

Original Paper

The Re-socialization Path of the Community Elderly from the Perspective of Active Aging: Take Community B as an Example

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Abstract

The 20th report pointed out that “implement the national strategy of actively responding to the aging of the population, develop the pension cause and industry, optimize the services for the elderly, and promote the realization of all the elderly enjoy the basic pension services”. It is estimated that during the 14th Five-Year Plan period, China’s population will enter a moderate stage of aging. In the current situation of the population aging trend, in addition to the establishment of relevant institutional guarantees for the elderly, we should also promote the social participation of the elderly and promote the re-socialization of the elderly. Community is the basic unit of social organizations and social population gathering. With the functions of socialization, psychological support, social participation and mutual assistance, it is an important field for the re-socialization of the elderly. Community social work is based on the community, through the use of relevant resources, mobilize the community strength, promote the social participation of the elderly in the form of community activities and volunteer services of the elderly. Based on the theory of active aging and re-socialization, this study conducted a questionnaire survey and in-depth interview on the B community in Lanzhou to understand the re-socialization level and re-socialization dilemma of the elderly in community B. On the basis of the analysis of relevant data, from the three dimensions of “participation”, “health” and “guarantee”, the beneficial measures of the community in promoting the re-socialization of the elderly are summarized, and targeted suggestions are put forward.

Keywords

Active Aging, The Elderly Resocialization

1. Introduction

According to the 2021 National Bulletin on the Development of Aging, China has 267.36 million people aged 60 or above, accounting for 18.9 percent of the total population. According to the change of demographic structure, China is about to move from mild aging to moderate aging, which also puts forward new requirements for the national pension undertakings and pension security. The 20th report pointed out that we will implement the national strategy of actively responding to the aging of the population, develop the elderly service industry and industry, optimize services for the elderly, and promote the realization of all elderly people to enjoy basic old-age services. Developing the pension industry, promoting the social participation of the elderly and promoting the re-socialization of the elderly are important measures to deal with the trend of aging. In 1999, the World Health Organization formally proposed the concept of “active aging”, which means to improve the quality of life of the elderly through the efforts of the government and the society. In 2002, China officially adopted the concept of active aging, and defined it as the process in which people can improve the quality of life and maximize the opportunities of health, participation and security. Promoting the re-socialization of the elderly, enhancing the social participation of the elderly and advocating active aging are important measures in the process of coping with the aging trend in China. Based on the huge aging population in China, the author believes that under the positive aging trend, it is particularly necessary to explore how to promote the re-socialization of the elderly in the community field. The author has carried out two months of in-depth research and internship in Lanzhou B community. It is understood that community B complies with the concept of active aging, and promotes the re-socialization of the elderly through a series of measures such as the community level and the service level. By incubating voluntary organizations for the elderly and establishing voluntary service platforms for the elderly, the social workers cultivate the independent consciousness and ability of the elderly in the community, drive the elderly in the community to participate in community governance and promote the construction of the community. Therefore, on the basis of in-depth interviews and questionnaires, this study explored and summarized the beneficial initiatives and experiences of promoting active aging in community B, and made relevant suggestions accordingly.

2. Introduction to Active Aging and re-Socialization

2.1 Active Aging

Active aging was first proposed by western society. After decades of development and spread, it has become one of the important strategies to deal with the problems of aging society. After the second industrial Revolution, with the rapid progress and development of western economy, some developed countries in Europe entered the aging society, followed by a series of social problems. China entered the aging society later than in western countries, and in the theoretical research of the elderly, it started later than in the West. At the end of the last century, the concept of active aging was first proposed in the Seven summit of Denver. The concept of active aging holds that the elderly still have value and can

create value for the society. The World Health Organization launched the Global Campaign for Active Aging in 1999, and, in 2002, proposed the Action Initiative for Active Aging at the Conference on World Aging. Thus, active aging began and attracted wide attention around the world.

In recent years, with the deepening of the aging trend in China, the term active aging has appeared many times in China's policies and regulations, and the research on active aging has been deepened. In 2006, the Decision of the CPC Central Committee and The State Council on Strengthening the National Population and Family Planning Work proposed for the first time to actively respond to the aging population, and China should explore a new old-age service system based on rural and urban areas. In 2019, the National Plan for Actively Responding to the Aging of the Population made arrangements for the aging of the population in the new era. The Plan pointed out that China should take a problem-oriented approach and actively respond to the aging of the population. Academic studies on active aging are mainly as follows. Song Weifang pointed out that we should be optimistic on the aging issue; Liu Wen stressed that the active aging theory is both an international strategy, but also the inevitable choice for China to deal with the aging problem. Scholars such as Xue Weiling, Cui Shuyi and Zhang Bo believe that active aging has played a key role in driving the development of the elderly care service industry and the intelligent elderly care industry.

2.2 Re-socialization

Socialization refers to the process of having internalized and continuously learning social values. Sociology divides the process of individual socialization into several stages, such as primary socialization and re-socialization. Re-socialization mainly refers to further adapting to the requirements and regulations of the society by changing or giving up the value standards, behavior norms and life style that individuals have previously learned. Re-socialization is divided into two types, one is active re-socialization, and the other is forced re-socialization. The re-socialization of the elderly mainly refers to the process in which the elderly people learn new ideas and accept new things after changing from "social people" to "community people" in order to adapt to the changing social environment in the new stage of life. This process is biased towards active re-socialization. Psychologist Havigst (Havigster) pointed out that the socialization of individuals is a lifelong process. He believed that the socialization of old age includes six aspects: adaptation to physical strength and health decline; the ability to adapt to the death of a spouse; those of their age establish a happy and close relationship; the social obligations to citizens; and reduce the requirements of material life. Re-socialization of the elderly refers to that due to the changing social environment of the elderly in this stage, the original social roles need to adapt to the society. In this process, the elderly gradually accept new social roles and learn new social concepts. Sorokin And other scholars believe that the participation motivation of the elderly affects their willingness to participate in volunteer service activities, while the participation motivation is mainly for the elderly to expand and establish their social network by participating in social activities, which can improve physical and mental health, reduce loneliness, reduce and prevent the occurrence of depression. Zhang Xiaoli, Zhao Yang and Yang Lin classify re-socialization

according to their behavioral characteristics, one is active re-socialization, the second is passive re-socialization. Passive re-socialization mainly refers to the socialization of individuals who fail in the process of basic socialization, and are forced to reorganize in order to further adapt to the changes and requirements of the society. Passive re-socialization is mostly applied to people who have had bad behavior, and there is some mandatory nature in the specific implementation process. Active re-socialization can also be considered as continued socialization, which refers to the individual actively adapting to social development and change and further learning on the basis of existing values and behavior patterns.

3. Research Methods

3.1 Questionnaire Survey Method

During the preliminary investigation, the author had a certain understanding of the basic situation of the B community and the characteristics of the elderly, and designed a professional questionnaire based on the theoretical basis and the problems to explore. During the subsequent visit and investigation, the author randomly distributed questionnaires under the guidance of the community staff, and investigated the understanding of active aging of the elderly.

3.2 Interview Method

Since the main subjects of this study were older adults, considering their communication skills and style, unstructured interviews were used in this study. During the volunteer service activities of the elderly, the author interviewed 10 elderly volunteers to understand the basic situation of their re-socialization.

4. Results Analysis

This study included the community B. Community B is located in Lanzhou, with 59 communities within the jurisdiction. The total number of elderly population is 2468, among which the total number of elderly population (80-100) is 209 people, 337 people from 80 to 90 people, and 61 people aged 90-99 years old.

Table 1. Questionnaire Investigated Gender Distribution

	Frequency	Valid Percent
man	24	44
woman	31	56
Total	55	100.0

As can be seen from Table 1, in the gender structure, 24 males, or about 44%, and 31 females, or 56%. According to the relevant information provided by community B, more elderly volunteers.

4.1 B Analysis of the Resocial Situation and Needs of the Elderly in the Community

In order to understand the social situation of the elderly in community B, 60 questionnaires were randomly distributed among the elderly in community B, and 55 were effectively recovered, with an effective recovery rate of 91.7%. Statistical analysis of the questionnaires was conducted, and the research conclusions were obtained. In addition, this study used semi-structured interviews, with in-depth interviews with 6 typical subjects (including 2 volunteer service team members) and 5 volunteer service teams in the questionnaire survey.

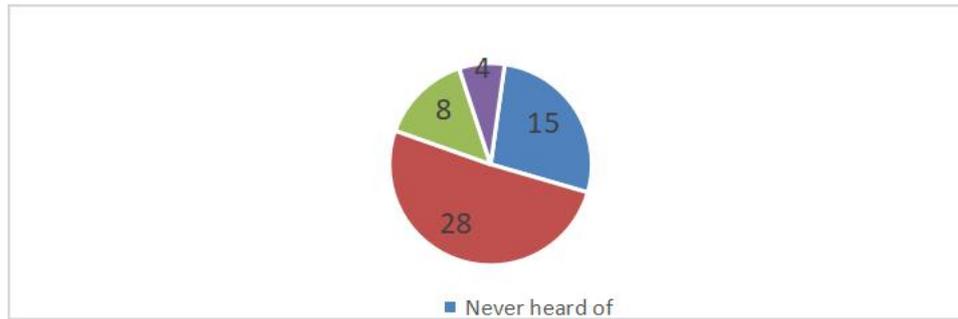


Figure 1. B Popularization Degree of the Active Aging Concept in the Community

As can be seen from Figure 1, 4 of the elderly in Community B know the concept of active aging, accounting for about 7%; 28, heard but 50%, 50%, 8, 14%; 15, 14%. It can be seen that most elderly people know the concept of active aging, and 21% of them have a deep understanding of it. B Community social workers will consciously publicize and popularize the concept of active aging when carrying out daily activities. For example, publicize the concept of active aging and its benefits in the group activity of “Accompany peers-Enjoy life”, call on everyone to actively participate in community life, and gradually change the original concept in community life.

Table 2. Support for Active Aging

	Frequency	Valid Percent
support	34	62
nonsupport	5	9
cannot be designated as	16	29
Total	55	100.0

According to Table 2, 62% of the elderly support positive aging, only 9% oppose it, and the remaining 29% remain neutral. Some of the elderly disagree for reasons: family opposition, not wanting to mess around; fear of being cheated. In addition, in the question 10 of the questionnaire, “Have you participated in the activities of community organizations”, 78% of the elderly have participated in the

activities of community organizations, indicating that the elderly have strong willingness and enthusiasm to participate in the activities at the community level.

Table 3. Frequency of Elderly Participation in Community Activities

	Frequency	Valid Percent
Often go to	8	15
once in a while	14	25
hardly	23	41
Never go	10	19
Total	55	100.0

In question 10, 78% of them have participated in community activities. 13, “If there are subsequent community activities, are you willing to try”, more than 80% of the elderly are willing to continue to participate. However, according to question 11, only 15% of the elderly often participate in community activities, so the elderly show “high willingness and low participation” in community activities.



Figure 2. Purpose of Participating in Community Volunteer Activities

As can be seen from Figure 2, most elderly people believe that participating in the activities of community organizations has certain benefits. After entering the old age, the elderly have much more disposable time. According to the questionnaire statistics, most of the elderly want to participate in community activities to meet the needs of increasing their knowledge, expanding their social circle and satisfying their interests and hobbies.

In the questionnaire survey, this study found that most of the elderly to understand the concept of socialization there is a larger deviation, after the social work professionals explain, most of the elderly

understand oneself is in the social stage, can through continuous participation and learning, slowly find suitable for their old way of life. In addition to participating in community volunteer service and other activities, the re-socialization of the elderly in community B include: attending universities for the elderly, learning courses such as using mobile phones, reemployment, returning to units, etc. As can be seen from the above table, most of the elderly have the willingness to participate in the society, but in order to break through the current situation of “high willingness and low participation”, the community needs to continue to make efforts to build a way and peace platform to attract, encourage and maintain the participation of the elderly.

4.2 B Community Explore the Path to Promote the Re-socialization of the Elderly

4.2.1 The “Health” Level Is to Ensure the Re-socialization of the Elderly

The health status of the elderly greatly affects the social participation status and resocialization of the elderly. Health status consists of both mental health status and physical health status. Physical health status has a greater impact on the participation willingness and persistence of the elderly. Those with better physical condition prefer more social participation, while less participation or even no participation. In terms of mental health, the less depressed the elderly are, the more likely they tend to participate in social activities.

A. Link resources and multi-party cooperation to protect "health"

The community and social work organizations actively link resources, and have reached cooperation with the municipal people’s Hospital and the community health service center free consultation team, to carry out regular free consultation activities for the elderly in the community. For the elderly living alone and the elderly, the community provides door-to-door service on the basis of early screening, basically realizing no dead corners and full coverage, and truly achieving personalized service. For the disabled elderly, a “one-to-one” assistance plan has been formulated to link the resources of the Disabled Persons’ Federation, apply for home renovation for the elderly with mobility difficulties, and carry out follow-up sympathy and counseling. In addition, the community mobilized philanthropists and merchants in the region to make donations to further improve the infrastructure of the community, so that the living environment of the elderly is more comfortable and suitable for aging. In the future, the community will focus on the development of elderly caregivers, and bring experienced doctors, nurses and caring people into the team. Through low-cost semi-public service, the elderly can not only enjoy peace of mind at home, but also help professionals to explore and find potential health risks and timely treatment.

B. Focus on the mental health of the elderly

According to Erickson’s stage of personality development, the elderly stage is in late adulthood, characterized by a conflict between self-integration and despair. When some of the elderly recall the past, they are very easy to feel the mood of frustration, and further produce depression and despair, so it is particularly important to pay attention to the mental health of the elderly. In the daily visits and activities, the community staff should timely find and report the elderly people who may have

psychological problems, link relevant resources and make active intervention. In addition, the community often holds mental health lectures and leads the elderly to do some activities to help the elderly to conduct better self-regulation. Through group activities, the elderly can talk about their later life and review their life course. In the process of sharing, they can enhance their confidence and convey positive emotional value.

4.2.2 “Participation” Level to Attract the Elderly to Re-socialize

The hierarchy of needs theory holds that people have the needs of social interaction, respect and self-actualization. After retirement, the original social circle shrinks, especially those whose children are not around or follow their children to the new environment, they are more likely to feel lonely. By participating in community activities and volunteer services, the elderly can effectively expand the social network; through self-dedication and participation, they can improve the sense of self-worth and avoid self-despair.

A. Publicity and popularization of the concept of active aging

The concept of active aging plays a vital role in the social participation of the elderly. With the popularity of the Internet, many media, including we-media and short video platforms, have become important channels for the elderly to receive information. As the field and main force to promote active aging, Community B uses new media resources to actively publicize the concept of active aging, and produces and publishes relevant videos and articles about active aging on the community platform. In addition, community B carried out relevant theme activities, such as “reading a book with the community”, “Good Festival Lantern Festival”, “Community friendship and mutual assistance”, “Red Spirit propaganda”, to publicize the thought of active aging, and subtly changed the elderly’s views on aging.

B. Community building of a volunteer service platform for the elderly

B community integrates departments, business districts, enterprises, universities and other resources, with social organizations as the carrier and social work talents as the support, and builds an incubation platform and volunteer platform. B community through incubation community social organizations, to help its growth and independent operation, such as “the people urban management” community governance project, by launching the elderly to participate in community governance, for the environment of the block, patrol the surrounding security, makes, business face greatly improved, the elderly in the process also harvest a lot. B community by building volunteer platform, absorb volunteers registered, and establish volunteer parameter and scheduling center, such as in the “silver housekeeper” project, B community by organization and launch a young elderly volunteers, neighborhood assistance, for action not convenient old man provides great convenience, the young people also harvest the satisfaction and a sense of accomplishment.

4.2.3 The “Security” Level Helps the Elderly to Socialize

A. Enrich the talent team and streamline the work process

Community B calls on more professional social workers and elderly care service workers to join in. By enriching professional talents, it can provide more accurate services for the elderly in the community. In addition, through the establishment of WeChat small program, community B enables residents to consult related businesses without leaving home and streamline work procedures, which greatly improves the efficiency of community services.

B. Establish a long-term incentive mechanism and exchange points

Community B plans to implement the “Resident Service Plan” for volunteers. Through the volunteer service platform, residents who actively participate in grassroots governance and volunteer service will accumulate points and exchange relevant rewards, so as to mobilize the enthusiasm of residents to participate in community service. Volunteers accumulate points and exchange for volunteer service in exchange for rewards. If the points reach a certain value, the community will issue “excellent Volunteers” MEDALS and install them at their doorstep. This incentive method not only affirms the time and energy paid by the volunteers, but also improves the flexibility and sustainability of volunteer service.

5. Discussion

At present, the aging trend in China is accelerating. The state has liberalized the two-child policy and the three-child policy to encourage residents to have more children. In view of a series of social problems brought by the aging trend, the research focus should start on the elderly group itself and apply the appropriate medicine. Active aging is an important thought to deal with the aging problem, which has been mentioned many times in China. As an important carrier of the elderly activities of the elderly, the community should promote the idea of active aging and actively carry out community volunteer service activities to promote the social participation of the elderly. In addition, the community should maintain an open mind and attitude, actively learn advanced experience and develop measures in accordance with local conditions; and the whole society should change the understanding of the elderly and old age, face and recognize the benefits of the elderly group. The shortcomings of this study is that the author only carried out the experience summary of active aging path exploration for community B, and the lack of comparison for other communities in different regions and provinces, so the research conclusions lack certain generalability.

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