



RELIGION 宗教

BACKGROUND Religion can be a powerful predictor of health and general life satisfaction. An engagement with the spiritual dimensions of life helps to increase the ability of older people to cope with illness, disability, and grief. By integrating elderly into larger and supportive social networks, involvement in religious institutions may protect against late life loneliness and depressive symptoms.

STUDY RESULTS

IMPORTANCE OF RELIGION National study reports that about half of U.S. older adults felt their religion to be very important. About 36% of Chinese older adults perceived religion as important.

ATTENDANCE AT RELIGIOUS SERVICES Our findings show that three quarters of Chinese older adults (76%) have never attended organized religious services. However, participants were more likely to perform religious services at home. About half of study participants (54%) held home services at least once a year, and 10% did daily.

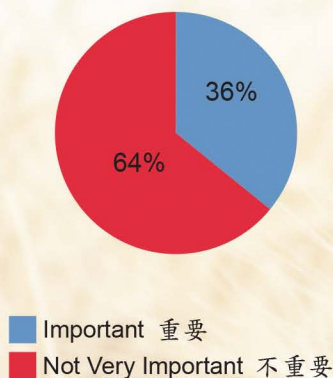
背景 宗教對老年人的健康以及生活滿意度有相當影響。研究指出虔誠的宗教信仰有助老人抵抗身心疾病，參與宗教活動也幫助擴展老人社交圈，防止抑鬱或寂寞症狀。

研究結果

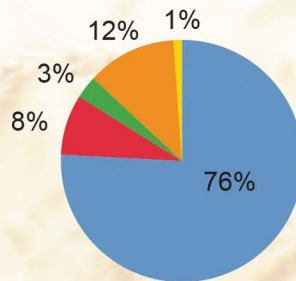
宗教重要性 統計顯示，一半以上的美國老人認為宗教對他們非常重要。百分之三十六的華裔耆老認為宗教是重要的。

參與宗教儀式 四分之三（76%）的華人老人從來都沒有參與任何宗教組織活動，約十分之一（12%）每週都會參加。然而，華人老人比較常在家裡進行宗教儀式，例如傳統文化中的祭祖拜神等。百分之五十四的受訪者每年至少在家進行一次宗教儀式，百分之十表示每天都會在家裡進行宗教儀式。

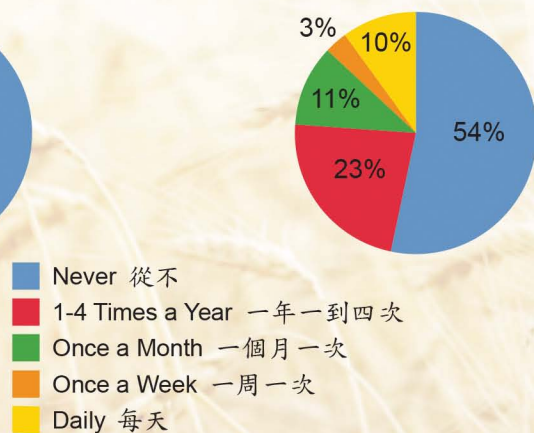
Importance of Religion
宗教重要性



Organized Religious Services
參加宗教儀式



Religious Services at Home
在家宗教儀式



CONCLUSION More than one third of Chinese older adults perceived religion as important. Holding religious services at home continued to be a common facet of life. This preference of home services over organized religious services can likely be explained by the popular practice of ancestor worship in Chinese homes. Showing respect to ancestors is viewed as a cultural ideal of filial piety put forth by Confucius. The potential effects of religion and spirituality on the well-being of Chinese older adults need to be understood within their unique cultural contexts.

結論 超過三分之一的耆老認為對他們來說宗教是重要的，在家裏進行祭祖拜神是常見習俗，這很可能跟中國傳統的孔孟文化有關，弘揚對祖先的尊重。理解中國的傳統文化才能更全面分析宗教信仰對華裔老人身心健康的影響。