



## Can the Generation Gap Between the Elderly and the Youth be Reduced? Letter to the Editor

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With increasing quality of life and access to health services in most communities, population growth has increased. Life expectancy is higher in most societies than ever before. And these factors have caused most people to reach old age [2]. The phenomenon of aging is already happening in most societies and if it is not managed properly, this opportunity becomes a threat.

### Young people

Young people are living at the same time as older people in communities, and sometimes in some communities the age composition of young people is higher than older people [1]. The more different the age composition, the more likely it is that there will be differences in beliefs, attitudes and values. These differences may create a gap between the two age groups.

### Socialization in youth

Socialization is a learning process through which individuals learn how to behave in certain situations and what expectations and expectations each role or social status brings. This process begins at birth and may last a lifetime. And this is the first time this has happened in the family. Families are the cornerstone of children's socialization, and if done right, many intergenerational challenges will be partially resolved. There is an abundance. The process of socialization through global media and networks seems to have a greater effect than socialization in the family. These cases increase the distance between two generations and sometimes the intergenerational gap. However, there are differences in the social transition between the two generations and it is natural.

### Socialization in elderly

The process of socialization in the elderly has happened to a great extent and has reached the end of the road. In the current century, the growth of technology and scientific advances have made it impossible for the elderly to keep pace with the pace of progress and provides the ground for distance from society. On the other hand, it is very difficult to move backwards in old age and adapt to change. Social networks, lack of proper education, preservation of old traditions and values in the elderly and the emergence of new attitudes in the youth are increasing the difference between the two generations day by day.

### Intergenerational gap or intergenerational difference?

It is normal to have some differences between each generation in terms of value with another generation. But if these differences become so large that the two generations can not understand each other and move away from the desired values and norms, it can pave the way for a rift. Today, it seems that with the expansion of one-child families, urban life, the growth of virtual networks, lack of skills training for children, parents' unfamiliarity with the needs of young people have paved the way for a deep gap that will have many natures for society. In this letter, the researcher suggests several solutions to properly manage this issue.

- The elderly should be good listeners to their children. And refrain from advising and attributing themselves experiences to them.
- Creating mutual trust and confidentiality between the elderly and children.

- Educating the needs of young people to the elderly group through public media, local networks.
- Educating the needs of the elderly to the youth age group through public media, local networks, school, university.
- Teaching a healthy lifestyle to adolescents and young people in order to achieve a healthy and active old age.
- Strengthen the culture of respect for the elderly by teaching textbooks at school age. Increase facilities at the community level.
- Strengthen the culture of respect for youth and its demands at the family level.
- Communicate with each other
- The elderly spend more time with their children
- Sharing problems with each other and using comments and tips
- Responsibility and acceptance of the consequences of actions by both parties
- Proper interaction and communication is the key to reducing intergenerational differences and gaps
- Lack of strictness and excessive negligence of parents
- Keeping parents up to date with new trends in the community
- Having an equal vote at home regardless of age
- Parents should be their children's best friends

### Conflict of Interest Statement

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.