

Looking at the Aging Problem From the Perspective of Comparison Between China and Japan

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Abstract. With the continuous development of my country's economy and society, the number of elderly people in the population has reached the highest level in history. and it has become the general trend to solve the aging problem. Therefore, we deeply analyze the reasons for the aging of the population in China and Japan from the three aspects of low birth rate, long life expectancy and low desire, and analyze the countermeasures to cope with the aging phenomenon. We find that national economic factors are important factors affecting the aging problem. To deal with the aging problem, we need to look at it from a long-term perspective, grasp it from the overall situation, and find a good solution [1,2].

Keywords: China; population aging, Japan

1. Introduction

In 1997, the proportion of the population aged 65 and above in China's population exceeded 7% for the first time, marking that China's population has entered the elderly type. There is no doubt that the increasingly serious population aging will have a great impact on China's politics, economy, society, health and other aspects. In China, the distribution of the elderly population in various regions is very uneven. At the same time, the degree and speed of aging in various regions are also different. So, what are the differences and similarities of the aging level in various regions? This paper will use the cluster analysis of SPSS software to study this problem.

2. Data and method

Cluster observation must fully show the indicators of age growth. In this study, based on the existing theoretical basis, we choose a more reasonable clustering variables and clustering methods to cluster analysis based on SPSS software tools of aging level in local, urban and autonomous regions of China, and try to make a comprehensive analysis of the more scientific regional division and the national aging level. This paper uses Q-type clustering in the clustering system to process the observed values of samples (31 countries, cities and autonomous regions in Chinese Mainland). First, the original data is processed. In order not to make each value affect the size of the data value, all values are changed into Z quantized values through the formula, and cluster analysis is carried out. In the selection of clustering analysis methods, ward minimum variance method and class average method usually have good comprehensive characteristics, so ward minimum variance method is selected for this clustering[3].

3. Main Body

3.1. Current Situation

The situation in China in 2000 is closely related to the economic development of the region. Internationally, Jiangsu, Zhejiang, Tianjin, Liaoning, Beijing and Shanghai are all economically developed regions in China, but the level of aging in economically developed regions is relatively high. Generally speaking, the subject of aging is relatively serious, but in the case of high overall economic level or consumer demand, the development of aging service industry, aging construction industry, elderly supplies manufacturing industry, elderly leisure industry, elderly finance, insurance

industry and aging industry will be difficult. In addition, seizing the opportunity of strong demand in the aging market can also bring the economy of the region to a higher level. The second category: areas with medium aging level and high aging speed. This category includes Hunan, Sichuan, Shandong, Chongqing, Anhui, Guangxi and Heilongjiang. The proportion of people over 65 years old is 7.2%, ranking second among the three regions. The median age of the population, the dependency rate of the elderly population, the proportion of children and the dependency rate of children rank second in all countries. Therefore, nationwide, the aging level of these regions is the media level. However, the elderly population in this region increased by 1.0091, and the amount of aging exercise is very strong. According to the standard, the total area of the elderly over 65 years old is more than 7%, the proportion of children is 22.01%, and the age is 30.8, which is much higher than the standard value. Therefore, the region is in the transition stage from an adult society to an elderly society. However, the growth rate of the elderly population in this region ranks first in the country, and the aging trend cannot be ignored. In addition, the proportion of children is relatively low. Therefore, the future will enter the aging society, and the implementation of aging work is an important work in the future. The third category: areas with low aging level and low aging speed. Such regions include Hebei, Hubei, Fujian, Henan, Hainan Island, Jiangxi and Yunnan. These regions are economically undeveloped central and western regions, and economically developed regions in China. The proportion of the elderly over 65 years old is 5.91% of the total population in the region, which is the last of the three regions. The dependency ratio of median age and elderly 15 is also the lowest. At the same time, the proportion of children 15 and the dependency ratio of children 15 are the highest level, so it belongs to the field of low aging level. The growth rate of 15 elderly people is 1.0053, which is the lowest level in China.

China has now an aging population trend. Population ageing is caused by low birth rates. It is generally accepted that if the total fertility rate (that is, the average fertility rate for women in a country or region) is less than 2.1, then the number of births cannot compensate for the number of parents. If the total fertility rate has been below 2.1, In this way, even if the overall fertility rate can be maintained at a stable level, the fertility rate will gradually decrease. These three characteristics are: slowing population growth rate, the proportion of the working population is decreasing, the proportion of the elderly is increasing, and there is an aging phenomenon. In 1992, China's total fertility rate dropped from 1.98 to 2.1, and has remained at 1.6-1.7 since 1995. Last few years, many studies have shown that China is showing a trend of aging, which is confirmed by the results of the seventh census[4].

3.2. Reason Analysis

(1) Causes of China's aging population

The causes of population aging can be explained from two aspects, namely, the reduction of birth rate and the extension of average life expectancy. However, the aging problem in China has its special reasons and social background. In terms of China's national conditions, there are three main reasons for China's aging population:

(2) Impact of Family Planning Policy

Since the 1980s, in order to effectively curb the rapid population growth and ease the population burden, China has made family planning a basic national policy. resulting in a rapid decline in the social birth rate and a slowdown in population growth. In 1990, China's fertility rate is 21.06. China's birth rate fell to 11.9 percent in 2010. China's birth rate has fallen by 10% more than 20 years ago. Although China has implemented a comprehensive two-child policy since 2016, its impact has not diminished. According to the "2021 Statistical Bulletin of the People's Republic of China on National Economic and Social Development" released in February 2022, China will welcome 10.62 million new population, and the birth rate was 7.18 ‰, a new low for nearly 72 years (since 1950), and even fell below 10 ‰ for two consecutive years. It can be seen that family planning has had a great impact on China's fertility rate and accelerated China's population aging[5].

(3) Continuous Improvement of Medical Level

With the sustained and rapid development of my country's economy and the continuous improvement of scientific technology and medical level, people's health status and quality of life have been significantly improved. This has led to a massive reduction in our society's mortality rate and a massive increase in our average lifespan. To reduce human life expectancy from COVID-19, this paper counted the data before the beginning of the epidemic in 2020. In May 2020, the "statistical bulletin on the development of health care in China in 2019" According to figures released by the National Health Commission, the average life expectancy of Chinese residents is 76.7 and 77.3 in 2019. China's health resources, medical services, primary health services and other aspects have increased compared with 68.6 years in 1990 and 71.4 years in 2000, and the average life expectancy of the population has increased significantly. Social life expectancy can reflect the quality of life of a country's citizens and show their happiness index, but it also increases the number of aging population in society, thereby aggravating the existing population aging problem in our country.

3.3. Discussion

The enormous pressure brought about by the aging of the population poses a severe challenge to the Chinese government's pension plan. In addition to meeting the basic needs of the elderly, they also need to provide them with professional care in many fields such as psychology and medicine. The future development of old-age care should be to gradually realize the socialization of life security for the elderly, and it is an inevitable trend to change from family-based care to social care, and the state should take responsibility. Although the old-age insurance system has supplemented the supplementary functions of the old-age insurance system, its functions cannot be ignored. With the continuous development of my country's economy and society, especially the influence of factors such as population aging, family miniaturization, and ruralurbanization, the number of elderly care institutions in my country will continue to grow. These devices are difficult to keep up with the ever-increasing pension demands.

4. Solutions To The Problem Of Population Aging

4.1. Accurately Implement the Policy of Encouraging Fertility

Fertility is the main factor that affects the ageing of the population. Therefore, by increasing the fertility rate, the problem of aging in our country can be effectively solved. Although China has completely liberalized fertility, the birth rate has declined for three consecutive years, which fully shows that the second child alone cannot effectively promote the fertility rate of the Chinese population. It is imperative to accurately implement the policy of encouraging fertility and build a fertility support system. On the one hand, all regions should introduce corresponding policies to encourage fertility according to the specific situation, provide appropriate social subsidies for each child, actively increase investment in people's livelihood, health care and education, reduce parenting costs, and reduce my country's fertility rate. On the other hand, it is necessary to establish and improve a reproductive support system, Appropriate safeguards should be given to medical care, early childhood education, women's rights, etc. to eliminate people's misgivings about childbearing[6-8].

4.2. Implement the Flexible Retirement System and Extend the Retirement Age

In view of the fact that it is difficult to fundamentally improve the problem of population aging in our country in a short period of time, we should adopt flexible retirement methods and appropriately extend the retirement age to alleviate a series of social problems caused by aging. In China, people's retirement age used to be based on average life expectancy. With the continuous increase of life expectancy, the retirement age can be appropriately extended to solve the problem of population aging; The implementation of flexible retirement system can also effectively alleviate the pressure brought about by the aging of the population, In terms of retirement age, retirement style and income, etc.,

to change the waste of human and material resources caused in the past "one size fits all" retirement system, so as to alleviate the pressure of aging[9].

4.3. Actively Develop the National Economy

Japan, Europe and the United States and other developed countries and regions have entered an aging society as early as the second half of the 20th century. The reason why they are less impacted by the aging problem is mainly because they are not "getting old before getting rich", but "getting old and rich". However, the current situation faced by our country is to get old before getting rich. Therefore, to deal with the aging problem of China's population, we should actively develop the national economy to comprehensively change the current situation of "getting old before getting rich". By adjusting the economic structure, improving social productivity, vigorously developing the economy, Promote the rapid development of the national economy, the continuous growth of national income, and the realization of the "rich" social situation[10].

4.4. Japan's Countermeasures to the Problem of Population Aging

(1) Improve Relevant Legal Guarantees and Consolidate the Foundation of The Aging System

With the aging problem becoming more and more serious, it is particularly critical to establish and improve the relevant legal guarantees so that the aging construction can operate under the legal guarantee. Since Japan officially entered the aging society, my country attaches great importance to the development of population aging, and a large number of legislations have been introduced in the 1970s. Among them, the national pension law and the nursing insurance law play a more obvious role, and their protection covers a wider range of the people. Both of them take insurance as the main form to provide necessary living and medical security for the elderly in their later years[11-13].

(2) Realize the National Health Campaign Plan and Improve the National Quality of Life

With the increase of the elderly population in Japan, the medical and social security funds are also rising, which also brings more pressure to the national finance. In this regard, since 1978, Japan has focused on the development of national health and widely promoted the national health campaign. So far, Japan is in the fourth national health campaign planning period. Under the promotion of the national health campaign planning, the Japanese people's health awareness and healthy exercise habits have gradually taken root, and the human resources and infrastructure related to health have also been continuously improved. The national lifestyle is more healthy and active, The quality of life is constantly improving, and the average life expectancy is also increasing.

(3) Adjust the Legal Retirement Age and Develop Resources for the Elderly

With the reduction of tax payers and the sharp increase of financial expenditure such as social security for the aging population, Japan's fiscal pressure is huge. According to the statistics of the Ministry of health, labor and welfare, Japan's national pension savings will be exhausted in 2050. In response, the Japanese government, in order to relieve the pressure on the national pension savings, invigorate the vitality of the elderly population, in order to promote the productivity of the aging population and increase its economic income, from April 1, 2021, the "Elderly Employment Stabilization Law" will be officially implemented. extending the original retirement age from 65 to 70, further activating the vitality of the elderly population[14].

5. Conclusion

Through the analysis of the aging problems and coping strategies of China and Japan, we find that the strategies of the two countries to cope with the aging society mainly focus on three aspects: economic development, activating the vitality of the elderly and improving the birth rate, but there are differences in the specific strategies. In terms of the economic development of the two countries, Japan's pursuit of economic development through lifelong employment is a more passive and short-term economic development strategy, which has greatly weakened the production vitality and enthusiasm of young people in the long run; China is implementing a more active economic

development strategy, aiming to expand the enthusiasm of young people for production and promote the people's prosperity while invigorating the economic development of the whole country. From the perspective of the current development trend of aging in the two countries, we need to look at the aging problem from a long-term perspective and grasp the overall situation, so as to find a good solution to the aging problem that is suitable for the national conditions of each country.

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