Abstract

The purpose of this study was to investigate how the self-esteem, stress and social-support experience of elderly people who lived alone exercise an influence on their own psychological well-being. The subjects of this research were 150
elderly people who lived alone in Seoul at the age of 60 and up. The data were analyzed with frequencies, percentages, mean, standard deviation, t-test, one-way ANOVA, Pearson’s correlations and multiple linear regression.

The major results of this study were as follows:

First, the demographic variables that made a significant difference to the psychological well-being of the elderly people investigated were age, education, health status, living standard, number of child and period of living alone.

Second, as for the correlation of their self-esteem and stress to their psychological well-being, self-esteem was positively correlated to psychological well-being but stress (i.e., household economy, health, children and residence) was negatively correlated to psychological well-being. And concerning relations between social-support experience to their psychological well-being, experience of household support was positively correlated to psychological well-being but experience of medical support was negatively correlated to psychological well-being.

Finally, the factors that had the most significant impact on psychological well-being were self-esteem, followed by health-related stress, financial stress, number of child, emotional support experience, age, child-related stress and medical-support experience.

주제어(key words) : 독거노인(Living-alone elderly people), 자아존중감(self-esteem), 스트레스(Stress), 사회적 지원의 경험유무(The existence of social support experience), 심리적 복지감(Psychological well-being)

I. 서론

평균수명의 증가, 핵가족화·소가족화 등의 가족구조 변화, 여성의 사회참여 증가 및 가족의 전통적 부양의식 변화는 노부모와 성인자녀의 동거형태에 많은 영향을 미쳤다. 2004년 현재 65세 이상 노인 인구는 4,171천명으로 총인구의 8.7%를 차지하고 있으며, 2003년 8.3%에 비해 0.4% 증가하였고, 10년 전인 1994년 5.7%에 비해서는 3.0%나 증가하여, 현재 매우 빠른 속도로 고령사회로 진입 중임을 알 수 있다(통계청, 2004). 이와 같은 노인인구의 증가와 더불어 나타나는 특정적 현상 가운데 하나는 3세대 이상 가구는 지속적으로 감소(‘90년 49.6% ⇒ ’00년 30.8%)하고 있고, 자