solutions to stopping or lowing both the aging and dying process with a view of extending their life span. In particular, aging is a detested phase of human living because it brings with it a myriad of characteristics. Old people tend to be frail in their body support structures led by the bones and joints that tend to weaken with passing years. Loss of sight, hearing, and even teeth are other common features synonymous with old age (Schale, Willis, & Dawsonera, 2013). Being religious and overthinking are other aspects of old age that happen to most people. Most of these characteristics happen by default and it is hard to avoid them.

One negative aspect of aging that I would like to avoid the most is the loss of memory. I find it sad when meeting up with old people who have no recollection of even the most recent past events because they cannot remember anything that has happened in the past. I would be at such a loss to compare with a situation where all my life's memories would be erased naturally to the extent that I have forgotten everything. Comparing this with wiping all the contents of a storage device, it is unfathomable to live a life where one cannot smile due to the good moments they had in the past or cannot recall all the experiences they have had during either time here on earth. I cannot imagine living my old age without memory.

The fear of death or the aging phase in life by most people is brought about by the inherent need to live longer and enjoy life. There are currently people who are in pursuit of methods that they can use to slow down or completely halt the aging process and extend their lives. The desire for longevity when it comes to living is informed by human wants and needs that are hard to satisfy. In my opinion, I think that it is absurd that people would think of extending human life because all people have to follow the course of life from birth to death. Just as no one has ever thought of stopping the conception and birth stages of life, so should they also not bother with extending human life by stopping the aging process. Extending human life indefinitely is bound to have repercussions. If the life extended is that of a good-natured person, then the world will be a better place but if the individual in question has a bad character, then more people will suffer at his or her hands. However, the longer people live the more they put a strain on the available economic and natural resources which will create shortage of supply and depletion of the surrounding environment. All people should adhere to the natural order of things and accept that both the aging and death phases in life are inevitable for each one of us. Extending human life will lead to further greed where materialistic people will want to have it all in a material world where satisfying one want leads to the rise of other wants.

Reference

Schale, K. W., Willis, S. L., & Dawsonera. (2013). Handbook of the psychology of aging. London: Academic Press.

Dreaded Essays

**Minnie Earl Sears, Marian
Shaw, Dorothy Herbert West**

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