A Study on the Spiritual Support of the Elderly Without the Only Child Under the Background of Aging

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Abstract. As a special group, the elderly who have lost the only child should be concerned by the whole society. Through interviewing with the elderly, it is found that the mental satisfaction of these elderly people is more scarce than the material satisfaction. Starting from the dimension of spiritual support, this paper analyzes that the spiritual support of the elderly without the only child should take into account the respect of personality, and stimulating the life potential and emotional comfort of the elderly. Finally, from the perspective of government, society and the elderly, this paper discusses the ways to solve the problem of spiritual support for the elderly who have lost the only child.

Introduction

By the end of 2016, the population over 65 years old in China has risen to 150 million people, accounting for 10.8% of the total population[1]. Population aging has gradually become a serious population problem in China. There is also a special group among the elderly--- APs who have become the empty-nest elderly in the real sense. Professor Mu Guangzong believes that a single child family is a risk family[2]. Once an only child family loses a child, the parents of the child will become APs. The number of APs is increasing, and their problems of survival and spiritual satisfaction are becoming more and more prominent. With the great improvement of material life, the government has begun to pay more attention to this group, and is issuing some corresponding social policies. The government provides the old-age security for APs and perfects all kinds of old-age insurance system, and their basic material survival problem has been solved to a certain extent. However, we should pay more attention to their spiritual life and emotional needs.

The aged bereaved parents are those who have given birth to only one child in accordance with the provisions of the national family planning policy, but the child has passed away for some uncontrollable reason and has not given birth to another child [3]. The dilemma of APs is reflected not only in economic and survival aspects, but also in spiritual frustration. Therefore, while paying attention to the material life of APs, we should pay more attention to the spiritual support of the elderly. Many scholars have referred to their psychological and spiritual needs, such as lack of psychological comfort and mental sustenance when studying the problem of APs. How to let APs receive more care and respect, how to let them live with dignity and security, they not only need the protection of system, but also need spiritual support. Spiritual support is that people provide material products to the elderly and provide spiritual comfort to meet their spiritual needs, so that their negative emotions can be alleviated [4].

By using the method of literature combing and interview, interviewing with the village committees and APs of MJ village and KJ village in DaZhou City, Sichuan Province, this paper probes into the problem of spiritual support for APs, in order to arouse the attention of all walks of life to the spiritual support of APs.
Survival Condition of the APs

Living Condition

The elderly have lost their only child so that the couple can only take care of each other. They are members of the old age group, so their physical functions are gradually degenerating and their resistance is relatively weak. With the loss of their children, their mood has been in a more depressed state for a long time, and the negative emotions are difficult to be eliminated, which makes their physical quality lower than normal, and they are more susceptible to diseases. At the same time, because of their poor health, they need more people with company and support around them. As a result, the elderly are vulnerable to medical costs and lack of care. Scholars Yan Neng and Mu Yanjuan also mentioned that most of the APs suffer from physiological diseases of varying degrees. About 50% of APs have chronic diseases, of which about 15% suffer from major diseases.

Mental and Psychological Conditions

Through the interview with the staff and APs of MJ Village and the KJ Village Committee in Dazhou City, Sichuan Province, the author finds that APS generally has the problems of lack of emotional sustenance, mental depression and emotional fragility of husband and wife in spirit and psychology. Chinese parents have always focused on their children and placed their children as their emotional sustenance. After entering old age, people are easy to fall into loneliness and helplessness, and their emotional needs are greater. For the elderly, this situation is more serious and difficult to alleviate. In the long run, these old people close themselves up, struggle to get out of bereavement, and suffer from mental disorders such as depression. In addition, there may be emotional problems between husband and wife who have lost their only child. Children are the bond between husband and wife, and many couples will focus on their children when they have children. When the child suddenly leaves them, the bond between them no longer exists. Both husband and wife are in the spiritual emptiness, lonely negative feelings. There is a lack of communication between husband and wife, and the relationship is becoming increasingly tense.

The Degradation of Communicative Ability

Older people who suffer from bereavement generally lack social will, and some of them even cut off old social networks, give up their interests and hobbies, and resist collective activities. They even give up their interests and hobbies and resist collective activities. They are afraid of being tagged, and even more afraid of being with themselves in a compassionate manner. Some old people will move away from their original residence and refuse access to the original social network.

Dimension Analysis of Spiritual Support for APs

Professor Mu Guangzong believes that the essence of spiritual support is to meet the spiritual needs of the elderly and directly affect the quality of life of the elderly. He divides spiritual support into three dimensions: self-esteem, expectation and kinship. The corresponding satisfaction is the respect of personality, the peace of mind of achievement and the consolation of emotion. Modern spiritual support is not only to meet the needs of the elderly, but also to stimulate the life potential of the elderly, so the main role of the elderly is more worthy of attention [6].This is consistent with Maslow's hierarchy of needs theory: In addition to the basic needs of survival and security, spiritual support and emotional needs, the need to respect and the need to achieve self-realization. The government focuses on the special group of APs whose basic life can be guaranteed and who begin to seek spiritual satisfaction. Therefore, how to let the old people out of the predicament, spiritual support is particularly necessary.

By using Professor Mu Guangzong's three-dimensional theory, spiritual support is divided into respect for personality and stimulation of the life potential and emotional comfort of the elderly. The dimension of reassurance of achievement is mainly reflected in parents' satisfaction with their children's achievements, and it is not suitable for this group of APs. Therefore, the dimension of
reassurance of achievement is replaced by stimulating the potential of life, which is interpreted as stimulating the active life of the elderly and seeking the value of life.

**Respect for Personality**

Through interviews with the APs, we find that most of them think that losing their children means losing the center of life, and there is no hope in life. These elderly people not only suffer the loss of their only child, but also face the pity, sympathy and even rejection of others, then they lost external respect. At the same time, APs cannot adjust their own state well because of their spiritual uncheer, and they are in the crisis state of losing themselves and self-esteem, so they lose their internal respect.

**Stimulating the Life Potential of Older Persons**

APs have always been in a negative state of emotion and lack correct judgment of themselves, ignoring the abilities and advantages of self-existence. APs needs to know himself again, cherish his life and find the meaning and value of self-existence. They need to recognize their own advantages and potential ability, through re-creation, fulfill their aspirations, stimulate the potential of life, so that they become more and more the people they want, and finally realize their self-worth.

**Emotional Comfort**

In the life full of negative emotions, APs first need psychological understanding and relief to release these negative emotions and mental pressure; Secondly, in the aspect of emotional support, they need emotional satisfaction from other aspects because there is no comfort from children. Thirdly, they mainly enrich their spiritual world and pursue their spiritual life; Finally, they need a spiritual sustenance, alternative sustenance, hope and love.

**Suggestions**

**From the Individual Level of APs, Enhancing their Consciousness and Ability of Spiritual Self-support**

To encourage APS to carry out mental self-care, we can use the way of lectures to promote the idea of mental self-care and change their inappropriate view of what happened to them. They should realize their correct cognition of themselves in a reasonable way, and find their own advantages and abilities. We should encourage APs to form teams to participate in social work and focus their attention on what they are interested in. If there are conditions, the elderly are encouraged to form group tours, through contact with the elderly group of other elderly people and experience different customs and landforms, to achieve spiritual washing, emphasizing the importance of self-enjoyment in the elderly age.

**At the Governmental Level**

**The Government should Improve Relevant Policies and Systems to Provide Institutional and Material Protection for Families Deprived of Independence.** On the one hand, the relevant departments of the state should issue corresponding laws and regulations, set up special institutions or departments dealing with the problems of them, clarify the responsibilities of various departments, make APs know how to seek help when they encounter problems. At the same time, we should perfect the corresponding compensation policy, establish special compensation fund, and establish corresponding standards according to the location of APs; On the other hand, we should strengthen the classification guidance to APs. For APs who have strong financial ability, we can focus on the help of spiritual consolation. For example, to open a free psychological counselling hotline for the elderly who have lost their only child, to provide them with psychological counselling services, to encourage them to adopt and adopt their children, and to facilitate their handling of the formalities; At the same time, the government should also encourage and support social organizations to carry out support work.
Establishment of a Special Nursing Home for the Elderly who Have Lost Their Independence.

The establishment of a special nursing home for APs can not only make up for the lack of care for the elderly at home, but also help to create a special environment for healing the psychological trauma of the elderly who have lost their independence. Regardless of the cause of the death of an only child, the elderly often blame themselves, fall into deep self-reproach, and take the idea deep down. Considering the scale of the group of the elderly who have lost their independence and the particularity of their mental disability, it is very necessary to set up a special nursing home for the elderly who have lost their independence. Let these ailing old people find their own big family and comfort each other. At the same time, it is necessary to perfect the guarantee system for APs in the nursing home. The signature system of guardian or guarantor is very difficult for the old man who lost independence, therefore, in order to eliminate the irrationality of this system, we should constantly improve the signature guarantee system for the elderly to stay in the nursing home.

At the Social Level, all Aspects of Society should Provide Positive Assistance to APs and Receive Psychological Comfort in Society

On the one hand, social public organizations should actively organize social workers and volunteers into community and elderly homes for the elderly who have lost their independence, and directly serve them or integrate social resources to help them. Strengthening the community, the nursing home for APs, psychological counseling volunteers, and so on, so that medical personnel and psychological counseling volunteers, such as the community or nursing homes for APs regularly, will provide regular medical examination and medical care for APs.

References