

A Study on the Impact of Social Work on the Mental Health of the Elderly in Community from the Perspective of Healthy Aging

Cheng Yong

Institute of Political Science and Law, Leshan Normal University, Leshan, Sichuan, China

Keywords: Healthy aging, Social work, Community seniors, Mental health, Impact studies.

Abstract: With the advent of healthy aging, the public's attention to the mental health status of the elderly has gradually increased. Social work, as the most convenient and direct contact with the elderly in the community, has an important impact on the mental health of the elderly in the community. On the basis of summarizing the status quo and problems of mental health management of the elderly in the community, this paper analyzes the impact of social work on the mental health of the elderly in the community from three aspects, and then proposes countermeasures to improve the mental health of the elderly in the perspective of healthy aging.

1. Research background

1.1 Literature review

Teng Haiying and others used a convenient sampling method to analyze the mental health status and influencing factors of the elderly in Xi'an, including medical consumption, disability, social support, physical exercise, medical insurance and social support for chronic diseases. The problem is to improve and build an external support system such as community spiritual care services to effectively improve the mental health of the elderly (Teng et al, 2012). Wang Jinyuan pointed out that the policies and regulations, capital investment and professional talents of the community elderly mental health services are insufficient, and it is necessary to scientifically classify and manage mental health services, effectively participate in social work health services, and improve the community mental health service system (Wang, 2013).). Tian Miaomiao and others analyzed the impact of social support on the mental health of the elderly in the context of the prevalence of psychological and mental disorders in the elderly (Tian et al, 2015). Qi Yuling et al. used stratified random sampling to select 1,208 elderly people aged 60 and over in Weihai City, Weifang City, and Liaocheng City to investigate the education level, spouse status, living conditions, and chronic diseases. Factors such as the status of close friends can significantly affect the mental health of older people in urban communities (Qi et al, 2017). Yu Huihui and others mainly analyzed the mental health status of the elderly in Weifang City. Through investigation and analysis, it was found that there are many factors affecting the mental health of the elderly. It is necessary to pay attention to the mental health of the elderly and take targeted measures to improve the psychology of the elderly in the community. Health level (Yu et al, 2018).

1.2 Purposes of research

China has always called 60 years old the year of the flower, and in real life, the people aged 60 and over are usually called the elderly. Under the influence of family planning in the 1990s, the proportion of the elderly population in the country's total population has gradually increased in recent years. At present, China is not only the most populous country in the world, but also one of the countries with a more aging population (Gong and Li, 2014). There are about 250 million elderly people in China over the age of 60, and the population accounts for more than 18% of the total population. Among them, there are about 170 million elderly people aged 65 and over, accounting for more than 12%. Due to the gradual degradation of the body functions of the elderly, the gradual decline in physical fitness, and the lack of care for children, the mental health of the elderly is generally poor. With the continuous development of social economy and culture, China's

healthy aging as the only way to cope with the aging of the population is gradually put on the agenda (Chen, 2013). Social work, as a recent work for the elderly in the community, can play an important role in the process of healthy aging. To this end, from the perspective of healthy aging, it is necessary and timely to study the impact of social work on the mental health of the elderly in the community and to explore specific strategies to improve the mental health of the elderly in the community.

2. The status quo and problems of mental health management for the elderly in the community

Since the new century, the proportion of the elderly population in China has gradually increased, and the problem of aging has become increasingly prominent. As shown in Figure 1, since 2008, the number of elderly people over 60 years old in China has increased year by year, from nearly 160 million people to 250 million in 2018, and the proportion of the elderly population has increased from the initial 12% to 18%. . And it is estimated that by 2050, the proportion of the elderly population in China will exceed 34%.



Figure 1. China's Population Ageing Process

At present, most elderly people in China live in the community. Although the community's attention to the community's elderly is gradually increasing, the community will also organize some elderly activities, such as community health checkups, home care, square dances, and chess. However, in general, the community's attention to the elderly still mainly focuses on physical health concerns, and the degree of attention to the mental health status of the elderly in the community is slightly insufficient (Li et al, 2011). This is mainly because the current national policies and regulations on mental health development do not contain relevant details on the mental health of the elderly, and there are no services and policies specifically related to the mental health of the elderly in the community. So that the community does not pay attention to the development of mental health work for the elderly. Moreover, at this stage, urban communities have less promotion of popular science education activities on psychological knowledge, and there is a lack of professional mental health guidance talents in grassroots communities, resulting in a low penetration rate of mental health knowledge among the elderly in the community. In addition, there are currently only 20,000 professional psychological talents in China, of which only 20% are engaged in applied psychology, and these talents are less in urban communities. Coupled with the lack of professional facilities in the community, it has seriously hindered the efficient resolution of the psychological problems of the elderly, making it difficult to promote healthy ageing.

3. Analysis of the influence of social work on the mental health of the elderly in the community

3.1 Can strengthen the mental health management of the elderly in the community

The intervention and publicity of social work can effectively improve the problems existing in the self-mental health management of the elderly in the community. With the intervention of

community work, professional psychology personnel can be invited to use the latest mental health test technology to monitor and intervene the mental health status of the elderly in the community to help the elderly to evacuate their sorrow. At the same time, social workers should strengthen their emphasis on the elderly in the community without psychological problems. They can use their professionalism to publicize and advocate health psychological knowledge, and promote the community's elderly people to change their behavioral habits that endanger their mental health.

3.2 Can promote the real development of mental health of the elderly in the community

The intervention of social work can enrich the daily life activities of the elderly in the community from the aspects of culture, sports and entertainment, and provide a healthy and benign living atmosphere, so that the elderly can really do something and have fun. Specifically, community workers introduce some cultural and recreational activities in the community, such as guessing riddles, square dance competitions, calligraphy competitions, etc., inviting the community to participate in the elderly, can mobilize the enthusiasm of the elderly. In the enthusiasm of active participation and interaction with other seniors, the community elderly can further find self-worth and truly realize the development of mental health.

3.3 Can improve the overall level of mental health of the elderly in the community

Social work is divided into propaganda, management, guidance and intervention. When community work authors jointly adopt these measures to guide the mental health of the elderly in the community, it will definitely improve the overall level of mental health of the community. For example, in daily life, various positive and positive values posted by social workers in the community can create a good community environment for the elderly and reduce the probability of psychological problems. Diverse community activities organized in the community can enrich the spiritual world of the elderly. In addition, community workers can provide psychological counseling for the elderly in the community with psychological problems to further improve the mental health of the elderly.

4. Suggestions on improving the mental health of the elderly in the community from the perspective of healthy aging

4.1 Reasonably arrange the daily life of the elderly in the community

In order to solve the mental health problems of the elderly in the community, it is necessary for the elderly to adjust themselves. In this process, social work needs to play a supporting role to help the elderly adjust. Specifically, community workers should reasonably secure the daily lives of older people in the community, including increased physical activity and recreational activities. For example, community workers should organize activities such as Tai Chi, walking, and square dance to increase exercise, improve physical fitness, and eliminate loneliness and loneliness. At the same time, you can also organize some entertainment activities, such as community kitchens, paper-cutting, calligraphy competitions, etc. Let the elderly play their own long-term, find old friends who share their own interests, and then find self-worth in mutual communication and communication. In addition, the community can also organize some special events or festivals on holidays, such as the Lantern Festival to guess riddles, the Dragon Boat Festival to do the scorpion, the Mid-Autumn Festival to enjoy the moon, etc., so that the empty nesters are no longer alone in the holidays, thus eliminating loneliness and achieving health. Aging.

4.2 Increase mental health knowledge and disseminate correct aging attitudes

In daily life photos, community workers should also increase their awareness of mental health knowledge and disseminate correct aging attitudes to older people. For example, because males have more psychological problems than females, community workers should continue to increase their service to the psychological problems of older males in the community. At the same time, the community can cooperate with the elderly universities or social welfare organizations to increase the psychological intervention and guidance of the male elderly, so as to improve the mental health

of the male elderly. In addition, the psychological problems of the elderly will increase with age, so community workers should pay attention to the dissemination of correct aging attitudes for the elderly and increase the number of senior services.

4.3 Targeted nursing and intervention for the mental state of the elderly in the community

For community seniors who currently have psychological problems, community workers should engage in key interventions. Specifically, community work should be based on the physical and psychological aspects of the elderly, and double care. Among them, the focus should be placed on the ideological and spiritual aspects of the elderly, giving them more care and listening. In appropriate circumstances, special care measures can be taken to alleviate their negative emotions. In the process of psychological counseling, nursing staff should pay close attention to the situation of the elderly, regularly assess the psychological state of the elderly, and carry out targeted care according to the actual situation. For older people who are already suffering from depression and are more serious, community workers should contact their families and, if necessary, be sent to the hospital for antidepressant treatment.

Acknowledgements

Higher Education Talents Training Quality and Teaching Reform Project of the Education Department of Sichuan Province in 2018-2020"Recognition and Development: Research on Social Work Talents Training in Local Universities from the Perspective of TPR"(JG2018-715)

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