



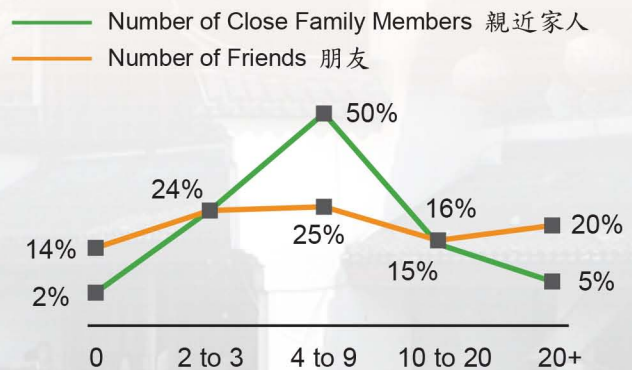
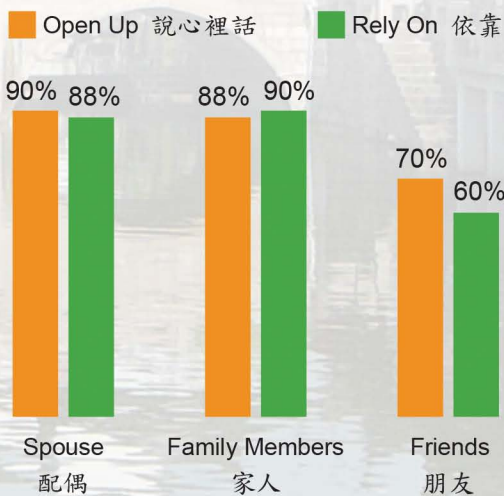
BACKGROUND The quality and quantity of one's social support and network is closely linked with health and well-being. Social support may be derived from many sources, and measured in different forms including emotional, informational, and instrumental support. Adequate social support is associated with reduced risks of mental illness and physical problems among older adults.

STUDY RESULTS We asked participants how often they could open up to their spouse, family members, and friends, or rely on them for help. Our findings show Chinese older adults were more likely to open up or rely on their spouse and family members than to friends. When asked about the quantity of support sources, Chinese older adults reported having more close family members than friends. The majority of older adults (71%) reported having more than four close family members. One in seven participants (14%) said that they didn't have any friends.

背景 社會支持網絡的數量以及質量與個人健康息息相關。社會支持有許多來源及不同類型，主要包括情感，信息以及實質性的支持。足夠的社會支持可降低老年人精神及身體疾病的風險。

研究結果 我們詢問受訪者是否對配偶，家人或者朋友傾訴心事以及依賴幫忙。結果顯示相較於朋友，老人更傾向於對家人說心裡話以及求助他們幫忙。當問及社會支持的來源時，華裔老人的親近家人多於朋友比例。大多數老人有四個以上親近的家庭成員。七分之一（14%）覺得自己沒有朋友。

Social Support 人際支持



CONCLUSION Chinese older adults in this study not only tended to have family-centered social networks, they were also likely to depend more on family support than support from friends. This can likely be explained by the central value of family in Chinese culture. Despite changes which take place in the context of immigration, older adults still consider family support as a primary source of support. On the other hand, the lack of friends can be a consequence of social isolation, which may predispose older adults to greater levels of loneliness. Preserving and continuing social relationships with both family and friends are imperative to successful aging.

結論 華裔老人的社會網絡多以家人為中心，同時也更依賴家人的支持，這可能與中國文化中家庭的重要角色有關。儘管移民過程帶來變化，但家人仍是耆老人際支持的首要來源。另一方面，缺少朋友也有能導致社會隔離，加劇孤獨感。保持以及延續與家人朋友的關係對健康老化至關重要。