POTENTIAL TRANSFORMATION ANALYSIS OF LONELINESS OF THE ELDERLY AND ITS INFLUENCING FACTORS

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Abstract

The loneliness of the elderly is a hot issue due to the rising divorce rate, growing migration and rapid urbanization. Therefore, this paper aims to gain insights into the loneliness of the elderly and its influencing factors. To this end, the potential transformation analysis, an individual-based vertical analysis strategy, was adopted to analyze the level of loneliness of the elderly in China, examine the differences among the elderly in loneliness from the angles of gender, age, marital status, economic status, and cultural life, and assess the effects of personal, family and social factors on the loneliness of the elderly. The results show that the loneliness and mental health of the elderly need to be improved from multiple aspects: In the personal aspect, the elderly should enhance immunity by keeping a regular diet and doing a moderate amount of exercises; In the family aspect, the company of children and stability of family environment can effectively alleviate the loneliness of the elderly; In the social aspect, the government should assume social responsibility, improve medical services, promote mental health knowledge, and increase the welfare, such as to ease the elderly’s loneliness. The research lays a theoretical basis for improving the quality of life of the elderly.

Key words: Psychology of the Elderly, Status of Loneliness, Influencing Factors, Analysis of Potential Transition, Quality of Life.

INTRODUCTION

At present, with the age level change, the aging population is gradually increasing, and the elderly are a vulnerable group, and their mental health problems have received more and more attention (Zamir, Hennessy, Taylor et al., 2018). In today’s society, along with the improvement of people’s material level and the vigorous advancement of medical and environmental health, the life span of human primates is also growing. At the same time, due to the transformation of people’s spiritual concepts and the strict implementation of the birth policy, the proportion of the juvenile population is declining, which has enabled China to quickly enter the stage of population aging. Due to the varying degrees of population aging in different regions, imbalances in different regions have been created (Kingston, Robinson, Booth et al., 2018). And the aging of the population and the economic development are also out of sync. It is precisely because the aging society has such an incompetent socialization process that it has brought tremendous pressure on the progress of the basic social security of the elderly in today’s society. It is not easy to affect the elderly in their later years and bring the loneliness of the elderly (Bone, Gomes, Etkind et al., 2018). However, the old age is a special life period. On the one hand, due to the physical function of the elderly, the ability of cell recovery, sensory sensation and motor function are slowly changing and affecting the mental state of the elderly (Foster, 2018). On the other hand, the occurrence of negative life events will often lead to changes in the mental health of the elderly, such as anxiety, loneliness, depression and other psychological abnormalities. For example, the social circle of retired people has...
shrunk and social roles have been lost to varying degrees. In addition, due to the high proportion of left-behind people in the elderly population, the number of left-behind elderly people has increased due to the relocation and urbanization process. Loneliness means that a person's existing intimate relationship and interpersonal integration activities cannot reach the desired level, thus experiencing an unpleasant feeling (Nilsson, Laurent, Cunha et al., 2018).

Some foreign studies have shown that loneliness is common among the elderly. Ebert, M and Bode, K. pointed out that 9% to 10% of the elderly are prone to loneliness (Döring, Ebert, Dages et al., 2018). About 5% to 16% of people over the age of 65 are prone to loneliness, and 20% to 40% occasionally feel lonely. In addition, some longitudinal studies have shown that although the proportion of older people in the high-solitude group has hardly changed over time, the number of older people is increasing in the mildly lonely group, as is the number of older people in the non-lone group increase. China has gradually entered the old age society (Qualter, Hurley, Eccles et al., 2018). According to the China Senior Social Follow-up Report, at least 24.78% of the elderly in the country have a sense of loneliness and 1.40% of the elderly have a serious sense of loneliness (Sundström, Edberg, Rämgård et al., 2018). Moreover, the proportion of people who are living alone in the elderly is more than 5.12%. According to the above, it is found that the problems of the elderly in the country are not optimistic (Bandari, Khankeh, Shahboulaghi et al., 2019). However, there is little research on the loneliness of the existence of the elderly in China, and even lack of basic theoretical basis. Therefore, this paper uses foreign basic data as the blue version. Wei Jun and others have found that loneliness is an unhealthy expression of emotional and emotional experience, and loneliness has a great influence on the physical and mental health of individuals. Loneliness is also one of the risk factors for depression, which constitutes a huge impact on the health of the elderly. Yan zhi min and other researchers found that a single sense of loneliness does not affect the mortality rate of the elderly, but when loneliness and depression coexist, the mortality rate will increase significantly (Niu, Jia, Ma et al., 2018). This may be due to the influence of loneliness as a mediator on the immune system and physiological responses, which may lead to a decrease in sleep quality and an increase in the incidence of cardiovascular and cerebrovascular diseases. Chao, J. also found through a two-year follow-up survey that loneliness is extremely harmful to the health of the elderly (Chao & Ge, 2018). The frequency and duration of loneliness in the elderly is less than in older people without loneliness. Even in the next few years, there is a phenomenon that does not participate in sports at all. Over time, older people with loneliness are more likely to experience cognitive decline than older people without loneliness (Mao, Wang, Ling et al., 2019).

At present, the research on loneliness of the elderly is in its infancy in China, and the research foundation and content are rarely lacking in reality and theoretical basis (Zhao, Zhang, Wu et al., 2018). However, from the current pace of social development and the extent of aging, it is precisely because of the rapid pace of aging that attention to ageing and gazing at the living conditions of older groups is of great significance in the actual need for positive social development (Song, Altinay, Sun et al., 2018). It is also important for studying the mental health status of the elderly in China (Voizkaki, Papadaki, Linardakis et al., 2018). At the same time, China is one of the countries with many elderly people and the birthplace of filial piety culture. It is reasonable to explore its own experience in promoting the mental health of the elderly and actively respond to the problem of solitude in the elderly. Through research, we can not only understand the loneliness of the current group, but also help to discover the internal and external factors that influence the group. Some of these factors can be controlled through human efforts to provide further policy advice (Poscia, Stojarovac, Milia La et al., 2018). In addition, children and social workers can understand the loneliness of the elderly in a more comprehensive and detailed way, providing some reference and reference for their filial piety and work.

This paper first discusses the development of loneliness and related factors in the elderly from the perspective of research, combining psychology with sociology and computer science. For the analysis, the effect of the loneliness that will be used to improve the elderly in practice and the processing of the data by computer technology can be used to obtain the actual aging distribution effect. Secondly, in the analysis of relevant factors, through the subtle analysis and judgment of different factors and conditions, as well as the analysis of their own problems and the macro analysis of individual families and groups of economic and social aspects. Finally, in data
processing, techniques such as analysis of variance and regression analysis will be used to quantify and materialize the impact of relevant factors. The method of orderly regression was used to systematically explore the status quo and influencing factors of loneliness in the elderly. Analyze the level of loneliness in the elderly, the differences in the sense of loneliness of the elderly in terms of gender, age, marital status, economic status, cultural life, etc.; and analyze the influence of loneliness in the elderly through different dimensions of individual, family, economy and society stability.

PROPOSED METHOD

Linear regression analysis of loneliness analysis

The linear regression analysis model prediction method is based on the analysis of the independent variables and the dependent variables, and the probability or regression equation between the variables and the variables is established. The regression equations obtained by regression calculation are used as prediction models for regression analysis. The change in the dependent variable is predicted based on the change in the independent variable, and the change relationship is usually related. Regression analysis, the prediction method mainly analyzes and predicts variables with causality. Models established by regression analysis can only be applied to actual predictions when they pass various tests and the prediction errors are small. At present, the classification of regression is mainly based on the magnitude of different independent variables in the model. The regression model generally consists of a one-way regression model and a multiple regression model. At the same time, whether the data is linear or not, and the model supports the linear model, the model can be divided into linear regression model and nonlinear regression model. This paper mainly uses one-dimensional and multiple linear regression models.

(1) One-dimensional linear regression model

The unary linear regression consists of only one dependent variable \( y \) and one independent variable \( x \), which is modeled by a linear function of \( x \). That is to say \( y = a + bx \), where \( a \) and \( b \) is called a regression line, and a straight line is called a regression line. When using linear regression to perform regression predictions on collected data, you must first evaluate \( a \) and \( b \). Currently, the least squares method is usually used. and the parameter estimation for the least squares method is:

\[
\hat{b} = \frac{\sum (x_i - \bar{x})(y_i - \bar{y})}{\sum (x_i - \bar{x})^2}
\]

\[
\hat{a} = \bar{y} - \hat{b}\bar{x}
\]

(2) Multiple linear regression model given data set, this paper can be obtained through learning formula:

\[
f(\omega \ ) = \omega^T x_i + b
\]

\[
f(\omega \ ) \equiv y_i , \text{ which is called “multiple linear regression”}
\]

(3) Linear regression of loneliness analysis

\[
y_i = \omega^T x_i + \epsilon_i
\]

(4) Linear regression analysis of loneliness regression prediction model is:

\[
y = \omega^T x + \epsilon
\]

At the same time, whether the data is linear or not, and the model supports the linear model, the model can be divided into linear regression model and nonlinear regression model. This paper mainly uses one-dimensional and multiple linear regression models.
Let the above expression be zero, and after calculation, we can get the closed solution optimal solution of $\hat{\omega}$. When the matrix $X^TX$ is a full rank matrix or a positive definite matrix, it can be calculated by calculating the above formula:

$$\hat{\omega} = (X^TX)^{-1}X^Ty$$ (10)

For the matrix $(X^TX)^{-1}$ is the inverse matrix of $(X^TX)$, the resulting multivariate linear model is:

$$\hat{f}(x) = x^T(X^TX)^{-1}X^Ty$$ (11)

**Theoretical research on loneliness**

Loneliness is when a person is dissatisfied with his or her interpersonal relationship. When the actual level of communication between the individual and the expected level of communication is different, this is a subjective psychological experience originally proposed by foreign scientists; Peplau is influenced by it. Inspired, define loneliness as: When a person’s social network is not satisfied, this is a negative emotional experience. And the study of loneliness from three aspects of demand, cognition and individual feeling; the concept of loneliness in China is defined by different angles and dimensions. Loneliness is a state of mind. One feels isolated and separated from society, and defines loneliness as an individual in an unfamiliar closed space, creating a feeling of loneliness and loneliness.

In summary, although Chinese and foreign scholars hold different views on the definition of loneliness, there are still some similar characteristics: First, loneliness will appear in the absence of interpersonal communication; secondly, loneliness is a subjective psychological experience or emotion. Experience; finally, loneliness is an unpleasant feeling.

(1) Theory of loneliness

Different theories have different emphasis on the definition and interpretation of loneliness. In psychodynamic theory, loneliness is usually regarded as a kind of mentality in a person’s environment. This theory is often a morbid explanation, with less consideration of factors such as society, culture and age, and regards loneliness as the theoretical basis for a permanent part of life. In fact, loneliness is a positive opportunity. Considering social and emotional considerations in the theory of interactionism, loneliness is partly due to the fact that individuals lack attachment to the outside world or lack of social networking organizations. It is also closely related to personality types. Assessing a person’s loneliness requires quality and quantity, and the conditions of loneliness it presents are not completely negative. The cognition of loneliness in cognitive theory is usually attributed to the way of perception, and it is more about the empirical thinking and reaction to loneliness, but the impact on social networks is not counted in Therefore, it is impossible to answer cognitive impairment, but there is still loneliness.

So although scholars have different definitions and structural divisions of loneliness, most people think that loneliness refers to the absence of personal relationships. The need to interact with others fails to meet expectations, including intimacy and general social interaction, and the resulting painful feelings. When a person is dissatisfied with the current state of interpersonal relationships and cannot balance the gap between social expectations and subjective experiences through their own psychological adjustments or external support, there is a sense of loneliness.

(2) Personal factors affecting the loneliness of the elderly

Gender: Men are lonelier than women, because women are more willing to communicate and communicate with their children, grandchildren, relatives and friends. If they encounter problems, they are more willing to share their opinions and ask their children’s opinions, so they will get more than men. Family support; in contrast, males are more calm and introverted, and are reluctant to express emotional needs easily. So there are not many friends and reliable people., and it is more difficult to establish intimate social relationships than women; however, some studies have on the contrary, they believe that women are more lonely than men. It may be that women are more willing to express their true feelings to others, while men are more willing to cover up their negative emotions because of face or personality problems, so they will do research and analysis. It is found that women’s loneliness is more serious than that of men; on the other hand, because scientific research proves that women live longer than men, they are vulnerable and more likely to experience more negative events with psychological blows.

Age: As each person’s age grows, so does the loneliness of today’s older people. Aldwin’s research found that older people are more prone to cranky and more dependent on others. As they
get older, their health is deteriorating, so they care more about their physical condition and their social functioning. The weakening of the role reduces communication with the outside world; at the same time, as the age grows, more and more things will happen to the child's body or life, resulting in a lack of communication with the children, without sufficient care and support. Pessimistic emotions, feeling abandoned, and feeling lonely.

Education level: Older people with higher education feel lonely. It may be that older people with higher education have more comprehensive analysis problems. When encountering problems in life, it is often customary to adopt a positive and efficient coping style. The problem will develop in a good way, subjective well-being is relatively high, and the results of frustration can also adjust their emotions in a timely manner, calmly and rationally result. This may be because older people with higher education may have a higher social status and sense of accomplishment at work.

Health status: Older people with healthier health are less likely to be lonely than older people with more diseases. The reason may be that with age, the function of the organs and organs of the elderly declines, the body's resistance decreases, the independence is worse, the ability to live is lower, and the dependence is greater, and more and more people are troubled by health problems. When there is a problem with health, due to the slow recovery process of the elderly, there will be long-term psychological negatives, and every day will suffer from health concerns and uneasiness about the future. When their daily living ability is impaired, they passively reduce social interactions and reduce communication with others. Some elderly people are even unwilling to engage in social interactions and are prone to social isolation. The effect of sleep quality on loneliness, high results show that poor sleep quality will increase the loneliness of middle-aged and elderly people.

Religious belief: It is better for the entire elderly to target religious people to a certain extent than those who do not have religious requirements. Old people with religious beliefs have a spiritual sustenance. And such elderly people are full of gratitude for life, that life is full of hope, and the same religious beliefs will gather a group of people to form a stable group with common beliefs, to create a sense of belonging, thereby reducing the loneliness of the elderly; However, Chen et al. There are not many religious organizations, and the role of the group cannot be fulfilled, and the spiritual needs of the elderly cannot be met to alleviate their loneliness.

(3) Family factors affecting the loneliness of the elderly

With more frequent communication and more convenient communication, urban children and parents, although living in different cities, are far away, but still bring high happiness. The analysis found that the separation of the elderly and children does not mean that the relationship is weakened, the experience of loneliness is intensified, and when the living distance exceeds a certain range limit, the effect may be significant. In addition, the impact of lifestyle on older people is more pronounced.

In analyzing marital status, the marital status of the elderly has a major impact on psychological loneliness. Numerous studies have shown that the loneliness of older people living with their spouses is lower than that of older people, and good marriage can provide a good companion for the elderly. Life can provide psychological help and mutual support, lack of experience and loneliness. However, the elderly who are married also have loneliness.

EXPERIMENTS

Experimental data set

The research methods in this paper mainly use quantitative research. The data selected in this paper comes from the official sample survey of the living conditions of urban and rural elderly in China, which is the fourth sample survey of the elderly in China. The survey was jointly organized and compiled by the National Bureau of Aging, the Ministry of Civil Affairs and the Ministry of Finance to publish the fourth sample survey report on the living conditions of urban and rural elderly in China. This report covers a wide range of topics and is intended to understand the current life of urban and rural elderly in China. There is substantial progress. So this article uses this report and this is the basic data of the most valuable and valuable pension industry to date. The survey covers 31 provinces, autonomous regions, and municipalities directly under the Central Government (excluding Hong Kong, Macao and Taiwan) and the Xinjiang Production and Construction Corps. The sample involved 7,646 village (residential) committees in 1,864 townships (streets) in 466 counties (cities, districts). The sample size of the survey was 223,680, and the
sampling ratio was about 1.0%. The survey covers the basic living conditions of the elderly, including basic information about the elderly, including modules on family status, economic status, health, health care, and spiritual and cultural life.

In order to comprehensively examine the influence of different factors on the loneliness of the elderly, this paper uses different degrees of loneliness as the dependent variable (never = 1, sometimes = 2, often = 3). The algorithm mainly uses unary linear regression. Analysis is used to analyze data, individual dimensional variables (gender, age, urban and rural, education), household-level variables (marital status, child’s situation, lifestyle, decision-making power of major household expenditures), political and social factors (Political perspectives, religious beliefs, recreational activities), economic factors (economic conditions, housing conditions) and health status, including a total of 14 variables in five categories in the regression model, and fitting regression equations for their respective loneliness variables.

For some of the missing data, a certain amount of data needs to be collected by means of experimental investigation. The subjects collected by the experiment mainly include gender, age, education level (primary school and below, junior high school and above), marital status (spouse, widowhood, divorce / Unmarried), the way of living and the work of children outside the home.

Among them, the scale UCLA loneliness scale, which is mainly used to assess the loneliness caused by the gap between the level of social interaction desire and the actual level; the scale has undergone three revisions, and the third edition was designed for non-university adults. It is to reduce the reading comprehension requirements for understanding the project. The third edition of the table has been used to perform various conformance tests for different populations and passed the consistency check. Among them, the alpha coefficient of the third edition of the loneliness scale is: 0.94 for college students, 0.94 for nurses, 0.89 for teachers, and 0.89 for the elderly. The scale used in this study is the third edition.

Scale structure: This scale contains 20 entries, each with a 4-level rating. The statements in the 20 projects of the UCLA original table are positive sequence scores. Because the underlying problem with the original table is that all of these problems are likely to lead to answers and lead to illusions, and there is still a lack of discriminant validity. Therefore, forward and reverse sequence entries have been added to the revision, and the third edition scale contains 11 “lonely” positive sequence inputs and 9 “non-lonely” reverse order inputs. Scoring method: positive sequence entries (usually, sometimes, rarely, never, 4 to 1 point respectively); “non-lonely” reverse order items (usually, sometimes, rarely, never, 1 to 4 respectively point). The scales are given different scores for different scales. The main scores are in the range of 20 to 80 points.

This experimental environment
The data analysis method of this study is based on the hardware configuration using CPU as Intel Corei5-7120M 2.50GHz, the memory is 16.00GB, and the operating system is Win10-64-bit computer, which is used to simulate the loneliness of the elderly and its influencing factors. In the simulation experiment, Cloud Server1 is used as a cloud server, enterprise is used as a client on the computer at one end. The data calculation process is simulated by performing information exchange between the cloud server and the client user. The data collected and verified by the Epi Data3.1 software were used to process and quantify the data stored in the database using EXCEL, SPSS21.0 and other auxiliary tools, using descriptive analysis methods and analysis of variance, linear regression method to develop a comprehensive and in-depth analysis of the loneliness status and influencing factors of the elderly.

DISCUSSION
Correlation analysis of loneliness distribution characteristics
(1) Personal factors
From the overall situation of the elderly loneliness, as shown in Table 1, 5.1% means that you feel lonely and often feel lonely. 24.3% said they sometimes felt lonely, while 70.6% said they never felt lonely. It shows about 29.4% of loneliness experience, which indicates that the overall loneliness of the elderly is not high, but loneliness is still a problem that needs our attention and attention. This result confirms the research hypothesis.

As shown in Figure 1 and Table 1, there is a difference in the scores of loneliness among the elderly. The overall average score was 1.395 and the average female score was 1.39. The female average is lower than the overall, the male average is higher than the overall, the female loneliness is
lower than the male, and the difference is significant.

Figure 1. Gender differences in the mean value of loneliness in the elderly

Table 1. Distribution of loneliness in the elderly

<table>
<thead>
<tr>
<th>Rate</th>
<th>Percentage (%)</th>
<th>Cumulative Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequency</td>
<td>8910</td>
<td>5.1</td>
</tr>
<tr>
<td>Sometimes</td>
<td>44900</td>
<td>24.3</td>
</tr>
<tr>
<td>Never</td>
<td>121580</td>
<td>70.6</td>
</tr>
<tr>
<td>Sum</td>
<td>175690</td>
<td>100</td>
</tr>
</tbody>
</table>

Differences in the degree of loneliness and distribution of older people of different genders can be found to be more serious in men than in women. The reason for this difference may be that the average life expectancy of Chinese women is higher than that of men. In our country’s marriage customs, women’s average life expectancy is younger than that of men, and women are more likely to suffer loss. On the other hand, in the era of the elderly interviewed, the patriarchal color is heavier, and the lifestyle of male and female lords makes women less involved in social life. Poor sociality may make older men more likely to feel lonely than older women.

(2) Family factors

Figure 2 is a comprehensive display of the average of the loneliness of the elderly in different marital conditions. The second place was widowed, with an average of 1.98, followed by a divorce, which was divided into 1.95. The lowest average score for loneliness is 1.50 for the spouse, and the difference between the unmarried and spouse is close to 1 point. It can be seen that there is a big gap between different marital states, and this difference is very large.

Figure 2. Mean value of solitude in different marital status

Linear regression analysis of influencing factors of elderly loneliness

(1) Personal factors

Figure 3 shows the average distribution of loneliness in all age groups. It is 1.44, the highest value for ages 90 and above is 1.82, and the average increases with age. The average for those under the age of 70 is lower than the overall average, and the average score for all ages above 70 is over the average. This shows that as the age of the elderly increases, the loneliness of the elderly increases, and the differences between the stages are significant.

Figure 3. Average age of loneliness

For all age groups under the age of 80, the percentage of “never feel lonely” is higher than the percentage of loneliness (including “frequent” and “sometimes”). In the 80-84 age group, older people (including “frequent” and “sometimes”) accounted for 46.4% of the elderly. Older people who do not have loneliness account for 53.6%, both tend to be flat, and all age groups over 84 have loneliness. C. Older and “sometimes” older people account for more than older people who are not alone. In other words, older people are more likely to suffer from loneliness. In the case of feeling lonely and sometimes feeling lonely, the
The proportion of the elderly in all ages increases substantially with age. The difference in loneliness between all ages may be due to older age, weaker physical function, and less mental state than before. The self-care ability declines, the demand for social interaction is not fully satisfied, and as the age increases, the chance of bereavement increases. Expectations of intimate interactions cannot be effectively achieved, which may exacerbate the lonely experience of the elderly.

(2) Political and social factors
As can be seen from Figure 4, the average value of the masses is higher than the average value of the non-mass, and the average of the loneliness of the elderly belonging to one side is lower than the average value, and the difference is significant. In addition, it shows whether the proportion of loneliness in the elderly is the public, and the proportion of non-popular elderly people sometimes feels lonely, accounting for 17.2%. The proportion of people who often have loneliness is 2.4%, but the proportion of elderly people who sometimes feel lonely is 26.1%. I often feel the weight of loneliness is 5.4%.

Figure 4. Political factors have a sense of loneliness

CONCLUSIONS
From the overall situation of the elderly's loneliness, nearly one-third said they have loneliness, and sometimes account for 25.3% of the total. Older people who are often lonely account for 5.1% of the total. In the elderly, the difference in loneliness, from a gender perspective, women's loneliness is higher than men. In terms of age, older people are more loneliness than young people. From the perspective of urban and rural areas, the sense of loneliness of non-agricultural households is higher than that of rural households. From the perspective of whether or not to participate in party and government organizations, the average loneliness of the elderly is not as good as the masses. From the comprehensive analysis of education, the level of education will affect the existence of loneliness in the elderly, so the higher the level of education, the lower the sense of loneliness. From the analysis of physical health, it is concluded that healthy elderly people are not so lonely, and vice versa will find them lonelier. According to the analysis of the angle economic standard, the economic conditions will seriously restrict the loneliness of the elderly. The worse the economic conditions, the lower the loneliness of the elderly. From the analysis of the living conditions, it is concluded that the lower the overall requirements of the elderly for the houses they live in, the higher the sense of loneliness. From the perspective of spiritual life, older people without recreational activities are more lonely than older people who regularly participate in these activities. From the analysis of marital status, marriage is enough to affect the loneliness of the elderly. The elderly who have no marriage in their lifetime have the highest loneliness. The elderly who have a good life among the spouses have the lowest level of loneliness. From the perspective of lifestyle, the elderly living alone have the highest loneliness and the lowest life with their spouse. From the perspective of the child type, older people without children have the highest sense of loneliness. Among the decision-making ownership of major household expenditures, the elderly who are completely obedient to children are the loneliest and minimally inquiries.

Studies have shown that gender and older people’s perceptions of aging and overall government and social support have a profound impact on the loneliness of the elderly and can be used as one of the reference conditions. In the analysis, the male elderly is more likely to appear in the emotional loneliness group than the female, which may have different views compared with the female overall. Men do not have an advantage in establishing a social relationship that is relatively in line with their own conditions, constructing a social network, and gaining broad social support. In terms of life orientation and attitude towards aging, compared with the group of high loneliness, the proportion of emotional loneliness is relatively lower in terms of life orientation and aging, which
is also related to previous studies. Consistent, that is, the elderly has a positive aging attitude and life orientation will produce a lower level of loneliness in daily life.

From the perspective of internal controllable sources, external factors are excluded, and consistency analysis conclusions are drawn. In order to prevent and improve loneliness, the elderly need to have a full understanding and healthy understanding of their later life. Be prepared for thoughts and actions. Older people should try to remove their attention from negative events and form their own social networks to avoid getting lost. At the same time, older people should maintain a healthy diet and exercise appropriate and timely exercise to maintain good health. Good physical fitness and mental state are the basis for the quality of life of the elderly.

REFERENCES


