Title of Article: *Coping with Old Age.*

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Abstract:

The paper examined the causes of biological ageing and the characteristics of ageing and changes of behaviour observed among the aged. The adult stages of development was reviewed from the early twenties to the terminal stage of adult life cycle. The personality types among men who adjusted well and the personality types of men who adjusted poorly were discussed. The paper also focused on the aged in the Nigerian society and the compensatory strategies to cope with ageing were discussed.