

The Dilemma and Path Exploration of Life Education for the Elderly

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Abstract: With the aggravation of aging in our country, the elderly group has become the focus of social concern. This group generally has a high degree of education, good physical fitness, and the decline rate of physiological function is slow, but they are also vulnerable to various diseases high-risk groups. Especially when the elderly face major diseases or accidents, it is easy to cause psychological anxiety and fear, which affects their quality of life. Therefore, to carry out life education in the elderly group has become a hot issue that the whole society pays attention to. Through strengthening life education for the elderly, it is helpful to guide them to face death correctly and avoid unnecessary negative emotions or mental diseases caused by insufficient awareness of death.

Keywords: The elderly; Life education; There is a dilemma; Path exploration

Introduction:

With the intensification of the aging degree in our country, more and more old people begin to enter the old age, which is a special period again. Therefore, in order to let the elderly face death correctly, it is necessary to continuously strengthen the awareness of life education for the elderly, and make them fully realize the objective existence and inevitability of death by strengthening publicity and education. In particular, it is necessary to make the elderly realize that death is a necessary process of life. Only by realizing that death is not to be feared can we make peace with it.

1. Current situation of cognition of life education among the elderly

With the development of social economy and the improvement of medical level, the quality of life of the elderly has been significantly improved, but its life expectancy has shown a trend of decline year by year. According to statistics, the average life expectancy of our population has reached 78 years, among which, 68.8 years for men and 75.2 years for women. Although the level of medical treatment in China is constantly improving, most elderly people still face serious diseases. Such as cardiovascular and cerebrovascular diseases, diabetes and other chronic diseases. These diseases will not only seriously threaten the life and health of the elderly, but also affect their quality of life. The results show that the lack of cognition of life education is one of the main reasons affecting the health and longevity of the elderly. On the one hand, some elderly people think that they are old and do not need to learn professional medical knowledge; On the other hand, some elderly people think that they have not experienced major events such as serious illness or accidents, and they do not pay enough attention to death. Therefore, they do not form a correct understanding of death. In addition, life education for the elderly is often neglected for their children. According to the survey results, only 45.7 percent of the elderly communicate with their children about death or health. When their children face serious illness, only 30 percent of the elderly will give timely help. It can be seen that most elderly people lack the awareness and behavior of life education for their children. Therefore, in order to achieve the purpose of life education for the elderly, relevant departments need to pay attention to strengthen the education of their children's life education knowledge and skills. At the same time, the community should play a role in life education, so that the elderly can actively participate in life education. Only in this way can we achieve the goal of a long, healthy and happy life for the elderly.

2. The difficulties faced by the elderly in life education

2.1 Influence of traditional concepts

In our country, many elderly people have retained the idea of “raising children for old age”, thinking that their children are all their sustenance, and they should be oxen and horses for their children. Moreover, due to the influence of traditional concepts, people generally believe that “people will die”, which makes people prone to fear, anxiety and other negative emotions when facing death. Due to the influence of this traditional concept, many elderly people lack a correct understanding of death. Even some older people with a certain knowledge base can't face death properly, they will think that it is a natural law. Therefore, when carrying out life education, it is difficult to get the recognition and cooperation of the elderly.

2.2 Single educational channels

When carrying out life education, because of the influence of traditional ideas, most people think that life education is the way of school education. As a result, the life education carried out by schools mostly stays in theoretical knowledge and lacks practical operation. Moreover, there are some difficulties in implementing life education. For example, life education for the elderly requires a certain amount of time and energy investment, and requires certain professional knowledge and skills. These are difficult for most older people.

2.3 Lack of effective ways of life education for the elderly

Due to the influence of many factors such as society, family and individuals, there is no institution or place to carry out life education specifically for the elderly in China. At the same time, due to the lack of professional teachers and teaching materials system, the life education for the elderly is limited. At present, life education in our country is mainly carried out through some schools and communities. To sum up, there are some difficulties in carrying out life education for the elderly in our country at present: first, the influence of traditional concepts leads the elderly to fear death to some extent; Secondly, there is a lack of professionals to provide life education for the elderly. The third is the lack of effective ways of life education for the elderly; Finally, there is a lack of effective ways of life education for the elderly. Therefore, when carrying out life education for the elderly, it is necessary to take targeted measures to solve the problem according to the actual situation. Only in this way can we better meet the growing needs of people for the quality of life and spiritual life.

3. The main ways to improve the quality of life of the elderly

Although China has realized the importance of developing life education, the present situation of developing life education for the elderly is more severe because there are no relevant education policies or laws in our country. Therefore, if we want our elderly people to face death correctly and face life positively, we need to strengthen their life education. From the current situation of life education for the elderly, it can be mainly started from the following aspects:

3.1 Cultivate the elderly group's correct attitude towards death

The focus of life education is to make the elderly realize that life is valuable and short, and should be fully cherished. Through strengthening life education for the elderly, they can be more clearly aware of their own precious life value. At the same time, it can make them realize that they will not feel fear and helplessness in the face of death, so that they can have confidence and hope for life.

3.2 Attach importance to mental health education for the elderly

At present, the development of mental health education for the aged in China is still in its initial stage. Because most of the elderly have a higher level of education and strong self-care ability, so to carry out mental health education for them can get twice the result with half the effort. In order to make the elderly more rational to face death, it is necessary to strengthen their mental health education. Through strengthening mental health education for the elderly, they can accept the reality calmly when facing death and look at death correctly.

3.3 Establish an effective life education mechanism

In order to promote the effective development of life education for the elderly, it is necessary to establish the corresponding mechanism and system guarantee. For example, we can set up special life education institutions, create life education platforms, and carry out life education theme activities. Only after these aspects can achieve results can we promote the smooth progress of life education for the elderly in the whole society. To sum up, in order to improve the quality of life of the elderly group in our country, we must start with improving their cognition of death. Through strengthening life education for the elderly, they can face death correctly and live positively and optimistically. By establishing and perfecting the life education mechanism, we can make our old age groups enjoy their old age life better.

4. Conclusion

Facing the increasing aging, we must attach importance to the life education of the elderly from many angles. First of all, we should pay attention to the necessity of developing life education for the elderly, which is because the aging problem is becoming more and more serious in our country, the shortage of pension service and lack of resources have become a major factor restricting the social and economic development in our country. To carry out life education for the elderly can provide a new kind of elderly care service for the society to meet the diversified needs of the elderly. Secondly, we should strengthen the exploration of the path of life education for the elderly, which can be started from the following aspects: First, we should strengthen the importance of life awareness and death education for the elderly from the level of education; Second, we should carry out multi-dimensional and three-dimensional life education in families, schools and communities. The third is to carry out life education for the whole society; Fourth, life education should be incorporated into the national education system. Only by strengthening the life education for the elderly from many aspects can we better guide the elderly to establish a correct outlook on life and death and values, so as to better improve their quality of life and protect their physical and mental health. Of course, this is a long-term and complex process, which requires us to constantly explore and sum up experience in practice. I believe that as long as we work together, we will achieve the expected goal.

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