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Analysis of the Survival Dilemma and Countermeasures of Rural Elderly Women

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Abstract: With the increasing aging of China's population, the number of rural elderly women, the "vulnerable among the weak" group, is also increasing. This paper takes the members of the shiyuan Community Warm Grandma Workshop and the elderly women in the community as the research object, through their observation and conversation with them, analyzes the living conditions and plight of today's rural elderly women from the four aspects of material, spiritual, health and social status, analyzes the reasons from the vulnerability and stability of rural elderly women themselves, and puts forward countermeasures and suggestions for these current situations and dilemmas from social security, laws and regulations, social organizations and rural elderly women themselves.

Keywords: Rural Elderly Women; Dilemma; Status Quo; Countermeasures

1. Introduction

At present, the population aged 60 and over in China accounts for 18.7% of the total population, of which the population aged 65 and over accounts for 13.5%. It can be seen that China is currently facing the problem of serious population aging. Therefore, scholars from all walks of life are paying more and more attention to the vulnerable group of the elderly. At present, more than two-thirds of the elderly in China live in rural areas, and the proportion of elderly women is much higher than that of the elderly. Therefore, rural elderly women, as "weak among the weak", deserve more attention from scholars from all walks of life. This article analyzes the current living situation of elderly women in rural areas based on the author's interviews with grandmothers in the Warm Grandma Workshop in shiyuan Community and field surveys in shiyuan Community.

2. The current situation

2.1 No guarantee of material life

Influenced by the traditional Chinese culture of "women without talent is morality", the average number of years of education of rural women in China is lower than that of men, which makes it difficult for them to obtain a job with a fixed income, let alone a job with a complete pension and pension security system.^[1] Because the shiyuan community is more special, it belongs to a "village resettlement" community, before moving to the community, they are farmers who rely on the sky to eat, when talking with the elderly women in the community, when we ask about economic resources, basically rely on the village or the state to live, and children usually support the elderly, a small number of old wives go out to work to subsidize the family, which makes the rural elderly women economically insecure, the quality of life is low, the problems faced in daily life are difficult to solve, and there is a lack of resistance The power of "man-made disasters".

2.2 Unsatisfied spiritual life

Compared with the elderly women living in the cities, the leisure and recreational activities of the elderly women in rural areas are much more boring.^[2] Due to the difference in the economic level between urban and rural areas, the infrastructure of cities is relatively perfect compared with rural areas, with a large number of parks, green spaces, fitness squares and other places for the elderly to relax and entertain. However, due to the backward infrastructure and the influence of backward and outdated concepts in rural areas, the leisure and recreational activities of rural elderly women are relatively

single. When we interviewed the grandmothers in the shiyuan community, we found that most of their recreational activities were to walk around, bask in the sun and play cards, do housework and watch TV at home, and their leisure time life was boring.

2.3 Decreased physical function

As we age, the vast majority of the elderly suffer from various chronic diseases that require long-term medication and care. Due to their unique physiological structure and the differences in the physique of men and women, elderly women are in a much worse physical condition than older men.^[3]And the relative lack of rural medical resources, rural elderly women are more difficult to see a doctor, coupled with their own concepts - "sick to resist", "afraid to spend money to see a doctor", most of them are sick and unwilling to go to the hospital, on the community clinic treatment, and finally small lesions and major diseases, delaying the best treatment time.^[4]

2.4 Low social status

Older rural women are less sensitive to socio-political participation than older urban women. Rural publicity is low and affected by their own level of education, their lack of enthusiasm for participation in community public affairs has led to the absence of elderly rural women in community autonomy, the lack of attention to their rights, the neglect of their demands, and the fact that their lives and emotional conditions are not cared about, and they are in a more vulnerable state.

3. Cause

3.1 The vulnerability of older rural women themselves

First of all, the elderly themselves are vulnerable groups, and the elderly women are even more vulnerable among the vulnerable. Nowadays, most of the burden of old-age care in rural areas is still borne by children. From the perspective of the family, because most of the rural areas are still many children's families, there are many potential supporters, but because each supporter always hopes for other providers, which has the consequence of the old and no one to provide for, the elderly women in rural areas are difficult to guarantee the economy and are in a state of poverty.

3.2 Stability of rural elderly women themselves

Surveys have shown that the life expectancy of elderly women in rural areas is longer than that of men, so the proportion of elderly women living alone in rural areas is very high, and after the death of their husbands, they not only face economic difficulties, but also the spiritual torture of rural elderly women living alone. Rural women have been circling the family all their lives, and when they are young, their children are the focus of their lives, and when their children grow up and form their own families, their husbands become the focus of their lives. When they are old and their husbands are dead, they will fall into a pessimism of not being needed.^[5]

4. Countermeasure

4.1 Establish a new model of social security

At present, the social security model in China's rural areas basically continues the dual pension model of combining village collective security and family security in the past, and the source of village collective pension is mainly derived from the village collective sale or leasing of land, in order to issue pensions for the elderly in the village who have reached the specified age.^[6]However, this source is highly risky and uncertain. First of all, whether the land in the village has a lease transfer value is a big variable, and secondly, it also depends on the foresight and far-sightedness of the village leadership team. Therefore, at this time, we can introduce a third yuan, let the government regulation and control join in, give a part of the pension funds to the government, the government evaluates each village collective in the area, gives policy and financial preference to the village collectives at the bottom of the ranking, and the government adopts the means of transfer payment to allocate funds to these village collectives, so as to balance the gap between villages and villages.

4.2 Improve relevant laws and regulations

Although China's current legislation on the protection of the rights and interests of the elderly is relatively extensive,

such as the Constitution of the People's Republic of China, the Criminal Law of the People's Republic of China and the Marriage Law of the People's Republic of China, which all mention the issue of protecting the rights and interests of the elderly, there is still a gap in the special law that only focuses on the rights and interests of the elderly, so China passed the Law of the People's Republic of China on the Protection of the Rights and Interests of the Elderly in 1996, filling the gap in this regard.

4.3 Tap into the potential of elderly rural women

Some scholars see the possibility of elderly women,^[7]proposed a new type of good old-age interaction model, combining "young elderly people with part-time work" and "elderly old people's pension", and young people who still have the ability to work can take care of the elderly who need help, whether it is paid labor or unpaid labor, which is undoubtedly beneficial to both sides, young people can realize their own value while helping others, and the elderly have also received spiritual comfort while getting help.

5. Summary

China is experiencing a rapidly developing aging society, and the increasing population of elderly women in rural areas has brought great problems to China, and has also attracted the attention of all sectors of society. Rural elderly women are currently experiencing both material and spiritual difficulties, so how to ensure that rural elderly women can live in peace in their old age in the absence of collective and family security has become a difficult problem faced by the government and society. Although several countermeasures and suggestions have been proposed in this article, these countermeasures and suggestions should be combined with the actual situation, and their feasibility is debatable.

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