

A Comparative Analysis of the Mental Health Status and Psychological Needs of the Elderly under Different Endowment Insurance Systems

Piao Xian

Northeastern University at Qinhuangdao, Qinhuangdao, Hebei, China

Keywords: Aged institution, Security system, Elderly, Mental health status, Psychological needs, Comparison.

Abstract: At present, the number of elderly people in China has increased significantly in the context of an aging population. While meeting the basic needs of the elderly, the old-age care institutions also effectively solve the problem of old-age care for the elderly and play a vital role in the development of the national economy. However, through the actual investigation, it is found that in addition to meeting the basic living needs of the elderly, different pension institutions tend to ignore the mental health status and psychological needs of the elderly, leading to the gradual emergence of autism, loneliness and depression and other mental diseases of the elderly, which is not conducive to the development of mental health of the elderly. Therefore, this paper is based on the private and community pension institutions, and through the questionnaire survey method, analyzes the differences between the mental health status and psychological needs of the elderly in different old-age institutions, and provides guidance for the work of the old-age institutions.

1. Research background

1.1 Literature review

In different institutions, in order to compare and analyze the difference between the mental health status and psychological needs of the elderly, Han Lu and Wang Guan jun conducted a survey of elderly people over 60 years old with clear thinking through a sample survey method to understand the psychological needs of the elderly in the institution. It is found that the elderly have good mental health status and will show good home needs, which can provide a theoretical basis for the improvement of the quality of life of the elderly (Han and Wang, 2013). Hu Hong wei et al. used the field investigation method to describe the relationship between the mental health status and psychological needs of the elderly in urban and rural areas in China, and found that the elderly's personal health status, family characteristics and home care services were all related to the mental health status of the elderly. Has a greater impact (Hu et al, 2012). Tang Jian liang et al. explored the main factors affecting the mental health of the elderly under different medical security systems through random sampling survey methods. It was found that different medical security systems have different effects on the mental health of the elderly and have important directivity for predicting the mental health of the elderly. (Tang et al, 2014). Li Chun xiang and others took Luoyang City of China as an example to investigate the mental health status of the elderly in the relevant old-age care institutions, analyze the main factors affecting the mental health of the elderly, and find that the actual monthly income, demarcation value, illness and age are all on the mental health of the elderly. A large impact, the results of the survey can provide guidance for improving the service level of the aged care institutions (Li et al, 2019).

1.2 Purpose of research

At present, China is in the context of accelerating aging. Due to changes in family structure caused by special national policies in the country, most of the families are mostly single-child families (Ye and Chen, 2018). In this context, the elderly are bound to support the elderly in the old age. Most of China's old-age care institutions are township offices, private offices, and district offices, and the types are more diverse (Yin and Li, 2012). With the increase in the number of

elderly people, the number of old-age care institutions has gradually increased, which plays a vital role in the physical and life care of the elderly. Moreover, with the rapid development of science and technology, the infrastructure within the old-age care institutions has gradually improved, and the level of service personnel has also increased year by year. However, when the elderly people concerned take care of the elderly, it is difficult to take care of the psychology of the elderly, and it is even more difficult to find the mental health changes of the elderly. As a result, the old-age care institutions have gradually put on the agenda for the spiritual comfort of the elderly, and have received extensive attention from all walks of life. While providing support for the lives of the elderly, the old-age care institutions should also pay attention to the spiritual world of the elderly and meet the development needs of the elderly from different aspects. Therefore, based on the security system of different old-age institutions, this paper studies the mental health status and psychological needs of the elderly, which is of great significance to the physical and health of the elderly.

2. Research objects and methods

The main research object of this paper is the elderly group in the old-age care institution. From the two private homes of Beijing Private Office and Social Office, each of the 100 nursing homes was selected for the elderly. A total of 200 questionnaires were distributed in this survey, and 190 valid questionnaires were returned. The health and living conditions of the elderly people surveyed were in line with the requirements of this survey, so this questionnaire was considered effective.

This research method mainly uses the Elderly Health Scale and the Elderly Mental Health Questionnaire to conduct field visit investigations. Relevant questionnaires are all criteria for judging and are used as the main indicators for assessing the mental health status and psychological needs of the elderly. Questionnaires were assessed using the likert-5 rating. In general, the scores are in turn followed by five results: “very consistent”, “relatively consistent”, “generally consistent”, “relatively inconsistent” and “very non-conforming”. By collecting and distributing questionnaires, the scores on the questionnaire are then superimposed. The smaller the score, the higher the psychological level of the elderly; the higher the score, the lower the psychological level of the elderly. After the questionnaire survey, statistical data T test and F test were carried out on the recovered data, and the final test results were all in line with the requirements, further indicating that the data recovery of the questionnaire was valid and the next step could be analyzed.

3. Comparison of mental health status and psychological needs of the elderly

The general linear regression model was used to measure the difference between the mental health status of the elderly in the private and community nursing institutions. The test results are shown in Table 1.

Table 1. Comparison of Mental Health of the Two Groups of the Elderly

Dimension	Community group (n=93)	Private group (n=97)	t value	P value
self	3.38±0.47	3.12±0.42	3.65	0.000
adapt	3.36±0.50	3.25±0.44	3.66	0.000
mood	3.38±0.48	3.56±0.38	3.25	0.000
people	3.35±0.45	3.62±0.40	3.84	0.000
Total score	3.37±0.47	3.39±0.41	3.60	0.000

According to Table 1, the mental health status of the elderly in the community group is worse than that in the private group, but the gap between the two is small. Among them, the self-dimension of the health status of the elderly in the community group was 3.38 ± 0.47 , and the self-dimension of the elderly in the private group was 3.12 ± 0.42 . The self-dimensional score in the mental health of the elderly in the community group was higher than that in the private group. In

terms of adaptation of the elderly, the score of the community group was 3.36 ± 0.50 , and that of the private group was 3.25 ± 0.44 . The community group was still higher than the private group. The reason is that the community pension institutions are better than the private pension institutions, and have good organizational performance. The elderly can adjust themselves in the shortest time and adapt to the new environment. The private pension institutions are relatively free, and the internal environment and infrastructure facilities are relatively liberal. The elderly do not need to be self-disciplined, and they can play a good effect in both emotional and interpersonal aspects.

Then, the general linear regression model was used again to test the mental health status and psychological needs of the elderly in the two pension institutions of the private group and the community group. The test results are shown in Table 2.

Table 2. Comparison of Psychological Needs of the Two Groups of the Elderly

Dimension	Community group (n=93)	Private group (n=97)	t value	P value
Socialize	1.95 ± 0.71	1.64 ± 0.51	0.81	0.000
physiological	0.86 ± 0.57	1.90 ± 0.51	1.20	0.000
Identity	0.88 ± 0.52	1.85 ± 0.55	0.24	0.000
self	0.84 ± 0.54	1.80 ± 0.52	0.31	0.000
Total score	1.13 ± 0.59	1.79 ± 0.52	0.64	0.000

It can be seen from Table 2 that for the psychological needs of the elderly, there are also large differences between the community and the privately-run two old-age institutions. On the whole, the private pension institutions have higher mental health needs than the elderly in community care institutions. Among them, the elderly in the community group have higher demand for communication than the elderly in the private pension institutions. The reason is mainly because the atmosphere created by the community pension institutions is relatively simple, and there is no flexibility for the private pension institutions, which leads to a significant increase in the demand for interpersonal communication among the elderly.

4. Results and discussion

Along with the continuous upgrading and iteration of Chinese medical models, people's definition of health is no longer healthy, but more important is the measurement of mental health and social function. Only when physical health, mental health and social functions are realized, can a person be truly healthy. Especially in the context of population aging, with the increase in the number of elderly people in China, the personal health of the elderly has received wide attention from all walks of life. Therefore, this paper starts from the private pension institutions and community pension institutions to study the differences between the mental health status and psychological needs of the elderly in the two old care institutions. In terms of mental health status, the mental health status of the elderly in the community group is worse than that in the private group. In terms of psychological needs, private pension institutions have higher mental health needs than those in community pension institutions. Based on this phenomenon, the following suggestions are proposed for the mental health status and psychological needs of the elderly in the old-age care institutions.

First, improve the basic insurance system for old-age care institutions. Relevant institutions should, in accordance with the requirements of the scientific development concept, proceed from the aspects of thinking and actual actions of the elderly, constantly improve the existing endowment insurance system, and truly realize the top-level design of the health protection for the elderly. The old-age care institutions should list the health insurance for the elderly as the main agenda, and introduce relevant laws and regulations as soon as possible to maximize the protection of the physical and mental health of the elderly. At the same time, the old-age care institutions should establish a basic old-age security system, and gradually recommend a community service system based on the elderly's old-age home, and earnestly safeguard the basic old-age pension rights of the

elderly.

Second, encourage relevant institutions to set up different forms of old-age care institutions. The Chinese government should constantly encourage different institutions to set up different forms of old-age care institutions to solve the contradiction between social supply and demand. Relevant institutions should use their own advantages to create a good old-age environment for the elderly. For example, organizing the elderly to carry out scientific and cultural exchanges, increase the knowledge transfer of the elderly, and further enrich the elderly's later life. Moreover, within the organization, training of relevant personnel should be strengthened to improve the quality of internal service and to create a healthy and healthy retirement atmosphere.

Third, carry out various forms of psychological care activities. According to the survey data, the elderly have a certain sense of loneliness, which is not conducive to the development of physical and mental health. Therefore, the relevant old-age care institutions should create a good living atmosphere for the elderly through various forms of psychological care activities, and gradually send the feelings of the elderly inside. Relevant institutions should determine the basic needs of different elderly groups by analyzing the differences of relevant personnel according to the mental health status and actual needs of different elderly people. Then, based on different needs, we will carry out diversified psychological care activities according to the needs of the elderly. At the event, the elderly are actively encouraged to participate, improve the social integration of the elderly, and enable the elderly to better integrate into the relevant groups and improve the mental health of the elderly within the organization.

References

- [1] Han L., Wang G.J.(2013). A comparative study of the mental health status and psychological needs of the elderly in different ways of providing for the aged, *Journal of Psychiatry*, 26 (1) ,52-54.
- [2] Hu H.W., Zhang Y.R., Guo M.Q. (2012). A Study on Mental Health, Urban-rural Differences and Elderly's Needs for Home-based Old-age Security, *Journal of Zhongbei University (Social Science Edition)*, 28 (2), 1-9.
- [3] Tang J.L., Wang J.L., Qi W.Y., et al.(2014). Investigation on the Mental Health of the Elderly under Different Medical Security Systems [J].*Rural Health Management of China*, 34 (1), 63-67.
- [4] Li C.X., Chen N., Li X.L., et al. (2019). A Study on the Mental Health Status and Influencing Factors of the Elderly in the Old Age Institutions of Luoyang City, *Integrated Chinese and Western Medicine Nursing (Chinese and English)*, 5 (2), 36-38.
- [5] Ye L., Chen K. (2018). The adaptability analysis of pension psychology under the intelligent pension service system, *Economic and Trade Practice*,18 (18), 299-300.
- [6] Yin F., Li X.F. (2012). An analysis of the psychological characteristics of middle-aged and old people under stress and a study on the methods of psychological health care, *Chinese and Foreign Health Digests*,9 (16), 62-63.