

# An Analysis on the Problem of Mental Support for the Aged and Its Improvement Path

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## ABSTRACT

Spiritual support, economic support and life care jointly affect the quality of life of the elderly, especially the spiritual support of family members plays a decisive role in the elderly's later life. In this paper, this paper analyzes the problems the elderly spiritual support, discover to there is imbalance between supply and demand, the elderly spiritual support contents dislocation, the difficult problem of spiritual support's rights and interests, in view of the problems from the elderly themselves, family members, government and social support Suggestions were put forward for the four angles, the final examines the main characteristic of the spiritual support and ease the contradiction of intrinsic essence.

**Keywords:** *The elderly, Spiritual needs, Spiritual support*

## 1. THE INTRODUCTION

Population aging is the inevitable result of population transition, and also an irreversible human fact. On the one hand, the number of elderly people in China is increasing. According to the seventh census, there are about 264.02 million people over the age of 60 in China, accounting for 18.7 percent of the total population. Compared with the sixth census, the proportion of the population aged 60 and above increased by 5.44 percentage points, and the proportion of the elderly population increased. On the other hand, the elderly's demand for pension resources does not stop at material support, but spiritual support is particularly important. According to Maslow's demand principle, the elderly will inevitably seek higher level satisfaction after they are satisfied at the physiological level, and spiritual support is the high-level demand of the elderly.

Academic circles generally believe that spiritual support includes respect for the personality of the elderly, peace of mind for achievements and emotional comfort. <sup>[1]</sup> Emotional comfort is an important part of the elderly's pension needs. Family is the main supply source of endowment resources for the elderly, and the spiritual support of family members is irreplaceable. This paper analyzes the problems highlighted by the spiritual support of the elderly, mainly including the imbalance between the supply and demand of the spiritual support, the dislocation of the content of the spiritual support, the

difficulty in protecting the rights and interests of the spiritual support, and sorts out the corresponding countermeasures for the spiritual support.

## 2. RESEARCH ON THE SPIRITUAL SUPPORT OF THE ELDERLY POPULATION

For the elderly, the quality of life is particularly important. There are many factors related to the quality of life of the elderly, and spiritual support is the most important. However, spiritual support is often neglected in endowment resources. There are extensive and in-depth studies on the spiritual support of the elderly. The main challenges are: the imbalance between the supply and demand of spiritual support, the dislocation of the content of spiritual support, and the difficulty in protecting the rights and interests of spiritual support.

### 2.1 Imbalance between Supply and Demand of Spiritual Support

The elderly population is large, and the source of spiritual support is single. As mentioned above, China's elderly population keeps increasing, with 264.02 million people over the age of 60, accounting for 18.7% of the total population. With the development of the economy and society, the elderly are not only satisfied with the realization of food and clothing, but also have a stronger

demand and emotional expectation for spiritual support. However, the source of spiritual supply is single, mainly from family members.

Families with children are under great pressure and cannot achieve all-round care. Economic and social development undoubtedly brings more pressure on young people to survive. Young people need to bring up their children, take care of the family and take care of the elderly, but their energy is limited and they cannot fully reconcile their responsibilities. Rural youth go out for work, resulting in a long time and distance isolation from their elderly parents, space hinders the emotional communication between elderly parents and their children; [2] Due to generational differences, most urban young people choose to live alone with their nuclear family members [3] so they are "separated" from their elderly parents. Especially for the only child, the number of elderly people in the "421" family structure has surged, and the energy of young people is far from meeting the needs of the elderly.

There is an important relationship between the mental satisfaction of the elderly and the support of their spouse. Family members include not only children, but also the spouse of the older person's generation. While children are unable to fully care for the elderly, spouses take on important responsibilities. It is found that the emotional satisfaction of the elderly with spouse is better than that of the elderly without spouse, and the emotional comfort of spouse may be more important than that of children. However, whether children or spouses provide support, it is a direct resource within the family, and other indirect resources are not exploited.

## ***2.2 The Content of Spiritual Support is Misplaced***

The spiritual support needs of the elderly are complex and the content of resource supply is simple. There are many dimensions of spiritual support, and the dimensions generally recognized by the academic community include the elderly's self-esteem needs, expectations and family needs. [1] Self-esteem needs refer to the elderly's need to be respected, expectation needs refer to the expectation and satisfaction of their children's success, and affection needs refer to the emotional comfort of family members. China is a country that advocates "filial piety culture", and respect for parents is the basis for children to express filial piety. However, with the progress of society, the concept of intergenerational equality has gradually replaced the traditional concept of "gerontocentrism", thus weakening the social ethos of "respecting and loving the elderly" to a certain extent. [5] The concept of filial piety in society is weakened, the intergenerational relationship is weakened, the atmosphere of respecting and loving the elderly is also lacking, and [2] children's understanding and support for spiritual support is misplaced.

The children simply provide material support, and the elderly's emotional needs for affection and companionship become extravagant. Under the condition of market economy, young people need to pay more time and energy to obtain survival resources, which leads to the increase of pension costs for the elderly. The children choose material and economic support to replace the emotional companionship of the elderly, so the intergenerational relationship of the family is alienated, the spiritual needs of the elderly cannot be satisfied, and the trend of desentimentalization of spiritual support is obvious. [5]

## ***2.3 Difficulties in Safeguarding the Rights and Interests of Emotional Support***

Spiritual support rights and interests are the legitimate rights and interests of the elderly, but because spiritual support contains certain subjectivity, so it is difficult to protect the spiritual support rights and interests of the elderly. The Law on the Protection of The Rights and Interests of the Elderly, revised in 2013, stipulates that supporters should fulfill their obligations to provide for the elderly financially, take care of their daily lives and comfort them spiritually, and take care of their special needs. It also stipulates that family members should care about the spiritual needs of the elderly and should not neglect or neglect them. This regulation strengthens the moral behavior of spiritual support, but does not really safeguard the rights and interests of spiritual support for the elderly.

The operability of laws and regulations needs to be strengthened. First of all, the issue of spiritual support comes from the domain of private families, involving the blood kinship between the father and the child, and suing the court is not a powerful weapon to solve emotional support. Secondly, there is no clear standard of spiritual support in the Law on the Protection of rights and Interests, only stipulating that the supporters should visit the elderly frequently. [6] Finally, the law does not provide corresponding legal responsibility for the people who refuse to perform moral support, so the operation of moral support cases is difficult. [7]

Enforcement deviates from the original intention of the system. The old man is forced to safeguard his rights and interests through law, but this rights and interests involves emotion. Children to accompany the elderly is due to the force of law and the helpless move, and even children's actions mixed complaints, resulting in estrangement between the two sides, does not meet the expectations of the elderly family greetings. [5]

## **3. ANALYSIS OF COUNTERMEASURES FOR THE SPIRITUAL SUPPORT OF THE ELDERLY POPULATION**

Insufficient mental support for the elderly will affect

their happiness in their later years. How to solve the problem of mental support for the elderly has become the focus of academic discussion. In general, spiritual support needs to solve the internal and external dimensions of the support problem. Internal support mainly refers to the elderly spiritual self-support and family members support, external support including government, social support.

### ***3.1 Spiritual Support for the Elderly***

The elderly should innovate the mode of supporting the elderly and establish the consciousness of supporting themselves. The spiritual needs of the elderly cannot be fully satisfied because their children are out and about. First of all, the elderly should learn to adjust themselves, so as to achieve psychological balance, learn to comfort themselves, keep optimistic and positive attitude; [2] Secondly, the elderly should reduce psychological dependence on children, maintain a peaceful state of mind, and enhance the happiness of life; [8] Finally, the elderly should actively seek other forms and channels of spiritual comfort [9] so as to achieve self-spiritual satisfaction.

### ***3.2 Family Members to Provide Emotional Support***

Children should understand the spiritual needs of the elderly and try to meet their spiritual expectations. Filial piety is the first good, filial piety is the duty of children. Therefore, children should abide by the moral standards, often go home to see, but also to give the elderly economic support and life care, so as to achieve the unification of economy, life care and emotional comfort.

While children provide emotional support, spouses should provide supplementary support. Young people's energy is limited, unable to take care of their parents, the elderly spouse can give a certain spirit of encouragement, mutual help, mutual help.

Assistance and support from other relatives. Emotional support within the family is an effective way to solve the emotional comfort of the elderly, especially for the children of migrant workers, entrusting relatives or neighbors to visit regularly is a favorable measure. When the direct spiritual support cannot be provided, the indirect support of children is also the spiritual comfort of the elderly.

### ***3.3 The Government Improved the Mental Support System***

First, laws and regulations should be improved. Improve the standards of mental support for the elderly and punishment measures, such as the provision of a week or a month to visit the elderly several times, reduce ambiguity; If the standard of spiritual su

pport is not reached, and the elderly file a lawsuit, how to formulate implementation measures to realize the two-way harmony of family society; Secondly, the government will increase financial support for elderly services. With the growing needs of the aging population, the government needs to develop the potential for all-round services and reduce its overall dependence on families. The government can purchase services to meet the spiritual needs of the elderly; At the same time, we will increase efforts to attract talents and guide social forces to join in. Finally, the government can formulate the social system from the Angle of intergenerational reciprocity and intergenerational compensation. [2] From the perspective of intergenerational relations, formulate a sound social system to promote the satisfaction of the spiritual life of the elderly.

### ***3.4 Society Promotes a Culture of Love and Respect for the Elderly***

Promote the social atmosphere of respecting and loving the elderly and advocate the social atmosphere of respecting and loving the elderly. First of all, we should strengthen moral education and improve people's consciousness of spiritual support, from moral consciousness to action consciousness; [8] Secondly, give full play to the power of role models and actively publicize the deeds of excellent role models. Promote filial piety ethics, encourage young people to achieve spiritual comfort to their parents in various forms; [2] Finally, children should awaken their hearts, respect the elderly and actively fulfill their obligations. [10] Break the barrier of insufficient mental support for the elderly.

## **4. CONCLUSION**

In general, spiritual consolation is different from economic support and life care. The performance of economic support and life care is obvious and can be quantified. However, spiritual support is subjective and obscure, difficult to measure and quantify, so how to define spiritual support is complicated. This paper mainly analyzes the problems existing in the spiritual support of the elderly, and sorts out countermeasures for the existing problems. However, relatively speaking, the countermeasures proposed by the academic circle are more general.

Emotion is an important link to maintain family relations, as well as an important magic weapon for personal spiritual satisfaction. The emotional support of family members to the elderly is irreplaceable. However, it has to be said that under the conditions of market economy, young people are facing great pressure, resulting in a certain degree of indifference and disregard for the elderly, the elderly spiritual support is an urgent problem to be solved. In view of this phenomenon, we

should not only start from the outside to meet the spiritual needs of the elderly, but also from the elderly themselves to promote the elderly to stimulate the potential of life, adhere to the concept of only satisfying emotional needs to stimulate the potential of life. <sup>[1]</sup> Promoting mental health development of the elderly from multiple perspectives and aspects.

traditional filial piety culture Chinese. *J.Chinese Journal of Gerontology*,2022(05):1262-1265.

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