



## FILIAL PIETY 孝順

**BACKGROUND** In Confucian philosophy, filial piety strictly dictates children's obligatory roles and caregiving responsibilities to older adults. As a well-known Chinese proverb states, "Raising children is protection against older age and frailty". A unique and dominant feature of Chinese culture and family life, filial piety has been found to be positively associated with older adults' physical and psychological well-being in global Chinese populations.

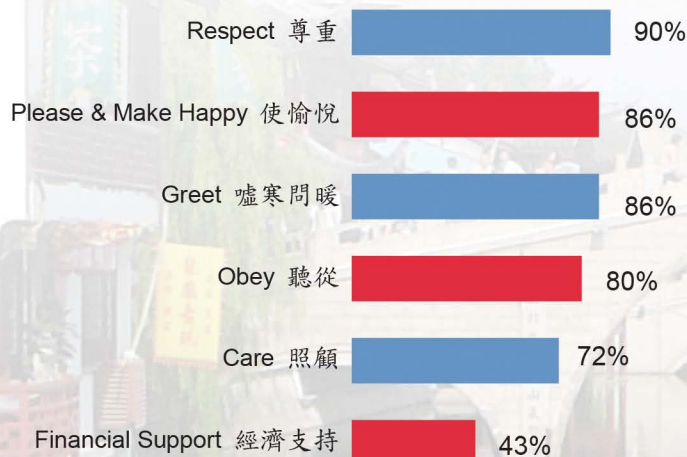
**STUDY RESULTS** The average number of sons and daughters per participant were 1.4 and 1.5 in the study. Expectations for all forms of filial piety remained high. About 90% of older adults expected more than average respect from their adult children. In addition, older adults were more invested in the emotional aspect of care than instrumental support. Less than half of the participants (43%) had expectations of financial support from their children.



**背景** 孔孟孝道精神提倡子女孝順父母的義務責任，正如俗話所說的養兒防老。孝順是中國文化以及家庭生活特有的精神，孝道也與全球華裔老人的身心健康密切相關。

**研究結果** 受訪者平均有1.4個兒子以及1.5個女兒。耆老對孝順的期待仍然很高。90%的老人期望子女可以給予平均水平以上的尊重。同時，老人對情感的照顧期望高於實質財務支持。少於一半（43%）的老人希望子女給予他們平均水平以上的經濟支持。

### Expectations for Filial Piety 對孝順的期待



“

*If your children are kind to you, you naturally feel happy. But if they are bad to you, you will not feel good even if you have money. My understanding is that for most of Chinese people, their children do not feel concern about their parents anymore. That is due to American influences. It is to take care of yourself only.*” - Study Participant

「如果你的孩子對你好，你自然開心。如果他們對你很差，你有錢也不會開心。我覺得對大多數華人的孩子都不怎麼關心父母。這受美國文化的影響，都認為自己管自己就好了。」 - 研究受訪者

**CONCLUSION** Chinese older adults continue to place high filial expectations on adult children. Consistent with findings in Chinese populations worldwide, our study documents shifts in filial piety expectations among older adults. The notion of intangible emotional care and respect were highly expected, more so than physical caring or providing financial support. It is imperative to improve adult children's understanding of the needs of older adults. Social services agencies can assist family members in learning to offer adequate support to their parents.

**結論** 華裔老人對孝順期望類型的轉變顯而易見。與實際照顧或者財務支持相較，父母對於兒女情感關懷以及尊重期待更高。成年子女對老人需求的瞭解至關重要，社服機構需協助家庭成員學習為父母提供更充分的支持。