

At what Age do we Reach the Peak of Intelligence?

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In 1905, at just twenty-six years of age, Albert Einstein, Nobel Prize in Physics, developed five influential scientific investigations; among them, the most famous equation in the history of science.

A European astrophysicist recounts that his doctoral thesis supervisor used to jokingly tell her that the prime of his career had passed and that it was up to her to make the discovery that would win the Nobel Prize for the team of researchers at he.

The teacher's comparison between Einstein's intellectual and spiritual production and his young student not only served as motivation, but also fell within a socially accepted pattern.

Cognitive abilities peak at eighteen years of age, only to begin their inexorable decline thereafter. This idea is reinforced by the fact that, as the years go by, the brain deteriorates, and along with it, the abilities to create, reason and memorize information. But does that mean that young adults are at their peak of intelligence?

What about the value of experience accumulated over the years? The answer to those questions depends on what you are measuring and when. According to the lead author of the largest age-related cognitive ability study, the results reveal that, at any age, the subject is improving in some things, getting worse in some, and plateauing in others.

Said study was carried out on forty-eight thousand 500 individuals through a series of digital tests; then, the information was crossed with the results of experiments carried out in small groups of people.

According to the findings of that investigation, some skills peak and begin to decline after junior high school; some skills plateau in early adulthood, and begin to decline in your 30s; others don't peak until age 40 or later. For example, the ability to process information quickly peaks at ages eighteen and nineteen.

At twenty-five, on the other hand, short-term memory peaks, which is maintained for a decade before beginning to decline. And the ability to understand other people's emotions doesn't reach its full potential until you're forty or fifty.

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