

Study on the Difference in the Level of Preparation for Old Age and Happiness according to the General Characteristics of Senior Welfare Center Attendees.

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Abstract The aim of this study is to verify the difference in the level of happiness and preparation for old age according to the general characteristics of senior welfare center attendees. The subjects of the study were 148 attendees of OO senior welfare center in Seoul and a survey was conducted from July 4 to October 7, 2016. The method of analysis was by using the SPSSWIN 18.0 program, a 5% level of significance was verified in a frequency analysis, t-test, one-way ANOVA, correlation analysis, and multiple regression analysis. The results showed that first, from investigating the difference in the level of preparation for old age according to general characteristics, there was a significant difference according to age, occupation, monthly income, and physical condition but there was no significant difference according to gender and level of education. Second, as a result of observing the difference in the level of happiness according to general characteristics, although there was a significant difference according to occupation and monthly income, the difference level according to gender, age, level of education, health condition was less than a 5% level of significance. Third, from observing the correlation between the level of happiness and preparation of old age, it was found that happiness was positively correlated to preparation for old age in the following order: physical preparation for old age ($r=.576, p<.001$), economic preparation for old age ($r=.570, p<.001$), psychological preparation for old age ($r=.526, p<.001$), social preparation for old age ($r=.525, p<.001$). It is forecasted that this study will be used as base line data for improvement of happiness and preparation for old age for the elderly according to general characteristics.

Keywords : General characteristics of the elderly, Preparation for old age, Happiness, Verification of difference

1. INTRODUCTION

1.1 Necessities for the Research

As society enters aging society, the aging population is increasing continuously. To the elderly, life in old age should not be a mere extension of life but maintaining a happy one, but there is much difficulty due to lack of preparation for old age. Moreover, as old age becomes longer, establishing a foundation in

which the elderly can adapt to the changing environment and lead a happy life at old age is very important for us in solving problems of the aged [1]. In particular, it was found that the more prepared one is for old age the more one felt effective, and this higher self-effectiveness had a positive effect on the happiness of the baby boomer [2].

When we look at existing research regarding happiness of the elderly, studies related to stress

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and happiness [3], personality characteristics and happiness [4], participation level of the elderly in life sports [5,6], economic strength and happiness of the elderly [7] are in progress right now.

As a result of departmentalizing happiness into subjective well-being and psychological well-being while observing the relationship between the factors, it was shown that stress had a significant negative correlation with subjective well-being but had no effect on psychological well-being. Furthermore, it was reported that life's meaning had a significant positive correlation to happiness [3]. On the other hand, when family cohesion level was low, one was separated from a spouse by death, one did not participate in religious activities, one considered oneself unhealthy and one considered one's happiness level to be low, the higher the death anxiety. These factors explained 50.1% of death anxiety cases. Such results showed that family cohesion and the quality of life were important factors to happiness in the elderly.

Meanwhile, it has been reported that the level of participation in life sports and psychological happiness had a significant effect on each other [5, 6]. Also, the stronger the elderly's economic strength the higher their self-worth, and it was shown that higher self-worth had a positive effect on the elderly's happiness. Thus, the elderly's economic state or finances affect the improvement of self-worth and eventually it was discovered that self-worth was an important parameter that affect a happy life. Therefore, for a happy life at old age, a comprehensive study on the level of preparation for old age that takes into consideration the economic and psychological aspect is needed [7].

As such, existing studies on happiness of the

elderly partially dealt with issues such as stress and happiness [3], personality characteristics and happiness [4], level of participation in life sports [5, 6], economic strength and happiness [7], but there is almost no research at all in the level of preparation for old age and happiness according to the general characteristics of the elderly.

Therefore, this study aims to verify the difference in the level of preparation for old age and happiness according to the general characteristics of the elderly with people aged 55 or more and by doing so aims to contribute to improved happiness in the elderly and investigate the difference between the level of preparation for old age and happiness

1.2 Research Questions

This study's detailed research questions are the following.

Question 1. What is the difference in the level of preparation for old age among research participants according to general characteristics?

Question 2. What is the difference in the level of happiness among research participants according to general characteristics?

Question 3. What effects does the level of preparation for old age have on happiness of the elderly?

2. RESEARCH METHOD

2.1 Objects of the Study

A survey was distributed to 188 study objects in OO social welfare center for the elderly in Seoul from July 4th to October 7th, 2016. Excluding 40 of them that could not be recollected or those with omitted answers, 148 people were chosen as study objects. Also, for an analysis of the research questions, a

frequency analysis, t-test and one-way ANOVA, correlation analysis, multiple regression analysis, etc., were carried out. A positive analysis result was done with a 5% level of significance and 95% test power, while the SPSS program was utilized for statistical analysis.

2.2 Research Method

Before carrying out the survey on the research objects, the aim of the study, method of answering the survey, etc., were explained in depth and the survey was carried out in a self-reported method.

2.3 Research Tools

The research tools consisted of a total 41 questions including 5 sociodemographic factor-related questions, 26 life quality-related questions and 10 self-respect related questions in order to carry out a full analysis.

2.3.1 Sociodemographic Characteristics

The sociodemographic characteristics were composed of survey questions regarding the study object. Questions related to the object were organized in the following order: gender, age, religion, marital status and the five elements.

2.3.2 Level of Preparation for Old Age

Regarding preparation for old age, the gauging tool that Bok-man Ga [8] reconstructed from the gauge Havighurst (1953) created. There are 8 questions related to economic preparation for old age. The measurement was made with 5 points, with 1 being 'not the case at all', 2 being 'generally not the case', 3 being 'moderately yes', 4 being 'generally yes' and 5 being 'always yes'.

2.3.3 Happiness

The research tool that was used was that which was translated and edited by Hyun-soon Kim [9] from the original Oxford Happiness Questionnaire. Every question was gauged in 5 points, with 1 being 'not the case at all', 2 being 'generally not the case', 3 being 'moderately yes', 4 being 'generally yes' and 5 being 'always yes'. The higher the score, the higher the level of happiness in the elderly.

2.4 Level of Trust

The level of trust in the measuring gauge used for research analysis, Cronbach's coefficient was used to analyze the level of trust, and the detailed results are shown in <Table 1>. Generally, if the level of trust is 0.6 or higher, it is considered to be high [12]. In this study, the level of trust for the level of preparation for old age was .884 and for happiness it was .724, which is comparatively high. Therefore, it is evident that this study has a high level of trust.

Table 1. Verification of the Credibility of the Level of Preparation for Old Age and Happiness

Category	Subfactor	Number of items	Cronbach's α
Level of preparation for old age	Economic preparation for old age	8	.730
	Psychological preparation for old age	8	.693
	Physical preparation for old age	6	.692
	Social preparation for old age	6	.660
Level of preparation for old age		28	.884
Level of happiness		19	.724

3. Research Results

3.1 Attendees' General Characteristics

3.1.1 General characteristics of study objects

The results of observing general characteristics of study objects are shown in <Table 2>.

Table 2. General Characteristics of Research Subjects

	Category	Frequency(N)	Percentage(%)
Gender	Male	51	34.5
	Female	97	65.5
Age	55-59	16	10.8
	60-64	38	25.7
	65-69	83	56.1
	70-74	10	6.8
	75 and older	1	.7
Level of education	None	10	6.8
	Elementary School	82	55.4
	Middle School	31	20.9
	High School	17	11.5
	Undergraduate or higher	8	5.4
	Total	148	100.0

Gender wise, 34.5 was 'male' and 65.5% was 'female', and ages '65-69' took up the majority of 56.1%, '60-64' 25.7%, '55-59' 10.8%, '70-74' 6.8%, 'older than 75' 0.7%. The level of education was found to be 'elementary school' 55.4%, 'middle school' 20.9%, 'high school' 11.5%, 'none' 6.8%, and 'university graduate or higher' 5.4%.

3.1.2 Level of preparation for old age

The results of observing the descriptive statistics results for the level of preparation for old age is shown in <Table 3>. The overall average in the level of preparation for old age was 3.47, and the following is the average level of preparation from the highest to lowest: 'social preparation for old age' (M=3.53), 'physical preparation for old age'(M=3.48), 'economic preparation for old age'(M=3.40).

Table 3. Descriptive Statistics on the Level of Preparation for Old Age

Category	N	Minimum Value	Maximum Value	Average	Standard Deviation
Economic preparation for old age	148	1.00	5.00	3.40	.49
Psychological preparation for old age	148	2.00	5.00	3.48	.46
Physical preparation for old age	148	1.33	5.00	3.50	.51
Social preparation for old age	148	1.00	5.00	3.53	.50
Level of preparation for old age	148	1.54	5.00	3.47	.41

3.1.3 Happiness

The results of observing the descriptive statistics results for happiness is shown in <Table 4>. The average descriptive statistics for happiness was 3.18 with a minimum value of 2.21 and maximum value of 4.89.

Table 4. Descriptive Statistics on the Level of Happiness

Category	N	Minimum Value	Maximum Value	Average	Standard Deviation
Level of Happiness	148	2.21	4.89	3.18	.33

3.1.4 Verification of research results

Research question 1. Finding the difference in the level of preparation for old age according to the general characteristics of study objects.

The results of observing the difference in the level of preparation for old age according to the general characteristics of study objects is

shown in <Table 5>.

Table 5. Difference in the Level of Preparation for Old Age according to the Subject's General Characteristics

Category	N	Aver age	Standard Deviation	t/F	p	Scheffe	
Gender	Male	51	3.53	.34	1.230	.221	-
	Female	97	3.44	.43			
Age	55-59 (a)	16	3.54	.54	7.756***	.000	c,a,b>d
	60-64 (b)	38	3.43	.30			
	65-69 (c)	83	3.55	.34			
	70 and older (d)	11	2.97	.60			
Level of education	Less than elementary school	92	3.47	.37	.305	.738	-
	Middle school	31	3.45	.38			
	More than high school	25	3.53	.55			
Occupation	Unemployed (a)	71	3.36	.43	6.000**	.003	c,b>a
	Office employee/specialized job (b)	43	3.58	.34			
	Self-employed (c)	34	3.58	.38			
Monthly income	Less than 500,000 KRW (a)	18	3.07	.57	14.032**	.000	c,b>a
	500,000-1,000,000 (b)	17	3.37	.30			
	More than 1,000,000 (c)	113	3.56	.34			
Health condition	Not good (a)	24	3.18	.56	8.363***	.000	c,b>a
	Normal (b)	27	3.50	.44			
	Fairly good (c)	97	3.54	.32			

** p<.01, *** p<.001

Although there was a significant difference in the level of preparation according to age, occupation, monthly income, and health condition, but difference according to gender and level of education was less than a 5% level of significance.

Study objects had the lowest level of preparation for old age in the following order: 65-69(M=3.55), 55-59(M=3.54), 60-64(M=3.43), 70

or older (M=2.97). Those that were 70 or older were the least prepared (F=7.756, p<.001), while occupation wise, the order was self-employed (M=3.58), company employee/specialized job (M=3.58), unemployed (M=3.36), with unemployed objects being the least prepared (F=6.000, p<.01). The level of preparation was highest in those with a monthly income of 1,000,000 KRW or more (M=3.56), then those with an income of 500,000-1,000,000 KRW (M=3.37), less than 500,000 KRW (M=3.07) followed in this order, making those with a monthly income of less than 500,000 KRW the least prepared for old age (F=14.032, p<.001). For health condition, those with fairly good health (M=3.54), normal health (M=3.50) and health that was not good (M=3.18) were prepared for old age in this order, with those with health that was not good being the least prepared (F=8.363, p<.001).

Research Question 2. Finding the difference of happiness according to the general characteristics of study objects.

The difference in happiness according to the general characteristics of the study objects are shown in <Table 6>. Although there was a significant difference in happiness according to occupation and monthly income, the difference according to age, gender, level of education, health condition was less than a 5% level of significance.

The level of happiness was highest in the following order of company employee/ specialized job (M=3.27), self-employed (M=3.25), unemployed (M=3.10) with those that were unemployed the unhappiest (F=4.757, p<.05). Meanwhile, the difference in happiness according to monthly income was significant (F=3.815, p<.05), with the level of happiness being highest

in the following order: monthly income of 1,000,000 or more (M=3.22), 500,000-1,000,000 KRW (M=3.08), less than 500,000 KRW (M=3.02).

Table 6. Difference in the Level of Happiness according to the General Characteristics of Research Subjects

Category	N	Standard deviation		t/F	p	Sch effe	
		Average	ratio				
Gender	Male	51	3.18	.32	-.131	.896	-
	Female	97	3.18	.33			
Age	55-59 (a)	16	3.29	.64	2.497	.062	-
	60-64 (b)	38	3.16	.26			
	65-69 (c)	83	3.20	.24			
	70 and older (d)	11	2.96	.38			
Level of education	Less than elementary school	92	3.17	.28	.268	.765	-
	Middle school	31	3.17	.18			
	More than high school	25	3.23	.57			
Occupation	Unemployed (a)	71	3.10	.28	4.757*	.010	b, c>, a
	Office employee/specialized job (b)	43	3.27	.35			
	Self-employed (c)	34	3.25	.35			
Monthly income	Less than 500,000 KRW (a)	18	3.02	.34	3.815*	.024	-
	500,000-1,000,000 (b)	17	3.08	.28			
	More than 1,000,000 (c)	113	3.22	.33			
Health condition	Not good (a)	24	3.11	.29	1.438	.241	-
	Normal (b)	27	3.12	.55			
	Fairly good (c)	97	3.21	.24			

* p<.05

Research Question 3. Finding the effects of the elderly's level of preparation for old age on happiness.

The results of finding the correlation between the level of preparation for old age and happiness is shown in <Table 7>.

It was shown that happiness had a positive

correlation to these factors in the following order: physical preparation for old age (r=.576, p<.001), economic preparation for old age (r=.570, p<.001), psychological preparation for old age (r=.526, p<.001), social preparation for old age (r=.525, p<.001).

Table 7. Correlation between the Level of Preparation for Old Age and Level of Happiness

Category	Level of preparation for old age					Level of happiness
	Economy	Psychology	Physical	Social	Total	
Economic preparation for old age	1					
Psychological preparation for old age	.542***	1				
Physical preparation for old age	.591***	.742***	1			
Social preparation for old age	.507***	.510***	.590***	1		
Level of preparation for old age	.817***	.849***	.874***	.767***	1	
Level of happiness	.570***	.526***	.576***	.525***	.664***	1


*** p<.001

The results of observing the effects of the level of preparation for old age on happiness is shown in <Table 8>.

As a result of carrying out a multiple regression analysis in order to find out the effects the level of preparation for old age have on happiness, it was shown that R² =0.446, explaining the regression model with an overall change of 44.6%. The VIF (variable inflation factor) and tolerance were observed in order to diagnose the multicollinearity among variables, and it was judged that generally

there was a problem in multicollinearity if the VIF was 10 or more or tolerance was smaller than 0.1. In this analysis, the VIF of variables were all 10 or less and bigger than 0.1, making it evident that there was no problem regarding multicollinearity. As a result of carrying out an analysis of variance of the model, it was found that the estimated model was significant ($F=28.828$, $p<.001$), and that the level of economic preparation for old age ($\beta =.285$, $p<.01$) and social preparation for old age ($\beta =.202$, $p<.05$) in this order had a significant effect on happiness. Therefore, it was shown that happiness was higher the more economically and socially prepared the elderly is.

Table 8. The Effect of the Level of Preparation for Old Age on the Level of Happiness

Category	Dependent variable: Level of happiness					VIF
	B	Standard error	β	t	p	
(Constant)	1.324	.179		7.383***	.000	
Economic preparation for old age	.191	.054	.285	3.535**	.001	1.679
Psychological preparation for old age	.086	.068	.121	1.272	.205	2.329
Physical preparation for old age	.127	.066	.199	1.929	.056	2.738
Social preparation for old age	.132	.052	.202	2.532*	.012	1.644
 $R^2 = .446$, adj $R^2 = .431$, $F = 28.828$ ***						

* $p<.05$, ** $p<.01$, *** $p<.001$

4. DISCUSSION AND CONCLUSION

The purpose of this study was analyzing the difference in the level of preparation for old age

and happiness according to general characteristics of the elderly. The following are the results of the study.

First, as a result of observing the difference in the level of preparation for old age according to the general characteristics of the study objects, there was a significant difference according to age, occupation, monthly income and health condition but the difference according to gender and level of education was less than a 5% level of significance. Such results coincided in meaning with the sub factor 'physical preparation' being the most effective and successful aging recognition [10]. This showed that the health condition played a big role in the level of preparation for old age.

Second, as a result of observing the difference in happiness according to the general characteristics of study objects, although there was a significant change in happiness according to occupation and monthly income, difference according to gender, age, level of education and health condition was less than a 5% level of significance. These results coincide with the elderly having higher self-worth the more economically stable they are, and the higher-self worth causing a positive effect on their happiness [7]. This shows that economic power is an important factor in the happiness of the elderly.

Third, as a result of observing the correlation between the level of preparation for old age and happiness, happiness was shown to have a positive correlation with physical preparation for old age ($r=.576$, $p<.001$), economic preparation for old age ($r=.570$, $p<.001$), social preparation for old age ($r=.525$, $p<.001$) in the respective order.

As a result of observing the effects of the

level of preparation for old age on the happiness of the elderly, it was evident that the estimated model was significant as a result of an analysis of variance ($F=28.828$, $p<.001$) while economic preparation for old age ($=.285$, $p<.01$) and social preparation for old age ($=.202$, $p<.05$) in this order had a significant effect. Therefore, it was shown that the higher the level of economic and social preparation for old age, the happier the elderly are. These results coincide with the elderly having higher self-worth the more economically stable they are, and higher self-worth cause a positive effect on their happiness [7].

Through this study, although it was discovered that there were significant effects on the elderly's level of preparation for old age and happiness, there needs to be a succeeding study on elderly subjects according to different regions.

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