

Investigation on the Living Conditions of the Rural Elderly and the Influencing Factors of Their Life Satisfaction-Take Mingguang City as an Example

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Abstract

China has entered a deeply aging society. The main data of the seventh national census in Mingguang city, Anhui Province show that the proportion of the elderly population in Mingguang city has increased, and the degree of population aging has further deepened. In the future, it will face greater pressure of balanced population development. With the deepening of aging, we pay close attention to the living conditions and life satisfaction of the elderly. This paper focuses on the field interviews with the elderly in rural areas in Mingguang city. The conclusion shows that good health and personal annual income have a positive effect on the life satisfaction of the elderly; The better living environment, complete living facilities, facilities for the elderly and activity rooms for the elderly have a positive effect on the life satisfaction of the elderly, but the existence of chess room will have a negative effect; Socialization among the elderly will also improve their life satisfaction to a certain extent; The higher the medical level of township hospitals, the perfect community pension services and social medical insurance will have a positive impact on the life satisfaction of the elderly. From the overall survey data, the proportion of elderly people who are satisfied with their lives is about 28%, the proportion of those who are satisfied is about 61%, and some elderly people are not satisfied with their lives.

Keywords

Aging; Pension; Life satisfaction; Rural elderly.

1. Introduction

According to the main data of the seventh national census in 2021, the population aged 60 and over in China is 267.36 million, accounting for 18.9% of the national population, of which the population aged 65 and over is 200.56 million, accounting for 14.2% of the national population. This is the first time that the proportion of people aged 65 and over in China has exceeded 14%. Compared with 2010, the proportion of people aged 0-14, 15-59, 60 and above increased by 1.35%, decreased by 6.79% and increased by 5.44% respectively. An aging society refers to a demographic model in which the elderly population accounts for a certain proportion or more of the total population. According to the traditional standard of the United Nations, the elderly over 60 years old in a region reach 10% of the total population, and the new standard is that the elderly over 65 years old account for 7% of the total population, that is, the region is regarded as entering an aging society. At the end of 2021, the population over 65 years old in China will reach 200 million, accounting for 14.2% of the national population, which means that China has entered a deeply aging society [1]. In recent years, the birth rate has been decreasing year by year, which has also aggravated the aging of the population to a certain extent, while the proportion of the elderly is rising, and the lower part of the population pyramid shows a shrinking trend [2]. At present, China's aging phenomenon is more serious. With the arrival of aging, it is necessary to pay more attention to the life and spiritual needs of the elderly,

especially those in rural areas. The problem of providing for the elderly can not be ignored, so it is increasingly important to investigate the living conditions and life satisfaction of the elderly.

2. Literature review

Sun Juanjuan and others (2022) pointed out that in 2016, the proportion of rural elderly people in China who were satisfied with their lives was 59.03%; The life satisfaction of the elderly in China basically presents a "ripple-like" law, which gradually decreases with the urban center, urban fringe, rural areas and towns. The elderly group with the lowest life satisfaction is the elderly living in towns and rural areas outside the city or county [3]. Qin Yongchao (2021) pointed out that the basic responsibility of family support in the well-being of the elderly in rural areas is weakening, which is limited to the economic support of children, while the emotional support of children is weakening; Acquaintance society bears important supplementary responsibilities, and social activities, caring for relatives and friends and mutual help in the neighborhood make up for the absence of children to some extent; The responsibility of state guarantee is limited [4]. Wang Xiuhua and others (2021) pointed out that the satisfaction of marriage and children's relationship, the frequency of children's meeting, whether they live with their spouses, health status and children's financial support have significant effects; The number of children and whether they take care of each other are not statistically significant; Social activities only relieve the depression of the elderly; Rural medical insurance improves life satisfaction, and the role of pension and labor income is limited [5]. Zhang Xiaoli (2022) pointed out that among the individual factors, marital status, education level, depression level, personal cognitive ability, instrumental daily life ability and health satisfaction have a strong influence on the life satisfaction of the rural elderly; Among the family factors, the frequency of contact with children, children's financial support, children's income and relatives' care have a significant positive impact on their life satisfaction; Among the social factors, medical service satisfaction, home-based and community-based old-age care services can positively affect the life satisfaction of the rural elderly, while medical insurance and old-age insurance have no obvious influence [2].

From the existing literature of scholars, we can see that scholars have done a lot of research on the life satisfaction and depression of the elderly. Most scholars choose factors from three aspects: individual, family and society to include in the life satisfaction research of the rural elderly. Some scholars make empirical analysis based on the data of health and pension tracking survey, and some scholars study on specific regions or provinces. At present, scholars have rich research on the living conditions and life satisfaction of the rural elderly, but there is no in-depth research results on the living conditions and satisfaction of the rural elderly in Mingguang city, Anhui Province. Therefore, with the help of scholars' existing achievements, this paper takes Mingguang city, Anhui Province as an example to carry out field research and theoretical research.

3. Induction of influencing factors

By reading and sorting out the literature, the influencing factors of life satisfaction of the rural elderly are summarized. From the existing academic achievements, it can be seen that the study of the living conditions of the elderly needs to consider three factors: individual, family and society. Therefore, this paper comprehensively considers these three factors. Taking gender, marital status, education level, health status, chronic diseases, number of children, living with spouse, living with children, contact frequency of children, financial support of children, care of relatives, medical insurance, new rural insurance, deposit, income from work, community environment where they live and recreational facilities for the elderly as dependent variables,

and life satisfaction as independent variables, a field questionnaire survey was conducted on the rural elderly in Mingguang city, Anhui Province.

4. The field investigation and result analysis in Mingguang city

4.1. Status of aging in Mingguang city

According to the main data of the seventh national census of Mingguang city released by Mingguang city Statistics Bureau in 2021, among the permanent residents in Mingguang city, the population aged 0-14 is 84,042, accounting for 17.31%; The population aged 15-59 is 292,425, accounting for 60.22%; The population aged 60 and over is 109,160, accounting for 22.48%, of which the population aged 65 and over is 85,906, accounting for 17.69%. Compared with the sixth national census in 2010, the proportion of population aged 0-14 decreased by 1.17 percentage points, the proportion of population aged 15-59 decreased by 5.88 percentage points, the proportion of population aged 60 and over increased by 7.05 percentage points, and the proportion of population aged 65 and over increased by 6.40 percentage points. The increase in the proportion of the elderly population indicates that the degree of population aging in Mingguang city is further deepened, and it will face greater pressure of balanced population development in the coming period.

4.2. Field visits and questionnaire results analysis

Through field visits to families and nursing homes with elderly people in rural areas of Mingguang city, we have a detailed understanding of the current situation and problems of rural old-age care, conducted questionnaire interviews with the elderly, and communicated with local township governments, communities and other staff. The questionnaire contains four types of questions. The first type is personal basic information survey, including the sex, marital status, health status and whether there are chronic diseases. The second category is the family relationship survey of the elderly, including the number of children, whether they live with their spouses, whether they live with their children, the frequency of their contact, their financial support and the care of their relatives. The third category is the satisfaction survey of community security, including the evaluation of community environment, whether there are facilities for the elderly and social situation. The fourth category is the satisfaction survey of material security, including whether there is medical insurance, whether there is savings and work income.

According to the results of questionnaire distribution, this paper analyzes the respondents in Mingguang city: (1) The number of men is slightly higher than that of women, and most of them are 60-70 years old, and some of them are over 70 years old. From the questionnaire, it can be seen that most of the elderly are still working, relying on agriculture or doing some chores, and the income source of the elderly aged 60-70 is the most important part. The financial resources of the elderly aged 70 and above are mainly provided by their children, and a small number of elderly people mainly rely on their own pensions to live. There are still a few elderly people who rely mainly on the low-income pension provided by the government because they have no fixed income. Good health and personal annual income have a positive effect on the life satisfaction of the elderly. (2) The results of the questionnaire show that more than 70% of the local elderly people live with their spouses or alone, followed by the elderly living with their daughters or sons or living in their children's homes in turn, and a few elderly people live in welfare homes or nursing homes. According to the results, it can be analyzed that there are many elderly families living alone in the local countryside, and young laborers are far away from the countryside to work in the city, which leads to no elderly people in rural areas. The life satisfaction of the rural elderly living alone is significantly lower than that of the elderly living in other ways. The higher the frequency of children's contact, the financial support of

children and the care of relatives have a positive effect on the life satisfaction of the elderly. (3) The better the living environment, the complete living facilities, the facilities for the elderly and the activity room for the elderly have a positive effect on the life satisfaction of the elderly, but the chess room will have a negative effect, and the social interaction between the elderly will also improve the life satisfaction of the elderly to a certain extent. (4) Township hospitals meeting the needs of medical treatment in peacetime and community pension services will have a positive impact on the life satisfaction of the elderly, and the life satisfaction of the rural elderly with social medical insurance will increase significantly. According to the survey data, the elderly who are satisfied with their lives account for about 28%, and those who are more satisfied account for about 61%. Some elderly people are not satisfied with their lives.

5. Suggestions

With the continuous outflow of labor force, the elderly in rural areas are becoming more and more lonely, and the aging society in Mingguang city is more serious. Therefore, in order to improve the life satisfaction of the elderly in rural areas, on the one hand, it is necessary to carry forward the advantages of traditional family pension, encourage children to care more about and visit their parents, and give them some financial support to create a good living and living environment for their parents. The elderly can also alleviate their depression through social and elderly activities, thus improving their life satisfaction. With the gradual popularization of the Internet and the application of smart phones, the elderly will also go online, and communities or towns can enrich their activities through the Internet. On the other hand, the government needs to strengthen the basic old-age care and medical security for the rural elderly, improve the level of township medical services, raise the pension for the rural elderly, narrow the gap between urban and rural areas, improve the rural public pension service resources, and at the same time drive the elderly to work to increase their income and pay attention to their material needs and health needs.

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