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As the landscape of human emotional experience evolves across the lifespan, research increasingly suggests that older adults tend to engage in more intense emotional interactions compared to their younger counterparts. This phenomenon is multifaceted, influenced by neurobiological changes, shifting social priorities, life experiences, and emotional regulation strategies that develop over time. Understanding these differences is crucial for fostering effective communication, enhancing social relationships, and promoting mental well-being among older populations. This article explores the underlying mechanisms, characteristics, and implications of heightened emotional involvement among older adults in comparison to younger adults, providing a comprehensive overview rooted in current psychological and neuroscientific research.