

# 1 The Main Periods of Human Life

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## 5 **Abstract**

6 In 2015, the World Health Organization under the United Nations officially revised the age  
7 standards. A person is now considered young before 44 years of age. According to the new age  
8 classification, the young age is from 25 to 44, middle age is 44-60, elderly age is 60-75, senile  
9 age is 75-90 and long-livers are after 90. This international standard is made without taking  
10 into account the objective regularities of the development physiology and psychology  
11 throughout the whole life in the course of rapid growth in youth, smooth development in  
12 mature age and the subsequent gradual aging of the human body.

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14 **Index terms**— periods of life, infancy, childhood, youth, maturity, old age, long-livers, development  
15 physiology.

## 16 **1 Introduction**

17 rom the earliest times, people lay special emphasis on the milestone anniversaries of ages of 20, 25, 30, 40, 50,  
18 60, 70, 75 and so on. All kinds of jubilee celebrations and events are held on this occasion. But, in fact, the  
19 generally accepted "zero" and "five" dates do not fully correspond to the real stages of human life, the stages of  
20 biological and social maturity. The age stereotypes established in our society are not expedient in all aspects.

21 The most relevant criterion in this issue is the 12-years chronological segment of the lunar calendar. The  
22 full cycle of the lunar calendar consists of 12 years. It is linked to the movement of Jupiter, which completely  
23 passes the circle of Zodiac for 12 years. Here, from ancient times, every year is strictly symbolically marked  
24 with the name of a particular animal having a certain meaning. Years: "mouse", "cow", "snow leopard", "hare",  
25 "wolf/dragon", "snake", "horse", "sheep", "monkey", "chicken", "dog" and "boar". Since the last centuryalunar  
26 calendar has become more in-demand and now the interest to it is growing all over the world.

27 The attitude towards age among different people was developing in different ways. The differentiation of ages  
28 and the peculiarities imposed by it on the relations between people are present in all countries. The problem in  
29 question, with all seeming banality, excited scientists at all times. V.G. Belinsky asserted in this regard: "A man  
30 has its epochs of growth, not complying with which, any development in it can be put out".

31 Psycho-physiological changes from one stage of life to another can be seen, as the saying runs, with the naked  
32 eye. There is a correlation -interrelationship between the age of a person and his temperament, character type  
33 and the style of behavior. Under optimal conditions, the young people's character is predominantly formed by 17  
34 years of age. Achievement of personhood comes at 25 years of age. Three key periods of life correspond to three  
35 typological groups of characters: impulsive -youth, conformal -maturity and critical -old age. Impulsive type is  
36 assertive, active, energetic. The conformal type is flexible, pliable, cautious. Critical type is principled, picky,  
37 rational.

38 As this is a model, the question here is about tendencies, and the borders of age periods and stages are  
39 conditional with insignificant fluctuations. This is a kind of ideal to which a person shouldstriveto the best of  
40 his/her abilities.

## 41 **2 II.**

## 42 **3 Infancy Period**

43 Only one year is given to the most expressive, that is, a loud, noisy, tearful and hysterical period of life, but this  
44 is a most intensive time period of youth. During infancy: only 1 year from the moment of birth a child grows and

## 11 C) THE STAGE OF THE END OF MATURITY

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45 develops extremely quickly, and this infancy including the intrauterine period being studied by the independent  
46 science of embryology -is in its importance is equivalent to the subsequent 12th years of age. With reference to  
47 this question, A. Schopenhauer noted very aptly: "Hours of the boy are longer than the days of the old man".

### 48 4 III.

### 49 5 Childhood Period

50 In the childhood, there is the highest general physical activity from 1 to 13 years of age. We can conventionally  
51 split it into three stages: nursery (1-3 years), kindergarten (3-7 years) and elementary school (7-13 years) when  
52 the mental emotionality gradually decreases and infancy dynamism becomes already more conscious and less  
53 subconscious than before. Ambrose Bierce has quoted in an original way in this regard: "Childhood: the period  
54 of human life intermediate between the idiocy of infancy and the folly of youth -two removes from the sin of  
55 manhood and three from the remorse of age".

### 56 6 IV.

### 57 7 Period of Youth

58 In the mobile youth from 13 to 25 years of age, while the high dynamism of the psyche is still present, but  
59 nevertheless, the plasticity of the psyche is stealthily and gradually stealing up. At this time, two valuable  
60 properties of the character match up perfectly: impulsiveness and co formality. This period also consists of  
61 three stages: adolescence (13-17 years), youth (17-21 years) and the crown of youth (21-25 years). If the first  
62 stage is dominated by dynamism of the psyche, then on the third stage, its plasticity prevails. Mark Twain said:  
63 "When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But  
64 when I got to be twenty-one, I was astonished at how much he had learned in seven years". mental abilities in  
65 children occurs in the first three years of life, one third -between three and seven years, the rest -between seven  
66 and seventeen years. These years are not less important for the formation of an emotional sphere for the whole  
67 subsequent life. Ideally, the meaning of a person's life is not in the number of years lived, but in creative works  
68 to the benefit of others.

69 V.

### 70 8 Maturity Period

71 It consists of three periods: the beginning of maturity, the midst of maturity and the end of maturity. At a  
72 mature age, from 25 to 61, the body reaction, the speed of physical processes is markedly inferior to the previous  
73 period, but there is more rationality and more pliability in the behavior strategy than in youth. A person becomes  
74 more cautious, reserved and attentive, although somewhat evasive, and begins to confidently use his/her own life  
75 experience. When the sunset of youth sets in, then the dawn of maturity comes.

### 76 9 a) The Stage of Beginning of Maturity

77 The initial period of maturity of 25-37 years of age is more characterized by the combination of a high dynamism  
78 of mental processes with behavior pliability, or, to put it another way, there is an obvious plastic manifestation  
79 of the psyche. This stage is most productive in terms of creation. This is exactly the age when gifted people  
80 most often experience the rise of unbridled intellectual abilities. A vivid example of this is the life and work of  
81 great people.

82 The following people did not overcome the popularly so-called "fateful age\*": Niels Abel lived 26 years,  
83 M.Yu. Lermontov (26), Ch.Ch. Valikhanov (29), Bruce Lee (32), Alexander the Great (32), Yu.A. Gagarin (34),  
84 Wolfgang Amadeus Mozart (35), George Gordon Byron (36), Heinrich Hertz (36), Sadi Carnot (36), Marilyn  
85 Monroe (36), Diane Spencer (36).

### 86 10 b) The Stage of the Midst of Maturity

87 For the middle period of maturity at 37-49 years of age, the compromise behavior is mostly typical. This is the  
88 "golden time", when a person has accumulated enough knowledge, life experience, professional skills and reached  
89 the peak of his/her potential abilities. This is a peak of social maturity and career, the age of really deft leaders.

90 The following people did not reach age of half a century: Vincent Van Gogh lived 37 years, Arthur Rambo  
91 (37), A.S. Pushkin (37), Blaise Pascal (39), Ernesto Che Guevara (39), Jack London

### 92 11 c) The Stage of the End of Maturity

93 The period of full maturity, that is, a considerable age of 49-61 is more characterized by still flexible, but somewhat  
94 sluggish behavior, that is, the This is evidenced by the life of remarkable people. For instance, Joan of Arc lived  
95 for 19 years, Evariste Galois -21 years.

96 According to physiological and psychological parameters, around half of the overall development of sub-  
97 plasticity of the psyche. In fact, this is the postculminating stage, when a person becomes less convinced

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98 and more cautious than before, acquires staidness and external solidity, begins to look back nostalgically for the  
99 first time, recall the irretrievable years of youth, and moreover in some cases trying to act like impulsive young  
100 people.

101 The following people lived for around half a century: Thomas Aquinas lived 49 years, James Cook (50),  
102 Michael Jackson (50), Napoleon I Bonaparte (51), Jean-Baptiste Molière (51), Honore de Balzac (51), William  
103 Shakespeare (57), Christopher Columbus (54), Ludwig Beethoven (56), Abraham Lincoln (56), Steve Jobs (56),  
104 Thomas More (57), Jeffrey Chaucer (57), Charles Dickens (58), George Harrison (58), Heinrich Heine (58),  
105 Gustave Flaubert (58), Stendhal (59), Oliver Cromwell (59), Richard Arkwright (59).

## 106 **12 VI.**

### 107 **13 Presenile Period**

108 The tactical behavior among the elderly people of 61-73 years of age. During this time a person is inclined to  
109 teach others, to philosophize and even too much at times. Sometimes these "wise men" are even left by their own  
110 children so that the old people involuntarily reach out for their grandchildren. On the other hand, people really  
111 accumulate a lot of knowledge and great life experience by these years. This is the venerable age and such people  
112 deserve respect in the family and society. But, being "unofficial" people, from the outside they look intrusive in  
113 a way.

114 To label all people of this and later ages as conservative is groundless. Conservatism manifests itself in people  
115 of all ages and is predetermined not only by psychological peculiarities. Discretion and caution should not be  
116 confused with it.

117 The following people lived on Earth: Georg Hegel 61, Andre-Marie Ampere (61), Luigi Galvani (61), Gregor  
118 Mendel (61), Ernest Hemingway (61), Giovanni Boccaccio (62), Robert Oppenheimer (62), Rembrandt (63),  
119 Alfred Nobel (63), Franklin Roosevelt (63), Karl Bosch (65), Ernest Rutherford (66), Dale Carnegie (66), Leonardo  
120 da Vinci (67), George Washington (67), Adam Smith (67), Nicolaus Copernicus (70).

## 121 **14 VII.**

### 122 **15 Senile Period**

123 The senile people of 73-85 years of age are firmly judgmental. This is the time when a person becomes secluded,  
124 thoughtful and critical more often or self-critical more less often. The character increasingly acquires the features  
125 of a stubborn and convinced introvert, that is, a person becomes converted into are best!" People of this age  
126 group avoid noisy and cheerful parties as well as clothes of bright and vibrant colors. They prefer solitude; they  
127 criticize everyone, in particular, the young people, which is why they are called grumbler.

128 The following people lived much longer: Charles Darwin 73, Akhmet Yassawi (73), Howard Aiken (73),  
129 Alexander Fleming (73), Jawaharlal Nehru (74), Archimedes (75), Alexander Bell (75), Albert Einstein (76),  
130 Niels Bohr (77), Wilhelm Roentgen (77), John Tolkien (81), Sigmund Freud (83), Isaac Newton (84).

131 VIII.

## 132 **16 The Elderly Period**

133 The elderly people older than 85-97 years of age are sentimental as a rule. Mostly depressive style of behavior  
134 characteristic of long-livers is a mirror reflection of the expressive infancy with the opposite sign because the  
135 redundantly increased emotionality of the psyche, while fading away, changes to sensitivity, that is, being sensual  
136 and easy vulnerable, when there are no tears in eyes as it happens with infants but a fragile hypochondriac soul  
137 is crying in secret in some cases.

138 There are fewer and fewer of those who have been given a chance of longevity: Betty Friedan lived 85 years,  
139 James Madison (85), Zelman Waksman (85), Oscar Monet (86), Theresa Calcutta (87), Gabriel Marquez (87),  
140 Margaret Thatcher (87), Gustav Hertz (88), Charlie Chaplin (88), Akira Kurosawa (88), Max Planck (89),  
141 Winston Churchill (90), Pablo Picasso (91), Linus Pauling (93), Charles Sherrington (94), Charles Huggins (95),  
142 John Rockefeller (97).

143 The period of the elderly age begins at 85 and there is just a little over one "circle" -a 12-year segment cycle  
144 from this peak to 100 years of age. This is a lot of the extreme old age. The lot, which is neither easy nor simple.

145 According to the gerontologists' hypothesis, the maximum life expectancy can reach up to 125 years and  
146 according to the Bible -up to 120 ("And the Lord said: My Spirit will not contend with humans forever, for they  
147 are mortal; their days will be a hundred and twenty years" (Genesis 6 : 3)).

148 The periods of life fit quite accurately into the 12-year cycle of the lunar calendar, where each circle means  
149 a "segment". And if one follows this calculation, it is easy to calculate that the peak of social maturity falls  
150 on the 43rd year of life and maturity ends at 61, the period of old age begins with 73 years of age. Apparently  
151 for this reason, the Japanese and Koreans celebrate 1 year and the jubilee in 61 not recognizing the "zero" and  
152 "five" dates. his/her inner world. The high dynamism of the psychic activity is replaced with the inertia of  
153 psychophysiological processes. This is the age of wise men the judicious people, whose motto is "second thoughts  
154 Symbolically, the childhood ends at about 13 years old, when physiological maturity begins, one of the important

## 16 THE ELDERLY PERIOD

155 criteria of which is the beginning of puberty. Youth ends at 25 years of age, and it's not just a References  
156 Références Referencias quarter of a century, but the peak of biological maturity, which is followed by the social  
157 maturity, when a person is able to make independent decisions because the brain already has enough necessary  
158 and useful information for this.

159 Reduction of adult age of young people, that is, when they get out of the influence of parents from the age  
160 of 21 to 18-19 is a manifestation of a modern dynamic era. However, do children and their parents realize that  
161 over the age of 13 they are no longer little kids, that is, not children? Do young people themselves and their  
162 relatives understand that at the age of 25 they have already crossed the threshold of maturity? Who does a  
163 person consider himself at the age of 50 young, mature or old? And after 61, he/she thinks he is 73? In a busy  
164 world, we do not attach much importance to it and in a lot of families this important issue is not considered  
165 seriously. As a result, we get: the young people are at the age of 40, children are at the age of 20, the elderly are  
166 at the age of 50. It is notable how Voltaire said: "He who has not the spirit of this age, has all the misery of it".

167 Parents often bate demands towards their family members by sparing them, cherishing them simply for no  
168 reason. This is nothing but a disservice, as a result of which not in frequently we get irresponsible overgrown  
169 children. There is only one step to the psychology of a dependent. The period of maturity, which is emphasized  
170 among all people, in particular its first stage falling on the years of the achievement of personhood (25-37 years),  
171 is most important both for an individual and society. Here it is very important to separate adulthood from pseudo  
172 adulthood, when young men or girls who have barely emerged from adolescence to pretend independent behavior  
173 deliberately freely, boldly and sometimes aggressively. The criterion of social maturity is the mastering of a  
174 certain set of social roles by a young man, which characterize an adult.

175 The situation is different with respect to subsequent age periods when there are no such generally accepted  
176 criteria. We have no generally accepted life stages except round dates from 17 till 63 years of age, which often  
177 leads to confusion. Children, parents, teachers and the whole society often bate demands to a person in this  
178 context. However, we often say: "You are so old and you are still a child!" which often sounds not convincing,  
179 unfounded as it is not reasoned in the form of a social standard. Therefore, it is necessary to develop a uniform  
180 age standard taking into account the achievements of gerontology so that people know at what stage of life they  
181 live, study or work.

182 Each person grows and develops and then grows old imperceptibly for people around, which is quite natural.  
183 Therefore, the boundaries of age periods are blurred. We usually say: 2-3 years of age - it's time for the child  
184 to go to kindergarten, 6-7 years of age - to school, 17-18 years - it's time to continue studying or start working.  
These standards have been learned by the society a long time and there are no problems about it.<sup>1</sup>

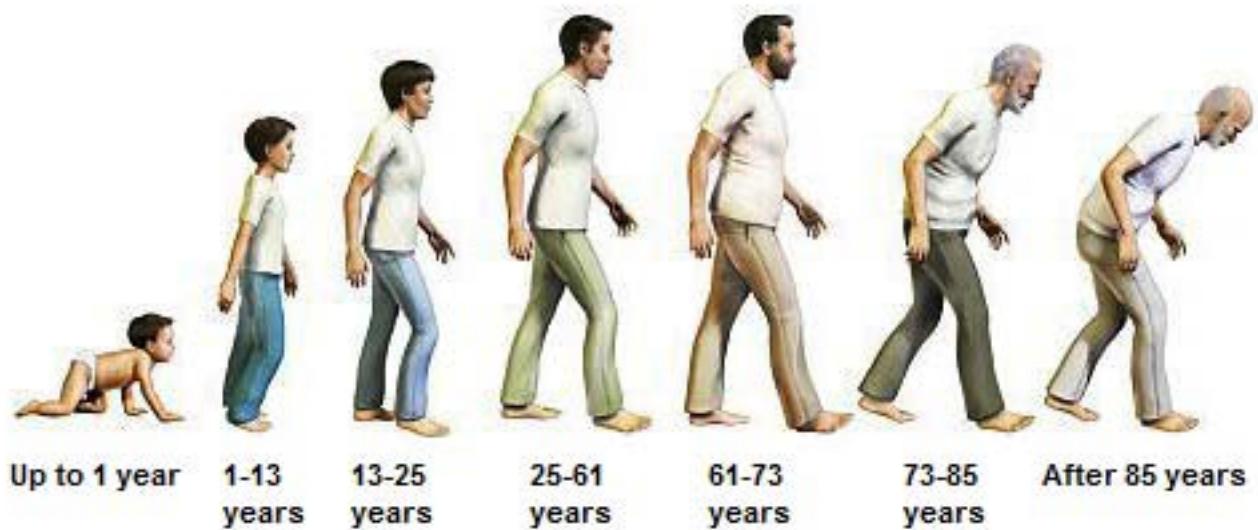


Figure 1:

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