

## The treatment for misanthropic and stubborn old boys

### Taking measures against old age of bipolar disorder

These days, depression has been increasing among old boys. In fact he is suffering from manic depression even though he is a freeman or dawdler. Originally, he has a propensity for have him confined in own shelter due to misanthropy, autism, or Asperger's syndrome. So, such introverted guy certainly lack social networking. Moreover, his family and surrounding people don't understand his disease. If he get hurt by people's words, he shuts his mind aside to hide in the study. It's not unusual. So far he has this symptom often however the currently it is still long.

Have you lost interest in the activities you used to enjoy? It is different from a silo mentality which is a inbound characteristic that flock exhibits. On the other hand, aloofness is a characteristic of individuals. Rather than hating to swarm. He avoids contact with others and pursues the meaning of existence in himself only. However, he can recognize the existence of the outside world, he does not ignore everything outside. That point is different from autism. When doing math closing in an atelier like a painter, it eventually collapses his heart's balance and turns into a pathological depression..

It's thought that it is good to have a clear goal for an elderly person with autistic tendency to self-defend deterioration of depression. When he begins to do anything, he devotes himself to it. The best to enthusiasms is doing math. However, it is far way from achieving the summit of mathematics. The destination is also unclear. Conflictingly, a lot of mathematician and math lovers fall into a morbid state of mind. In that respect, the qualifications that need to pass the national exam, the and goal is clear as well. Therefore, he is still challenging new certificates every year.

He wants have made all his dreams come true before end of life. He has acquired several national exam qualifications regardless of research and work to date. It is like a qualification nerd, but there was a direction of scientific preference. The goal of this year is to pick up what he lost when he was a young boy, for instance, a top grade licensing that was his next goal when he passed ham elementary level during junior high school age. That's a target just remembered for the first time in half a century. Since former radio boy had not been specialized in electronic engineering, even mathematicians and scientists are now an outsider.

So far, he acquired many difficult certificates beyond state exams. Starting with the acquisition of elementary radio ham, he passed a difficult aeronautical radio operator's state examination and licensing regulations, which is corresponds to the general radiotelephone operator's certificate listed in the Annex in the International Telecommunication Conversion CCITT of ITU International Telecommunication Union. When he was a high school student, he started flying airplane and got license. He finally got a professional pilot licensee of multi-engine with IFR rating, even if he is to be used in his hobby life. Acquiring pilot licensees requires long training and great expenses. It was an extra effort really. Recently, he also got a first grade maritime pilot license and maritime radio operator (international license.)

When a person becomes an elderly person, memory becomes weakened. I was not conscious of this decline in memory. However, aging deterioration is a reality. It is also one of the goals to overcome this. By the way, these national qualifications don't contribute anything to livelihood for retired mathematicians or scientists. With respect to Amateur Radio Technician listed in CCITT of ITU, even though the amateur radio class are not merely for hobbies. it is a class qualification that is equally parallel to ground, aeronautical and maritime qualifications. But yet, these attempts is also a measure to alleviate depression suffering and to delay amnesia and dementia.

Words:

misanthropy, misanthropist or autism, autistic melancholy, depression, dejectedness, depressive

## 老人うつと、人間嫌いで頑固な老人の躁うつ対症療法

最近、老人の間でうつが増えてきている。実際、彼はリタイア後の自由な身だが、躁うつ病に苦しんでいる。もともと、彼には人嫌いで、まるで自閉症かアスペルガー症候群のように、自分を殻の中に押し込める傾向があった。だから、そのような内向的な彼は確かに人付き合いを欠いている。さらに、彼の家族および周囲は彼の病気を理解していない。理不尽な人の言葉に傷つけば、彼は書斎に鍵を掛け彼の心を閉じ込める。それは珍しいことではない、いつものこと。今、彼はこの症状にしばしば襲われ、現在もその状態が続いている。

あなたは今まで楽しんできたアクティビティに興味を失ったことがあるか？それは内向きのサイロメンタリティと異なる。サイロメンタリティは群れが示す特色だ。一方、孤高は個の特色である。寧ろ群れることを嫌う。彼は他人との接触を避けて、ひたすら彼自身の中での存在意義を追求する。ただし、彼は外側の世界の存在を認識することはできるし、彼は外側の全て無視するわけではない。その点が自閉症とは異なる。数学をしていると、画家のようににアトリエに閉じ籠っていることが多い、やがて彼の心のバランスを崩して、病的な鬱へと変わっていく陥っていく。

家に閉じ籠る傾向のある高齢者にとって、うつ病の悪化を自己防衛するは明確な目標を持つことが良い。彼らは何かを始めると、それに熱中するからだ。夢中になれるものなかでは数学が身近にある。しかし、数学の頂きを極めるにことは遠い道だ。目的地も不明だ。逆に矛盾して、多くの数学愛好家が病的な精神状態に陥っていく。その点では、資格取得を目標にし、試験合格を目指すことは明確である。資格を取ったからといってどうということもない。ただ、うつ病を悪化させないために、毎年新しい証明書に挑戦するだけの話である。

人は高齢者になると記憶力が衰えてくる。この記憶の衰えについて、私は自覚がなかった。しかしながら、衰えは現実だ。これを克服することも目標の一つである。ところで、これらの国家資格はリタイア後の生活には何ら貢献しない。単なる趣味であって、それ以上でもそれ以下でもない。そして、これらの試みはうつ病の苦しみを緩和し、認知症を遅らせるための手段になってくれるような気がしている。

参考 ;misanthropy, misanthropist人嫌い or autism, autistic自閉症 melancholy, depression, dejectedness, depressiveうつ病