

A study on the formation Mechanism of the well-being of the elderly based on Social APP

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Keywords: Old people, well-being, social APP.

Abstract. Under the background of population aging and internet, there are increasing numbers of aged people who use social internet platform to express their psychological needs. In this paper, with the research about the status of using social internet platform among aged people, it's founded that: 1) the main purposes of the aged using online social platform includes emotional comfort and realizing their social and family role; 2) The number of the aged who often use social internet platform is still small; 3) The function design, interface Settings and other factors of the present social internet platform mainly limits usage of the aged.

1. Foreword

In recent years, the aging of the population has become an unavoidable social problem in our country. According to the data of the National Statistical Yearbook Database, China has been aging since 2000 and up to 2014. The number of elderly people over 65 years of age in China has reached 137 million, accounting for 10.1% of the total population (healthy, 2011). The change of population structure is bound to have a certain impact on the operation and development of society. How to deal with this social phenomenon of population structure change scientifically and reasonably has become the focus of attention from all walks of life. The State Council and its ministries and commissions have issued the 12th five-year Plan for the Development of China's Aging cause one after another. , "opinions on speeding up the development of the old-age service industry," opinions on the planning and construction of old-age service facilities, "and other documents (Liu Qi, 2016), in order to actively promote the development and progress of the cause of the elderly, To deal with the social phenomenon of aging population, and call on all sectors of society to do a good job of pension services for the elderly. In recent years, through the continuous efforts of the government and all walks of life, the material support problem of the elderly in our country has been basically solved, and the focus of the elderly pension service has gradually shifted to the level of spiritual support. In order to do a good job of spiritual support, we must consider aging from the perspective of the elderly. People's happiness.

2. A review of the literature

The theory of social relations holds that people are the sum of all social relations. After the basic material needs are met, people need to obtain a sense of group identity and belonging through social communication (Huang Keqi, Wei Chunhua, Lin Liangcai, Chen Yuehua, 2012). With the continuous improvement of social and economic level and material and cultural level in our country, the basic material needs of the elderly are no longer a problem, and the spiritual needs are gradually diversified. In addition to basic health and longevity, they pay more attention to the quality and quality of life, but also hope to be happy, eager for spiritual and cultural life to be full and satisfied, and live a wonderful life (Zhou Shaobin, 2005). However, As a vulnerable group in society, the elderly, with the increase of age, the function of the body's ability gradually declines, and often seems unable to cope with some

daily life affairs. The scope of activities of the elderly continues to narrow, many of the activities of the elderly are limited to their families and community neighborhoods, their communication with the outside world is reduced, and they are gradually isolated from the society, which makes them psychologically prone to loneliness and helplessness (Li Fang, 2012) At the same time, with the increase of age, the traditional social methods are more and more limited by space, climate and other factors, which can not meet the social needs of the elderly (Cao Yang, 2014). The living environment of the city is relatively isolated It is not uncommon to live with each other but do not know each other. Secondly, climate, environment, economy, transportation, safety and other factors, as well as the uncertainty of the physical condition and time arrangement of the elderly also restrict the social communication of the elderly.

3. Investigation and Research on the use of Network Social Software by the elderly

3.1 Basic information of the investigation

3.1.1 Survey of city and district selection

According to the data of the sixth provincial census of Liaoning Province and the statistical yearbook of Liaoning Province, as of 2013, the proportion of elderly people over 60 years old in Liaoning Province was 19.13%, while the proportion of people over 60 years old in Dalian reached 20.73%. This proportion ranks first among all cities in Liaoning Province, 1.6 per cent higher than the province's level in the same period (Zhu Qin, 2016). Therefore, the team researchers believe that the choice of Dalian as the survey city is more representative.

3.1.2 Investigation content

In this survey, 600 questionnaires were sent out, 590 valid questionnaires were recovered, and the recovery rate was 98.3%. Considering the hearing and visual impairment of the elderly, the survey was conducted in the form of on-site visits to obtain more accurate survey data.

3.2 Descriptive statistical analysis

Age structure: 338 people aged 60 years old, 144 people aged 70 years and over, 108 people aged 80 years and over. It accounted for 57.3%, 24.4% and 18.3% of the respondents respectively. The results showed that the survey covered the elderly of all ages, and mainly in the middle and low age groups. Gender structure: 279 males and 311 females, accounting for 47.3% and 52.7% of the total number of respondents, respectively. This proportion is basically the same as the proportion of men and women in Dalian's elderly population.

Occupational structure: workers and farmers accounted for 46.2% and 19.1% respectively, cadres and intellectuals accounted for 14.6% and 13.5% respectively, and others such as individual and unemployed were 6.5%.

Level of education: 24. 5% in primary school and below. 3%, junior high school 37. 0%, high school / secondary school 25. 5%, college and above 13. 5%. 2%. The educational level of senior high school and above accounted for nearly 1 / 3 of the subjects surveyed.

Marital status: 67.4% had a spouse and 32.6% were single.

3.3 Interpretation of result

3.3.1 Analysis of the Results of the Questionnaire

Awareness and participation: in the recovered questionnaire, the awareness and participation of the social APP of the elderly are shown in table 1.

Table 1. awareness and participation of older persons in social APP

Awareness and engagement on social APP	number of people	scale
Social APP is known and registered	132	22.3%
Know social APP but not register	440	74.6%
hear nothing of	18	3.1%

Note: this proportion is the proportion of 590 valid questionnaires, rather than the proportion of 600 questionnaires.

As can be seen from the statistics, the number of social apps known to the elderly population is 93.8%, and the number of older people who are relatively unaware of social APP is less. But the number of elderly people who are aware of social APP and registered is only 22.3 per cent of the total. The data suggests that the aging population has a high degree of awareness of social APP, but the participation of social APP is not high. There is a large gap between knowledge and participation, and further research is needed. An older person registered on the network design platform is further investigated to understand their specific use.

Table 2. Types of social APP used by older persons

Type of social APP used	number of people	scale
Entertainment friends, such as QQ, WeChat, Microblog, etc.	131	99.2%
Cultural consumption, such as Douban net, etc.	3	2.3%
Material consumption type, such as Meituan, Dianping, etc.	8	6.1%
Comprehensive, such as Tianya, people's Network, etc.	3	2.3%

Note: the proportion of this item is the proportion of 132 registered users with social APP, rather than the proportion of 590 questionnaires, and this item is an option, so the sum of the total number of users is greater than 132.

As can be seen from the data in the table, 99.2% of the elderly people with social APP registered accounts use entertainment social APP, and 6.1% of elderly users use material consumption social APP, 2.3% of elderly Internet users use cultural consumer social APP, 2.3%. Elderly Internet users use integrated social APP.. This data is consistent with the life characteristics of the elderly in China. Modern and fast-paced work and life make people relatively scattered in the region, relatives and friends scattered everywhere, emotional communication and communication gradually transferred to the virtual communication on the mobile Internet. . Therefore, the type of social APP used by the elderly is also the social software of the chat-making type.

Table 3. ways in which older people are exposed to social APP

exposure chamber	number of people	scale
Relatives and friends recommend the use	121	91.7%
I'm interested.	3	2.2%
The mobile phone system comes with it.	8	6.1%

Most elderly people who come into contact with social APP are recommended by relatives and friends, accounting for 91.7% of the total number of users. Many of the elderly people surveyed said that their online social software was downloaded and registered with the help of their children or relatives and friends. It was also taught by relatives and friends how to use the social software. 6.1 percent of older people came into contact with online social software because the smartphone system they bought came with chat tools such as QQ, WeChat. Only 3% of the elderly are in their own interest and take the initiative to download online social software for communication and interaction with relatives and friends.

Table 4 Frequency of the use of social APP for older persons

Use frequency	number of people	scale
Use once a few days	42	31.8%
Use it once in two or three days.	58	43.9.6%
Use it once a day or more	32	24.3%

Even for older people with APP installed on their phones, the frequency of use of social software is not very high, and the number of frequent logins is relatively low, at only 24.3 per cent. Most of the older people surveyed said that the purpose of installing online social software is to view information about relatives and friends, who log on to these social software and send messages or videos to relatives and friends when they miss their relatives and friends. And it's better to contact on online social software than on the phone.

Table 5 Features commonly used by elderly social APP users

Common functions	number of people	scale
to communicate with one another and to send a private letter	130	98.4%
Browse and comment	69	52.2%
Reprint videos and logs	47	35.6%
Publish your own status and messages	32	24.3%
Music, games, movies, etc.	13	9.8%

Note: this item is overelected, so the total number of people is greater than 132.

According to the research data, the main way for the elderly to use social APP is to communicate with others, which accounts for 98.4% of the total number of elderly people using social APP, which is directly related to the purpose of the elderly using online social software. The proportion of elderly people who reprinted logs and videos accounted for 35.6% of the total number of users, and the elderly who published their own status and information accounted for 24.3% of the total number of users.

Table 6 purpose of using social APP for older persons

Use purpose	number of people	scale
Contact relatives and friends	132	100%
Make new friends and chat	23	17.4%
leisure and recreation	10	7.6%
Eager to be noticed.	45	34.1%
to enrich the life of the old and to improve oneself	12	9.1%
provide amenities for the people	8	6.1%

Note: this item is overelected, so the total number of people is greater than 132.

The data show that the main purpose of the elderly in using social APP is to connect with relatives and friends, make new friends, and crave attention. This is consistent with the result that most of the social APP used by the elderly is entertainment social software, which indicates that the elderly have a higher demand for emotional communication.

3.3.2 Analysis of interview and investigation results

For older people who know social APP, but are not registered, we use interviews to investigate the reasons why they did not register after they knew the social APP, and their views on social APP. Through the summary and analysis of the data, we find that the main reason why many elderly people know about social APP but are not registered is that these social APP are mostly designed and developed for young people, which are not in line with the habits and interests of the elderly. Most older people feel that the content and use of these social APP are aimed at young people, and the design and development do not take into account the special needs and usage habits of the elderly. Used to, they are very inconvenient to use, naturally unwilling to register for use. The author combs the results of the survey and interviews, and sums up the reasons why the elderly do not want to use online social software in the following aspects:

(1) The content of the existing social APP is not in line with the interests and interests of the old people, and the existing social APP is mainly engaged in the social and cultural activities, the psychological consultation, the elderly education, the life convenient service, the network shopping, the old game and the like are really interested in the content;

(2) There are too many functional modules on the home page of the website, and the definition of the name is too vague, the icon is not striking, the division is low, and it is difficult to associate the names of some functions with their actual functions for the elderly users with poor vision and judgment.

(3) The function is too dispersed, and the combination of functions can not be realized at the same time.

(4) the operation does not provide help or explanation, and when they encounter difficulties in the process of operation, they cannot obtain timely and relevant help.

4. Conclusion

The elderly people have a high awareness of online social software, but their participation in online social software is not high. Most elderly people know or have used social APP, but are unwilling to register for a variety of reasons. Family relationship is the most important relationship among all kinds of social relationship networks of the elderly. The use of social APP can enable the elderly to communicate with their families through interactive sharing and enhance the relationship between family members. The increase in communication between parents and their children shortens the emotional distance between them, enables the elderly to realize the sense of existence of the family, and to a certain extent realizes the needs of the family belonging of the elderly .

At the same time, the survey also showed that although 22.3 percent of the older people surveyed signed up for social APP accounts, less than 1/4 of the total number of people who regularly used these online social software. It shows that the number of elderly people who can use social APP skillfully is still low. The content provided by social APP is not in line with the interests of the elderly, the page setting is complex, there are many entries, the steps and selection procedures are tedious, text, fonts, colors, icons and so on are not eye-catching enough. It is difficult to adapt to the real needs and use habits of the elderly in terms of content and function. As a result, most older people are interested in popular social APP The interest is not high.

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