Based On the Psychological Needs of the Elderly Group to Explore the Future Pension Community Model

Ke Wu

Zhengzhou University of Light Industry,Zhengzhou 450000,Henan,China

Abstract: China is currently in the "in-depth aging" stage, the elderly population base is huge, home care is still the first choice of the elderly group. Based on the psychological needs of the elderly group, this paper conducts a detailed study to explore how to create a community model to meet the psychological and emotional needs of the elderly group through three aspects of indoor space, outdoor space and the whole community planning.
Keywords: Population Aging; Pension; Elderly Group Psychology; Communication Space

With the progress of society and the improvement of national living standards, the elderly are no longer limited to the physical needs of food, clothing and warmth, and their spiritual, cultural and health needs are increasingly prominent. On the basis of meeting the basic living functions, the psychological needs of the elderly are helpful to explore and promote a good future community model for the elderly, and also to discuss the possible future community model. The importance and urgency of improving the spatial environment quality of elderly communities should be realized at the civil, industrial and national levels.

1. The status quo of the elderly group under the background of population aging

1.1 National Background

China began to implement the family planning policy in the late 1970s, resulting in a decrease in the number of new births and a prominent aging problem. At the beginning of 2016, the "two-child policy" was fully opened, but the aging population still accounts for a large proportion of the problem. China will enter a period of rapid aging between 2015 and 2035, with the aging population increasing from 221 million to 418 million, accounting for 29 percent of the total, according to the National Committee on Aging. By 2015, the proportion of the population over 60 years old in China will reach 16.15%, and by 2025, it is expected that the proportion of the population over 60 years old in China will reach 21%. China has gradually entered the stage of "deep aging", and the increasing burden of supporting the elderly has become one of the serious social problems.

1.2 The living status of the elderly group

With the rapid economic development, most of the young and middle-aged people go to study and work in big cities, resulting in the empty-nest phenomenon of elderly people supporting themselves at home. Empty nesters, who live alone, lack spiritual comfort in life, feel lonely, physically unattended, and have prominent security risks.

2. The relationship between the characteristics of the elderly group and the community model

2.1 Psychological characteristics of the elderly group

Under the effect of physiological changes and external factors, the psychology of the elderly shows some stage characteristics. Elderly people often feel lonely due to retirement at home, changing priorities in life, less communication with their children and more free time. There is also a sense of loss due to the temporary inability to adapt to the transition to retirement status. The sense of loss is often greater for older people who were busy when they were younger. Some elderly due to poor physical condition, income reduction, social status change and other reasons, have low self-esteem, or lack of safety and anxiety, panic, irritability, insomnia, etc.

2.2 Residential intention of the elderly group

Among many pension models, community home care has become an important part of China's pension service. The survey shows that 70 percent of the elderly are willing to provide for the aged in the community. In the context of traditional culture, the elderly still put family in the first place and regard it as their responsibility to take care of their children and raise the third generation. Therefore, most of the elderly expect to enjoy their old age with family support, assisted by various forms of community services. At the same time, home care mode is adopted, living in a familiar environment, the elderly can be better taken care of, and maintain normal social contact. In recent years, social endowment intend to have the trend of increase, but growth is concentrated in the economically developed coastal areas of high income and high income in less developed areas of the intelligentsia, they have relatively more pension

options, but home endowment pattern is still the most old people's first choice, and will not change over a period of time in the future.

2.3 The elderly community design should include the psychological needs of the elderly group

As people get older, they crave more communication. Children around the knee is the elderly for the good vision of family life, but also the elderly to the sense of family desire. However, in the context of children leaving home, the psychological needs of the elderly group can not be met, and a good neighborhood atmosphere can alleviate the loneliness of the elderly to a certain extent. Therefore, the design of old-age care community should include security, sense of belonging, sense of neighborhood, comfort and other considerations.

3. The optimization design under the guidance of the psychological needs of the elderly

3.1 Refinement of indoor residence under psychological demand

3.1.1 Avoid anxiety caused by forgetfulness in the elderly

Simplifying the steps of life is beneficial to relieve the anxiety caused by the old people who cannot adapt to the changing pace of modern life. Find a place for in the door to facilitate storage space, change the dirty clothes and carry the article can conveniently return, easy to take next time. At the same time, based on the consideration of the epidemic situation, the entrance to form an epidemic prevention area, equipped with daily epidemic prevention items, set up a wash basin, wash hands immediately after changing dirty clothes, as far as possible from the outside bacteria, to avoid causing unnecessary diseases.

3.1.2 Guest kitchen to meet communication needs

Living patterns should not confine users to an indoor space and should enhance communication with peers or neighbors in the community. Guest restaurant is an important communication space in the living space, which has the functions of receiving guests, entertainment and communication. The kitchen area is also a space with more opportunities for people to communicate. From these two areas, the communication between people will be increased and the lonely psychology caused by the lack of communication and companionship will be helped to ease the elderly group. Guest dining room furniture as far as possible to use modular furniture, can be assembled can be split. Reduce the use of partition as far as possible, make dimensional form can be combined freely, can maximize the use of space. Conventional kitchen hearth is facing metope, usually a person can complete a complete set of cooking process, relatively drab. Changing the direction of the table makes people face to face with food ingredients, increases the opportunity for communication, and connects with the guest restaurant, invisibly enhancing people's sense of participation.

3.2 Refinement of outdoor design under psychological demand

3.2.1 Reasonable planning of public function areas

The elderly are eager to communicate with the outside world, so in the design of outdoor space, create a lot of space for communication activities. In the community setting small garden, for example, the elderly leisure time can growing flowers, after waiting for mature share with young people, young people will appreciate psychology, may help the elderly in his spare time to take care of the vegetable patch or share other things, enhance the communication between each other and the company, to comfort the elderly loneliness and anxiety. Outdoor fitness area is set up to enhance the communication of the crowd while strengthening the body. Set up laundry room and public drying area, promote communication and familiarity between people.

3.2.2 Establish a reasonable and safe activity route and an effective signage system

The elderly body function decline, walking time is limited, for the elderly, 60-90 steps per minute, 15-20 minutes per time is appropriate, calculated the best walking distance for the elderly each time is 500-1000 meters. Therefore, the scope of the elderly community should be controlled within a 15-minute living circle, and the layout of the residential area should be divided on the principle that a 5-15-minute residential walk can meet the material and cultural needs of the elderly, and on this basis, the walking routes suitable for the elderly should be planned. The elderly have memory decline, the establishment of a perfect guide marking system to help the elderly people to strengthen their memory, in case of lost and other unexpected situations.

3.3 The design of community service space under the demand of self-realization

Abraham Maslow, an American social psychologist, put forward the hierarchy of needs theory, believing that the highest human needs are self-actualization needs. Maslow points out in his hierarchy of needs that the need for "belonging and love" is a basic psychological need of human beings. As people age, they also have the need to belong and love. This psychological need, which can only be realized through communication with others or groups, is the internal motivation generated by communication. To create community service space and increase the social participation of the elderly is helpful to realize their self-value needs, improve their sense of self-identity, relieve anxiety, anxiety and other emotions.

4. Conclusion

People will grow old, and a good life in their old age is not only a family and individual issue, but also a national situation and social stability. Exploring the community model suitable for the future pension will help alleviate a series of social problems brought by the aging of population, so as to maintain a stable and healthy society. For the elderly group, the establishment of the community for the elderly should start from the living habits of the elderly, respect the psychological needs of the elderly, give full consideration to the details of indoor residence and outdoor activity space, start from simple basic practical functions, explore a more humane design.

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