

Purpose or Goal of Life to the Elderly in Japan

—from Positive Research of Quality of Life—

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1. Prospectus of this Research

It is reported that aging society has begun from 1970 and progressed very rapidly and average span of life were about 76 years for men and about 81 years for women in 1991 and percentage of population of the aged over 65 years old will account approximately 16% in 2000 and approximately 24% in 2020 in Japan.

To live long is our old desire, but new development are considered to indicate the necessity of a broad turn to be made in our economic social or cultural system established on historical general idea.

Therefore, it will be primarily challenge of our future society to pursue the way to make suitable new life style, such as self-help or independence, to the old age population.

The Ministry of Health and Welfare has carried out "the Gold Plan of Health and Welfare for the Elderly during ten years from 1990".

There is a task in it to promote that the old aged population could continue to have the purpose or goal of life until death.

We have entrusted the study subject to our research project in the Institute for Well-being Society from 1990. This paper is a part of result of this research project investigated in 1991.

2. Frame of Quality of Life

We have a hypothesis to analyze the purpose or goal of life to consult the propose E. Allardt (Att Ha Att Ålska Att Vara om Vårfaöld i Norden, 1975) as follows;

- (1) One must be fair satisfy one's basic needs of life to continue to have the purpose or goal of life until death.
- (2) It must be kept at the same level up the standrd of living and the quality of life.
- (3) The quality of life must be obserbed by human direct experience or language expressed satisfaction or happiness, though the standard of living could be observed by consolidating material and objective conditions.

Therefore, we have decided to interview the former to the elderly over 65 years old and the later to observe the environmental conditions. We have thought a frame to find out factors and spaces of life by expressed figure 1.

3. Design of Survey

(1) objective area

A, Kōhoku district, the suburb of Yokohama as an urban community.

B, Ōsato village, the suburb of Yamagata as an rural community.

Kōhoku district populate 332,000 that 9% of them were the aged over 65 years old. The population at Kōhoku move day and night, because they live between Metropolitan Tokyo and the centre of Yokohama and accordingly traffic and communication are very useful.

There are four different social stratifications, for instance, shopping street, extensive dwelling area for upper class, collective house for middle class and public apartment for lower class at Kōhoku district.

The other hand, Ōsato village as rural community contains 3,089 population and 618 farmer household that were 58% of all of them. The farmers at Ōsato villege are generally well off because there is very famous place of rice and fruits production.

(2) Objective Persons

We extracted 300 samples from urban area and 200 from rural one with random sampling. They must be at home (do not be institution for old people and healthy) who were over 65 years old.

(3) Method of Suervey

We have made questionair carring up 25 questions included various factors of life as follows;

- (a) health (situation of healthy, care person when they will be sick for long time, medical expense in last year)
- (b) economy (public pension, pocket money, income except pension)
- (c) family relation (live together or separatly with their child's family)
- (d) communication to other person (relatives, friends, neighbor, dewellers of the same community and staff of job place)
- (e) learn (needs, kinds, and means of learn)
- (f) pleasure of daily life (travel, hobby study, sports, job, home work, shopping, and so on)
- (g) pleasure on human relation (spouse, child, grandchild, other relatives, friend, neighbor or other member of community, colleague at job place)
- (h) most important matter of life (money, health, house, job, knowledge or education, family, live long, purpose or goal of life)
- (i) kinds of purpose or goal of life what they have (get alone in free time, or get togher with family, associate with colleague or friend, be voluntier activities, sports or game, get more money as the result of work, believe faith any religion)

Investigators of our project visit the home of objective persons and let them select one or some answers from these questions. After that the quetionairs have

been taken statistics by computer, cross tablation, factor anlysis and finally, comparative study of quality of life of the elderly lived in urban and rural communities.

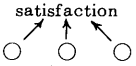
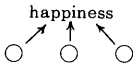
factor \ space	individual life	family life	community life		life of job place
			routine	festival	
health					
economy					
role, human relation					
learn					
pleasure					
purpose or goal of life					
satisfaction 			happiness 		

Figure 1 Flame of Quality of Life

4. Results of this investigation

Here we will present the three points that found out the results of investigation.

(1) Satisfying their basic needs of daily life.

At first, we will show general order of important factors of the Japanese basic needs of daily life as figure 2;

On it, there are 5 explanatory factors on horizontal shaft, and 14 factors of life on spindle shaft.

It shows most important factor of life is family (includes spouse, child, grand-child), the second important factor is other human being (relatives or friends), the third is pleasure (hobby or education) the fourth is basic factor of life (money, health) and the fifth is target of life (to have house as property or schoolcareer by academic backgrounds).

On the other hand, there show five important factors of daily life to the elderly at both area as table 1.

We can find out very interesting matter on table 1 that their own health to old people were most important factor to continue to be in daily life, but various different order were from second to fifth at both area so that they had selected only family or relatives from second to fifth at rural area as the compared with selecting second money, third child, fourth spouse and fifth house as property at urban area.

table 1.

rural area : 1, health 2, child 3, spouse 4, grand child 5, relatives

urban area : 1, health 2, money 3, child 4, spouse 5, house as property

On above, we could understand that satisfying basic needs to the elderly to have been to keep healthy at first, and the second to have excellent family relation at rural area, and at urban area, they have been to get much money and house as property before retired, and then we have thought, too, the selection of the elderly at urban area had the same opinion with the Japanese in present day.

(2) Sufficiency of life expense by public pension

There are about seven public pension systems had different age and amount money of payment and term insurance from them in Japan.

For instance, Kyosai pension for public official, Kōsei pension for employee for company and National pension for farmer, house-wife and independent enterprise.

It is very difficult to support expense of living with only retired pension to the elderly.

It is possible to support it 100% with only Kyosai pension, and perhaps 70% with Kōsei pension and approximately 50% with others, therefore, many Japanese pensioners after retired have another income except public pension. At rural area lived many farmers supported agricultural income, there are approximately 77% of objective persons of this investigation on the other income on the other hand, urban area lived many retired employee supported Kōsei or Kyosai pensioners, and they are approximately 70% of objective persons got any income except public pension.

	factor 1 family	factor 2 other human	factor 3 pleasure	factor 4 basic factor of life	factor 5 target of life
money					
health					
house as property					
job					
hobby					
culture, knowlege					
spouse					
child					
grandchild					
relatives					
friend					
school careers					
purpose of life					
live long					

Figure 2 FACTOR ANALYSIS / Needs of Daily Life

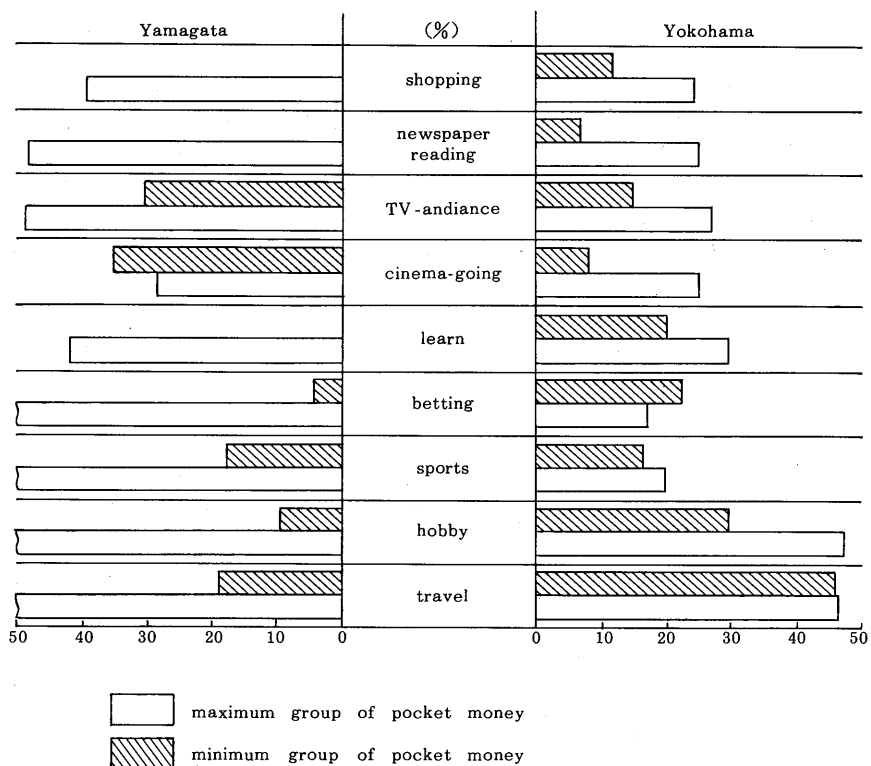


Figure 3 Pleasure activities

We have also analyzed about pocket money per month in connection with pleasure of daily life.

We have divided five groups by stages of amount of pocket money per month they are: 1) over 50 thousands yen, 2) from 30 thousands yen, 3) from 10-30 thousands yen, 4) from 5-10 thousands yen 5) under 5 thousands yen, (130 yen=1\$), and then Picked up two groups which the first group named the maximum pocket money and the fifth group named the minimum pocket money group and compared them in connection with pleasure in daily life.

Figure 3 shows the pleasure activities in comparison with maximum and minimum groups of pocket money at both area.

There are many activities such as sports, hobby, shopping, newspaper-reading, theatre or cinema-going, TV-audiance, betting, learn and travel as the pleasure one.

At rural area ; many persons of maximum group selected travel, hobby, sports, betting and TV-audiance or newspaper and many persons of minimum one selected only theatre or cinema-going, TV-audiance as the pleasure activities in life and very different from selection of pleasur activities by more or less of pocket money at urban area ; many persons of minimum group selected shopping, hobby TV-

audinance, learn and travel as well throw away as the persons of maximum one, and especially interesting for us that betting could not been played to have less poket money at rural area.

We could have understood in comparison on both area that the even elderly could select pleasure activity by more or less pocket money from many recreational establishments and broad social envilonment in urban society, but in simple society as rural, the elderly could not do so, becausee they mnst select cheap pleasure matter or only family relation, if they have less pocket money.

At the same time, we could have also understood that sufficiency of life expense by public (retired or national) pension were best way for the elderly to stablilize the life after old age, though more or less pocket money for the elderly were very useful to let pleasantly become daily life at the present time.

(3) Expecting care person when they will be ill in bed

Japanese people have generally strong affection to family and it will become stronger after old age than young age so that the elderly at Ōsato rural village have selected only family member from second to fifth order as the most important factors of life.

Before the 2nd World War, there were stem family system that the eldest son were obliged to live togher and took care old parents with by himself succeeding their inheritance in Japan, and it has been changed to conjugal family system in 1948. But it remains as nostalgia for the elderly.

We asked to the objective elderly for expecting care persons when they will become ill in bed for a long time. answer at rural area ; 1. daughter in law (wife of son) 2. spouse 3. daughter or son. answer at urban area ; 1. spouse 2. daughter 3. home-helper or nurse.

By the answer of rural elderly, all care persons are family members though by the answer of urban one, main persons are family, the third select is homehelper or nurse to visit at home.

We have thought it is very difficult to only family members, especially, for different generation as the main care person when the elderly had become ill in bed for a long time, therefor, depending only family have rather been unxiety and insecurity because Japanese young generation could be understood new family system and thought each independent generation should had been self-support, we had, of cause, thought the same opinion.

Above them, we have explained three points of the result of this investigation, but could not clearly be suggest the purpose or goal of life to elderly. We will continue to analize about them and present them next time.

日本の高齢者の生きがい

—生活の質の実証的研究—

菊池幸子

この研究論文は、国際社会学会 (International Sociological Association) の高齢化研究部会の内部会議 (An Inter-Congress Meeting of Research Committee on Aging) が、スウェーデンのストックホルム市で開催された (Stockholm '92 Meeting) とし、日本を代表して、日本の高齢者の生活の質についての調査結果を報告したものである。

この会議の主催者は、ストックホルム市のジュロントロジーの研究センター (Stockholm Gerontology Research Center) で、会場は市の中心部にあるスカンディッククラウンホテル (Scandic Crown Hotel) であったが、世界各国から「高齢化対応」について研究する学者、研究者が約200名も集まり、そのうち100名近くの人が実際にペーパーを提出して研究報告を行ない、大へんな盛況であった。

開催日は1992年の6月23日から26日までの4日間で、日本の大学はまだ開講中のせいもあってか、日本からの出席者も報告者もただ1人であったが、指名を受けた責任を果すために文字通り孤軍奮闘の連続であった。報告の内容は論文をお読みいただければご理解いただけるが、日本語に要約すると次のようになる。

日本社会の急速な高齢化の進展に対応して、厚生省では、1990年に「高齢者保健福祉推進10か年戦略 (The Gold Plan of Health and Welfare for the Elderly during ten years from 1990.)」を出したが、そのなかに「生きがい対策事業」というのがある。すなわち高齢者が死ぬまで生きがいを持ち続けるためには、どのように日常生活の質を高めればよいか」という課題があるが、このことについて、社団法人福祉社会研究所が、科学的実証的に研究を進めるようにと、1991年度から研究依頼を受けたのである。

当菊池が所長をしている福祉社会研究所では、早速11名で編成する研究プロジェクトをつくり、国内の2か所 (大都市と農村) に研究調査地域を設定し、当核地域在住の健康な在宅高齢者を対象として訪問面接調査を実施した。(大都市400名、農村200名)。

調査は1991年の8月～9月にかけて実施されたがその成果は1992年2月に報告されたものである (「高齢者の生きがいと生活に関する実証的研究」福祉社会研究No. 9, 社団法人福祉社会研究所, 1992年2月, B5版, 107ページ)。

本論は、そのなかから諸外国に紹介したい日本の高齢者の生活の特色としてまとめているので、その視点から、日本の高齢者の生活の特色を大都市と農村とを比較しながら三点について述べることにする。

まず対象地域は大都市として横浜市港北区、農村として山形市近郊の大郷地区である。横浜市の港北区は東京と横浜市の都心部の間に位置し、交通至便なベッドタウンであるが、区内部には商店街、高級住宅地、中流サラリーマンの集合住宅地、低所得層の居住する市営アパート群もあり、社会階層のパラエティーに富んだ住民構成であるが、在宅高齢者の生活にも、地域の階層差が浸透していて、なかなか興味深いところである。

農村大郷地区は、日本の穀倉山形市の近郊にあって、米ばかりでなく桜桃、洋なし等の特産物が多く、純農家戸数は約58%に当り全国の農村のなかでも裕福な村といえる。調査対象となった高齢者は、現役の農業経営者であるが、息子に農業経営権をゆずってもなお野良で働き続ける農民ばかりである。(なお、訪問面接の調査員として、農村においては山形大学教育学部の学生が当たったが、横浜市においては文教大学人間科学部社会学専修の学生が当たったことを付記する)。

以上の調査から、日本の高齢者の生活の特色を次の三点に要約することができる。

1. 日常生活における基本的な生活ニーズを充足しておくことが、生きがいを持続できる大きな要因となる。

まず14の生活要素を並べて、日常生活でもっとも重要なものから5つずつ選択してもらったが、農村では、(1)健康、(2)子ども、(3)配偶者、(4)孫、(5)親戚というように、(1)の健康を除くとすべて家族ないしは親戚となっている。ところが大都市では(1)健康、(2)お金、(3)子ども、(4)配偶者、(5)財産としての家、となっていて、第一位の健康以外は、それぞれ生活環境、状況によって異なるのである。

2. 公的年金による生活費の充足は、生きがいの幅を広げている。

日本の公的年金制度は、制度間格差がはげしく、公的年金だけで生活費をすべてまかなえる高齢者は非常に少なく(元公務員のみ)、他は生活費の70%を賅えればよい方(厚生年金)で、国民年金では節約しても5割程度にすぎない。したがって公的年金に対する期待感は大都市より農村の方がずっと低いが、それにも拘らず、農村では月5万円以上の小づかい(自由に使えるお金)を使う人がかなり多く、趣味ざんまいの明け暮れを過ごす高齢者が多いのは、さすが裕福農村のせいであろう。

大都市では小づかい額の多少に拘らず、趣味や社会参加の活動を選択し、それなりに生きがいの持続を工夫しているが、農村では小づかいの多い高齢者は金に任せて行動を自由に選択し生活を楽しんでいるが、小づかいの少ない人ほど行動選択の幅が狭く、家族依存度が強くなっているのは大都市と全く対称的であった。

3. ねたきり老人になった場合に、介護予定者が決まっていることは生きがいの持続につながる。

ねたきり老人になった場合の介護予定者は、農村の場合、(1)嫁(息子の妻)、(2)配偶者、(3)娘または息子ですべてを家族に期待し、とくに嫁への期待は大きい。大都市の場合は(1)配偶者、(2)娘、(3)ホームヘルパーないしは訪問看護婦となっていて、そのときの状況によっては、老人ホームへ行くことも考えている人がかなりいる。またしても農村では家族依存性が絶対に強いのである。しかし現実にはたとえ農村でも長期介護に全面的な家族依存は困難なのである。介護予定者の決定と生きがいとの相関をみると、大都市の場合、たとえホームヘルパーなど家族以外の人の援助を受けるとしても、第三位までの介護予定者が決定している人ほど、趣味ないし社会参加活動の選択の幅が広く生きがい持続が行われやすい状態にあるのは興味深い結果である。

本研究は国際比較によって継続されるが、1992年度は同様の生活状況にあるイギリスとスウェーデンの高齢者の生活の質について比較するため、本年9月に現地調査を終了したところである。1993年度はアメリカ合衆国とオーストラリアについて比較研究を進める予定である。