Influence of Internet on Well-Being of Rural Elderly-Analysis Based on CFPS2020 Data

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Abstract. Under the dual background of the rapid popularization of the Internet and the deepening degree of population aging, using the Internet to improve the happiness of the elderly has become an important topic. Based on the data of China Household tracking survey in 2020, this paper analyzes the impact of the Internet on the well-being of the elderly. The research shows that: (1) the average Internet time of the elderly is short, and the difference of Internet time is large; (2) The happiness of the elderly is generally high; (3) There is a significant positive correlation between Internet use and happiness of the elderly. Improve the service functions of the network platform, and give full play to and make good use of the role of the Internet smart platform.

Keywords: Internet · Population aging · Happiness

1 Introduction

China'S Internet is the world's largest network, Internet users the largest overall scale, the widest range of networking. The 48th China Internet Development Statistics Report released by China Internet Information Center in 2021 shows that by June 2021, the scale of Chinese Internet users has reached 1.011 billion, and the Internet penetration rate has reached 71.6%. The report of the Nineteenth National Congress of the Communist Party of China pointed out that improving people's well-being is the fundamental purpose of development. The 2018 "Strategic Plan for Rural Revitalization (2018–2022)" further emphasizes the need to improve the well-being of farmers and enhance the sense of gain, happiness and security of hundreds of millions of farmers, which is related to the overall situation of building a moderately prosperous society in all respects. Our society pays attention to improving the happiness of the people, especially the happiness of the rural elderly, which not only helps to form the situation of "depending on the elderly" in social life, but also further reduces the burden of social pension and promotes the steady development of society.

With the continuous deepening of the aging population, especially the increasing attention of the academic community to the happiness of the rural elderly, in which the

influence of the Internet on the happiness of the rural elderly is particularly important. This part mainly describes the influencing factors of rural elderly happiness, the influence of the Internet on happiness and the mediating mechanism of the influence of the Internet on happiness.

Research on influencing factors of rural elderly happiness: Wang (2020) obtained a high level of happiness of the rural elderly in the study area through the survey, and summarized that their subjective well-being was related to gender, self-health status and exercise of the elderly. Yang Xiaohua et al. (2021) studied the happiness status and influencing factors of rural elderly people in Haiyuan County, and found that the happiness of the elderly was related to age, marital status and social support. Based on the perspective of gender differences, Wang (2018) used the Logistic regression model to empirically analyze the impact of Internet use and leisure preference on the happiness of rural residents [1]. The study shows that the impact of Internet use on the happiness of rural residents is affected by marital status, age and education level.

Research on the Influence of Internet on Happiness: The use of the Internet, whether for the elderly or youth groups, can improve their happiness to varying degrees. Jiang et al. (2021), based on the data of the elderly aged 60 and above in the 2017 China Comprehensive Social Survey, concluded that the elderly using the Internet obviously have higher subjective well-being, and the two factors of physical and mental health and social support play an important intermediary role [2]. Guo Xiaoxian et al. (2020) focused on subjective well-being and investigated the impact of network use on subjective well-being of young people. Studies have shown that young people's Internet use behavior has a positive impact on their happiness, and social networks have a mediating effect.

Based on the reflection of the above phenomena and study, this paper uses the 2020 China Family Panel Studies (CFPS), mainly focuses on the elderly in rural areas, analyzes the impact of the Internet on the well-being of the elderly in rural areas, verifies the impact of the Internet on their well-being, enriches the research results of the academic community, and smoothly promotes the implementation of smart pension schemes, so as to provide reference for dealing with the increasingly serious problem of population aging in China.

2   Theory and Data

2.1   Network Society Theory

Spanish sociologist and anthropologist Manuel Castell put forward the theory of network society. Since the advent of the Internet, especially the emergence of global information networks, people have also been happy and worried about this. It is gratifying that the development of information technology and network technology has brought convenience to the production and life of human society, improved the efficiency and efficiency of human production, and improved the level and quality of human life; the worry is that the information and networking of society will also bring impact on the political, economic and cultural life of human society. With the popularization of Internet information technology, the characteristics of network socialization are becoming more and more obvious, which gradually changes the current human work and life.

2.2 Data Sources

The data of this paper comes from the China Family Panel Studies (CFPS) in 2020. The purpose of the CFPS is to reflect the changes of society, economy, population, education and health in China by tracking and collecting data from three levels of individuals, families and communities, and to provide data basis for academic research and public policy analysis. According to the provisions of the Law of the People's Republic of China on the Protection of the Rights and Interests of the Elderly, the starting age of the elderly is 60 years old, that is, all citizens of the People's Republic of China who have reached the age of 60 are elderly.

2.3 Variable

2.3.1 Result Variable: Happiness

The result variable of this study is the happiness of the elderly. Subjective well-being index can directly measure the level of national welfare, is the overall evaluation of personal quality of life and subjective feedback of the state of mind. In the CFPS database, we select the items that can measure happiness. In the questionnaire, the corresponding questions are: 'QM2016 How happy do you feel?', the answer is set as: if 0 represents the lowest point, and 10 represents the highest point, please be the happiness score.

2.3.2 Independent Variable

This paper mainly studies the impact of Internet use on the happiness of the elderly, measured by 'mobile phone use time'. In the questionnaire, the independent variable corresponding to the question: 'QU201A in general, how long do you use mobile devices online every day? The respondent's answer is specific minutes. Through descriptive statistical analysis, it is found that the longest time for the elderly to use mobile devices every day is 1080 min, and the shortest time is 1 min.

2.3.3 Control Variable

Referring to Hu Rong's research experience, we select gender, age, household registration status and education background as the control variables of this study. Based on the above literature review, the above five variables may have an impact on the happiness of the elderly.

2.3.4 Sample Basics

A total of 5125 respondents were selected in this study, including 2635 males (51.4%) and 2490 females (48.6%). The number of agricultural households is 3498, accounting for 68.3% of the total sample. The number of non-agricultural households is 788, accounting for 15.4% of the total sample. The number of residents is 829, accounting for 16.2% of the total sample. A total of 3246 elderly people aged 60–69 years old, accounting for 63.3% of the total number of samples, 1624 elderly people aged 70–79 years old, accounting for 31.7% of the total number of samples, 255 elderly people over 80 years old, accounting for 5.0% of the total number.

3   Data Analysis

3.1   Descriptive Analysis

This part of the variables descriptive statistical analysis, presents the respondents age, gender, household status, the highest education, Internet time and dependent variable happiness mean and standard deviation.

 The average of core independent variable 'Internet time' is 17.50 min, the average Internet time is short, and the standard deviation is 68.639, indicating that there is a big difference in Internet time among the elderly interviewed. The average score of 'happiness' was 7.51, which was higher than the highest score of 10.

3.2   Correlation Analysis

This part carries on the correlation analysis to the respondents ' age, sex, the household register condition, the highest educational background, the Internet time and the dependent variable happiness. According to the analysis of the data, the significance between household registration status and happiness is $P = 0.055 > 0.05$; indigenous between gender and happiness $P = 0.161 > 0.05$; indigenous between the highest education and happiness $P = 0.987 > 0.05$, three variables are more than 0.05, therefore, age, gender, the highest education three factors on the elderly happiness is not significant.

3.3   Regression Analysis

This section mainly introduces the impact of online time on the happiness of the elderly by using linear regression analysis. Through the general case of 'QU201A, how long do you have to use mobile devices to access the Internet every day? The corresponding variable 'online time' is standardized as 'Zqu201a', and then the two variables after standardization are analyzed by regression analysis. The results show that the constant $B = 7.508$, and the coefficient is 0.122, indicating that the length of Internet access has a positive impact on happiness, and the significance $Sig = 0.003 < 0.01$, indicating that the impact of Internet access on the happiness of the elderly is significant. For every minute increase in Internet access, the happiness score of the elderly increases by 0.122.

4   Conclusions

This study explores the impact of the Internet on the happiness of the elderly based on the CFPS2020 data of the Chinese Family Panel Studies. The study finds that there is a significant positive correlation between Internet use and the happiness of the elderly, that is, improving the Internet and promoting the popularization and use of the Internet are effective means to improve the happiness of the elderly. The elderly who use the Internet for a long time have significantly higher scores in happiness index and stronger happiness than those who use the Internet for a short time.

 As we all know, the Internet is an important support for today's social development, and happiness is the ultimate goal of people's good life. Technology changes life, and the

Internet is increasingly integrated into people's daily activities. More and more elderly people join them, they are eager to interact with others through the network, to understand the latest information, to obtain a better life experience and the greatest sense of life satisfaction. The more advanced technology, the richer material life, people should pay more attention to the rich inner world. Therefore, we should fully combine the era background of 'Internet + ','and take the Internet as an important means to realize the people's longing for a better life and weaken the contradiction of unbalanced and inadequate development. Through the multi-level and multi-type 'Internet + ' development model, efforts are made to provide information services that can be used, affordable and well used for the elderly, so that the elderly have more sense of acquisition and happiness.

Specifically, it is necessary to pay attention to the leading role of the government. Local governments at all levels are responsible for coordinating various types of network resources and promoting the gathering of high-quality resources to the elderly, their homes and surrounding areas. Secondly, improving the service function of the network platform and giving full play to the role of the smart platform can provide a full range of services for the elderly at home, such as one-click call, catering, and housekeeping. Through the activities of social workers, the elderly can be taught how to operate network platform equipment such as mobile phones. Finally, as the elderly themselves, they should also take the initiative to learn new knowledge about the network, learn to use smart phones for simple operation, so as to better integrate into society. Of course, while promoting the development of the Internet, the purification of network space can not be ignored. We should focus on cultivating positive and healthy network culture and creating a clean and honest network space.

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