

Psychological Problems and Countermeasures of Empty Nest Elderly in Hospitalization

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Abstract: For the development of the new era, there are many problems left in some progress and earth-shaking changes, such as empty nesters. For many families, it is not new for children to study or work in different places. With the development of modern transportation, many young people choose to work in other places. The parents are at home, no one is taking care of them, and the neighboring neighborhoods rarely come out to move around, forming many problems invisibly. For example, the mental state of the elderly after being hospitalized is really worrying [1].

1. Introduction

In September 2014, Mr. Chen in Hangzhou, Zhejiang Province, did not think much about a phone call to his parents' home for the time being. After that, several calls were still unanswered. So he rushed home overnight in his restless mind, only to find that his parents had already died in both hands. After the alarm and forensic examination, it was found that the parents had passed away one week ago. The mother had no choice because her father was seriously ill. First, his father died. His mother was starved to death after being asleep in bed. For this embarrassing tragedy, we have to ponder how the tragedy of the empty nesters in China should be effectively solved [2].

2. Survey on the living status of some empty nesters in Baoshan area

In recent years, the general concern of society is left-behind children, children are the future of the motherland, too much attention is not wrong, but we should also pay more attention to the empty nest elderly. Before retirement, the elderly have also made contributions to their children and the country. Should they not care and take care of them when their social value is over? If you come to retirement age, face the children's incomprehension and carelessness, how lost and chilling you should be. Many times we are lacking empathy. If we learn to think about empathy on the issue of empty nesters, then everyone should gradually understand the psychological problems and seriousness faced by empty nesters.

2.1 "Live a day is a day!"

This is a very common part of the old people's words, they have not had much expectations and hopes for old age. In the survey of the elderly in Baoshan City, it was found that a large part of the elderly had poor quality of life, and some of them did not have entertainment. We all have a deep impression on the square dance, but for many elderly people, this is the only entertainment project that can solve boredom and boredom. Old people's life is mostly monotonous, and there are some places where there are no conditions for Plaza dancing. Some people say that people are not happy to live? But many people have nowhere to find "pleasure" and have less expectations and interests than they did before retirement. This mentality of waiting for death is very harmful to the physical and mental health of the elderly.

2.2 "Most afraid of illness, there is no money to treat it."

For the elderly in some cities, many children have an economic base to support their parents. Whether economically or in life, it can help the elderly improve their quality of life. But for rural

areas, many children go out to work, and there is no extra money for parents who are far away from the countryside to help the elderly. However, many elderly people in rural areas do not have income, nor do they have a minimum living allowance. More elderly people in rural areas do not know what the minimum living allowance is. This results in the lack of food when farming without farming, and is very inconvenient for the vast majority of elderly people with diseases. It's hard for children to have to give their parents a little money to buy rice noodles to spend the day, let alone what to do if they are sick. Many elderly people are afraid of getting sick, causing many "small diseases to drag on, serious illnesses", which makes us have to worry about the elderly have no money to see a doctor.

2.3 "I'm afraid nobody will find me dead one day."

In terms of rural relative cities, communication and communication are poor. Many villages do not have access to the Internet. Some villagers do not even know what the computer is. In the case of rural areas, there are many signals in fields such as fields and hillsides. In the ever-empty rural villages, only a few old people who are unwilling to follow the children are here to make a sunset. Living a life without any boundary with modern life, no communication, no network. Even a part of the elderly suddenly fell ill, nobody knows. This is the case with the old people quoted in this article. They live in isolation from the rest of the world. I dare not communicate with my neighbours. No one can help me even when I fall ill. No medical aid died because of illness. It is very sad.

2.4 "I hope my children can make more phone calls and go home to have a look."

Alone, empty room, pale and gloomy old life. This is the sorrow of many empty nesters and the sorrow of society. Just as Chen Hong's song "Often Go Home to See" sings how sad and moved the old people are, "The old people do not want their children to make much contribution to the family, and it is not easy to form a circle all their lives". I remember listening to this song for the first time when I was a child, and how many old people's voices were sung in the catchy lyrics. At that time, there was also a short film in which an old man could not help but burst into tears when watching the MV of this song, which made the audience burst into tears. Many elderly people don't ask their children how much they can earn, and how much they can make. As long as you can go home and see yourself, even if you chat with yourself, talk about the anecdote of recent work, tell parents to listen, they are enough to meet and happy. I still remember that there was a comment on the Internet some time ago. It was said that the netizen's grandmother suddenly called and said: "Granddaughter, what do we have in our home, broadband, you will come back when you have time, and there are computers in your hometown. Played." Can not help but cause netizens to ponder.

3. Investigation on the psychological status quo of a part of the elderly who were hospitalized in Baoshan area

Among the many elderly people in China, empty nesters account for as much as 50%. This article will use the data of 300 hospitalized empty nesters surveyed in Baoshan area for analysis. Combined with the interview records of 30 elderly people, it puts forward some effective opinions on improving the quality of life of empty nesters, which is of great significance for accelerating China's rapid development.

3.1 Analysis of mental state: loneliness is more obvious

According to the survey of 300 empty nesters in hospital, 60% of them feel lonely. From childhood to adulthood, parents have been accustomed to having children's noises and laughter. Children are a dawn in their hearts for parents. Many parents are satisfied as long as they watch their children grow up healthy and healthy. For the child's departure, the psychological gap between the parents is greater, and the sense of loneliness is more obvious. Especially when children often go to work frequently, and when they come back once in a few months, the old people have long been used to loneliness. In particular, some elderly widowed elderly people are now facing

widowhood and being too far away from their children, and their loneliness is getting worse. It is more likely to suffer from depression, which is very detrimental to the physical and mental health of the elderly for empty nesters [3].

3.2 Analysis of mental state: the sense of loss is more serious

Losing from loneliness or being lost by loneliness is a large part of the intuitive situation of the elderly. Many older people are leaders or small cadres before retirement. The great satisfaction they generated during their work was more serious after retirement, and they felt that they had no use value for society and they could not reflect social value. Even some elderly people have extremely strong self-esteem, refuse to support their children after retirement and illness, and there are many cases of extreme suicide. According to the survey, 90% of the elderly with loneliness have a great sense of loss and loss, while nearly half of the remaining 40% have a profound understanding of the sense of loss. This makes us have to reflect on how to avoid and produce the huge gap between the old and the old before and after retirement.

3.3 Mental state analysis: a small part is accompanied by anxiety and depression

Some time ago, a TV "all very well" was popular all over the network, which reflected a farce that an old man and his children laughed and laughed at in his later life. In the later episodes of TV, Lao Nie suffered a sudden stroke and was sent to the hospital. Su Daqiang's psychology was accompanied by serious anxiety. He was afraid that he would soon step into the dust. He would also suffer from many diseases, fearing that his illness would affect children. In interviews with elderly residents in Baoshan City, we can see that many people are actually afraid of death. People often say that old people are sick and dead, people are always in love, and how many people can really see it? It is the Buddha's heart to compare the heart with the heart. For the psychological status quo of the elderly, we should think and imagine more from their perspective. If you are in such a position, how can you look at it, can you see it? Older people are often accompanied by depression in fear and anxiety, and there are many cases of more serious depression [4].

4. Based on the survey results of Baoshan area, it proposes assistance and strategies for empty nesters

4.1 Pay attention to the low-income system of the elderly in China

The state should pay sufficient attention to the issue of old age. When the population survey period is strictly followed, it should pay more attention to the issue of empty nesters. In many areas, there is even a phenomenon of cadres annexing old-age welfare. In some remote areas, even some subsistence allowances are not known. At this time, the state should reflect more on whether this is a serious phenomenon caused by corruption. On this issue, we should seriously deal with the phenomenon of inaction by cadres and annex the welfare of retired elderly people. This cadre, whose conscience is annihilated, is not worthy of being born. Many elderly people do not have financial resources, their children are more or less in a tight position to live, and some of them do not even want the money they are given to the elderly. The old man is very stubborn, but he prefers his children. He prefers to suffer hardly because he does not want his children to lower their quality of life. As a result, only pensions may become the sole source of income for some elderly people. In this respect, some pests are corrosive, and the state should strictly investigate and deal with them.

4.2 Establish a good living system for the elderly

For some remote areas, there is no signal network, many base stations feel no profit is desirable, so they do not pay too much attention. In fact, the state should allocate part of the funds, and establish signal base stations in remote rural tribes. Now is the information age, everyone has benefited under the big data, but in some remote areas, these benefits are not reflected at all. Therefore, to establish a signal base station, a certain transportation network should be established in the rural areas. The establishment of an elderly life ecological network based on "Internet +" can enable the elderly to taste the fruits of the information age and to communicate and communicate

with their children at any time and any place. . There are special personnel who can visit the health status of the elderly every day. If a small illness or serious illness occurs, they should be sent to the hospital through the network system in time, so that the tragedy that died from no one knows no longer occurs [5].

4.3 Enriching old age and popularizing popular entertainment projects

For some elderly people who like square dancing, the state should give some economic support. On the basis of one village and one unit, the equipment of square dance is added to make the old people full of joy and physical and mental health in square dance. For many old people who can play chess, they can also add chess and cards equipment to one unit in a village. They can exercise their brains flexibly in chess to prevent Alzheimer's disease. For some coastal areas or the elderly people adjacent to the river, fishing equipment should be added. Let the elderly also fish, enjoy themselves in fishing, and spend the rest of their lives. Some older people like to study Yijing and learn Taijiquan. The state should support the elderly and provide professionals to guide the elderly to play Tai Chi. Enrich the entertainment programs of the elderly to the greatest extent, so that people no longer resist and fear the old age after retirement. To enable each elderly to help each other in entertainment, and to rely on them.

4.4 Solve the problem of difficult medical treatment and expensive medical treatment

"40,000 yuan a bottle, I was sick for three years, eating for three years, in order to buy medicine, the house has disappeared, the family has collapsed, who has not a patient, can you guarantee a lifetime of illness? I don't want to die, I want to live."

Some time ago, there was a movie "I'm not the God of medicine" about patients in some places who took "fake drugs" because they couldn't afford drugs because they were too expensive. One of the old people said these words deeply shocked the hearts of every audience. In contemporary China, it is not new that it is difficult and expensive to see a doctor. Many elderly people can not afford medical insurance at their own expense. The ending of the film is beautiful after all, and the state's drugs for the film have reduced a large part of the price. And the movie is a movie, reality is reality, the reality of medicine is still very expensive. For poor people who are not ill and do not look down on the sick, the country should fully take care of every elderly person. It can make it possible to see the disease, reduce the cost of medical treatment, and greatly reduce the phenomenon that many people are "small diseases dragged and ill" [6].

5. Conclusion

Based on the survey results of the empty nesters in Baoshan City, the author summarizes the shortcomings faced by the empty nesters in contemporary China and writes their own views and solutions. China is one of the countries with a large proportion of the elderly, and the problem of the elderly is also a problem for China. Therefore, the state should pay more attention to the problem of empty nesters and it is of great significance to speed up the construction of a harmonious society in China.

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