



Research on the Pension Problem and Countermeasures of the Empty-Nest Elderly in Rural Areas It is Based on Rural Field Research in Jingxian County, Hebei Province

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Abstract. With the aggravation of the aging phenomenon, the problem of elderly care services for empty-nest elderly in rural areas is increasingly prominent. The younger generation leaves the elderly alone in order to bear the heavy family expenses or their children study and settle down abroad, which has brought great pressure to the pension cause in China. In order to break the pension factors that are not conducive to the rural empty-nest elderly and create a harmonious and stable pension environment for the elderly, we should improve the family members (especially children), the elderly themselves, the government, society and other aspects, and put forward targeted suggestions to ensure the quality of the rural empty-nest elderly in their old age.

Keywords: rural empty-nest elderly · pension demand · material supply · spiritual pension

1 Introduction

With the development of China's urbanization, the total rural population is declining year by year, but China is still a real big agricultural country, and the number of rural population still cannot be underestimated. Statistics show that there are nearly 50 million rural elderly people left behind in China, and the number of empty-nest elderly is far more than that. Experts point out that by 2030, China will reach nearly 200 million empty-nest elderly, with a large proportion in rural areas. The aging of rural population and the rapid development of empty-nest elderly have intensified the supply of rural pension resources in China. The problem of empty-nest elderly has gradually become the focus of rural pension security. However, China's traditional rural pension concept still exists, and the rural pension system and social security are still not perfect, which bring difficulties to the rural empty-nest elderly. Using case interview method, questionnaire method, literature research of Jingxian county, Hebei province rural empty nest research, the survey we selected research object has the following characteristics: the old age mostly concentrated in 50–80 years old, the old body is relatively hale, at the same time the age of education is low, need children spiritual comfort.

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As China's rural population base is large, the aging rate of population is significantly higher than that of cities, and the rural labor force continues to flock to cities, there are a large number of empty-nest elderly, many old people cannot be supported and taken care of in their old age, resulting in many empty-nest elderly in many families face many difficulties in life. Therefore, solving the pension problem of empty-nest elderly in rural areas is an important part of improving the rural living conditions, developing the rural economy and promoting the construction of the new rural socialist countryside, which is of great practical significance.

2 The Pension Status of the Empty-Nest Elderly

2.1 Economic Support

Economic support empty-nest elderly basic living support is mainly by oneself or spouse's labor income (farming, odd jobs, etc.) and children regular material help, while the children give material help to a certain extent can bear the old man's daily expenses, generally no phenomenon of economic distress, most of the old man have land, by farming to meet the needs of daily life, so most of the old people will not worry about their source of income.

The old man's source of life mainly includes himself and spouse labor income and children provide economic supplies, the proportion of more than sixty percent, a few children give the old man's economic help is not obvious, with part of the old man unstructured interview to the old man generally choose farming, but also have out part-time situation to make a living.

2.2 Health Condition

In terms of the physical condition of the elderly, nearly half of the elderly said that their personal physical quality is general, and the elderly are mostly in a sub-health state, more or less common diseases of the elderly. A few elderly people choose not to go to the hospital, their subconscious there is a view that the hospital will spend money in the hospital, at the same time, their children will not always take care of them, so the safety risks of such elderly people cannot be ignored. With the development of transportation, the elderly medical convenience degree also greatly increased, the current factors mainly include their own action and whether someone accompanied, and the elderly also understand the medical policy and other welfare policy, according to the national report, the old man in urban and rural residents basic medical insurance coverage ratio reached 96.8%, it also greatly improved the economic life of the elderly, alleviate the economic pressure.

2.3 Spiritual Consolation

In terms of spiritual comfort, the elderly generally live by themselves or live with their spouses, and the daily housework such as cooking and laundry also depends on themselves or their spouses, so the rural empty-nest elderly still lack of daily life care. Through

Table 1. Correlation and significance of meeting frequency and life satisfaction between the elderly and their children

		Meet in frequency with your children	Life satisfaction
Meet in frequency with your children	Pearson correlation	1	0.287
	Sig.(2-tailed)		0.000
	N	158	158
Life satisfaction	Pearson correlation	0.287	1
	Sig.(2-tailed)	0.000	
	N	158	158

the use of SPSS to visit the frequency of children and the elderly life satisfaction of the table, the correlation coefficient is 28.7%, without considering other factors, the correlation between the two is large, while the significance sig. Value of 0.000, sig.

3 The Problem and Causes of Empty-Nest Elderly in Rural Areas

3.1 The Elderly Are Lack of Economic Support and Security

Compared with cities, rural construction level has been significantly improved, but there is a lot of space for development, and rural empty-nest elderly compared with rural other elderly, their economic level is generally higher, but for those without children, even economic help children’s old man, their economic level is not stable, and rural income is low, the old man under their children’s school and mortgage car loans, these undoubtedly exacerbated the rural empty-nest elderly pension security problem, lead to low rural economic support level.

Economic security is the primary factor to ensure the quality of the rural elderly pension, but also the biggest impact factor. The quality of economic conditions will largely determine the improvement of the level of rural pension, and most of the elderly reaction pension is more than 100 per person per month, not enough to support the old current demand for the basic living, for living expenses and medical expenses are like a drop in the bucket. The improvement of rural pension forms is limited by the economic development of China, and the rural economy is obviously not as good as the city. In the case of backward economy, it is difficult to carry out rural old-age security measures. Only by encouraging and stimulating the development of rural economy can we be able to improve the old-age security mechanism in rural areas, and the economy is the basis for the development and improvement of all safeguard measures.

3.2 The Elderly Are Lack of Daily Life Care

The biggest characteristic of rural empty-nest elderly is that their children will not always be around, and once people enter old age, they will inevitably face a series of elderly

diseases brought by the aging of their body organs, And the children cannot always take care of the conditions in the side, once some emergency events, far away from the children cannot detect, cannot take care of in time.

However, the basic medical measures in rural areas are limited. When the elderly encounter serious diseases and long-term aging diseases, they often have an embarrassing situation of nowhere to seek medical treatment. Due to the limitation of family economic conditions, children cannot afford the cost of their parents' going to medical treatment in big cities. Rural medical facilities are relatively simple, which can only deal with some common diseases, and have no ability to take into account all aspects of the health of the elderly. Rural social security system is not sound, is still in the process of perfect, now the country provides only the most basic social security, for those who difficult to living poor old man will implement relief, but some senile and serious disease treatment cost is still high, difficult, expensive conditions still exists, disability by illness, poor phenomenon is not rare.

3.3 The Elderly Are Seriously Lack of Spiritual Comfort

Rural children mostly go out to the future, get rid of rural life, settled in the city, children are not around, resulting in the elderly lost the basic conditions of family pension. At the same time, the physical quality of the elderly is declining day by day, which makes the empty-nest elderly need more spiritual pension. Their leisure activities in their later years are monotonous, and they cannot improve their personal ability. Although the working ability of the elderly has decreased, they still have the strength to make a certain contribution to the society and give play to their residual heat. The loss of relatives and friends will have a negative shadow on the psychology of the elderly to a large extent. Without relatives and friends, the social network of the elderly will decrease sharply. And, more importantly, the elderly will lose the object of emotional talk and spiritual dependence.

Finally, the death of relatives and friends will bring certain psychological suggestion, The loss of relatives and friends will have a negative shadow on the psychology of the elderly to a large extent. Without relatives and friends, the social network of the elderly will decrease sharply. More importantly, the elderly will lose the object of emotional talk and spiritual dependence. After their children leave home, the old traditional thought of "raising children for old age" is also getting a hit to some extent, weakening the function of the next generation of traditional families to take care of the previous generation. In the rural elderly social circle is limited to neighborhood folks, once the relatives and friends died, it will give the old man a peers have died, and he will follow the idea, this negative attitude will lead to the old man lost the enthusiasm for life.

4 Countermeasures and Suggestions for the Pension Problem

The government should implement the guarantee function, the government should always pay attention to and attach great importance to the pension needs of empty-nest elderly, targeted pension welfare for the elderly, to ensure that the basic needs in their later age. Overall management of the pension institutions, timely respond to the

policy, echo the grass-roots staff to do a good job in the basic work, responsible care of the elderly, and equip experts engaged in the elderly care work, so that the smooth implementation of the policy. The government should play a leading role in guiding the allocation of resources through the formulation of relevant policies, and help the rural empty-nest elderly to enjoy a healthy and happy old age. The government should pass legislation to regulate the responsibility of children to support their parents.

In response, the media should publicize the support of empty-nest elderly in rural areas from all aspects and at various levels, calling on people to do their best to support the elderly, and to create an atmosphere of “respecting and caring for the elderly” in the society. We should vigorously publicize the Law of the People’s Republic of China on the Protection of the Rights and Interests of the Elderly, so that children can know that it is illegal to treat the elderly well. At the same time, we should also strengthen the legal awareness of the elderly, so that the elderly can dare to take up legal weapons to defend their legitimate rights and interests. We can seriously summarize pension respect and the accumulated experience, set up a batch of good pension deeds advanced model, vigorously promote young filial piety example, and give them a certain degree of material or spiritual rewards, to motivate others to treat their old man, form a new fashion of respect to respect in the society.

It is very important to develop a good neighborhood relationship. After all, “distant relatives are better than close neighbors”. People to the old age will be lonely and helpless, need children to care for. However, young and middle-aged people live under great pressure, old and young, it is impossible to meet the needs of the elderly. But when the elderly need help, the children will not always stay around. Neighbors with better relationships can provide timely help and spiritual comfort to the elderly than their children. A good neighborhood relationship can also improve the happiness index of the elderly to a certain extent and ensure the quality of their old age.

In order to improve the ability of the elderly, the elderly need to learn how to obtain spiritual self-satisfaction by realizing themselves and values in their later years. By setting up some suitable for the elderly job, help the elderly improve old age value, through personal efforts to win the respect of the public, also can to a certain extent ease the pressure of pension funds, actively deal with aging, reduce self-consciousness, change the traditional concept of “aging”, learn to adjust, remain optimistic, reduce the dependence on children, actively into the society.

5 Conclusion

Children are not at home for a long time due to life pressure or other reasons, while empty-nest elderly have great needs in economy, care, spiritual comfort and other aspects. The shortage of supply of families, the government and the society is in the contradiction of the growing pension demand of the elderly. We should improve the family members (especially their children), the elderly themselves, the government, society and other aspects, and put forward targeted suggestions to ensure the quality of the rural empty-nest elderly in their later age.

Caring for empty-nest elderly is the embodiment of scientific development and people-oriented. Is the inevitable requirement of building a harmonious society; Is the

responsibility of the state, society, the family and every citizen; Is the scientific development, people-oriented concrete embodiment; Is the inevitable requirement of building a harmonious society, is the country, society, family and every citizen should do their duty. Filial piety for the elderly is the traditional virtue of the Chinese nation, the empty-nest elderly problem needs the attention of all walks of life, as a new generation of college students, we should play a leading role, to contribute their own love for the society, a strength.

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