

Investigation Report on the Present Situation of Subjective Well-being of Aged People in the Xianning City

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Abstract

Aim. To understand the subjective well-being of the elderly in Xianning City, explore the mental health of the elderly for our aging society to develop guidelines and policies to help the elderly to finish the happiness of the last journey of life. **Method.** Uses method which the questionnaire, the interview unify, selects Newfoundland Commemoration University Happiness Meter (MUNSH), carries on the investigation to the Xianning city 426 senior citizen. **Result.** 1) the Xianning city senior citizen to oneself present life felt as a whole, the overall subjective happy heart level is very satisfiedly high; 2) the Xianning city senior citizen's subjective happy heart in the years of schooling, the marital status, relates with the children on has the remarkable difference; 3) the different life style senior citizen in emotion PA, negative emotion NA, experience PE, in negative experience NE these four dimensions the difference is remarkable. **Conclusion.** The subjective well-being of seniors in Xianning City is in good condition. Their happiness is obviously affected by education level, marital status the relationship with children, life style and other factors.

Keywords. Subjective Well-being; Pension Agency; The Elderly

1. INTRODUCTION

As of the end of 2013, China's population aged 60 and above is 20,243 million, accounting for 14.9% of the total population, has become one of the countries in the global population aging situation is grim. How to make these elderly people have a happy life, improve their quality of life, scholars carried out a large number of related researches. Jiang Huibin, who's survey shows that education and mental health of the elderly. In addition, many investigations demonstrated that, the health and the health from comment are the influence subjective happy heart important attributes, but studies senior citizen's subjective happy heart scholar also to discover their happy heart has the city and countryside difference; the countryside senior citizen's subjective happy heart is low. Senior citizen's subjective happy heart overall receives the subjective factor and the objective factor influence, the subjective factor mainly includes the sex, the age, the years of schooling and the state of health and so on senior citizen own living thing and the social attribute that affects the subjective happy heart the objective factor

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mainly to have the economical, the marital status and the diplomatic relation, the social contact condition and so on.

The well-being of the elderly, to improve the quality of life in the elderly, coping with an aging population is of great significance, but also to carry out national "to strengthen the construction of society and improve people's happiness index" the important of this policy. To explore the mental health of the elderly, provide the basis for our aging society and formulate policies to help the elderly happy through the last journey of life which is of great significance.

2. Object and Method

The draw an item at random Xianning city spirit normal, the non-intelligence barrier also the age in 60 year old of above 426 senior citizens took the investigation object, provides questionnaire 430, reclamation effective questionnaire 426, effectiveness 99.07%. Among them, masculine 211, feminine 215; Years of schooling aspect, illiterate person 166, elementary school 68, junior middle school 97, high school and above 95.

The scale was developed by Kozma and used to measure and assess the subjective well-being of the elderly. The scale consists of 24 items, including positive emotion (PA), negative emotion (NA), positive experience (PE), negative experience (NE) four dimensions. The score of each item is as follows, answer "yes" 2 points, "do not know" 1 point, "no" in mind 0 points. Subjective well-being reflected in the positive emotion, negative emotions have five projects, scoring range 0 to 10; reflect the positive experience, negative experience of each of the seven projects, scoring range 0-14. The internal consistency coefficient of each dimension was 0.800-0.859 and the retest reliability was 0.859. The validity and reliability of MUNSH in the determination of happiness of the elderly are higher, with better internal consistency and maximum time stability. The total score of happiness = PA-NA + PE-NE, score range of -24 to +24. To facilitate the statistical analysis, plus constant 24, so the total score range from 0 to 48. The higher the total score of happiness, the higher the level of subjective well-being.

This investigation uses the questionnaire survey union interview form to carry on, to can complete the questionnaire independently reading, the filling in senior citizen, selects the questionnaire method (own to fill in questionnaire).To because reasons and so on vision cannot alone complete questionnaire filling in the senior citizen, adopts the interview the way (generation to fill in questionnaire).

The data were processed using the SSPS 17.0 statistical package, using descriptive statistics, t-test, analysis of variance, regression analysis and other methods.

3. Results

3.1 The overall condition of the elderly subjective well-being

Table 1. The overall condition of the elderly subjective well-being.

	Average	Standard deviation
PA	8.35	1.85
NA	2.17	2.30
PE	11.24	2.82
NE	3.30	3.28
Overall Score	38.12	7.96

Xianning elderly positive emotional PA than the negative emotional NA score, positive experience PE higher than the negative experience NE score. The total score of subjective well-being was high, which showed that the old people in Xianning city were satisfied with their life, and the level of subjective well-being was higher.

3.2 The difference of subjective well-being of the elderly

3.2.1 Differences in the cultural level of subjective well-being of the elderly

Table 2. Differences in the cultural level of subjective well-being of the elderly.

	Illiteracy (n=166)		Primary school (n=68)		Middle school(n=97)		High school and above (n=95)		F	P
	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation		
PA	8.13	2.07	8.28	2.04	8.96	1.39	8.16	1.57	4.76**	0.003
NA	2.61	2.24	1.28	1.56	1.94	2.07	2.29	2.81	6.06**	0.000
PE	10.74	3.03	11.57	2.25	12.07	2.01	11.01	3.29	5.24**	0.001
Overall	36.85	8.47	39.85	7.60	40.06	6.78	37.11	7.89	5.07**	0.002

3.2.2 The elderly subjective well-being in marital status differences

Table 3. The elderly subjective well-being in marital status differences.

	Married (n=157)		Divorce (n=20)		Death of a spouse (n=249)		F	P
	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation		
PE	12.27	2.20	10.50	3.12	10.65	2.96	17.99**	0.000
NE	2.24	2.32	2.50	2.95	4.03	3.62	16.06**	0.000
Overall	40.68	5.49	37.95	8.58	36.52	8.79	13.95**	0.000

3.2.3 The elderly subjective well-being differences in relationships with their children

Table 4. The elderly subjective well-being differences in relationships with their children.

	Good (n=254)		Average or bad (n=172)		t	P
	Average	Standard deviation	Average	Standard deviation		
NA	1.64	2.22	2.96	2.18	6.05**	0.000
PE	11.59	2.60	10.72	3.04	-3.18**	0.002
NE	2.82	3.05	4.01	3.49	3.64**	0.000
Overall	39.53	7.21	36.03	8.55	-4.55**	0.000

3.2.4 The elderly subjective well-being in lifestyle differences

Table 5. The elderly subjective well-being in lifestyle differences.

	Living pension agency (n=214)		With child (n=88)		Others (n=124)		F	P
	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation		
PA	8.58	1.85	7.78	2.44	8.35	1.18	5.966**	0.003
NA	2.07	2.18	1.39	1.84	2.91	2.56	12.432**	0.000
PE	11.21	2.52	10.59	3.70	11.74	2.50	4.384*	0.013
NE	3.71	3.22	2.11	3.20	3.43	3.26	7.722**	0.001
Overall	38.02	7.26	38.88	10.60	37.75	6.88	0.546	0.579

3.3 An optimal regression analysis of subjective well-being in general life condition

Choose the gender, age level, educational level, marital status, relationship with their children, life style, these variables as independent variables to predict the life of old people happiness, namely, the dependent variable as the SWB, PA, NA, PE, NE according to get the final Beta coefficient equations as the follows.

SWB = 0.208 × age level + 0.297 × marital status + 0.193 × lifestyle -0.137 × education level -0.246 × relationship with their children. (F = 9.58 P = 0.000 R-square = 0.188)

PA = 0.172 × age level + 0.295 × life style.

(F = 6.81 P = 0.000 R Square = 0.155)

NA = 0.265 × education level + 0.263 × marital status + 0.268 × relationship with children +0.142 way of life.

(F = 7.10 P = 0.000 R Square = 0.225)

PE = 0.373 × age level + 0.415 × marital status -0.267 × education level.

(F = 13.16 P = 0.000 R square = 0.244)

PE = 0.659 × marital status + 0.315 × lifestyle + 0.438 × educational level -0.537 × age level.

(F = 18.34 P = 0.000 R Square = 0.412)

In the regression analysis, respective variable is in turn relates, the marital status, the life style, the age level and the years of schooling in the SWB equation important place with the children. In the PA regression equation, the life style independent variable importance is biggest, next is the age level; In the NA regression equation, various variables are in turn relate, the marital status, the life style and the years of schooling according to the important place with the children; In the PE regression equation, the variable age level importance is biggest, next is the marital status, then is the years of schooling. In the NE regression equation, the variable age level importance is biggest, next is the marital status, then is the years of schooling, finally is the life style.

4. Conclusion

4.1 The elderly subjective well-being overall situation

The investigation shows that the eco-circumstances old people on the whole subjective well-being level is higher to oneself feel more satisfied with life now. May be a true reflection of the elderly life that also may be the elderly to maintain self-esteem and face and have intention to not intentional of defence and beautification. The subjective happy heart took human's one kind of subjective psychological feeling and the experience, speaking of 60 year old of above old person, they have experienced the life hundred tastes, as long as is not the life is unsatisfactory indeed very much, they cannot castigate the life, compared with satisfactory present life present situation, thus their subjective happy heart level relative quite high.

4.2 The elderly compared the differences of subjective well-being

The way of life of the elderly to a certain extent, to reflect their spiritual needs in their old age to live in institutions, to experience more positive emotions, it is they can often chat, talk about topics of common concern, it is not so lonely. While living with their children, they are busy with work, rarely as in the pension agencies to chat with people but live at home enjoy good care and family brings their grandchildren, so less negative emotions. Loneliness, parent-child relationship will have an impact on the subjective well-being, the impact of different dimensions may be different. When the various effects are combined, the impact on the subjective well-being of the total score is not significant, and this has nothing to do with the lifestyle.

4.3 General living conditions the influence of various factors on the subjective well-being

The survey found that eco-circumstances and the happiness of old people feel their cultural degree, marital status, relationship with their children, life style and the influence of such factors as their expression in an interview with a common heart, hope children can considerate and caring them, hope in the emotional comfort. Therefore, it is very important to carry forward the traditional virtues of the Chinese nation for the aged, for the aged and for the elderly. We should also aim at the physiological and psychological characteristics of the

elderly, the establishment and improvement of the elderly associations, the establishment of community elderly universities, increase fitness and cultural facilities for the elderly, the formation of elderly activity centers and other places of old age, really concerned about the elderly population mental health, quality of life. Advocate "active aging", to protect the quality of life of the elderly, especially the quality of spiritual life.

5. Conclusion

We can conclude from the survey as the follows.

1. The subjective well - being of the elderly in Xianning City was 38.12, and the level of SWB was higher and the level of subjective well - being was higher.
2. Their well-being felt the cultural level, marital status, and children, lifestyle and other factors significantly affected.

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