



BACKGROUND Mental health status is associated with attitudes towards the future. Having a sense of hopelessness often reduces older adults' confidence and willingness to combat illnesses, and increases the incidence of mortality. In addition, the sense of despair may deter older adults from seeking timely medical treatment.

STUDY RESULTS A sense of hopelessness and despair was common in this study sample. Around half of the participants (46%) endorsed at least one item of feelings of hopelessness.

背景 一個人的精神狀態與對未來的態度息息相關。絕望的情緒降低老人應付疾病的意願以及信心，而且還增加死亡的概率。老人若對未來絕望，也減低主動求醫的可能性。

研究結果 絕望的情緒常見於華裔老人中。有大概一半（46%）的受訪者有一項以上的絕望感受。20%認為未來不可能得到滿足，17%對未來沒信心，15%不期待在未來得到想要的結果。

Feelings About Future 對未來看法



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A person's life is full of ups and downs and contrary to one's expectation of being cordial. It often turns sour and empty. Therefore we need to accept our fate. There is nothing you can do about it.” - Study Participant

「人的一生活起起伏伏，最後往往心酸無果，與期望背道而馳。我們只有接受命運的安排，沒有其他辦法。」- 研究受訪者

CONCLUSION The high sense of hopelessness among Chinese older adults may likely be explained by various psychosocial and physiological changes brought about by migration and aging. The deep-rooted cultural belief of fatalism may also play a key role. While older adults feel they have limited ability to shape the future, the ultimate outcome, such as having a physical illness or experiencing a loss, is often thought as pre-determined by destiny. Reducing the likelihood of hopelessness by promoting active and positive aging with culturally sensitive measures should be a public health priority.

結論 華裔老年的高絕望感可能與移民以及老化變化影響，或文化中根深蒂固的宿命論也可能相關。老人經常認為無力改變未來，而身體疾病以及失落都是命運決定的。通過宣揚積極正面的老齡化思想，從而降低華裔老人的絕望感，是公衛政策的首要任務。