

LOGBOOK

How does our body change with our age????

Nov 22,2024 (Gurneet & Kirat)

Today we started writing our problem. Some Ideas are here:

- To help better understand ages
- Help people get closer
- Understand the changes of our body
- To help people feel comfortable in their own skin
(When they are going through changes in their body)

(Kirat) December, 30th, 2024

Not knowing or having enough knowledge on your body and how it changes can have drastic effects on you physically or mentally. As you get older, your body and mind changes and it is important to know about those changes. Most people are so busy in education and life that they don't think much about their body and how it changes. Not knowing about your body can have bad effects as you get older. Although many people might not really pay attention to their body, some people actually do. Some people want to know what will happen to them as they get older so they can know what nutrients to take that will help them in their elderly ages.

(Problem Paragh 1)

(Kirat) Problem paragraph 2

If most people don't start paying attention to their body physically and mentally, they might have to suffer the consequences when they are old or maybe even earlier. Physical health and Mental health are both equally important. If you don't take care of your health, there are different bad effects that you may face. For physical health, you may develop early wrinkles, weaker bones or other conditions if you don't start to take care of your body from an early age. For mental health, you may experience anxiety, depression or even poor changes in physical health. Not taking care of your body is like not taking care of the relationship with your best friend. Small problems start to rise in between until there is a big issue that is hard to solve.

(Kirat) Problem Paragraph 3

This project aims to explore the human body and mind. To give people and ourselves knowledge about the human body because it is one of the most valuable things people take for granted and ignore. “The more we and people know about their own body, the more we all will realize that it requires care and time of its own. We hope that as we research further, we learn more about ourselves and the body so we can prepare ourselves for the future.

Jan 9th , 2025

January 6 2024 Hypothesis

Gurneet

We think that the early ages of life (0-10) will be very connected to parents. In that time of age, parents are people who are the most trusted. This isn't always the case because it depends on the parents. If parents treat a child poorly, the child will have trouble developing skills needed to grow up. Some body changes will be a change in their weight and height.

Ages 10 to 30 will be about acceptance, accepting changes to the body, changes mentally and socially. In the early stage (10-20) people will rely more on friends than family. They will spend more time with friends. These teenage years won't last long and that can cause a mental toll on people growing up. This is especially true because this is when reality hits hard. People will realize that they are no longer children and have to get their act together. This is when most mental problems start to arise. When the twenties end people will have to accept that life is only going to get tougher.

Ages 30 to 50 will have a decrease in physical health. This is when wrinkles will come and diseases linked with old age will come too. This will continue further into the years. Mentally older people will try to forget about death and what's to come but they will know it's coming. They will try to spend as much time as they can with their family until they pass away.

Younger people will struggle more with mental health because of school standards, standards with friends and just standards in general. While older people will struggle more with physical health because as they grow older their body will start to give out and shut down.

Research page 1

Gurneet (Jan 17 2025)

(Medicine.net)

What are the 5 stages of child development?

The 5 stages of development are when the child is a newborn, an infant, a toddler, in preschool and finally in school age. To be considered a newborn the child should be around 2 months old. They will react to movements and sounds. They will also learn how to move their head and cry when they need something. They will also learn to smile at others. When the child is an infant (3-12 months old) They can recognize faces and try to talk. Although it will sound like gibberish. They will also have start to move on their own. Then infants will learn how to sit by themselves and respond to their name being called. They will also try to use gestures to communicate. The infants should now be able to point at objects and people, stand and crawl without help and they should be able to imitate sounds. When the child becomes a toddler (1-3 years old) they will learn how to walk, stand alone and climb stairs. This is when motor skills start developing. They will learn how to speak (even if it's just a little) ,They can wave, hold a pencil and follow small instructions. When they are in preschool (3-5 years old) Children can play ball, Dress themselves, learn to draw and can talk in long sentences easily. Finally school age (6-17 years old). Children will become independent and start to think for themselves. They will get

used to school and develop lots of new emotions. This is where childhood ends and preteen starts!

Research page 2

Kirat Jan 23, 2025

(my.clevelandclinic.org)

What are the puberty changes in the body from the age of 10-16??

-At the ages between 10 to 20, girls and boys go through something called puberty. Puberty is when your body changes because of your hormones. Girls and Boys go through puberty in different ways. Although both genders have different ways of going through puberty, they both have 5 stages of puberty.

GIRLS: Puberty for girls starts between the ages of 8-13, depending on your body. Height is one of the things that is most known to change. For girls, $2\frac{3}{4}$ inches per year is normal. They will start to experience more body odor than usual which is pretty normal. Later on, there will be visible hair on their body including arms, armpits, legs, stomach and even on their upper lip. Hair is another thing that grows during puberty. You will notice your hair growing. Although many people are insecure about acne, it is a normal part of puberty. Your skin becomes oilier which leads to acne. There are multiple ways to cure acne like skincare and sometimes, it's just a phase and eventually goes away. Menstruation begins around the age of 12. It is when tissue and blood from your uterus, goes through your cervix and out.

BOYS: Puberty for boys begins between the ages of 9-14. Their height increases $2\frac{1}{2}$ inches per year. They will also start to get skinner which is known as adipose tissue. Like girls, they will also start to experience body odor which again is very normal. They will start to sweat more. Voice change is a big one for boys. Their voice will turn deeper and a little cracky for a period of time. Muscle mass will start to increase as well. Acne is also normal for guys because it's all part of puberty.

Emotions: Due to hormones and peer pressure, girls and boys may get moody during puberty which can lead them to making bad decisions. They may also

experience lack in confidence and in themselves because of hormones and of the changes like acne and body hair.

Research page 3

Kirat Jan 31 , 2025

(Webmd) (Johns Hopkins Medicine)(Medicalnewstoday) (UCI Health)

What happens to your body after the age of 50?

- After the age of 50, you will see a bunch of changes throughout your body. Your immune system is one of the things that will change. It will slow down and not work as fast as it was in your younger years. Your body doesn't produce enough fighter cells to kill infections so that is why older people get sick more often. Another change is hearing. According to research, up to 40% of people that are over the age of 50 experience some sort of changes in hearing. As you get older, you may experience health issues like high blood pressure which may affect your hearing over time. Bones also play a role during aging. After the age of 50, the process of making new bones and replacing old bones slows down. This makes your bones weaker. At the age of 50, you'll have a higher chance of having a heart attack. This is because of the changes to the heart like build up fatty deposits and other changes around the cardiovascular system . Your hair won't be as strong anymore and start to recede. It will start to fade gray and later white. As you get older, your vision will be less flexible so it will be hard to focus specific objects

Research page 4

Kirat February 2, 2025

(World Health Organisation)(The centre of addiction and Mental Health)

What is the mental health of teenagers?

- Your teenage years are one of the most important years. This is when you really start to develop social skills. These are also one of the most vulnerable years of your life since your mental health comes in between as well. Some ways that affect the mental health of teens are the people around them. It is said that you become a reflection of the closest people around you. That is why your parents say make good friends. Having bad friends can have bad effects on your mental health. For example, if your friends peer pressure to do stuff that you don't want to do, it will have a negative impact on you mentally because you might feel like fitting in and don't know what to do which will cause stress. Another thing is, you might compare yourself to your friends or others. You might ask yourself: Why am I not as pretty as her or as him? Why does she get better grades than me? Why does he have so many friends? These are questions teens might have in their head which are unknowingly affecting their mental health. Stress also impacts the mental health of teens. Like the stress of school, assignments, tests, friends or standards of society. Stress for longer periods of time can cause anxiety, sleep problems or worse, depression. According to the world, 1 in 7 10-19 years old experience a mental health disorder.

Research Page 5

Kirat Feb 4, 2025

(Self-Archeology)(nhs.uk)(New beginnings
Psych)(Talkspace)(Action Coach)(Forbes)

What is the Mental Health of Adults?

- We have already gotten an overview of the mental health of teens. Now, let's explore the mental health of adults. The majority of adults say that they feel a bunch of negative emotions. Like, confused, lost, empty, lonely and numb. There are multiple reasons behind these emotions. The main reasons are planning the future for their family and kids, financial issues, jobs and the responsibilities that come with being adults. The life of adults can be pretty stressful. That is why they say ' Enjoy your childhood till you can because it doesn't get better from that'. Health can be another reason for stress because as you get older, your body gets weaker which can add more stress and expenses to the already stressful life. The future of their kids can put a lot on their head. Adults have to think about their kids' education and basic needs. This puts them in a worried state of mind and adds on their financial life. Adults want the best for their kids and want them to live a better life than they did. Let's now talk about jobs. Most adults are unhappy with jobs because of the low payment, stress, and long work hours. It has been said that over 80% of Americans are unhappy with their jobs and work. A lesson we can learn from this is to never do a job that you don't like. Make money by the things you like to do. Now, we know what the mental health of adults is like.

Research page 6

Kirat Feb 8, 2025

(World Health Organisation)

What is the mental health of elderly people?

- The only people that were left to talk were elderly people and their mental health. The mental health of elderly people is affected by their life in adulthood. If they did everything they ever dreamed of in adulthood, They feel happy and satisfied in their elderly age. If their dreams remained unfulfilled and they weren't living their best life in adulthood, they might feel sad and depressed. Another thing about elderly people is that the older they get, the more they think that they are losing a sense of purpose. This also unknowingly impacts their mental health. Elderly people are also scared that they are putting more stress on their children since they might have health issues that can be quite costly. They don't want their kids to spend a lot of money on them. Loneliness also affects older adults. Since their kids have their own family to take care of. That is why as much as your kids are important, it is also important for you to spend time with your parents who struggled to make your life better. Older adults are also at a greater risk for anxiety or depression. Factors that trigger these things include: weak body/health issues, their living environment , etc.

Ways for elderly people to live a happier life:

- Go on walks at least once a day. Going on walks can really clear their minds and explore mother nature.
- Spend time with their friends or family. This can help them feel more connected and have a sense of purpose. Plus it also distracts them from anything bad in their mind or life
- Do things they love. It could be painting, drawing, exploring the

world, cooking, etc. This really helps develop a sense of purpose and it enjoys them. It can also be relaxing.

Research page 7 Gurneet Feb 13 2025

What do teenagers think of gender roles?

Gender stereotypes are a huge thing in our society. They affect how people think, especially teenagers. The biggest stereotypes include girls should be caring and boys should be tough. That's not true at all. You can be a girl and also be good at sports. You can be a boy and be good at cooking. It doesn't matter. Most teens think we should break these gender stereotypes because all they end up doing is making people feel worse about themselves. Many people (including myself) struggle with breaking these stereotypes because that's just how our society works.

<https://www.childrenssociety.org.uk/what-we-do/blogs/how-gender-roles-affect-young-people>

What problems arise during your teenage years?

Some of the biggest problems faced by teenagers are mental issues. For example Depression, anxiety, bullying etc. Many people think these problems happen because of technology and social media. It's true it does have a part in this but it doesn't cause all of it. Bullying can also cause these problems. Whether its cyberbullying or bullying at school it still causes a lot of problems. Teens that identify as LGBTQ2S+ are more likely to get

bullied.

https://3rdmil.com/common_issues_that_teens_face/

Feb 16th

Research page 8- kirat

What happens to our body after death?

(Cleveland clinic) (BBC)(National Institutes of health)(Sciencedirect.com)(Guardian angel hospice) (Bigthink)(nih.gov)(pubmed central)(Servicemaster Bioclean)(Titan Casket)

- Our body changes after we die. At first, our body will start to become stiff because of a decrease in levels of adenosine triphosphate beyond critical levels. The body stiffens from top to bottom, the face to the feet. The body stays stiff for 24-84 hours. The first organ that stops working is the digestive system. It is known that after a person dies, they are still conscious for 2-20 seconds. After the brain dies, you stop feeling anything like pain or suffering. People also wonder why dead people have cotton in their nose. That is because it stops fluid from coming out of their nose. The last breath before death is called agonal respiration. Our eyes decompose 6-8 hours after death. Our eyes will eventually become black after another few hours. The last organ that stops after death is the heart. There are 4 stages of a body in a coffin: autolysis, bloat, active decay and skeletonization. It takes 10-15 years for a body to completely decompose in a coffin. Depending on the place that the body is in, that is long it will take for the body to fully decompose. Death can be scary to some people but to some, it may also be peaceful. It depends on how you see it

Research page 9 Gurneet Feb 16 2025

What do teenagers see as the most important thing in their life?

Most teenagers see relationships as the most important things to them. It may be relationships with friends or within the family but usually those are the most important. Relationships are the things that make people feel loved and needed. They help people stay on their feet. Relationships can sometimes be the only thing keeping someone together.

What do adults see as the most important thing in their life?

Adults think the most important thing is having a job they enjoy. They also think having a lot of money is very important. Parents say that the most important thing to them is their children and relationships. They also think that living a fulfilling life is very important to them.

<https://www.pewresearch.org/social-trends/2023/09/14/what-makes-for-a-fulfilling-life/#:~:text=Some%2071%25%20of%20all%20adults,close%20friends%20is%20equally%20important>

What do kids see as the most important thing in their life?

Children want attention from their parents/guardians. They want people who will play with them and listen to them. This is when kids brains are developing so they need the attention. They also need to be taught the right things or else in the future they might do dangerous things.

Research page 10 Gurneet Feb 16 2025

How does mental health impact different age groups differently?

Younger people often have issues related to friends, school and at home life. Adults usually have more of a tough time with work related stress and problems with co workers and partners. Usually most mental issues appear at the age of 14 to 24 so depending on how old you are, there are different ways to cope with mental health. Mental health also impacts how you do in life. People in highschool struggling with depression and anxiety are more likely to drop out of school. Usually the most severe cases of mental health issues occur in young adolescents (ages 18-25). Mental health usually impacts younger people more then older people. Needless to say that doesn't mean older peoples problems should be ignored.

<https://www.charliehealth.com/research/youth-vs-adult-mental-health#:~:text=Whereas%20young%20people%20often%20navigate,adolescence%20and%20adulthood%2C%20research%20shows>

Why don't people from all ages talk about mental health?

People don't talk about the state of their mental health because of stigma. Stigma is being looked down upon because of a circumstance. For example people look down on people with mental health issues because they think they do it to gain attention. Another reason people don't talk about mental health is because they think people won't understand them. That's why many people die from suicide, they don't talk about how they feel. Gender can also impact stigma. Men are supposed to be tough and strong even though that's not true at all. That's why men with mental health problems don't get noticed. That's also why men are more likely to commit suicide. Though no mental issue should go ignored no matter who you are.

<https://www.mcleanhospital.org/essential/stigma>

Conclusion- kirat 16th feb, 2025

- Our research proves our hypothesis correct. Our hypothesis shows what we think will happen at

different ages. After researching about different ages, we know when mental stress starts and what happens after your twenties. It was what we expected. We also expected our teenage years to be involved with friends and school. We knew that adult life wouldn't be as easy as we thought.