

Research on the Realistic Choice of Rural Pension from the Perspective of Social Support Based on Case Analysis

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Abstract: Our country has entered the deep aging, rural pension problem increasingly highlighted. In order to study the choice of old-age care in rural areas, based on the theory of social support, this paper investigates the person in charge of the rural happiness Hospital in X village, some elderly people in the village and their children through in-depth interviews and field investigation, and measures the choice of old-age care of the elderly and their children from two dimensions of formal support and informal support. The study found that the rural elderly and their children are prone to support the family. Based on this, this paper proposes that we should improve the infrastructure construction and implement the rural old-age relevant policies; Relax the conditions of mutual assistance and expand the range of activities for the elderly; Optimize the way of mutual assistance, with the power of rural example; We will improve family pension security and expand informal support measures for the elderly.

1. Introduction

In recent years, China's aging degree is further deepened, the seventh national census data shows that in terms of age composition, the population aged 60 and above is 264.02 million, accounting for 18.70% (among which, the population aged 65 and above is 19.064 million, accounting for 13.50%). The proportion of people aged 60 or above has increased by 5.44 percentage points compared with 10 years ago, [1] indicating that the aging of the population is further deepening.

This paper will conduct case study on the elderly in X village and their children from the two aspects of formal support and informal support, and strive to clear the reality of rural pension, combining theory with reality. In order to alleviate the current issues of elderly care services for rural residents to provide a new reference idea, to cope with the problem put forward relevant suggestions in order to improve the happiness and satisfaction of rural residents.

2. Literature Review and Theoretical Framework

2.1. Literature Review

2.1.1. Old-age care Options for the Rural Elderly

With the development of society, the ways of supporting the aged are increasingly diversified. At present, the chief ways of supporting the aged are family supporting, mutual supporting, institutional supporting and home-based supporting, etc. Various factors such as the needs of supporting the aged affect the choice of supporting the aged to varying degrees. [2] Due to the gap between individual economic ability and rural endowment resources, the elderly in rural areas cannot make effective use of social endowment resources. [3] Therefore, family care is still the subjective way of providing for the elderly in rural areas. [4] Family care has a long history, especially in Asian countries. Although the willingness of the elderly in rural areas to provide for the elderly is diversified, most of them still have a preference for family care. [5]

This paper mainly studies the choice of the rural elderly and their children for family support and mutual support in the carrier of rural happiness hospital. Scholar Chen Jing has studied Japan's

neighborhood support network, in which volunteer groups provide resources for people over 65 years old in their communities, supported by government funds. [6]

2.1.2. Social Support

In the 1970s, Holmes and Rush defined Social Support in psychology for the first time. [7] Social Support Theory believes that social support plays a positive role in relieving individual stress and other aspects. [8] However, there is no unified definition of the concept of social support in the academic circle at present. Cooper believes that social support is an interactive network of information that makes people believe that they are cared for, loved and respected. [9] Social Support can be divided into different categories according to different dimensions. From the perspective of the subject construction and dimension division of informal support, most of the existing studies regard children, relatives and friends as the subjects of informal support, and distinguish the dimensions of informal support from three aspects: economic support, labor support and emotional support. [10] Formal support and informal support should complement each other and jointly promote the improvement of the old-age security level.

2.2. Theoretical Framework

Based on the theory of social support, this paper adopts the method of in-depth interview and participant observation to investigate the rural elderly and their children in X village, aiming at making the choice of rural old-age care clear. First of all, with the development of society, the ways of supporting the elderly are increasingly diversified. Various factors, such as the needs for supporting the elderly, affect the choice of ways of supporting the elderly to varying degrees. Secondly, the willingness of the children and the elderly to care for the elderly is analyzed respectively. From the perspective of formal support and informal support, interviews with the children of the rural elderly and the children of the rural elderly are known to choose family care for the elderly. The author relies on the rural happiness Hospital of the village to analyze the choice of the two and the reasons for the pension. Finally, a conclusion is drawn and discussed on the basis of analysis. The study discover that there are still some issues in the village. The author puts forward the following countermeasures and suggestions. First, improve infrastructure construction, implement the rural elderly care relevant policies; second, relax the conditions of mutual assistance and expand the range of activities for the elderly; third, optimize the way of mutual assistance, with the help of rural examples; fourth, improve family pension security and expand informal support for the elderly.

3. Research Objects and Methods

3.1. Research Objects

This study takes X Village Happiness House as the carrier. According to the author, the construction of X Village rural Happiness House will begin in the spring of 2021 and the operation will begin in September 2021. Among them, 50 (male) and 56 (female) aged 60, 16 (male) and 17 (female) aged 70; it mainly provides elderly care services such as eating, a lunch break, chess and card room, reading room and activity room.

3.2. Research Methods and Data Arrangement

Through field research in X Village, the author obtained first-hand data and conducted in-depth interviews with 8 individuals in charge of X Village Happiness home, the elder and the children of the elderly in a face-to-face way, focusing on the basic information and living conditions of the interviewees, their choice of pension model and social support. The duration of each interview should be 30-60 minutes with the prior notice and permission of the interviewees. The author will collect the interview language of 8 interviewees, including the interviewees' verbal and non-verbal information, and form the verbatim manuscript.

4. Rural Pension Choice

Support is divided into formal support and informal support. Formal Support is social security support provided or intervened by a state or government. Informal Support refers to the informal support provided to the elderly by a Primary Group composed of relatives, neighbors, and friends in economic, labor, and spiritual aspects. [11]

4.1. The Choice of the Elderly in Rural Areas

4.1.1. The Choice of the Rural Elderly with Formal Support

The operating funds of rural happiness House is restricted by government, family, society and other factors. In the early stage of the construction of the village happiness house, the funding sources are government subsidies and villagers' collective donations. However, in the formal operation process, there are problems such as unstable village collective supply and limited supply capacity of the rural elder, which are not enough to support the sustainable operation and management of the happiness House. Rural elderly people choose family pension rather than rural happiness home pension.

According to the research, most of the elderly people in rural areas mainly work in agriculture and have a single source of income. Meager economic income makes rural elderly people make ends meet, difficult to cope with the rural happiness hospital self-pay services.

Participation in the happy House activity conditions is more limited, mutual aid effect is difficult to form. Most rural elderly people have no chance to carry out the mutual support activities of the Happiness Institute.

4.1.2. The Choice of the Rural Elderly with Informal Support

Informal support mainly includes support from relatives, friends and neighbors, etc. The author sorted out the interview data of the four interviewees and learned that the choice of the four rural elderly is family support, one of the reasons is that the rural happiness hospital has low willingness to help each other. Affected by traditional concepts, the elder in rural areas choose to spend their old age at home, and their mutual recognition of happiness house is low.

Informal social support from families affects the choice of the elderly in rural areas. Villagers are not willing to help each other enough, and they do not have a comprehensive comprehension of the rural happy home for the aged. They hold the view that living together with their children is a happy old life.

In general, the choice of the elderly with formal support and informal support is affected by the government, the conditions of participating in happy house activities, family, neighbors and other factors. From the perspective of formal support, on the one hand, the village's infrastructure construction is backward, and the village's collective economic supply capacity is weak. On the other hand, there are many restrictions on participating in the activities of Happiness House, and the mutual aid effect is difficult to form. From the perspective of informal support, there are three issues: insufficient willingness of villagers to help each other, single way of helping each other and low participation enthusiasm of social organizations.

4.2. The Choice of the Children of the Elderly in Rural Areas

4.2.1. The Choice of the Rural Elderly Children with Formal Support

In terms of formal support, first of all, the government's policy support does not benefit all the rural elderly. Secondly, the more restrictive conditions for participating in the activities of rural happiness house also reduce the willingness of the children of the elderly in rural areas to choose happiness homes for retirement. Finally, the quality and subjectivity of the activities of the rural happiness home affect the choice of the children of the rural elder.

4.2.2. Informal Support the Choice of the Children of the Elderly in Rural Areas

The "old" of the elderly has a great difference, is the constant change of people and the process of physiological and psychological application to the society. [12] Mutual filial piety, which

emphasizes family affection and generational equivalence, can significantly promote children's emotional support to their parents. [13] Under the family endowment mode, the children of the rural elderly are capable enough to meet the daily needs of the elderly. At the same time, the subjective feelings of the children of the elderly in rural areas also affect their views on old-age care in the happy home.

5. Problems and Countermeasures

The rural happiness home has developed rapidly in recent years, but according to the author's research, whether the rural elderly or their children, their choice of pension is family pension. According to the interview data, it is not difficult to know that the rural happiness home has not reached the expected goal of helping the elderly cope with the pension problem in terms of formal and informal support.

5.1. Improving Infrastructure Construction: Implementing Policies Related to Rural Elderly Care

The government should implement relevant policies and measures, do a good job in policy and financial support, and introduce relevant policies and regulations to provide the corresponding institutional guarantee for family pension and happy home pension.

5.2. Relax the Restrictions on Mutual Assistance Conditions: Expand the Range of Activities for the Elderly

The proportion of elderly people living alone and two-woman households in rural China is increasing. It is essential for the government to take into account the old-age care problems of these elderly people in rural areas.

5.3. Optimize the Way of Mutual Assistance: with the Power of Rural Example

Encourage the villagers to take the lead, give play to the power of mutual help cases, enhance the rural elderly and rural elderly children's sense of identity.

5.4. Improve Family Pension Security: Expand Informal Support for the Elderly

The elderly are more likely to fall into the plight of poverty due to illness and have a higher need for family financial support, emotional communication and life care. [14] Therefore, we should upgrade the family pension security system.

6. Conclusion and Discussion

After population aging enters the accelerated stage, the issue of rural elderly care can be said to be "imminent". "Filial piety culture" is still an important factor that makes rural people choose family pension. Family care provides cognitive, emotional and behavioral support to older adults in terms of formal and informal support.

This shows that the traditional filial piety culture in some rural areas has not been dissolved with the changes of The Times. Such cultural concepts and emotions transmitted by rural family culture have become an important reason why rural elderly people and their children actively choose family pension rather than mutual pension or rural happy home pension. Elderly people and their children choose family pension with a stronger sense of happiness in their later years, or children pension.

There are some problems in rural elderly care. From the perspective of formal support, the village's infrastructure construction is backward, there are many restrictions on participating in the activity of Happiness House. From the perspective of informal support, villagers' willingness to help each other is insufficient. This requires corresponding countermeasures. First, improve infrastructure construction, implement the rural elderly care relevant policies; second, relax the conditions of mutual assistance and expand the range of activities for the elderly; third, optimize the way of mutual assistance, with the help of rural examples; fourth, improve family pension security

and expand informal support for the elderly.

In short, whether the rural elder choose family pension or happy home pension, they will confront their happiness in their old age under the condition of social support. Relevant interest groups such as the state and society should make active use of the life scene of the elderly to promote the social identity of the rural elderly and improve their life quality. However, the limitation of this study is that it only chooses the operation of mutual care for the aged in X village as a case study, which requires being further discussed.

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