

Constructing a Demand-Oriented Spiritual Care Service System for Rural Elderly

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ABSTRACT. *With the continuous development of aging, aging and empty nest in our country, the spiritual needs of the elderly in rural areas are increasingly prominent, showing uniqueness and variability. Spiritual care services are needed to start from the spiritual needs of the elderly and ultimately meet their spiritual needs. Only by improving relevant policies and regulations, clarifying the rights and responsibilities of care service subjects, constructing the spiritual care service system for the elderly in rural communities, improving the awareness of spiritual care for the elderly at the social level, and evaluating the needs of the elderly in rural areas from multiple perspectives can we provide diversified, specialized, individualized and long-term services for the elderly in rural areas, so as to meet their spiritual needs and ensure agriculture The old people in the village can have something to do and enjoy in their old age.*

KEYWORDS: *Rural areas, The elderly, Spiritual care*

1. Introduction

The aging of the population and the increasing number of the elderly have brought great pressure to China's economic foundation and social resources. At the same time, the problem of providing for the aged has become a major challenge for China to cope with the aging of the population. How to enable a large number of elderly people to obtain the required pension services, improve their quality of life and enhance their satisfaction with life is an urgent problem to be solved at present. With the wide spread of active aging, people realize that the health of the elderly is not only good physical function, but in fact the health of the elderly is affected by various factors, especially the rich and diverse spiritual needs behind the elderly should be met. After decades of development, the work of spiritual care for the elderly in urban communities has achieved initial results, but the work of spiritual care for the elderly in rural communities is still in the initial stage of exploration. The rural living environment is blocked, the pension system is difficult to cover, the spiritual culture is poor, and the sense of spiritual belonging is difficult to maintain, which makes the rural elderly seriously lack of spiritual care. Some elderly people have different degrees of mental disorders, depression, anxiety and anxiety and other negative emotions. According to the current urgent spiritual needs and existing difficulties of the rural elderly, exploring effective countermeasures can enhance people's understanding of the importance of spiritual care for the rural elderly, actively promote the establishment of the service system of spiritual care for the rural elderly, and further promote the development of the rural pension industry.

2. Research on the Spiritual Care of the Elderly

2.1 Spiritual Care

The concepts related to spiritual care include spiritual care and spiritual comfort. However, different from the concepts of spiritual care and spiritual comfort and spiritual care, the category of spiritual care is larger than spiritual comfort and spiritual care, the service content is wider than spiritual comfort, and the service subject is more diversified than spiritual care. It is believed that responding to the spiritual needs of the elderly is spiritual care, or equating spiritual care with spiritual comfort, or that elderly individuals should combine "other support" and "self-support" to meet spiritual needs [1-2]. Some scholars believe that the elderly should be provided with spiritual care, that is, the elderly service providers should provide services to meet their spiritual needs through institutionalized and non-institutionalized service methods [3]. A clearer definition of spiritual care indicates that the scope of spiritual care is greater than spiritual comfort, and it is not equivalent to mental health services for the elderly and social services for the elderly. The spiritual care of the elderly mainly refers to the change of the elderly by paying attention to the special needs of the elderly group and providing corresponding services. Various factors that affect the mental and mental health of the elderly themselves and their surroundings help the

elderly have a happy old age and truly achieve the goal of active aging [4].

2.2 Influencing Factors of Spiritual Care for the Elderly

The empty nest elderly in rural areas have a very urgent need for spiritual support. However, the current spiritual support is seriously insufficient due to the weakening of the rural family support function, the insufficient self-spiritual support for the elderly, the lack of spiritual support supply in rural communities, and the absence of policies and regulations for spiritual support. Shen Xilian believes that spiritual support for the aged plays an important role in solving the spiritual needs and satisfaction of the elderly in rural areas. It is an indispensable part of rural support for the aged and affects the quality of life of the elderly. However, due to the weak economic foundation of spiritual support for the aged, the inadequate functions of the government in this respect, the decline of traditional filial piety culture in rural areas and other reasons, its development is severely restricted and it faces many difficulties. Through in-depth interviews with the elderly in the community, it is found that almost all the elderly have spiritual aspirations, which represents the pursuit of the elderly in life [5]. When the spiritual satisfaction of the elderly is better, the spiritual demands of the elderly are relatively simple. On the contrary, the spiritual demands of the elderly will show prominent complexity and comprehensive characteristics in content. And because of the development of aging work, the construction of facilities related to the elderly, the elderly's own health and other aspects of the impact, the spiritual appeal often can only become a "castle in the air.". In fact, for the spiritual support of the elderly, the most important role of spiritual appeal is to "fill hunger with cake" [6].

3. The Demand-Oriented Connotation of Spiritual Care

The purpose of spiritual care is to realize the value and dignity of recipients and make them have a happy and meaningful life, which requires spiritual care to start from the spiritual needs of the elderly and ultimately meet their spiritual needs. The spiritual needs of the elderly will increase with the increasing economic development and social progress. The diversified and multi-level spiritual needs of the elderly should also be complied with when providing spiritual care services. At present, most scholars' analysis of the needs of the elderly is based on Maslow's hierarchy of needs theory, which is divided into survival needs, safety needs, belonging and love needs, self-esteem needs and self-realization needs according to the progressive relationship of demand satisfaction. This basically covers the physical and psychological needs of the elderly. However, there are differences between the spiritual needs of the elderly and those of ordinary people, which mainly reflects that the spiritual needs of the elderly are induced by physiological aging, psychological aging and social aging. Therefore, the spiritual needs of the elderly are mainly reflected in the conflicts and discomforts between psychology and external environment. Meeting the spiritual needs is the core of caring for the elderly, which requires understanding the connotation of the orientation of the elderly's spiritual needs.

Spiritual care service is a demand-oriented service, which depends on the following reasons:

First of all, the spiritual care service for the elderly is a service combining formal resources and informal resources, but it is also a social welfare service, whose purpose is to solve social problems, meet social needs, and promote social stability and development. In this system, the satisfaction of people and their needs is the core issue. In order to meet the spiritual needs of the elderly, we need to plan and deliver social services according to the needs of the service objects. Due to normal aging process or diseases, the elderly need to face physical and psychological tests. If their old age life cannot be given due dignity and care, then it is difficult for the elderly to actively adapt to their aging process, deal with emotions, and live a meaningful and happy life.

Secondly, the influence of the concept of active aging. Mental care service for the elderly is the actual needs of the elderly and is also affected by active aging. The concept of "active old age" points out that health does not only refer to good physical function. In fact, the health of old age is affected by various factors, including continuous participation in social, economic, spiritual and cultural activities. Even if the elderly are sick or disabled, they can still develop their independent potential, maintain an independent life and enjoy a high quality of life. Active old age is based on the respect for the rights and interests of the elderly, which is different from the previous demand basis, which needs to provide sufficient and individualized care and services for those who have spiritual needs. To make the elderly not become a burden and concern, and let the elderly enjoy a high quality of life in old age.

Third, the needs of the elderly are unique and changeable. There are many and complicated related factors that affect the mental needs of the elderly, which are related to general social factors as well as personal factors. There is no universal care model for spiritual care service, but the service object needs to be placed in a specific

social system environment to investigate, and the personality, social and family support system, physiological and mental health status of the elderly need to be understood. It is necessary to select and design the service plan according to the needs of the service objects, instead of separating it from the social culture and ecological environment. At the same time, the old people's physical function is weakened due to the increase of their age. At the same time, their psychology will undergo a series of changes when they withdraw from many fields in society, and their needs will change accordingly.

4. The Realization Path of Rural Elderly Spiritual Care Service System

The goal of constructing the spiritual care service system for the rural elderly is to provide diversified, specialized, individualized and long-term services for the rural elderly through a systematic and organized system to meet their spiritual needs and ensure that the rural elderly can have a sense of worthiness and happiness in their old age. This ideal goal is influenced by individual, family, community and society, so it needs a certain realistic environment and a series of conditions to achieve this goal. To provide a kind of institutionalized and systematic professional service for the elderly in rural areas is essentially a kind of generalized social welfare provision, which includes the production, organization and delivery of welfare. Therefore, in order to provide spiritual care services for the elderly, we must establish a care service system from these three aspects and give full play to its functions.

First, we need to improve relevant policies and regulations to provide institutional guarantee for the spiritual care services for the elderly in rural areas.

China has successively issued a series of laws, regulations and relevant policies on pension services, but most of them focus on daily care, medical care and other material care for the elderly. Due to the small amount of spiritual care, such as spiritual comfort, social participation, interpersonal communication, psychological counseling, etc., the relevant policies and regulations are insufficient, showing the characteristics of fragmentation. The new law on the protection of the rights and interests of the elderly stipulates that the government and children have the obligation to support the elderly not only materially, but also mentally. The Ministry of Civil Affairs issued the opinions on strengthening the care and service work for the elderly left behind in rural areas to enhance the basic services such as spiritual consolation, safety supervision, rights and interests maintenance. Local governments and relevant departments shall formulate and implement corresponding policies and regulations, and specify the main body, content and responsibilities of spiritual support for the elderly in accordance with the spiritual needs of the elderly in rural areas, so as to enhance the applicability and operability of spiritual care services for the elderly in rural areas. At the same time, it will provide material support for strengthening the spiritual care service for the elderly, improve the overall material conditions in rural areas, and increase investment in fitness facilities, recreational venues and library construction. We will also increase financial subsidies to the elderly left behind, disabled and semi-disabled elderly, elderly in psychological crisis and other special difficulties to reduce their anxiety and worries caused by economic reasons.

Second, follow the principles of government-led, departmental cooperation and common participation of all sectors of society. In order to provide systematic and professional spiritual care services for the elderly, we should follow the principles of government-led, departmental cooperation and the common participation of all sectors of society, and establish a multi-sectoral cooperative spiritual care service system. Reasonable allocation of existing public resources and various professional services, families, communities, medical and health institutions, social welfare institutions, social organizations, etc. are integrated through the community platform. The problems and needs of the elderly at different ages are different. Due to the different physiological conditions, psychological functions and social environment, the spiritual needs and care needs of the elderly at the same age are different. Therefore, the elderly spiritual care service can effectively meet the needs of the elderly through the reasonable distribution of social service institutions, systems, resources and plans. Link the elderly with appropriate services to provide continuous services for individuals or families, organize relevant factors in a systematic way, coordinate these services to meet the spiritual needs of the elderly, and avoid the absence, repetition and conflict in the work of spiritual care services.

Third, multi-angle assessment is the basis for determining the spiritual needs of the elderly. Identifying the mental needs of the elderly is complicated, but this does not mean that it cannot be completed or should not be tried. If we don't evaluate our spiritual needs, we won't even begin to notice these needs or find solutions to these problems. Therefore, the provision of spiritual care services for the elderly should be based on an accurate and comprehensive assessment of the spiritual needs of the elderly. The scope of the assessment should include the physiological, psychological, family status, independent living ability, social function and cultural, economic and social environment of the elderly. The results of the assessment will become the criteria for judging the needs of

the elderly at different levels, so that the elderly can receive the most appropriate and effective spiritual care services. In the evaluation process, besides respecting the objective judgment of professionals, attention should also be paid to the opinions of the elderly themselves. Because professionals and the elderly often have different understanding of their needs, and their feeling about the quality of life is a subjective experience. From the perspective of spiritual care, we should pay more attention to the elderly's feeling about their own needs. At the same time, the assessment will not only find out the difficulties and challenges faced by the elderly on a daily basis, but also find out the capabilities and resources possessed by the elderly, so as to maximize the capabilities of the elderly themselves, help them cope with the challenges with their own strength, and use the advantages of their environment to obtain spiritual support to the maximum extent.

Fourth, construct the spiritual care service system for the elderly in rural communities

As individuals can not get resources from reality to meet their needs, they have difficulties, but their difficulties can not be simply attributed to the individual or the environment. The difficulties should come from the improper interaction between the individual and the environment. Therefore, in the face of the needs of service objects, identify the internal needs of service objects, and how these needs are generated in the interaction between people and the environment, and understand the situation that these needs are not met. As one of the important components of social environment, community is the most direct platform for interaction between individuals and the environment, and the most basic carrier to carry out spiritual care services for the elderly. Community members know best the problems and needs of the elderly in the community. It is emphasized that the self-help participation of community members to the elderly can be realized by setting up spiritual care service places in the community, cultivating spiritual care service teams for the elderly in the community, and using the existing resources in the community to provide services for the elderly. And carry out the value construction of the elderly in the community, through the publicity and training of the rights and interests of the elderly, care for the elderly and other aspects, improve the community residents' awareness of spiritual care for the elderly, and understand that care is the responsibility of all residents in the community.

Fifth, we should strengthen the propaganda of the concept of active aging and raise the awareness of caring for the elderly at the social level.

In order to achieve active aging, besides clarifying the main responsibility of the government, it also requires the participation of the whole society. The spiritual care of the elderly needs the support and participation of the whole society, so the concept of active aging should be formed in the whole society. Therefore, the government should give priority to the rights and needs of the elderly in the formulation of laws and regulations, policy planning and allocation of public resources. Social public facilities, cultural environment and public opinion atmosphere should provide a safe and healthy friendly social environment for the elderly. If the living environment is friendly to the elderly, it can encourage the elderly to maintain an independent life and strengthen their opportunities to participate in society. At the same time, reduce age discrimination against the elderly in the whole society. For many people, old age is regarded as decline and weakness. As society has prejudice against the elderly and thinks that the elderly are of little value, this negative impression ignores the advantages and abilities of the elderly. At the same time, enhance public awareness of the importance of spiritual care for the elderly, and create a good atmosphere for the whole society to care for the elderly to help the elderly to obtain happiness in their later years. At the same time, it reduces the old people's negative ideas about the aging process. If the old people believe in the negative aspects of aging, the old people may become negative and restrict their self-development and enjoy the pleasure of life in their later years. Therefore, we should help the elderly to overcome their fear of age, have a correct understanding and attitude towards the aging process, and enhance their sense of self-efficacy to enhance the significance of life in their later years.

5. Conclusion

At present, the construction of the spiritual care service system for the rural elderly in China is still in the exploratory stage, mainly focusing on family spiritual comfort. Many spiritual demands of the elderly in rural areas are still unresponsive, especially the spiritual needs of the elderly who are left behind, disabled and semi-disabled and the elderly in psychological crisis and other special difficulties are more diversified and individualized. However, at this stage, with the core of family structure and the weakening of its original functions, the family's role in caring for the elderly is increasingly limited. Therefore, in view of the unique spiritual needs of the elderly in rural areas, the active participation of the government, social organizations, volunteers and other multi-body besides the family is required, so that the elderly in rural areas can enjoy a high-quality life in their old age through long-term and high-quality attention and support.

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