

Original Paper

Research on the Problems and Countermeasures of Rural Old-age Care under the Background of Population Aging

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Abstract

2021 is the first year of the 14th Five-Year Plan, according to the calculation of relevant departments, China has completed the task of poverty alleviation and completed the major mission of building a well-off society in an all-round way, but this does not mean that poverty has completely disappeared, and the phenomenon of relative poverty and easy return to poverty after poverty alleviation still exists. Especially the aging phenomenon in our country, especially in the rural areas of nearly 3 million people over 60 years old, there is a serious phenomenon of "urban and rural aging inversion", and the quality of life of the rural elderly is far worse than the urban elderly, therefore, to solve the problem of rural old-age is imperative.

Keywords

Population aging, Rural elderly care, Rural elderly, Population flow between urban and rural areas

1. Introduction

The 2018 Statistical Bulletin of National Economic and Social Development released by the National Bureau of Statistics pointed out that by the end of 2018, the elderly population aged 60 and above in China had reached 249.49 million, accounting for 17.9 percent of the total population of the country, far exceeding the international standard of 10 percent of the aging society. As far as the current national conditions are concerned, the elderly population in China's rural areas is significantly more than that in cities, and the aging in rural areas is faster and deeper than that in cities. Some scholars have summarized this phenomenon as "urban and rural aging inversion". Moreover, according to the prediction of the relevant departments on China's population structure, the elderly population over the age of 60 in China has exceeded 300 million, which means that China has entered a moderately aging society, the whole of China is facing unprecedented pressure on the elderly, among which, the

phenomenon of rural aging is more serious, for now, to cope with rural aging, The task of solving the problem of elderly care in rural areas is very serious.

At present, the main contradiction in our society has changed, people have begun to pursue a better life and have higher and higher requirements for the quality of life. However, due to the differentiation of the urban-rural dual structure, compared with the lower economic level of urban and rural areas, the poor physical health and mental shortage of the elderly in rural areas are obvious, and the problem of rural old-age care has become a short board in the field of people's livelihood in China. To solve the problem of rural old-age care is the only way to develop rural economy and promote rural revitalization.

2. The Present Situation of Rural Old-age Care under the Background of Aging

With the deepening of the aging problem, the problem of rural old-age care has been widely concerned. Although the traditional rural "five guarantees" system and the emerging "new rural cooperative medical care" system formulated by the state have basically solved the material life problems of the rural elderly, they are relatively backward in the face of the current actual situation, and the security standards of these systems are low, which cannot meet the needs of the rural elderly groups. Many rural elderly still "struggle to support themselves" or rely on subsidies from their children to survive.

2.1 The Flow of Population between Urban and Rural Areas Has Broken the Traditional Mode of "Raising Children for Old Age"

Fei (1983) summarized the traditional Chinese social problem of supporting the elderly as "raising children for old age" and "feedback mode" of balanced social members taking from generation to generation. However, after the reform and opening up, with the development of economy, the flow of population between urban and rural areas has become frequent, which has broken the intergenerational balance between the traditional pension model.

First of all, the income level, living environment and social welfare in rural areas are far inferior to those in urban areas. In order to pursue a high-quality life, young and middle-aged rural laborers choose to work in cities one after another, leading to the increasingly serious phenomenon of "hollowing out" in rural areas. Although migrant workers increase the income of rural children, the resources they get are often used in urban areas. The quality of life of the left-behind elderly has not improved because of the flow of population between urban and rural areas. On the contrary, the long-term separation of the rural elderly and their children has led to the current situation of "separation of support", which has adversely affected the health of the rural elderly. In addition, the monetization of support has also threatened the health of the elderly. At the same time, spiritually, left-behind elderly people feel more and more lonely, because the phenomenon of rural elderly people "dying alone" is more and more, the elderly feel more lonely, depression, suicide phenomenon is also more and more, the problem of rural old-age care needs to be solved.

Secondly, the cultural tradition since ancient times determines the intergenerational ethic of

"dedication" in rural China. Many rural young people who go out to work are difficult to establish themselves in the city because of their low education level and lack of professional skills. Most rural elderly people choose to "try their best to speak" out of sympathy for their children, and their children's subsidies are only used to "fill the gap in life". The traditional way of intergenerational feeding has been broken by the flow of urban and rural population, and even the phenomenon of standby reversal has appeared, and the life pressure of the elderly has gradually increased.

Finally, while working in cities, migrant workers often fail to take good care of their children's studies and successfully complete compulsory education. In the end, they will choose to send their children back to the countryside to be taken care of by the elderly. In this way, the intergenerational feeding and the responsibility of guarding their grandchildren increase the burden of living for the elderly in rural areas. Although the existing rural security system can guarantee the basic life of the rural elderly, the level of security is very low, and the cost of urban development has been completely transferred to the elderly. The traditional mode of "raising children for the elderly" cannot be continued. Under the current social situation, raising children can no longer protect the elderly.

2.2 The Elderly Care System is not Perfect, and the Spirit of the Elderly in Rural Areas is Empty

From the current quality of life of the elderly in rural areas, after years of efforts, the rural poor population has been reduced year by year, and now it has achieved comprehensive poverty alleviation. Since the reform and opening up, the traditional "five guarantees" system and the emerging "new rural cooperative medical care" system implemented by the state in rural areas have basically guaranteed the material life of the rural elderly, but they have paid little attention to the spiritual aspect. Compared with the urban elderly, the rural elderly have a single life and fewer ways of entertainment. Affected by the current social environment, most of the rural elderly are not around their children. Nowadays, "Dying alone" has become one of the three characteristics of China's aging population. The loneliness of rural elderly people is serious, and some even have depression and suicidal tendencies. Therefore, it is imperative to improve the rural old-age care mechanism, innovate the rural old-age care model and enrich the contents of home-based old-age care for rural elderly.

2.3 The Concept of Old-age Care in Rural Areas is Backward and Has not Kept up with the Pace of Urbanization

Nowadays, the government's policies and measures to provide for the elderly in rural areas have been popularized, and elderly care institutions such as nursing homes have been set up in most rural areas to ensure the basic life of the rural lonely elderly or sick elderly. However, since ancient times, China has always had the concept of "raising children for old age, having more children and more happiness", which is deeply rooted in rural areas. Many rural left-behind elderly people prefer to support themselves at home rather than live in nursing homes, believing that only those with unfilial children will be sent to nursing homes, which leads to the lack of timely care for many elderly living alone. The government's pension policy is not as effective as it should be.

On the other hand, the rural public nursing homes only guarantee the life of the rural elderly in terms of

material conditions, and the basic setting and care mode in the nursing homes are relatively backward, making the rural elderly lack a sense of security and belonging, and many elderly people prefer to care for the elderly at home. At the same time, some private nursing homes have a phenomenon of vicious competition and blindly pursue "high-end", which makes the charging standard of these nursing homes extremely high and completely fails to meet the needs of rural elderly people. With the continuous advancement of modernization, rural urbanization has become more and more obvious, and the backward concept of old-age care in rural areas has seriously affected the development of rural economy. How to establish a set of old-age care system that meets the needs of the public and can be accepted has become the top priority in the development of rural economy. The existing nursing home system still needs to be improved, and the old-age care market needs to be standardized.

3. Problems in Rural Old-age Care under the Background of Aging

With the development of economy, our country has entered a new period of all-round well-off, our economy has been rapid development, culture has gradually flourished, comprehensive national strength has become stronger, and international status has been promoted. The rural economy in our country has been developed, but the pension system in our country is still not perfect, in the increasingly serious aging today, it is difficult to ensure the mental health of the rural elderly, and the existing pension model is idle and backward, and needs to be perfected urgently.

3.1 The Lack of Traditional "Filial Piety" Culture Intensifies the Pressure on the Elderly in Rural Areas

Due to the rapid development of urbanization, especially the country's "urban bias" social security system and system design guidance, more and more rural young people began to work in cities. In addition, with the advancement of industrialization and urbanization, the previous family pension model in rural areas has been broken, and the elderly no longer have the advantage of mastering rich production and life skills and interpersonal resources, and no longer have the ability to directly affect family life. Meanwhile, with the changes in the land system, The amount of land that rural families can control for production is no longer linked to the social influence of the elderly at home, so the elderly in rural areas are gradually marginalized, and the elderly left behind in rural areas are often at the end of family resource allocation and the forefront of care needs.

In contemporary rural areas, young people often pay more attention to their own success and happiness, putting whether they can stay in the city and whether they can buy a house in the city in the first place, thus ignoring the care of the left-behind elderly, there is a phenomenon of "support separation", which is the embodiment of the lack of traditional "filial piety" culture. China's traditional "filial piety" culture emphasizes that "the sheep has the grace to bow down to the milk, and the crow has the meaning of feeding back", which encourages generations of Chinese children to consciously respect and respect the elderly, and also morally guarantees the children's support for their parents, determines the concept and way of old-age care in China's rural areas, and is the moral basis for restricting the rural youth to support the elderly. But nowadays, with the development of marketization, the rural

elderly have lost their previous resource advantages. Iv. Although economic development has raised people's material level and rural people's income, it has also brought about the problem of "materialization". The traditional Chinese culture of "filial piety" has been diluted by materials, and many left-behind elderly people have been separated from their children for a long time due to the spatial barrier between urban and rural areas. The children's care of their parents is also gradually "monetized", which has a negative impact on the physical health of the elderly. Second, the traditional Chinese family model focusing on the "old" is gradually changing to the "young", the elderly are gradually marginalized, the phenomenon of "loving the old rather than respecting the old" is becoming more and more common, and there are even "abusing the old", "abandoning the old" and other behaviors. The legal status of many rural elderly people is threatened, not to mention the problem of supporting them by their children. Many elderly people in rural families are not well cared for, but need to "try their best to support themselves", and some elderly people even need to monitor their grandchildren, which intensifies the pressure of elderly people left behind in rural areas.

3.2 The Function of Family Pension is Weakened, and the Mode of Rural Pension is Single

Influenced by the traditional idea of "raising children for old age", many rural elderly people put their hopes on their children. However, with the development of economy, the increasing demand and insufficient supply of family elderly care resources have brought many contradictions and problems to rural elderly care.

First of all, due to the implementation of family planning, many rural families have a phenomenon of "fewer children" and "only children". Many rural families have changed from the "big family" in the past to the most common "4-2-1" (four elderly parents, two husband and wife and one child) model. In addition, with the advancement of urbanization and industrialization, a large number of rural young people are going out to work. As a result, "hollowing out" in rural areas, "empty-nest families" and "intergenerational families" have become very common in rural areas. The main force of rural families supporting the elderly is getting less and less, and it is difficult for the elderly to get relatively high-quality care. At the same time, because of the government's policy of protecting the basic life of the elderly, many rural families have the phenomenon of "free riding". The desire of rural elderly people to "raise children for old age" is sometimes difficult to realize even in rural families with more children, and even in rural families with more children, the children have insufficient sense of responsibility, and there will be the idea of "if you don't support me, I don't want to support you", shirking each other's responsibility for old-age care, and "family old-age care" has become difficult to continue in rural areas.

Secondly, due to the development of industrialization and modernization, social concepts have changed, and the status of the elderly in rural families has declined, and the children have gradually gained control of the family economy. Therefore, the status of the elderly in other aspects of the family has also begun to decline. At the same time, when rural young people go out to work to get higher income, moral hazard also increases. They are separated from the left-behind elderly people in rural areas for a

long time, and the emotional connection between their children and parents is gradually weakened. The concept of supporting the elderly is gradually replaced by "being able to stand in the big city". A large part of China's traditional family pension model relies on children to consciously respect and love the elderly in their subjective consciousness. The change of thinking mode has seriously impacted China's rural family pension model, and the problem of old-age care for rural left-behind elderly has become increasingly serious.

Finally, the rural pension model has always been very single, generally only family pension, the elderly have almost no other choice except to rely on their children consciously, on the contrary, the urban pension model is much richer, in addition to family pension, there are institutional pension, housing pension, medical and nursing combination. Although a large part of the rural elderly have joined the rural pension insurance, these can only be used as a supplement to their lives, and the security they get is very limited, which cannot be used as a separate way of old-age care. Many rural elderly people still have the idea that "it is better to deposit money in the insurance company than in the bank", and commercial pension insurance cannot be implemented on a large scale in rural areas. Marketability factors have little effect in rural areas. Second, under the influence of traditional concern, although elderly care institutions have been set up in rural areas, most children in rural areas are reluctant to send their parents to nursing homes for the elderly, because of the inherent local culture in rural areas, children who send their parents to nursing homes are often labeled as unfilial and abusive to the elderly. Even if the elderly can get better care in nursing homes, they will choose family nursing. The left-behind elderly themselves out of sympathy for their children, will choose to "try their best to raise themselves", the rural elderly "dedication" type of ethics and moral concepts will also make them consider their children. These factors all lead to the unification of rural old-age care methods, and rural elderly people have no other choice except to place their hopes on their children. Institutional old-age care is not widely accepted in rural areas, and the rural old-age security ability is seriously insufficient.

3.3 There is a Deepening Contradiction between the Aging of Rural Population and the Supply of Rural Medical; Health Services and Elderly Care Services

According to the statistics of relevant departments, the degree of aging in rural areas is more serious than that in urban areas. The number of elderly people over 60 years old in rural areas is obviously more. In the future, the degree of aging will continue to deepen, the burden of old-age care in rural areas and society will be greater, and the demand of elderly people in rural areas for old-age care resources will be increasing. Problems in rural health care and elderly care will become more prominent.

With the issuance of the national decree and the gradual improvement of the rural pension system, the medical institutions and bed Settings in rural areas are not much different from those in urban areas, and the number of medical and health institutions in rural areas is even more than that in urban areas, but the proportion of professional doctors, registered nurses and health technicians in rural areas is far lower than that in urban areas. However, medical and health services are the key to solving the problem

of elderly care in rural areas. While increasing rural medical and health institutions, attention should also be paid to the introduction of talents so that rural areas can have more medical and health practitioners, so as to ensure that rural elderly people can be treated when sick. Change the current phenomenon that the elderly in rural areas are ill and cannot be treated.

3.4 The Statutory Pension System is not Uniform, and there are Large Regional Differences, Which cannot Reduce the Pressure of Life of the Elderly

China's pension policy is divided and coordinated by local governments, and local governments enjoy the right to self-determination, which leads to the phenomenon of disunity of pension policies in different parts of China. Due to the different levels of economic development in different parts of the country, the main body of responsibility is different, and the pension financing measures and policy systems in different regions vary greatly. The quality of old-age care for the elderly in rural areas is not uniformly guaranteed. In addition, pension insurance institutions in most areas are subject to horizontal management by human resources and social security departments at the same level, but vertical management is implemented in some areas, resulting in vertical and horizontal incompatibility of the social pension system and incomplete information for the elderly in rural areas. There is no uniform guarantee for the elderly in rural areas.

4. About the Countermeasures and Suggestions to Solve the Problem of Rural Pension in China

4.1 Vigorously Develop the Rural Economy

Only with the improvement of the rural economic level can the old-age care of the rural elderly be guaranteed. At present, most of the old-age care problems in rural areas are ultimately due to the low income level of farmers. Only when the rural areas have a good economic foundation can the old-age care problems of the rural elderly be guaranteed to be solved.

First, we need to strengthen the protection and development of agriculture and rural industries. Agriculture is the basis of farmers' livelihood. Local governments should develop agriculture and adjust local industrial structure in light of local conditions and local characteristics, agricultural economic efficiency can be improved. Moreover, the government should increase financial input to improve farmers' income, ensure farmers' welfare, promote the development of agricultural industrialization, and guarantee the survival of rural enterprises. Only when the employment space in rural areas becomes larger and the input level increases, can the rural youth returning to rural areas be attracted to ensure the main force of rural families supporting the elderly. We will improve the situation of elderly people left behind in rural areas who die alone.

Second, encourage farmers to participate in old-age insurance. Compared with urban areas, the number of people who participate in pension insurance is obviously smaller, and the rural elderly have no awareness of this aspect, thinking that it is better to deposit money in the insurance company than in the bank. As a result, the rural insurance industry is not developed. On the one hand, the rural employment opportunities are reduced, but more rural young people are outflow, and on the other hand,

the rural elderly can not get the corresponding pension insurance subsidies. In addition, due to the long-term shortage of old-age security products in rural areas, rural elderly people have always been skeptical about rural old-age insurance. Local governments should increase investment and supervision, ensure investment in rural old-age insurance products, and increase the trust of rural elderly people. At the same time, they should do a good job in publicity, so that rural elderly people understand that the old-age insurance system is a policy that benefits the people. It can effectively protect their old-age life, and encourage the elderly in rural areas with better economy to buy commercial insurance to bring double protection for their old-age life.

4.2 Give Full Play to the Leading Role of the Government

The government has always played an important role in solving the problem of rural old-age care and the construction of rural old-age care system. In order to solve the dilemma of rural old-age care and let the rural elderly obtain "happiness" and "sense of belonging", the government must play a leading role, and the government's measures often play a role in guiding social behaviors.

First, the government should increase investment to improve the level of old-age security in rural areas. Although various rural security systems have been relatively perfect, they are all at a low level, which can guarantee the survival of rural elderly people but cannot guarantee the quality of life. Therefore, the government should continue to make efforts to increase investment, and constantly give play to the protection functions of the "Five guarantees" and "New rural cooperative medical care" for rural left-behind elderly people and elderly people with illnesses. So they can say not only live, but live well. In addition, the government should also strengthen the supervision and management of public old-age care institutions. The existing rural old-age care institutions often have inadequate services and poor infrastructure construction, and the rural elderly can not get proper care in nursing homes, and extremely lack "sense of belonging" and "happiness", which is also a major reason for the vacancy of rural old-age care institutions. The government should focus on improving the infrastructure and medical services of rural nursing homes for the elderly, and equip them with appropriate experienced staff to ensure the happy life and medical health of rural elderly people.

Secondly, the government must improve laws and regulations to give full play to the role of rural endowment insurance. At present, old-age insurance is not very popular in rural areas, old-age insurance products in rural areas are in a state of shortage for a long time, and rural elderly people are skeptical about old-age insurance and commercial insurance, preferring to deposit money in the bank rather than buy insurance products. Under such circumstances, the government must formulate sound and feasible laws and regulations to restrict the market of rural old-age insurance products. Make the supply of rural pension products under supervision, at the same time, it is necessary to strengthen publicity, change the outdated concepts of the rural elderly, let them realize the necessity of purchasing pension insurance, let the rural pension insurance play a full role, under clear legal supervision, there is a target to solve the problem of rural pension dilemma in our country.

Then, in today's "filial piety" culture is missing year by year, the government takes the lead in

promoting traditional Chinese culture and deepening the weight of "filial piety" in the hearts of Chinese sons and daughters. Filial piety to parents and supporting elders has been a fine virtue in China for thousands of years, which cannot disappear due to economic development and industrialization. The government should actively carry out "culture to the countryside" activities according to local characteristics, publicize stories that help promote filial piety in China, and make people realize that filial piety is always the treasure of Chinese culture, so that people can actively carry forward and inherit the Chinese filial piety culture.

Finally, the government should take measures according to local characteristics and local conditions, rather than grasping unified policies, appropriately delegate power to local governments, and vigorously develop the economy according to local customs and industrial characteristics, so that the plight of rural elderly in all parts of our country can be properly solved.

4.3 Improving the Employment Skills of the Rural Working-age Workforce

Due to the development of urbanization and the promotion of industrialization, a large number of rural young people go out to work in cities. However, due to their low educational background and lack of skills, it is difficult to find decent jobs in cities. Most of them work in construction and manufacturing industry with low technical content and limited economic income. It is difficult to allocate energy and money to take care of the elderly left behind in rural areas, which makes the elderly at the bottom of the family resource distribution. In this case, the government should focus on increasing employment, establish vocational and technical schools, so that rural people can learn a skill, increase farmers' income, help them get professional skills training, and adapt to market demand. In order to improve their own ability and value, only when their own family life is guaranteed, can the life of the elderly in rural areas be improved, and the elderly left behind in rural areas can get rid of the burden of "dying alone" and guardianship of grandchildren, and transform themselves from "donors" to "recipients". However, when the government is doing this, it should also pay attention to raising the threshold of assistance and clear its own positioning. The government can help the rural unemployed to return to the labor market, provide them with skills training and appropriate poverty subsidies, but it can not do everything, and avoid their over-dependence on assistance and produce the thoughts and behaviors of "waiting, relying, wanting and taking". At the same time, the government can also pay attention to township enterprises, help them develop and grow, and increase rural employment and entrepreneurship opportunities by means of tax reduction and other ways to meet the employment needs of rural surplus labor force. It can also establish a recruitment platform to enrich the employment channels of rural unemployed population and transfer these surplus labor force to developed areas to ensure income level. Let the elderly in rural areas have material guarantees for their old-age care.

4.4 Establish a Rural Medical Security System Combining Prevention and Treatment

Although the country's long-term efforts, the rural elderly out of poverty, but the phenomenon of return to poverty because of illness still exists, many rural elderly are still in a state of "only care for", therefore, we must establish a perfect rural medical security system, but let the rural elderly get good

care. First of all, preventive measures should be taken to provide regular physical examination services and establish medical records for the elderly in rural areas who are lonely and ill, so as to ensure their physical and mental health and reduce the occurrence of severe and serious diseases. Then, it is necessary to do a good job in resource allocation, increase medical training and talent introduction in rural areas, increase the number of medical workers in rural areas, retain medical workers in rural areas through salary increases, increase welfare benefits and other ways to promote rural health service resources. Finally, it is necessary to improve the rural medical security system, give play to the role of big data and the Internet, so that the health status of the elderly in rural areas can be monitored, medical information can be shared between urban and rural areas, and the elderly in rural areas can be improved.

At the same time, we must pay attention to the situation of "unable to retain" talents in rural areas, while introducing medical talents, we should also pay attention to the training of professionals in rural areas, so that rural areas have their own medical practitioners, increase capital investment in rural areas, and establish a rural medical security system.

4.5 Accelerate the Unification of the Statutory Pension System

In view of this problem, it is necessary to cancel the right of self-determination of local governments, so that the formulation of pension policies is under the unified supervision of the state, and a set of systematic policies and measures are needed to establish the pension insurance system of provinces, cities and towns, so that the three pension statutory systems in China can be truly unified across the country. More importantly, it is necessary to formulate a scientific and reasonable pension calculation system, so that we can coordinate and unify the three pension security policies, effectively ensure the legitimate rights and interests of the insured, and the policy conforms to the needs of the vast number of people. At the same time, it is necessary to unify the pension policy processing model across the country, develop a unified risk information standard, and ensure that local governments and upper and lower levels of seamless connection, information transparency.

5. Conclusion

At present, the aging of the population in our country is more and more serious, especially in rural areas, the aging of the rural population and rural pension will become the foundation problem of our country now and even in the future for a long period of time. How to solve the dilemma of rural pension and establish a scientific and reasonable rural pension service system has become a major people's livelihood issue. Under the current national conditions, China's existing rural elderly care service system has obviously lagged behind, does not meet the needs of the majority of rural elderly groups, China's government, families and the market have not coordinated, the role of all parties have not been fully played, there is still a huge service gap in the countryside, in the face of such a severe situation, China must come up with a Chinese plan, Establish a set of elderly care service system in line with China's national conditions and with Chinese characteristics.

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