



STRESS 壓力

BACKGROUND Stress refers to the perception that one's resources are not sufficient to meet a challenge. A life situation can be damaging to one's health if it is perceived as stressful. Research suggests perceived stress in late life is related to increased physical illnesses and a decreased sense of life satisfaction.

STUDY RESULTS Three in four study participants (74%) reported signs of stress in the month preceding the survey. Feeling that things were not going their way was present in 40% of participants. About 36% reported a lack of confidence in handling personal problems.

背景 壓力是指一個人對自己現有的能量資源感到無法應付挑戰。充滿壓力的生活狀態對一個人的健康有嚴重的影響。研究顯示晚年壓力與身體疾病增加以及生活滿意度下降有關。

研究結果 四分之三的受訪者（74%）在過去一個月有感受到壓力。40%的老人感覺身邊的事情不順利，36%的老人對自己處理個人問題的能力缺乏信心。

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“ Our mindsets need to be calm. If our mindset is stressed, then every negative feeling intensifies. Eventually your health suffers. ” - Study Participant

「我們的心態需要時刻保持清淨。如果有壓力，那負面情緒也會加劇，最終影響我們的身心健康。」 - 研究受訪者

CONCLUSION Although old age can be an exciting and lively time, many older adults struggle to cope with deterioration of physical strength and health. It is likely that language and cultural barriers may further compound stress facing Chinese older adults in America. A better understanding of common life stressors in this population should be the first step towards developing culturally appropriate coping mechanisms and strategies.

結論 儘管銀髮族生活可以過的愜意而豐富，但仍有許多老年人深受身體以及健康惡化的困擾。語言及文化障礙可能加重華裔老人的生活壓力。瞭解華裔老人的壓力來源應該成為應對壓力措施的第一步。