

Analysis of the influence of coping style and loneliness on self-efficacy

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ABSTRACT. *In order to investigate the correlation between the coping methods, loneliness and self-efficacy of the elderly, in this study, the evaluation of the elderly was carried out by using the self-efficacy and loneliness tables. After research, it is found that there are significant differences in loneliness among the elderly at different ages. There is also a significant difference between the elderly's gender differences in loneliness and self-efficacy. There was a significant negative correlation between loneliness and general self-efficacy in the elderly, and coping style was positively correlated with self-efficacy. Therefore, the elderly can master positive coping styles and improve their self-efficacy to reduce loneliness.*

Keywords: *coping style; loneliness; self-efficacy*

0. Introduction

Loneliness can have a negative impact on the elderly, making the elderly more likely to be depressed, and more likely to embark on the road to suicide^[1]; it may also lead to cognitive function in the elderly #Life satisfaction#Happiness level decline*This study aims to understand Correlation between coping styles, loneliness and its influencing factors and self-efficacy in the elderly.

1. Objects and methods

1.1 Research object

Inclusion criteria: Age over 60 years of age; Voluntary participation in the study. Exclusion of severe cognitive impairment #Severe vision or hearing impairment and elderly with mental illness. A total of 166 elderly people who met

the criteria in three urban communities in Xi'an were randomly selected; 80 males and 86 females; 68 patients aged 60-70 years and 98 patients over 70 years old.

1.2 Research Tools

UCLA (OD0G) loneliness scale test retest reliability is 0.89, a total of 20 items, according to the final score of 44 points or more is highly lonely, 39-44 is generally divided into loneliness, 33 - 39 points For the intermediate level, 28-33 is generally divided into loneliness, and 28 points or less is low loneliness. 2 Self-efficacy scale (GSES) test-retest reliability is 0.83, a total of 10 items of day scores are added to the total score^[2], and then divided by 10 is (USES total average, the higher the score indicates the level of self-efficacy The higher the 3 Family Care Metrics Scale (APGAR) is the individual's evaluation of the family's functional satisfaction in a subjective manner, with high reliability and validity. According to the score indicator 7-10, the family function is good, 4-6 points. Indicates moderate disability of family function, 0 to 3 points indicate severe family function disorder. The general survey of 4 people includes age, occupation, marital status, education level, and economic situation.

1.3 Survey method

The investigators dictated the questions and made sure that the elderly answered them after they understood them. The answers were filled in by the investigators. All investigators received unified survey training before the survey. The training included research background, questionnaire content, unified questionnaire explanation and filling standards, communication skills and role play with the elderly.

1.4 statistical methods

The t test and correlation analysis were performed using SPSS 12.0 software.

2. Results

2.1 Comparison of loneliness, self-efficacy and family function in the elderly of different ages

There was no significant difference in general self-efficacy and family function between the 60-70-year-old group and the 70-year-old group; there was a significant difference between the two age groups in the sense of loneliness ($P < 0.05$). See Table 1

Table 1 Comparison of loneliness, self-efficacy and family function among the elderly in different age groups

variable	60~70year old	>70year old	t	P
loneliness	38.71 ± 4.88	40.61 ± 5.25	-2.351	0.022
Self-efficacy	2.39 ± 0.32	2.39 ± 0.48	-0.095	0.915
Family function	4.89 ± 1.88	4.73 ± 2.09	0.819	0.419

2.2 Comparison of loneliness, self-efficacy and family function among different genders

There was no significant difference in family function between different genders; there was a significant difference in loneliness and self-efficacy ($P < 0.05$). See Table 2

Table 2 Comparison of loneliness, self-efficacy and family function among the elderly with different genders

variable	male	woman	t	P
loneliness	40.63 ± 2.98	38.94 ± 6.62	-2.018	0.028
Self-efficacy	2.49 ± 0.19	2.35 ± 0.54	2.061	0.034
Family function	4.89 ± 2.17	4.81 ± 1.82	0.294	0.759

2.3 Correlation analysis of loneliness, self-efficacy and coping style in the elderly

The loneliness of the elderly was negatively correlated with general self-efficacy ($r = -0.231$) and coping style ($r = -0.416$) ($P < 0.01$). The general self-efficacy of the

elderly was positively correlated with coping style ($r=0.175$, $P<0.05$).

3. onclusions

This study shows that the loneliness score of older people is significantly higher than that of the lower age, which is consistent with Mei Jinrong's findings. It shows that with the increase of age, the physical function of the elderly is declining; the ability of daily life is declining, and the mobility is inconvenient; the meaningful society, family and self-function decline, which makes it necessary to reduce the opportunities for social interaction and participation; spouses, relatives and friends^[3]. The death of intimate relationships such as neighbors will gradually increase with age, and it will be more difficult to establish new intimate relationships, which will promote the loneliness of the elderly. In addition, studies have found that compared with young people, the negative correlation between loneliness and emotional disorders, physical dysfunction is stronger in the elderly; and the loneliness of the elderly may be aggravated, because lonely elderly can not achieve it The social emotional day mark of a lifetime. Such frustrations and regrets will undoubtedly exacerbate the feeling of loneliness.

Women are more willing and more likely to express emotions (such as loneliness) than men; women cherish more and value relationships than men; women live longer and more vulnerable to others and experience other losses^[4]. According to Golden et al, older women do not have more internal susceptibility to loneliness than older men, but because women are more likely to encounter loneliness than external factors (such as widowhood).

Self-efficacy is a core concept put forward by Guan Guo Psychologists in the theory of social learning. It refers to people's belief in the successful implementation and completion of a certain Japanese standard or ability to cope with a difficult situation. When an individual comes to an offensive situation such as possible dangers^[5], misfortunes, disasters, etc., self-efficacy can determine an individual's stress state, anxiety response, and degree of depression. The reason why men's self-efficacy is higher than that of women may be that the elderly have a deeper influence on the male-female feudal ideology, resulting in obvious gender differences in their social division of labor and family status, and more opportunities

in men's life experiences. Self-efficacy is constantly being enhanced, so men's self-efficacy is often higher than that of women. Studies have shown that people with high self-efficacy will not be worried before dealing with the environment and events; people with low self-efficacy will doubt their ability to handle and control the environment, showing strong stress and anxiety, and Various protective withdrawal behaviors or defensive behaviors passively respond to the environment and are prone to loneliness. It can be seen that self-efficacy can determine the enthusiasm of the elderly and has a clear predictive effect on the enthusiasm of the elderly.

A good coping style can make the elderly have better care and reduce loneliness; it is possible to better meet the individual's willingness to consume, and the entertainment and communication activities may increase accordingly, which has a positive effect on reducing loneliness. The elderly in China pay special attention to their children^[6]. The children live in good condition and can better reflect the family's coping style. They can not only provide financial support to the elderly, but also bring comfort to the elderly. Domestic research has also found that the level of coping style and social support status are important factors affecting the loneliness of the elderly. This study shows that elderly people with low self-efficacy are more likely to self-evaluate and lower their self-value orientation, and influence their self-potentials to actively play, such as reducing participation in family affairs and social activities, which may lead to negative emotions such as loneliness and depression. Old people with high self-efficacy have higher social interaction ability, psychological endurance, and attitude toward things, and there are fewer cases of loneliness.

Self-efficacy can influence people's behavioral day-marking, thinking patterns, and how to deal with difficulties and frustrations. This is also what Bandura proposed: "The self-efficacy mechanism plays a key role in the process of self-regulation of emotional state. The formation and change of self-efficacy is influenced by four sources of information, namely direct experience, alternative experience, speech. Persuasion, the influence of physiological and emotional state. The family is the main place for individual citizenship and socialization, and the complete family structure can give the best support to family members in material and spiritual. The elderly are declining because of their age and their functions. Loss

of interpersonal relationship can easily lead to low self-efficacy and loneliness. At this time, the good function of family function is especially important for their physical and mental health. Old people with good family function can get from the family when they encounter crisis or serious life events. Various material resources and positive emotional resources make them feel the experience of economic and emotional support, which actually improves the self-efficacy of the elderly and helps to stimulate the mobility of the elderly individuals so that they can better pass each Ways to adjust J emotions, reduce the occurrence of loneliness; on the contrary, encounter the death of intimate family members, children are not around Empty nesters, family dysfunction, weaken the way to enhance self-efficacy, the self-efficacy of the elderly self-potentials will often weaken, unable to find appropriate ways to vent and adjust bamboo emotions, increased loneliness Occurrence. The elderly with family dysfunction, because they have less support in the process of social interaction and the perspective of treating problems, the psychological tolerance is poor, etc., the feeling of loneliness will be stronger. For the elderly who are restricted, the scope of interpersonal communication is gradually narrowing, and the living environment is basically fixed in the family.

In summary, various ways to enhance the self-efficacy of the elderly and promote the good function of family support will help to alleviate and reduce the loneliness of the elderly.

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