

Human development encompasses multiple phases, including baby, toddler, teenager, adult, and old age. Cognition is an essential aspect of human information processing. According to social development perspectives, a person's brain will begin to decline gradually as the individual reaches middle adulthood and will continue to decline throughout the aging process (Peters, 2006). Healthy elderly people often report a decline in memory that causes them to experience depression and anxiety (Hertzog et al., 2000). Throughout the aging process, some of the most profound changes involve brain cognition. Life routines stored in declarative memory will slowly change and be forgotten due to aging. Both declarative memory and procedural memory can be affected.