

Research on the Current Situation of Mental Health Management of the Elderly under the Background of Population Aging

Dijin Li

Zhuhai Yinghua Cambridge International School, Zhuhai, China

Abstract: Nowadays, the aging of the population is intensifying. Maintaining the physical and mental health of the elderly is conducive to the steady development of the country. In reality, when the only child goes out to work, the empty nesters are left unaccompanied. Older people have no outlet for emotional release because of their narrow social circle and inability to operate high-tech electronics. In the long run, this will lead to severe psychological depression and other problems in the elderly. Therefore, we should construct a mental health service system for the elderly in the community and put the development of the elderly's mental health first. In addition, by screening the mental health of the elderly, the service team of mental health consultation and treatment institutions will be comprehensively improved, and more safeguard measures will be provided to solve the aging of the population.

Keywords: Population aging, Older people, Mental health management, Current situation study.

1. Introduction

With the rapid development of the aging population, it is urgent to manage and study the mental health of the elderly. The number of older people is increasing, and if the elderly mental health problems are not solved well, it will hurt social development. Based on this, this paper will analyze the importance, issues, and solutions of the mental health management of the elderly under the background of the aging population so that the whole society can pay attention to this vulnerable group. In this way, old people can enjoy their old age in a healthy and happy mood.

2. The Importance of Research on the Mental Health Management of the Elderly in the Context of the Aging Population

With the improvement of the national economy, medical care and living standards have been continuously improved. The increase in life expectancy has brought about the problem of aging. As one of the large population groups, the mental health management of the elderly has attracted much attention. As a result, the focus has shifted from food and clothing to the mental health of the elderly. As much more modern young people prefer late marriage and late childbirth, they will have fewer children and invest more in them. As a result, there are fewer and fewer young people, and the growing elderly population has become a new demographic feature. When the proportion of the elderly population is relatively large, China gradually enters an aging society. Currently, the growth rate and proportion of China's aging population exceed the world level. Experts' data show that the annual growth rate of China's aging population reaches 3.3%. The elderly population is expected to increase to 300 million around 2025. With the increase in the number of older people, the aging problem has become society's focus. People find that the proportion of the elderly population continues to rise, and the needs of the elderly are diversified. Therefore, it is necessary

to improve the management mechanism of the mental health of the elderly.

From the current survey, we can conclude that the retired or empty-nest elderly face tremendous psychological pressure. For example, they need material support and spiritual companionship. However, the reality can hardly meet the needs of the aged. Older people face the end of their careers and a narrowing social circle, often accompanied by feelings of inferiority, emptiness, loneliness, depression, and anxiety. The psychological problems of the elderly population have four characteristics: old age, extensiveness, diversity of mental illness, and times. These factors quickly make the elderly feel lost, leading to mental disorders and other problems. Because in China, the elderly generally have fewer knowledge reserves, and the concept of pseudo-health management significantly impacts the elderly; it often leads to their ideological imbalance, confusion, and distrust of mental health intervention. Hence, we should provide the elderly with a suitable living environment and psychological counseling and give full play to the effect of mental health on preventing illness. In a stressful society, keeping the mental health of the elderly is the top priority when they enjoy old age.

3. Problems in the Research of Mental Health Management of the Elderly in the Population Aging

3.1. Lack of Attention to Mental Health Management System

Lonely older people become very sensitive and fragile, their psychological status is unhealthy, and most elderly are often in a state of inferiority. Because of the aging of physical functions, they are tired and powerless and unable to finish their daily work. In addition, when their children grow up and become independent, the elderly are particularly sensitive and suspicious of their children's words and behaviors. Still, they are powerless to change because they gradually lose authority at home. Therefore, the elderly eager to be respected, hoping

to return to the glory and peak of their youth. Then, when they are unsatisfactory, they often quarrel with their children, or keep their dissatisfaction in their hearts, develop a potent inferiority complex, and become self-enclosed. Some older adults even feel anxiety and jealousy: they have changed from leaders to followers. After retirement, they often think they are useless and even worry that their children will abandon them because of their "uselessness". The anxiety and worry will gradually distort the mentality of the elderly. In addition, looking at young and vigorous adolescents, the elderly think that the intelligence and physical state of adolescents are at their best, and they tend to feel dissatisfied and jealous of young people. In the long run, this situation can lead to disharmony in family relationships, heightened vigilance among the elderly, and so on. In this process, the elderly neglect their psychological conditions, quickly leading to psychological problems. It is a pity that the mental health service industry for the elderly started late, the market operation is chaotic, and the service and management systems are immature. With varying management levels, it is difficult for us to meet the mental needs of the elderly. When most people ignore the mental state of the elderly, the mental health system will be negatively affected, research progress will be slow, and the mental health problems of the elderly cannot be solved in time, thus affecting the stability of the social order.

3.2. Lack of Mental Health Management Talent Team for the Elderly

If the mental health problems of the elderly do not attract people's attention, it is easy to cause accidents. Factors affecting older persons' mental health include: The elderly do not adapt to the role of conversion, inadequate living security, unsatisfactory physical condition, and interpersonal disharmony [1]. The first is caused by maladjustment after retirement. Older people are apt to feel lonely after retirement. Therefore, without a professional team to correct and guide the elderly to give up their previous roles and define new roles, they can quickly go into a dead corner of thinking. When the elderly have to retire or lose their jobs, their economic situation is slightly worse. Coupled with rising prices and medical expenses, the elderly lose confidence and a sense of security and are prone to depression: Older people are more likely to suffer from chronic diseases as they age. They fear death, and the pain adds to the psychological burden. In addition, when they get older, their interpersonal relationships are not harmonious, their children go out to work, their peers are getting older one after another, their social circle is getting narrower, and the psychology of no one to take care of and guide them will all cause depression of the elderly. As these problems become more and more prominent, intervention and guidance by professionals or psychologists from psychological teams are needed. Without a cure, many older people's life will be disordered, and even the social order will be affected in severe cases [2].

3.3. Lack of Mental Health Management Platform for the Elderly

Modern medical institutions, community hospitals, and public health services have reached advanced standards, enabling people to make outpatient appointments to address various types of mental illnesses and book doctor visits for examinations by telephone. Despite getting the qualified line, the network platform is imperfect, and there is no connection between departments and hospitals, which is called the

"Internet plus" structure. "Internet plus" helps to convert paper information and consultation into online operations, solving problems at once and saving customers' time by not having to stand in line. Nowadays, China's rapid technological development cannot be separated from the dissemination of electronic information. The same is valid for mental health management consulting and services for the elderly. If a common management platform exists between the subject units, it will efficiently solve the psychological problems of the elderly. For example, a dedicated person is arranged for the elderly in the Internet psychological information system to help simplify the operation and solve the trouble of the elderly who do not know how to read or operate electronically. Through integrated electronic voice communication, the hospital gets the health outcomes of the elderly and selects a specialist to treat them according to their symptoms. Or, if it detects a situation in which an older person's condition rises to a dangerous state, a one-touch transfer to an electronic hospital for a doctor to locate and then visit the home for treatment can be very effective [3]. As soon as data management is upgraded, mental health issues of the elderly can be addressed through a common platform. In this way, we can avoid older people piling up and crowding to hospitals during the COVID-19 pandemic, reduce the waste of medical resources and improve the efficiency of mental health workers, and solve the problems of older people to achieve win-win cooperation.

4. The Countermeasures of the Mental Health Management of the Elderly under the Aging of Population

4.1. The Construction of Mental Health Service System for the Elderly

To solve the mental health problems of the elderly, the state emphasizes "strengthening the construction of the psychosocial service system". It makes efforts to build a service mechanism for caring for the mental health of the elderly by building a grass-roots service organization. These measures help the elderly to get help in time. The system carries out mental health service work and scientifically sets up mental health education rooms to address the various psychological problems of older people. Nevertheless, the prevention of psychological problems in the elderly is the main principle, and by keeping their bodies healthy, the elderly can reduce their depression by half. Therefore, we should urge the elderly to do more warm-up exercises, enhance the frequency of activity, and regularly check their health status. In addition, we should take therapeutic measures to curb the unhealthy state and keep a record of the psychological condition of the elderly when abnormalities are detected. Establishing a prevention mechanism based on this will help safeguard the mental health of the elderly.

This service system allows communication with community health centers and clinics to ensure seniors remain physically and mentally healthy. We should also arrange mental health check-ups, regularly observe the mental problems of the elderly, or hold lectures. On the one hand, scientific psychological knowledge can be popularized, and on the other hand, the situation of the elderly can be checked in time for regular treatment. Mental health services need to be improved, including the organization and archiving of recorded data of the elderly. In addition, we can guarantee the

mental health of the elderly by making regular visits to confirm their psychological status.

4.2. The Cultivation of a Professional Psychological Service Team for the Elderly

In the context of an aging population, it is an inevitable trend that the number of older people will intensify, and the total number is expected to rise year by year, so it is essential to establish a community service team. Therefore, we use "Internet plus" for efficient management. The community grid organization allows for efficient tracking of the mental health status of each older adult in real-time. First, the team leader needs to introduce advanced equipment to assist the elderly in solving their psychological problems and enhance the management of their mental health records through electronic records. Second, organizing community psychological service personnel to participate in training activities is essential, and it is recommended to introduce relevant talents and improve the job training system. For example, staff members carry out service activities through regular lectures to ensure that they are trained and capable of communicating with the elderly and providing attentive counseling services. Furthermore, to ensure that the elderly can receive the best treatment services, we need to reasonably learn from advanced foreign experiences based on the physical and psychological traits of the elderly and carry out health education so that the elderly can get a comprehensive study. Psychological traits refer to the stable behavioral and psychological characteristics of an individual. Professionals can detect whether an older person is optimistic through their personality and temperament. Therefore, paying attention to the psychological traits of the elderly helps them to form proper self-awareness. Mental states are temporary psychological and behavioral characteristics of individuals [4]. We also need to look at the aspects of interpersonal relationships and social functioning to see if older adults have the ability to manage their emotions. Mental process health refers to the internal mechanism of the execution of individual cognitive functions. Mental processes include learning, memory, perception, and many other aspects, and their complexity is assessed by the different responses and mental states of the elderly after receiving external stimuli.

In the era of increasing aging, the issue of how to properly guide the mental health of the elderly has become a hot topic in the community. With the demands of economic development, having fewer or no children has become the choice of most young people. However, people will get older, and it is an inevitable trend that the aging population will continue to grow. Maintaining the aging population is conducive to social stability and harmony. For the task of mental health management for the elderly, we should adopt a developmental perspective, strengthen mental health administration, clarify the position of professionals, and fully implement the accountability system. Then, it is necessary to establish a youth volunteer service team, and we can introduce more volunteers by widening the recruitment channels. For example, employees of enterprises and

institutions or college students are alternative personnel. Finally, specialized services can also enhance mental health management models through hospital-community collaboration, allowing the mental health problems of the elderly to be effectively addressed.

4.3. Propaganda of Mental Health of the Elderly

In terms of strengthening publicity work, we are raising the awareness of the elderly about mental health management so that they will no longer feel confused. Regular educational activities on scientific topics can strengthen health awareness among older adults. For example, government departments and authoritative academic institutions conduct mental health awareness campaigns, as credible units are more convincing. In this process, it is essential for the staff to go into the community, homes, and masses. These types of activities give seniors a sense of involvement. For example, a "drum-and-pass game" can be held in the community where each senior takes a turn introducing themselves and being encouraged to do so. Then the older person recalls his life and tells his life story. The staff carefully records the psychological status of the elderly and evaluates them. Practical help can be found when older people share feelings of inferiority or depression. Regular characteristic publicity work is beneficial to the mental health of the elderly.

5. Conclusion

To sum up, aging is an inevitable trend of social development, and how to solve the mental health problems of the elderly has become a top priority. On this basis, we can start with the mental health trait, mental state health, and mental process health of the elderly to effectively improve the practical living quality of the elderly. To meet the actual life and spiritual needs of the elderly and carry out mental health services for the elderly in an orderly manner, we can improve the overall health level of the elderly, improve their mental health in a targeted way, ensure people's access elderly care, and improve their sense of well-being.

References

- [1] Zhang Wentao, Guan Qingxiang, Li Zunyu. Research on the methods of sports health promotion for the elderly in urban communities under the background of population aging—Take Nanchang as an example [J]. *Sports Vision*, 2022, (10): 16-18.
- [2] Yin Xiaoxin. The impact of traditional sports on the health of the elderly under population aging [J]. *Sports Fashion*, 2021, (08): 7-8.
- [3] Huang Yingxian. Discussion on the status quo of community mental health services for the elderly under population aging [J]. *Fortune Today (China Intellectual Property)*, 2021, (01): 245-246.
- [4] Liu Song. The current situation and thinking of community mental health services for the elderly in population aging [J]. *Electronic Journal of Clinical Medicine Literature*, 2018, (84): 194+196.