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# Study on Mental Pension and Its Influence Factors of Rural Empty-nest Old Men

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### ABSTRACT

With the continuous development of urbanization and aging, the rate of empty-nest old man in rural areas in China continues to rise. Due to the “Healthy China” strategy proposed by the 19th CPC National Congress and the changing family structure in rural areas, the vulnerable elders in rural vulnerable population have been placed in a prominent place. It is urgent to solve mental pension for the elderly in the countryside. On the basis of comprehensively understanding the connotation of mental support, we analyzed the data from the 2012 Renmin University of China. The factors influencing the mental pension of rural empty-nest old men were divided into three categories and 19 types. We deeply summarized the impact of different factors on the mental pension of rural empty-nest old men.

**Keywords:** rural empty-nest old men; mental pension; social support; influencing factors;

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According to the "Statistical Communiqué of the National Economic and Social Development" published in 2016, the number of elderly people over the age of 60 has reached 230 million, accounting for 16.7% of the total population, and the population aged over 65 has reached 150 million, accounting for 10.8%, and the aging problem is serious. [1]. At the same time, the continued implementation of family planning and the massive outflow of rural population, the shrinking of family size in rural areas in China, and the continuing problem of household emptying and nesting. As of 2013, the rate of empty nesters in rural areas in China reached 45%, and the rate of empty nests far exceeded that of cities. . Rural empty-nest old man are disadvantaged groups in the disadvantaged groups. Their old-age care issues should receive extensive attention from the society. With the development of economy and society, the problem of material old-age support for rural empty-nest old man in rural areas has been effectively guaranteed, and their troubles no longer appear to be material. The level of food and clothing consumption is more about the need for mental retirement.

### **Overview of the mental pension for rural empty-nest old man**

Rural empty-nest old man are elderly people and elderly couples aged over 60 who have no children in rural areas or do not live with their children for a period of time. The traditional research on the problem of pension for the elderly in empty-nest old man in rural areas mainly involves economic conditions, life care and medical services. It only puts the needs of the mental level in an auxiliary position and lags behind the research on material pensions. Past research has equated mental health care with the "mental needs" of old man. It is believed that

society can eliminate negative psychological and negative emotions of the elderly by providing material assistance and emotional communication. With the development of economy and society, scholars have gradually studied and found that old-age mental pension is not only satisfied with basic emotional needs, but also pursues higher-level needs. Mu Guangzong proposed the three-dimensional "mental pension", namely, self-dignity, social expectation and emotional dependence. In other words, in addition to basic emotional comforts, the comprehensive mental pension also needs to meet the high-level needs of the elderly's self-dignity and social expectations. At the same time, it is believed that the support for mental pension includes the influence of both family and society in addition to the personal self-conditions [2]. In the aspect of mental pension security, China's current controversy focuses mainly on: how to protect and who will protect it. In analysing the miniaturization and empty-nest of Chinese families, Zhang Jianwei suggested that the development of socialized pension is the best way to address the mental pension of empty nesters at the present time when the family pension function is weakened [3]. Shao Nan believes that improving the mental pension security can proceed from the three aspects of personal self-support, family respect for the elderly, and society for the elderly. Xu Linling believes that in the context of mental pension security, the elderly themselves are the main responsibility, the family is the support, the social supplement, and the government plays a leading role. All parties in the society work together to build a mental pension security system. Through the integration of existing literature, at present there is no complete and unified understanding of the definition of mental pension in China. The research mainly focuses

on the content and guarantee mechanism of mental pension, and there are few researches on the influencing factors of mental pension, while the material pension and mental The relationship between pensions is for further study.

The relationship between mental pension and material pension is like the wings of a bird. The two are not independent. On the one hand, material retirement is the foundation of mental pension. Marx once said that "the economic foundation determines the superstructure" and that material retirement provides the material basis for mental retirement on the premise of meeting the basic needs of the elderly; on the other hand, mental pension is material. According to Maslow's hierarchy of needs, according to Maslow's hierarchy of needs, higher mental needs will be highlighted only on the premise that material needs are satisfied. This is also true in the field of retirement, and mental satisfaction can be to a certain extent. Make up for the lack of material aspects [4]. The proposal for mental pension is essentially shifting the focus of pension care from the traditional "older people with a sense of support" to "being old and happy" and "being old and happy". It shows that the country and society respect and care for the elderly. To provide a sound social environment for the realization of China's "village support" strategy. On this basis, the so-called mental pension refers to satisfying the elderly's emotional and psychological needs on the basis of satisfying the economic needs and material needs of the elderly, so as to achieve mental pleasure. The mental pension needs mainly include three. The contents of the three dimensions, namely personality respect, achievement relief and emotional comfort.

First of all, respect for personality means respecting the right of the elderly to make

choices as a person with independent thinking skills. Older people have unique and unique needs. Even if we live with our parents all day long, we cannot fully understand their inner needs. Therefore, as long as the decision of the elderly is reasonable, we should respect their decision. If even the basic decision-making power cannot be satisfied, the personality needs of the elderly cannot be met, and their happiness in their old age can only be empty talk. At the same time, the realization of the self-worth of the elderly is also a manifestation of respect for the personality. Old people leave the work field and are difficult to adapt for a time. Over time, homelessness will increase self-negation. Therefore, encouraging the elderly to cultivate their personal hobbies and provide them with opportunities to realize their personal value is an effective way to realize the respect of the elderly.

Second, achievement and peace of mind include two aspects: the elderly themselves and their children. The so-called self-type achievement peace of mind means that the elderly get social recognition through their own means through other means after retirement; the child-type achievement relief means that the elderly put their own attention on their children and affirm their achievements through their children's achievements. Their own value. Therefore, as children, not only can they be accompanied by their parents, they can be regarded as mental retirement for the elderly, the success of their own business, physical health and family harmony all affect the mental needs of the elderly. Only by fully understanding the characteristics of the elderly and in-depth analysis of their mental pension needs can we truly be happy.

Finally, emotional comfort. In a narrow sense, emotional comfort refers to the

requirement that family members provide emotional care for their parents, such as children returning home to visit their parents and chatting with their parents. Parents in China are more emotionally dependent on their children than in the world. More often than not, they want their children to express their care through specific actions. Broadly speaking, mental comfort providers can provide social and community services besides family members. For example, behaviors such as respecting the elderly and the elderly in public places can also show concern for the elderly. Therefore, only when families, communities, and society work together to create a social environment that cares for the elderly, will the elderly have a happy old age.

### **Empirical analysis of the influencing factors of mental pension for the elderly in empty-nest old man in rural areas**

#### **Data sources and analysis methods**

The research data was selected from the “China General Social Survey—Comprehensive Survey of the Elderly” at the People’s University of China in 2012. The survey sample was selected from the elderly population across the country. A total of 1128 samples were selected through random sampling. The number of samples in rural areas reached 398, accounting for 35.3%, while the number of empty-nest old man living alone or with spouses was 145,

accounting for 12.8%. Excluding the missing items, the representative sample number is 132, accounting for 11.7%, and the sample has significant geographical representation and sample. In this paper, SPSS multi-group Logistic regression method is used to study the influencing factors of mental nursing for empty-nest old man in rural areas. The correlation degree between various factors and mental pension indicators is analyzed, and effective conclusions are drawn.

#### **Variable Design and Definition**

According to the connotation of mental endowment, through the integration analysis of other scholars' research results, this article will be divided into two dimensions: "life satisfaction" and "happiness". Life satisfaction is a long-term mental experience. It refers to the degree of feeling of empty-nest old man for material, respect, and self-fulfillment over a longer period of time; happiness is a short-term mental experience, including only subjective evaluation of the child's emotional supply. . In terms of variable selection, 19 variables including three levels of individual characteristics, family structure and external supply were included in the establishment of a regression model to observe the effect of changes in regression coefficients of various factors on the mental pension of empty-nest old man elderly in rural areas.

**Table 1 Explanation of the main variables of the model**

variable name	variable definitions	assignment and distribution
<b>Dependent variable</b>	life satisfaction	are you satisfied with your life 0=notsatisfied,1=satisfaction (62%)
	Happiness	do you feel happy 0=notsatisfied,1=satisfaction (61%)
<b>Individual characteristic variable</b>	gender	gender attribution 0=male,1=female (54.8%)
	age	age distribution 0=60-75year old,1=76-90year old (14.6%)

	marriage	whether married	0=no, 1=yes (79.8%)
	education level	the state of education	0=illiteracy 1=primary school - junior high school (44.5%) 2=high School - university (20.7%)
	economic sources	how to get income	0=other ways 1=self-employed (38.4%) 2=friends and relatives supply (19.7%)
	annual income level	how much is a year's income	0=0 -3000Yuan 1=3001 -7000Yuan (45.3%) 2=7001 Yuan - (20.1%)
	health status	is your body healthy	0=Unhealthy,1=healthy (28.3%)
	religion	are you religious	0=no,1=have (18.6%)
	hobby	are you interested in hobbies	0=no,1=have (74.6%)
<b>Family structure variables</b>	relationship between husband and wife	are your husbands and wives	0=discord,1=harmony (94.2%)
	child relationship	do you have any trouble with your children	0=discord,1=harmony (84.8%)
	intimacy	are you willing to talk to your family	0=unwilling,1=willing (87.7%)
	difficult help	will family help you	0=no,1=have (86.7%)
	visits	one month to see your time	0=0-5,1=6-10 (86.2%)
<b>External support variables</b>			
<b>Community support</b>	community care service	does the community have old-age care services	0=no,1=have (7.2%)
	community activity participation	whether to participate in community activities	0=did not participate,1=participate (14.5%)
<b>social support</b>	participation in religious activities	whether to participate in religious activities	0=did not participate,1=participate (12.4%)
	social pension insurance	whether to participate in pension insurance	0=did not participate,1=participate (79.7%)
	social medical insurance	whether to participate in medical insurance	0=did not participate,1=participate (97.1%)

Note: The value in parentheses is the sample distribution

## **The Logistic Regression Analysis of the Influencing Factors of the Mental Pension for the elderly in empty-nest old man in rural areas**

### **Analysis on the Influencing Factors of Life Satisfaction of the elderly in empty-nest old man in rural areas**

The result of Logistic regression analysis model with "life satisfaction" as the dependent variable(As shown in Table 2), In terms of individual characteristics, The correlation between the two variables of "education level" and "hobby and hobbies" and the life satisfaction of the elderly in empty-nest old man in rural areas exceeds 1.0 or more, That is, empty nesters who are highly educated and interested in hobbies have higher satisfaction with life; It can also be drawn from the model, Older people with good health and independent financial sources have more life satisfaction, At the same time, the higher the income level, the higher the personal satisfaction After introducing family structure variables, The relationship between married couples and children is more than 2.0, This shows that the harmonious family relationship has a prominent positive relationship with the elderly. From the perspective of external support variables, the relevance of community care services reached 4.234\*\* and above, The participation of community activities has relatively less influence on the life satisfaction of the elderly; After the introduction of social support variables, the correlation between participation in medical insurance and the life satisfaction of the elderly in empty-nest old man reached 25.237\*\*. This shows that medical insurance plays a prominent role in the life satisfaction of the elderly.

### **Analysis on the Influencing Factors of Well-being of the elderly in empty-nest old**

### **man in rural areas**

From the result of Logistic Regression Analysis Model of " Well-being " as dependent variable(As shown in Table 3), In personal characteristics variables, The "annual income level" and "interests and hobbies" of the elderly in empty-nest old man in rural areas are prominent. This means that empty nesters with higher income levels and hobbies are more likely to feel happy. After introducing family structure variables, "Child relationship" and "couple relationship" affect the happiness of the elderly in empty-nest old man more than 4.0, The more happy the elderly in empty-nest old man have family emotional support. From the perspective of community support variables, older people who actively participate in community care services are more likely to be happy than those who do not participate, And the effect is significant; The participation of social health insurance has a particularly prominent effect on the well-being of elderly people, Means that the impact of medical insurance on the well-being of the elderly can not be ignored.

### **Conclusion**

This article analyzes the main factors affecting the mental pension of rural empty-nest old man according to the "China General Social Survey—Comprehensive Survey on the Aging People" of the People's University of China in 2012, and classifies the influencing factors according to Mr. Fei Xiaotong's "differential order pattern" theory. For personal characteristics, family structure and social support at three levels. From the results of Logistic regression analysis model for rural empty-nest old man, we can see:

First, in the various factors that affect the mental pension of rural empty-nest old man, regardless

**Table 2 Logistic model analysis results of life satisfaction**

		Model1	Model2	Model3	Model4
gender	female (male)	1.083	1.083	1.136	1.455
age	76-90year old (60-75year old)	0.692	0.692	0.959	0.845
marriage	yes (no)	1.350	1.310	1.444	1.653
education level	primary school - junior high school (illiteracy)	0.894	1.002	0.829	0.766
	high School - university	1.227	1.529	1.102	1.132
economic sources	self-employed (other ways)	0.670	0.518	0.643*	0.734
	friends and relatives supply	0.479*	0.416*	0.368*	0.342*
annual income level	3001 -7000Yuan (0 -3000Yuan)	0.921	0.845	0.827	0.810
	7001Yuan -	1.198	1.083	1.063	1.042**
health status	healthy (Unhealthy)	1.606*	1.721*	1.958*	1.902*
religion	have (no)	1.016	0.908	0.731	0.653
hobby	have (no)	4.621***	4.243***	4.694***	5.106***
relationship between husband and wife	harmony (discord)		6.061	9.459	8.699
child relationship	harmony (discord)		2.742*	2.810*	2.695*
intimacy	willing (unwilling)		0.526	0.500	0.662
difficult help	have (no)		2.236	1.582	1.275
visits	5-10times (0-5times)		0.513	0.494	0.615
community care service	have (no)			4.23**	5.544**
community activity participation	have (no)			1.358*	1.268*
participation in religious activities	participate (did not participate)			0.819	0.835
social pension insurance	participate (did not participate)				0.350
social medical insurance	participate (did not participate)				25.237**

Note: \*p<0.05, \*\*p<0.01, \*\*\*p<0.001; N=132

**Table 3 Results of Logistic Model Analysis of Happiness**

		Model1	Model2	Model3	Model4
gender	female (male)	0.713	0.716	0.696	0.854
age	76-90year old (60-75year old)	0.497	0.527	0.555	0.484
marriage	yes (no)	1.094	0.582	0.990	1.102
education level	primary school - junior high school (illiteracy)	1.201	1.365	1.167	1.096
	high School - university	1.512	1.475	1.124	1.129
economic sources	self-employed (other ways)	0.763	0.557	0.602	0.723
	friends and relatives supply	0.285**	0.220**	0.240**	0.241**
annual income level	3001 -7000Yuan (0 -3000Yuan)	0.945	0.911	0.893	0.876
	7001Yuan -	1.198	1.083	1.063	1.048***
health status	healthy (Unhealthy)	2.005	2.477*	2.696*	2.574*
religion	have (no)	0.625	0.482	0.550	0.490
hobby	have (no)	4.391**	3.845***	3.953***	4.036***
relationship between husband and wife	harmony (discord)		4.342	5.234	4.699
child relationship	harmony (discord)		5.327**	5.036**	4.991**
intimacy	willing (unwilling)		1.752	1.783	2.392
difficult help	have (no)		1.234	1.101	1.027
visits	5-10times (0-5times)		0.456	0.461	0.551
community care service	have (no)			2.203*	2.667*
community activity participation	have (no)			0.471	0.365
participation in religious activities	participate (did not participate)			0.824	1.335
social pension insurance	participate (did not participate)				0.410
social medical insurance	participate (did not participate)				13.613**

Note: \*p<0.05, \*\*p<0.01, \*\*\*p<0.001; N=132



of whether they are married, men or women, senior citizens, or young people, they all have a perception of the convergence of mental and old-age care needs. The “personal characteristics” level affects rural areas. The main factors for mental old-age care for the elderly in the nest. The educational level of rural empty-nest old man is mostly concentrated below the junior high school level. Too low a level of education makes it difficult for them to have self-realization and sublimation at the mental level. This makes the “hobbies and hobbies” variable become an influential rural empty-nest old man. The old people's mental pension is an important factor; at the same time, the residual of traditional small farmers makes it difficult for them to get rid of the superstition of religion. Their religious beliefs are more of a means of praying for peace, avoiding misfortunes and disasters, rather than a mental sustenance. The annual income level of empty-nest old man in rural areas is lower than the national average. They need to provide financial support from relatives and friends when they are working in their old age. This causes them to exert tremendous pressure on their spirits. They are afraid of having diseases that bring economic benefits to their families. Concerns about the burden also hinder the realization of the mental pension of rural empty-nest old man. Therefore, providing economic support for empty-nest old man in rural areas enables them to have the ability to support the elderly, which is the material basis for realizing their mental retirement.

Second, the role of family emotional supply plays a decisive role in regulating the mental world of rural empty-nest old man. In the analysis model, the impact of the two variables “couple relationship” and “child relationship” on mental pensions passed a significant test, which

means that the emotional supply of couples and children is the main source of emotional supply for families, and good families. The relationship will help the realization of the mental pension for empty-nest old man in rural areas. However, variables such as “intimacy”, “difficult help”, and “visiting frequency” have little effect on mental health, and even have a reverse effect. This shows that under the influence of traditional culture, rural empty-nest old man are facing reality. The response to life is slower and there is a lack of awareness of optimizing one's own spirit.

Third, community support can, to a certain extent, make up for the dilemma of mental pension caused by the lack of consciousness of mental self-support. In a rapidly developing modern society, the social risks and difficulties faced by empty-nest old man in rural areas far exceed the difficulties in traditional society. The pressure caused by these difficulties makes them feel anxious on the mental level, and their own mental pension capacity is insufficient and Factors such as the weakening of household supply capacity exacerbate this problem. As can be seen in the model, the achievement of mental retirement for rural empty-nest old man who participate in community care services is more than twice as high as they did without participation. However, the mental pension of rural empty-nest old man who participate in community activities is in the opposite direction. This to a certain extent means that the current community activities are not suitable for the specific reality of rural areas, and they fail to bring a mental level to the target groups of community activities. On the positive role.

Fourth, external support is divided into community support and social support. Community support is at the micro level. Its role is directly limited. Social support is at the macro

level. It can integrate social multi-subjects into the empty elderly in the countryside to provide mutual assistance and mutual aid. The role of the government, the community, the family, and the individual. The most direct manifestation of social security social support is that "medical insurance" uses the principle of disperse the risk of individual diseases to society, and plays the role of overall planning for serious illnesses. It actually relieves the empty-nest old man in rural areas for reasons such as "difficulty in seeing the doctor" and "expensive to see the doctor". The psychological burden caused by the elderly, but from the model analysis results, "social pension insurance" did not play its due role, which shows that the current implementation of China's rural residents pension insurance is not enough to solve the problem of basic life to the rural empty-nest old man the economic pressure brought about by the elderly mental pension.

To sum up, to realize the mental pension of empty-nest old man in rural areas, we must profoundly adhere to the principle of "elderly as the center", base ourselves on cultivating the spirit of self-support of the elderly, and make use of the family as the basic unit for mental pension support, focusing on the support of social situations and the support of policies and systems. The coordination of cooperation between the relationship; at the same time, relying on the community, according to the actual mental needs of the elderly empty-nest old man elderly to carry out mental pension activities, making it possible to form an effective link between the mental pension and the social diversity of the main body, and enhance the effectiveness of its mental pension.

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