

Depression and Self-Esteem of Middle-Aged and Elderly Single Household: Focus on Comparison to the Multiple Household

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Abstract: Background/Objectives: As various types of middle-aged and elderly single household increased, it requires research about influential factors to their life satisfaction. Especially, there are numerous researches about the aged single household, but researches about emotional factors of middle-aged and elderly single household is very insufficient. As the comparison between the depression and self-esteem of single and multiple household could accurately apprehend characteristics of single household and be the foundation of political system preparation in accordance with its influential factor, it is very significant. This study aims to conducted comparative research on influential factors to depression and self-esteem of middle-aged and elderly single household.

Methods/Statistical analysis: This study used KOWEPS 2017 data. In this study, total 3,595 middle-aged and elderly from age 45 to 64 among the survey targets in 2017 were selected and sorted out to single or multiple household. The independent variables are depression and self-esteem. The scale of depression is CESD-11 composed of 11 questions. Scale of self-esteem is Self-Esteem Scale developed by Rosenberg composed of 10 questions. The data was processed through SPSS WIN 23.0 program to conduct descriptive statistics analysis, T-Test and multiple regression analysis.

Findings: The result of t-test conducted to apprehend difference between the depression and self-esteem of middle-aged and elderly single household and multiple household. After all, having a single person's mood and self-esteem lower than that of a multi-family means that it is more likely to experience emotional difficulties. the result of multiple regression analysis conducted to apprehend influential factors to depression of middle-aged and elderly single household and multiple household. In the middle-aged, single- households and multi-family depression, both subjects had a significant impact on working and economic conditions. Since the middle-aged in society are considered to be the subjects of work, working and economic income conditions through jobs can be an important criterion for determining the quality of life for middle-aged people. The result of multiple regression analysis result conducted to apprehend influential factors to self-respect of middle-aged and elderly single household and multiple household. In multiple household that the perception of working ability, economic activity, total cost of living found to be factors affecting self - esteem. It can be judged that the economic activities of the middle-aged have a great influence on preserving the quality of their own lives.

Improvements/Applications: Current single household policies focus on the aged and youth generation. There is no exclusive department on middle-aged and elderly single household and relevant policies are very insufficient. In this circumstance, there is a need to understand that realistic measures for the middle-aged and elderly single household with high depression and low

self-esteem compared to multiple household is the most essential preventive approach to those who will become the aged generation.

Keywords: Middle-aged and elderly, depression, self-esteem, multiple household, single household.

I. INTRODUCTION

Currently, the single household in Korea wants independence, but the isolated life is not desirable.

There is an involuntary single household, such as a family member in his 40s to 50s, a troubled single group formed by reasons such as family disintegration. Whether voluntary or involuntary, most single households experience difficulties in terms of economic, emotional and residential stability. In particular, there is the possibility of turning into an isolated household in the midst of a less robust social network. Accurate distinction between middle-aged people is not easy. The generation includes first baby boomers (1955-1963) second baby boomers (1968-1974) and refers to age 45 to 64 excluding age over 65 who are defined as the aged by UN [1]. The study of Korea's single households has been conducted since the 2000s when the ratio of the single households increased to the entire household [2]. The single household in Korea is 27.2% in 2015, and predicted to be 31.3% in 2025, which will be the most common household in the future[3]. Existing studies of single household characteristics show that they have different patterns depending on the types of housing conditions, unstable employment conditions and low income bracket, and those characteristics are classified within single households [4]. Currently, the type of single household in their 30s and 40s are changing to a type that is caused by various factors such as divorce and separation [5]. With the rise of the middle-aged and elderly single household population, they are emerging as a new group of death alone. From June to August 2017, an estimated 20 deaths were found in the city of Busan, with 1,7171 death alone per day, and 5 men in their 50s living in Seoul accounted for the highest percentage [6].

A new group of people in their 40s and 50s is emerging as a risk group for solitude, and [7] found that men aged 40 to 64 lived alone, had chronic diseases, including daily workers, unemployed.

In addition, Korea's 50s and 60s have lower satisfaction level than other age groups, and [8] results show that economic conditions, lack of social security, rapid social change, and traditional family break.

Revised Manuscript Received on January 03, 2019.

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As various types of middle-aged and elderly single household increased, it requires research about influential factors to their life satisfaction. Especially, there are numerous researches about the aged single household, but researches about emotional factors of middle-aged and elderly single household is very insufficient. As the comparison between the depression and self-esteem of single and multiple household could accurately apprehend characteristics of single household and be the foundation of political system preparation in accordance with its influential factor, it is very significant.

According to [9], a study by comparing the participation of middle-aged single households with multi-family households, the number of participating groups per year is about 8 percent lower than that of multiple households. In particular, [10] which surveyed middle-aged people's satisfaction with suicide, asked for a psychological cause survey of suicide victims in South Chungcheong Province and rejected the issue of supporting bereaved families.

The Seoul Metropolitan Government is focusing on discovering socially isolated households by enacting the single household support ordinance of the nation and implementing the 'Go Community service center' system, but only some local governments are allowed, and the status of single households is dark[11].

This study aims to conducted comparative research on influential factors to depression and self-esteem of middle-aged and elderly single household using the [12] data.

II. MATERIALS AND PROCEDURE OF STUDY

This study used KOWEPS 2017 data. In this study, total 3,595 middle-aged and elderly from age 45 to 64 among the survey targets in 2017 were selected and sorted out to single or multiple household. The independent variables are depression and self-esteem. The scale of depression is CESD-11 composed of 11 questions. Scale of self-esteem is Self-Esteem Scale developed by Rosenberg composed of 10 questions. The data was processed through SPSS WIN 23.0 program to conduct descriptive statistics analysis, T-Test and multiple regression analysis.

III. RESULTS

3.1 The demographic characteristics of middle-aged and elderly single household and multiple household

<Table 1> shows participants in the study were more female than male, with more than high school graduates in both single and multiple households. Religion is often the only single household and that awareness of their ability to work was that most of both types of households could work. Many couples had spouses, but single household had the most divorces.

Finally, the actual level of economic activity in the single household was the least active, and in the case of multiple households, the most common type of job with regular income was the most common.

TABLE 1. The Demographic Characteristics Of Research Participants

variable	Variable classification	single household (N=305)		multiple household (N=3,290)	
Gender	Male	127	41.6%	1,590	48.3%
	Female	178	58.4%	1,700	51.7%
Level of education	Uneducated	7	2.3%	23	.7%
	Elementary School	91	29.8%	358	10.9%
	Middle School	63	20.7%	507	15.4%
	High School	98	32.1%	1512	46.0%
	College	14	4.6%	254	7.7%
	University	24	7.9%	543	16.5%
	Graduate School	8	2.6%	93	2.9%
Religion	Yes	168	55.1%	1,606	48.8%
	No	137	44.9%	1,684	51.2%
Self-awareness of workability	Incapacity for working	7	2.3%	4	.1%
	Simple labor weak	25	8.2%	29	.9%
	Simple labor possible	26	8.5%	71	2.2%
	Working possibility	247	81.0%	3,186	96.8%
Married State	Has a spouse	5	1.6%	2,788	84.7%
	Bereavement	80	26.2%	120	3.6%
	Divorce	123	40.3%	258	7.8%
	Separation	15	4.9%	30	.9%
	Single	82	26.9%	94	2.9%
Economic activity	Commercial wage worker	45	14.8%	897	27.3%



	Temporary wage worker	53	17.4%	568	17.3%
	Daily wage worker	30	9.8%	243	7.4%
	Public work	11	3.6%	18	.5%
	Employer	9	3.0%	112	3.4%
	Self-employed	34	11.1%	501	15.2%
	The unemployed	4	1.3%	191	5.8%
	Inactivity	119	39.0%	43	1.3%

3.2. Depression and self-esteem of middle-aged and elderly single household and multiple household

<Table 2> shows the result of t-test conducted to apprehend difference between the depression and self-esteem of middle-aged and elderly single household and multiple household

TABLE 2. Difference In Depression and Self-Esteem Average of Middle-Aged And Elderly Single Household And Multiple Household

variable	single household (N=305)		multiple household (N=3,290)		t
	M	SD	M	SD	
Depression	1.83	.32	1.22	.34	-59.13***
Self-esteem	2.20	.25	3.12	.36	

*p<.05 **p<.01 ***p<.001

After all, having a single person's mood and self-esteem lower than that of a multi-family means that it is more likely to experience emotional difficulties. Especially considering the emotional difficulties and economic problems caused by aging, the emotional problems of older households can be an important predictor of old life that cannot be overlooked.

3.3. Depression of middle-aged and elderly single household and multiple household

<Table 3> indicates the result of multiple regression analysis conducted to apprehend influential factors to depression of middle-aged and elderly single household and multiple household.

TABLE 3. Influential Factors To Depression Of Middle-Aged And Elderly Single Household And Multiple Household

variable	Depression			
	Single household (N=305)		Multiple household (N=3,290)	
	B	β	B	β
Gender(female=0)	-.02	-.03	-.04	-.06**
Age	.00	.04	.00	.03
Religion (None=0)	.05	.08	.04	.06**
Self-awareness of workability	-.19	-.41***	-.26	-.20***
Economic activity(none=0)	.01	.01	-.04	-.05*
Total living expenses	-.00	-.19***	.00	-.15***
Invariable	2.44		2.25	
F	11.45***		46.07***	
R ²	.22		.10	

*p<.05 **p<.01 ***p<.001

As <Table 3> shows, in the middle-aged, single-households and multi-family depression, both subjects had a

significant impact on working and economic conditions. Since the middle-aged in society are considered to be the subjects of work, working and economic income conditions through jobs can be an important criterion for determining the quality of life for middle-aged people. In particular, it is believed that the two main factors, both labor and economic, were the main factors, as there are many cases where real livelihoods are difficult for the single household, although other factors besides working and economic situations were affected.

3.4. Self-esteem of middle-aged and elderly single household and multiple household

<Table 4> indicates the result of multiple regression analysis result conducted to apprehend influential factors to self-respect of middle-aged and elderly single household and multiple household.

TABLE 4. Influential Factors To Self-Esteem Of Middle-Aged And Elderly Single Household And Multiple Household

variable	Self-esteem			
	Single household (N=305)		Multiple household (N=3,290)	
	B	β	B	β
Gender(female=0)	-.07	-.13	-.03	-.04
Age	-.00	-.08	-.00	-.03
Religion (None=0)	-.07	-.14*	-.05	-.07***
Self-awareness of workability	.04	.10	.22	.16***
Economic activity(none=0)	.04	.07	.09	.11***
Total living expenses	.00	-.06	.00	.27***
Invariable	2.35		2.23	
F	3.42**		74.90***	
R ²	.07		.15	

*p<.05 **p<.01 ***p<.001

Especially, in multiple household that the perception of working ability, economic activity, total cost of living found to be factors affecting self - esteem. It can be judged that the economic activities of the middle-aged have a great influence on preserving the quality of their own lives.



IV. CONCLUSION

Current single household policies focus on the aged and youth generation. There is no exclusive department on middle-aged and elderly single household and relevant policies are very insufficient. In this circumstance, there is a need to understand that realistic measures for the middle-aged and elderly single household with high depression and low self-esteem compared to multiple household is the most essential preventive approach to those who will become the aged generation. While middle-aged people have not been the main targets of welfare policies until now and are included in job welfare and family welfare, the current situation of middle-aged single household is rapidly diversifying as the number of middle-aged single households has increased.

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