Aging causes or contributes to other problems in my life or others' lives

by Andy Dufresne, 2019

Like what?

Having kids before learning much about parenting (biological clock)

Overreaching (got to get a lot done before I die)

This is a misconception.
Not overreaching lets you get more done before you die

I agree it is a misconception. But at least some people have and act on this misconception that wouldn't act on it if they weren't worried about aging.