

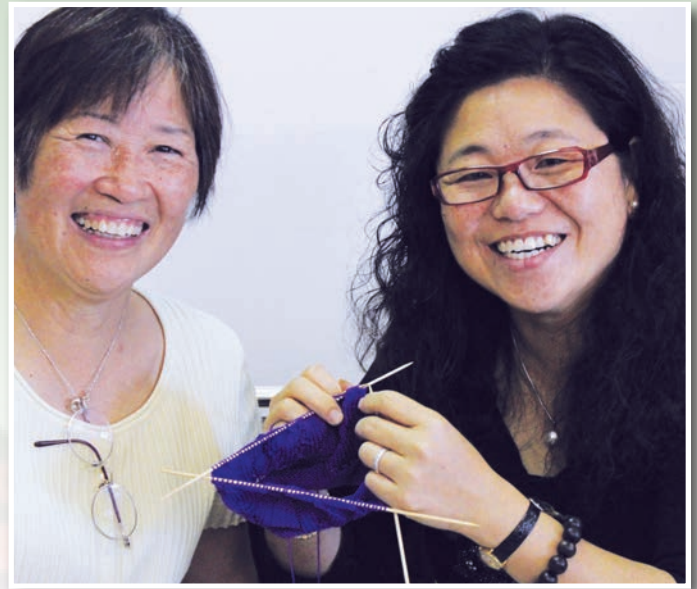
PERCEPTION OF PARENTS' SOCIAL SUPPORT

對父母社會支持的感知



BACKGROUND Social support includes both physical and emotional assistance provided by families, friends, community, etc. Research has shown that social support is an important predictor of good physical and mental health, life satisfaction, and reduced risk of institutionalization among older adults. Social support may also buffer the adverse effects of aging's common stressors.

STUDY RESULTS A total of 29% of the participants reported that their mothers mentioned not having enough support, and 32% reported their fathers mentioned not having enough support. About 40% of the participants suspected their mothers did not have enough social support, while 41% suspected their fathers did not have enough social support.

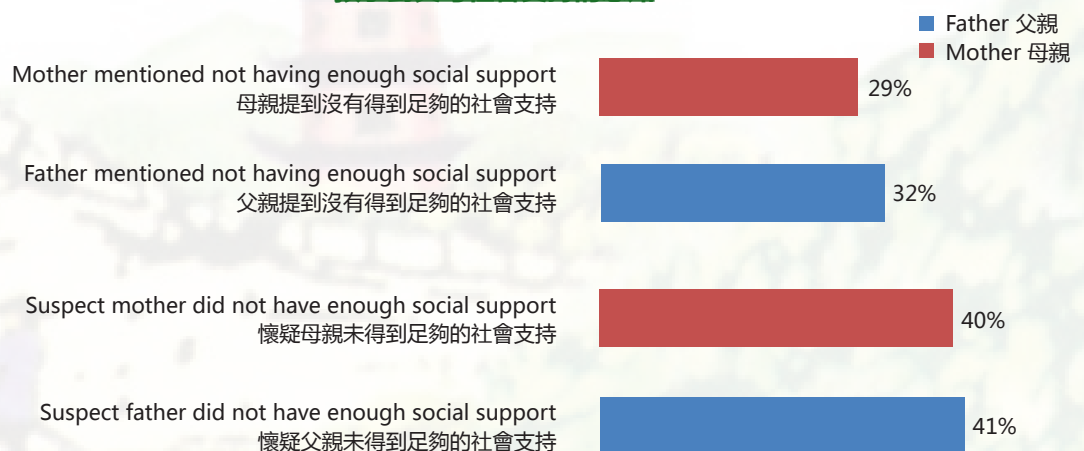


背景 社會支持包括來自家庭、朋友和社區等的身體和情感上的幫助。研究表明社會支持是老年人身心健康、生活滿意和機構護理風險降低的重要指標。社會支持也會緩解年老壓力。

研究結果 三分之一受訪者報告他們的母親(29%)或父親(32%)提及缺少足夠的社會支持。大約40%的受訪者懷疑母親缺乏足夠的社會支持,41%懷疑父親缺乏足夠的社會支持。

CHILDREN'S PERCEPTIONS OF PARENTS' SOCIAL SUPPORT

孩子對父母社會支持的感知



CONCLUSION Adult children reported that their fathers were more likely than their mothers to not receive enough social support. More children suspected that their parents did not get enough social support than being told. For Chinese older adults immigrated to the US in their late years, they are far from their native friends and networks. The lack of friends can result in social isolation and loneliness. Successfully maintaining and building social support is imperative to their health.

結論 成年子女認為父親比母親更可能缺乏足夠的社會支持。相對於父母主動告知,更多的成年子女自己感知到父母缺乏足夠社會支持。晚年移民至美國的華裔老人遠離自己原來的朋友和社交圈。缺少朋友有可能會導致社會隔離和孤單感。維持社會支持對於老年人的健康至關重要。