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## Social Support and Life Satisfaction of Living Alone elderly in Rural Area

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### = ABSTRACT =

This study was conducted to identify the social support to living alone elderly in some rural communities and the level of life satisfaction. For the purpose of this study, face-to-face interviews and questionnaire were performed with 315 old people(male 43 and female 272) aged over 65 living alone in rural communities covered by 14 community health posts within Gyeongsangbuk-do Province randomly selected.

The followings are summaries of findings;

The average score of support from their children was  $4.29 \pm 2.73$  out of 8. Variables that showed a significant difference were religion, level of living, type of medical insurance, frequency of meeting with children, time taken from houses of children by usual means of transportation, and subjective health status. It was found that the score of support from children was high for the elderly who had a religion, a good level of living, benefit from medical insurance, a high frequency of meeting with children, or a good subjective health status, or who resided close to their children's houses. The level of the support from friends and relatives showed a significant difference depending on the subjective health status, of which the average score was  $4.13 \pm 2.61$  out of 8.

The average score of the level of life satisfaction was  $6.83 \pm 4.24$ (male  $7.60 \pm 4.09$  and female  $6.71 \pm 4.26$ ) out of 17. Male elderly showed the higher level of life satisfaction than female elderly. Variables that showed a statistically significant difference in the level of life satisfaction were religion, level of living, medical insurance, hobby, children, disease, subjective health status, and ADL. That is, the level of satisfaction with life was found to be higher for the elderly who had a religion, a good level of living, benefit from medical insurance, a hobby, children, no diseases, or a good ADL, or who thought that they are healthy.

The regression analysis with support from children as a dependent variable showed that the level of support from children was higher for the elderly who had a good level of living, frequency of meeting with children, or

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a good subjective health status.

The regression analysis with the level of support from friends or relatives was higher for old people who had a good level of living.

The regression analysis with the level of life satisfaction as a dependent variable showed that the factors which related to the level of satisfaction were sex, religion, level of living, hobby, ADL, and subjective health status. That is, it was found that for male elderly who had a religion, a good level of living or a hobby, or who thought that they were healthy, the level of life satisfaction was higher.

KEY WORDS: Social support, Life satisfaction, Living alone elderly, Rural area

65 1980 3.8%, 1995 가  
 5.9%, 2000 7.1%, 2020 14% ( , 1996).  
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 422 317 (75.1%)  
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315 ( 43 , 272 )  
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 Lawton(1975) Philadelphia  
 Geriatric Center(PGC) Moral scale .  
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SAS/PC Program		7.0%가			
		1	: (%)		
2-test		( )			
T-test, ANOVA		65-69	9(20.9)	65(23.9)	74(23.5)
(Multiple regression analysis)		70-74	12(27.9)	73(26.8)	85(27.0)
		75-79	9(21.0)	75(27.6)	84(26.7)
		80	13(30.2)	59(21.7)	72(22.8)
			75.3±5.95	74.3±6.15	74.4±6.12
		**			
			25(58.1)	219(80.5)	44(77.5)
		**	18(41.9)	53(19.5)	71(22.5)
1.			34(79.1)	75(27.6)	109(34.6)
			9(20.9)	197(72.4)	206(65.4)
가 43 (13.7%), 272 (86.3)			32(74.4)	189(69.5)	221(70.2)
65-69 가 23.5%, 70-74		가	11(25.6)	83(30.5)	94(29.8)
가 27.0%, 75-79 26.7%, 80 22.8%			19(44.2)	104(38.2)	123(39.1)
가 75.3±5.95 ,			24(55.8)	168(61.8)	192(60.9)
74.3±6.15 74.4±6.12			40(93.0)	248(91.2)	288(91.4)
77.5% ,			3( 7.0)	24( 8.8)	27( 8.6)
58.1% , 80.5%			3( 7.0)	19( 7.0)	22( 7.0)
(p<0.01). 34.6%가			40(93.0)	253(93.0)	293(93.0)
79.1% , 27.6%			43 (13.7)	272(86.3)	315(100.0)
가 가		**p<0.01.			
(p<0.01).					
가 74.4% , 69.5%					
70.2%가					
가 44.2%,					
가 ( 1 , 1 ) 71.0%					
38.2% . 가 93.0% , 가 ( 2-3 , 2-3 )					
91.2% 가 19.8%, 6.5%,					

2.7% . . . . . 30 가

20.5%, 30 2 35.1% , 44.4%

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( 2).

2.

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가 ( 1 , 1 ) 30(75.0) 78(70.4) 208(71.0)

( 2-3 , 2-3 ) 7(17.5) 51(20.1) 58(19.8)

3( 7.5) 16( 6.3) 19( 6.5)

2 22(55.0) 108(42.7) 130(44.4)

30 -2 13(32.5) 90(35.6) 103(35.1)

30 5(12.5) 55(21.7) 60(20.5)

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40(13.7) 253(86.3) 293(100.0)

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2.

3 .

72.7%가 , 58.1%,

75.0%

(p<0.05).

(ADL) ADL 85.7%, ADL 13.7%, ADL 0.6%

(IADL) IADL 61.0%, IADL 37.1%, IADL 1.9%

, 가 11.1%, 40.0%, 가 49.0%

3. : (%)

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18(41.9)	68(25.0)	86(27.3)
25(58.1)	204(75.0)	229(72.7)
D)		
3( 7.0)	8( 2.9)	11( 3.5)
8(18.6)	80(29.4)	88(27.9)
-	18( 6.6)	18( 5.7)
11(25.6)	134(49.3)	145(46.0)
6(14.0)	11( 4.0)	17( 5.4)
-	5( 1.8)	5( 1.6)
-	9( 3.3)	9( 2.9)
1( 2.3)	-	1( 0.3)
2( 4.7)	13( 4.8)	15( 4.8)
3( 7.0)	16( 5.9)	19( 6.0)
1( 2.3)	3( 1.1)	4( 1.3)
-	2( 0.7)	2( 0.6)
(ADL)		
ADL	-	2( 0.7)
ADL	5(11.6)	38(14.0)
ADL	38(88.4)	232(85.3)
(IADL)		
IADL	-	6( 2.2)
IADL	12(27.9)	105(38.6)
IADL	31(72.1)	161(59.2)
16(37.2)	138(50.7)	154(49.0)
19(44.2)	107(39.3)	126(40.0)
8(18.6)	27( 9.9)	35(11.1)
43(13.7)	272(86.3)	315(100.0)

\* p<0.05.  
: 1)

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3. 가 , , 가

1) , , 가

4.29±2.73 3.93±2.81, 8 ( 4). 가 가

4.34±2.72 . , ( 5). 가 가

4. 1) : ±

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( )			
65-69	4.33±2.87	4.63±2.63	4.59±2.64
70-74	3.30±3.02	4.19±2.87	4.08±2.88
75-79	3.22±2.95	4.45±2.72	4.30±2.75
80	4.67±2.61	4.06±2.66	4.17±2.64
	3.77±2.80*	3.80±2.74	3.79±2.74*
	4.44±2.96	4.55±2.69	4.55±2.69
	3.73±2.85	4.23±2.69	4.18±2.71
	4.17±2.83	4.79±2.79	4.63±2.79
가	3.62±2.74	3.72±2.61***	3.71±2.62***
	4.73±2.97	5.65±2.48	5.54±2.54
	4.71±2.58*	4.77±2.52***	4.76±2.52***
	2.75±2.82	3.53±2.91	3.41±2.90
	3.89±2.18	4.13±2.61	4.10±2.55
	6.67±2.31	3.71±2.74	4.08±2.83
가	- **	2.88±3.09***	2.88±3.09***
	3.20±2.71	3.81±2.58	3.73±2.60
	5.57±1.99	5.65±2.48	5.64±2.41
	7.33±1.15	6.81±1.91	6.89±1.79
2	2.95±2.34	4.04±2.66	3.85±2.64*
30 -2	5.08±2.93	4.36±2.94	4.45±2.94
30	5.20±3.35	4.93±2.36	4.95±2.42
	43(13.7)	272(86.3)	315(100.0)

\* p<0.05, \*\*p<0.01, \*\*\*p<0.001.  
: 1)

가 , , 가

( 4). 가 가

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5. 1) : ±

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	4.18±2.92	4.73±2.68	4.62±2.72
	3.74±2.78	4.20±2.73	4.15±2.73
	(ADL)		
ADL	-	4.00±0.00	4.00± -
ADL	5.00±2.58	4.18±2.62	4.26±2.60
ADL	3.81±2.85	4.37±2.74	4.29±2.76
	(IADL)		
IADL	-	2.60±1.67	2.60±1.67
IADL	3.55±2.88	4.19±2.78	4.13±2.78
IADL	4.07±2.83	4.51±2.69	4.44±2.71
	4.25±3.06	5.78±2.39*	5.43±2.59**
	4.12±2.87	4.58±2.73	4.52±2.74
	3.53±2.77	3.82±2.65	3.79±2.66
	3.93±2.81	4.34±2.72	4.29±2.73

\*\*p<0.05.  
: 1)

2) 8 4.13±2.61 , 4.30±2.36, 가

4.10±2.65 . 가

가 ( 6). 가 가

가 ( 7). 가

6.

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65-69	4.55 ±1.51	4.51 ±2.86	4.51 ±2.72
70-74	4.08 ±2.57	3.96 ±2.64	3.98 ±2.62
75-79	4.22 ±2.91	3.99 ±2.47	4.01 ±2.51
80	4.38 ±2.47	3.98 ±2.66	4.06 ±2.61
	4.18 ±2.11	3.80 ±2.80	3.92 ±2.60
	4.78 ±3.23	4.21 ±2.59	4.24 ±2.61
	3.96 ±2.54	4.05 ±2.56	4.05 ±2.55
	4.78 ±2.05	4.30 ±3.02	4.42 ±2.80
가	4.28 ±2.30	3.91 ±2.66	3.96 ±2.61
	4.36 ±2.62	4.54 ±2.59	4.52 ±2.58
	4.13 ±2.42	4.17 ±2.59	4.17 ±2.56
	4.53 ±2.32	3.99 ±2.76	4.07 ±2.69
	4.13 ±2.29	4.09 ±2.63	4.10 ±2.58
	6.67 ±2.31	4.21 ±2.89	4.48 ±2.90
	7.00 ±1.73*	4.21 ±3.08	4.60 ±3.07
	4.10 ±2.28	4.09 ±2.26	4.10 ±2.57
	4.30 ±2.36	4.10 ±2.65	4.13 ±2.61

\* p<0.05.

7.

	: ±		
	4.22 ±1.77	4.24 ±2.64	4.23 ±2.47
	4.36 ±2.74	4.06 ±2.66	4.09 ±2.66
(ADL)			
ADL	-	5.00 ±4.24	5.00 ±4.24
ADL	3.80 ±2.86	4.00 ±2.67	3.98 ±2.66
ADL	4.37 ±2.32	4.11 ±2.65	4.15 ±2.60
(IADL)			
IADL	-	2.33 ±3.20	2.33 ±3.20
IADL	3.83 ±2.86	4.23 ±2.41	4.19 ±2.45
IADL	4.48 ±2.16	4.08 ±2.77	4.15 ±2.68
	5.13 ±1.96	5.07 ±2.48*	5.09 ±2.34**
	4.84 ±2.06	4.38 ±2.59	4.45 ±2.52
	3.25 ±2.59	3.70 ±2.66	3.65 ±2.65
	4.30 ±2.36	4.10 ±2.65	4.13 ±2.61

\* p<0.05, \*\* p<0.01.

4.

	17	6.83 ±4.24	,
	7.60 ±4.09	6.71 ±4.26	
		가	
가	(p<0.01),	가	
가	,	가	,
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ADL	,	가	
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65-69	7.33 ±3.50	6.32 ±4.38	6.45 ±4.28
70-74	8.08 ±4.71	7.01 ±4.46	7.16 ±4.49
75-80	9.11 ±3.62	7.04 ±4.13	7.26 ±4.11
80	6.30 ±4.17	6.36 ±4.06	6.35 ±4.05
	7.26 ±4.04	5.65 ±4.07 <sup>†</sup>	6.16 ±4.11 <sup>†</sup>
	8.89 ±4.23	7.12 ±4.27	7.19 ±4.27
	7.04 ±3.92	6.66 ±4.13	6.70 ±4.11
	8.39 ±4.30	6.94 ±4.78	7.31 ±4.67
	7.09 ±3.60	5.85 ±4.03 <sup>***</sup>	6.03 ±3.99 <sup>**</sup>
가	9.09 ±5.19	8.69 ±4.13	8.73 ±4.23
	9.08 ±3.93 <sup>**</sup>	7.32 ±4.26 <sup>**</sup>	7.54 ±4.25 <sup>**</sup>
	5.74 ±3.56	5.73 ±4.08	5.73 ±3.99
	7.43 ±3.94	6.48 ±4.23 <sup>**</sup>	6.61 ±4.20 <sup>†</sup>
	10.00 ±6.24	9.17 ±3.85	9.26 ±4.02
	5.33 ±5.86	4.58 ±3.82 <sup>†</sup>	4.68 ±3.98 <sup>†</sup>
	7.78 ±3.98	6.87 ±4.25	7.00 ±4.22
	7.60 ±4.09	6.71 ±4.26	6.83 ±4.24

\* p<0.05, \*\* p<0.01, \*\*\* p<0.001.



11.

	P		
	0.372	0.474	0.432
	-0.019	0.026	0.451
	0.504	0.338	0.132
	0.091	0.389	0.816
	0.471	0.357	0.188
	-0.096	0.343	0.779
	-0.121	0.545	0.825
	-0.650	0.396	0.102
	-0.930	0.615	0.131
	-0.281	0.422	0.506
	0.004	0.309	0.989
	0.998	0.267	0.000

R<sup>2</sup>=0.0685  
F=1.851(p=0.0400)

: 1) [ =0, =1], [ ], [ ]  
 =0, =1], [ =0,  
 =1], [ =0, =1],  
 [ =0, =1],  
 [ =0, =1], [ =0, =1],  
 [ =0, =1],  
 [ ADL=1, ADL=2, ADL=3],  
 [ IADL=1, IADL=2, IADL=3],  
 [ =0, =1, =2].

315 가 43 (13.7%), 272  
 (86.3%)  
 , 1998  
 65  
 (72.4%)  
 (13.6%) 가  
 ( , 1998).  
 72.7% , 가

12.

	P		
	1.375	0.679	0.044
	0.069	0.037	0.060
	1.390	0.478	0.004
	-1.862	0.558	0.123
	2.067	0.512	0.000
	0.269	0.492	0.585
	2.441	0.782	0.002
	0.518	0.567	0.362
	1.112	0.881	0.208
	1.638	0.605	0.007
	0.126	0.443	0.777
	1.568	0.383	0.000

R<sup>2</sup>=0.2762  
F=9.603(p=0.0001)

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 [ =0, =1],  
 [ ADL=1, ADL=2, ADL=3],  
 [ IADL=1, IADL=2, IADL=3],  
 [ =0, =1, =2].

(46.0%) , ( , 1998; ,  
 1999; , 1999)  
 .  
 (ADL) ADL 0.6%, ADL 13.7%,  
 ADL 85.7% 1998  
 ADL 3.5% ,  
 (1999) ADL 0.8% .  
 (IADL) IADL 1.9%,  
 IADL 37.1%, IADL 61.0% 1998  
 IADL  
 10.2%, (1999)

IADL 5.2% (p<0.01)

가 가

11.1%, 40.0%, (Bowling, 1993) 가

49.0% (1995) (40%, 26%, 가

34%), (1999) (29%, 31%, 40%) 6.83±4.24

(1997) 15.0%, 34.6%, 50.4% 8.73±3.68, (1999)

18.6%, 7.21±4.02 (1995)

44.2%, 37.2%, 9.9%, (1990) 가

39.3%, 50.7% 가 (1993),

(1994), (1994) 가

4.29±2.73, 가

4.13±2.61 가 가 가

가 가 가 가

(, 1985) (, 1988)

가 (, )

1998) 가

(P<0.05), (, 1990; , 1992; 甲斐一郎

(P<0.001), (P<0.001), 1995; , 1997; , 1997; 1997;

(P<0.001), , 1998; , 1998).

(P<0.05), (P<0.01) (, )

가 , 가 , 1992), 가 ,

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(, 1991;

가 , 1992), 가 (,

1992). , 가 가

가 , (1999) 가  
 가 ( , 1993; 甲斐一郎 1995; , 1997) , , , 甲斐一郎  
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 ( , 1990; Krause, 1990; , 1992; , 1993; Foster, 1992; , 1993; , 1993; , 1997; , 1997; , 1998; , 1998; , 1998). 가  
 가 , (1994)가 가  
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 가 (Medley, 1976). , 14  
 65  
 (Quinn, 1983). 315 ( 43 , 272 )  
 , 가 , 74.4 ±6.12 ,  
 , 가 , 72.7% . 가  
 (46.0%) , (27.9%),  
 가 . (60%), (5.7%)  
 154 (49.0%),  
 126 (40.0%) , 35 (11.1%)  
 (1998) . 70.2%가  
 (ADL)  
 85.7%가 ADL, 13.7%가 ADL 0.6%  
 , , , , , ADL . (IADL) 61.0%





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