

## SUMMARY

### *Aging and aging-related camera fright*

Getting older is a natural part of life, but it can bring about a range of emotions and challenges. One common struggle among individuals as they age is the fear of cameras. This fear is rooted in the vulnerability and self-consciousness that often accompany the aging process. As individuals become more aware of their changing appearance, the fear of being captured in an unflattering or aged state can lead to an aversion towards being photographed.

The fear of cameras is closely connected to self-image and societal expectations. In a society that often idealizes youthfulness and conventional beauty, aging individuals may feel pressure to maintain a youthful appearance. Cameras, which capture moments frozen in time, represent a loss of control over one's image. This loss of control intensifies the fear of being seen as old or unattractive, leading to a negative self-perception and avoidance of being photographed.

In conclusion, the fear of cameras and the process of getting old are closely intertwined. The fear is rooted in the vulnerability, self-consciousness, and societal pressures that come with aging. It reflects a desire to control one's self-image and avoid negative judgments from others. Recognizing and understanding this fear can help create a more supportive and inclusive environment for individuals navigating the complexities of aging and self-perception.

In my final project, using the example of my mother's side of the family, I try to find out what their opinion is about aging, beauty, photography and all other associated fears. Whether and how these beliefs have changed over the generations? Is appearance (looking beautiful) the most important factor that counts in the photograph? How are getting old and camera fear related? In the first part of the work, I explain what camera fear is and how fears related to images and photography can be different. I will briefly describe the physical and mental changes in the body associated with old age are and discuss the societal aspect of aging, beauty and social norms. In my practical part, I used the following plan: focusing on the maternal side of my family (with the main focus on the grandmother and her sisters), I conducted interviews and photo sessions with selected people, analyzed what they said, as well as body language, tone of voice and other factors that I considered important or significant from the point of view of the topic. The important keywords for the analysis were the (home) environment, family history, influences from childhood, perceptions of photography, life experiences, etc. I look at striking commonalities and differences and try to understand the reasons behind them.

Based on the thesis, it cannot be said that older people have a greater fear of the camera than younger people. It's just different. Childhood traumas, family traditions and attitude towards photographs were cited as more important causes of camera fear than age.

I think that a lot also depends on a person's character and personal characteristics. Low self-esteem caused feelings of inadequacy (which could be due to age-related changes in appearance, but also due to what a person generally considered beautiful, ugly or important). Although none of the participants directly acknowledged the presence of camera fear, it was evident in the responses of all but Emily (13) and Lileen (3).

The process of the thesis has been extremely interesting and I find that doing something in collaboration with people is much more exciting than editing alone. Just thinking about this experience fills me with great gratitude and adrenaline.

I think it's very important to communicate with the older generation and ask questions before it's too late, because it helps to better understand where we come from and why we are the way we are. Knowing people's background makes it easier to accept them as they are.