

A Psychological Study of the Socialization of the Elderly with Their Families

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Abstract. As China's urbanization process accelerates, population mobility is accelerated, and the urban adaptability and old-age care of elderly migrants to cities cannot be avoided. The rapid development of urbanization has changed the population structure in urban and rural areas, which in turn affects the transformation of old-age care models. In order to explore the changes and dilemmas of old-age care for elderly migrants in the process of urbanization, taking "elderly migrants" as the research object, this study explores a series of psychological changes in the process of urban socialization for elderly migrants. The study summarizes the changes and difficulties faced by elderly migrants in their living, livelihood, and social interaction in the process of urbanization, mainly analyzes the specific problems existing at the psychological level, and further analyzes the self-identity of elderly migrants. It is reflected in various aspects such as family contribution, social interaction, cultural inheritance, economic independence, and self-realization. In order to better adapt to the changes in new environment and lifestyle, the study focuses on the needs and psychological changes of elderly migrants, and promotes the attention and research of relevant groups in society.

Keywords: Psychological adaptation; migrant elderly; socialization.

1. Introduction

According to the bulletin, by the end of 2022, there were 28,040,000 elderly people aged 60 years and above nationwide, accounting for 19.8% of the total population, of which 209.78 million were aged 65 years and above, accounting for 14.9% of the total population. As of the end of 2022, comparing with the Statistical Bulletin on the Development of Civil Affairs in 2021 published last year, as of the end of 2021, there were 267.36 million elderly people aged 60 and above, accounting for 18.9% of the total population, of which 205.06 million were aged 65 and above, accounting for 14.2% of the total population. The Dictionary of Demography, compiled by the International Population Institute, defines that a population society in which 7% of the population is over 65 years of age or 10% is over 60 years of age is an aging society, and a society in which more than 14% of the population is over 65 years of age or 20% is over 60 years of age is called an aging society. In recent years, many studies have pointed out that the trend of population ageing has emerged in China, and the results of the seventh population census confirm this judgment. With the accelerated development of urbanization, more and more young people are entering the cities to work and live, and some of their parents often migrate with their children to live in the cities. These migrated elderly often face the challenges of adapting to new environments, new lifestyles and new social circles. By understanding the lives of the elderly migrants, this study can investigate the social needs and pain points faced by the elderly migrants in urban socialization from the psychological level, and contribute a part of the survey to related research [1].

Finally, the social background of the elderly accompanying the elderly also reflects the trend of social ageing. With the aging of the population, the needs and problems of the elderly are becoming increasingly prominent. Research on and attention to the elderly accompanying the elderly can contribute to the solution of the ageing problem, promote the development of the cause of the elderly and enable the elderly to better integrate into society.

2. Objectives and Significance of the Study

Most of the migrant elderly are from the rural to urban groups, this group in the village life social circle stable solidification, in the city, they need to re-adapt to the new way of life and cultural atmosphere, which often requires them to pay more energy and time. Attention and research on the migrant elderly can promote the realization of social fairness and justice, and protect the rights and welfare of the migrant elderly.

This study is based on field questionnaire research, interview investigation and other methods to explore the social integration of the rural followed by the elderly, to carry out socialization analysis of their situation, the study focuses on a series of psychological changes in the followed by the elderly on the social integration of the urban situation, and on the basis of which to summarize the followed by the elderly continue to improve the degree of socialization in the city the current situation of social integration of their group to summarize the recommendations.

With the advancement of social development and urbanization, the problem of social integration of the accompanying elderly has become a topic of necessary social concern. In the degree of urban socialization of the elderly migrants various integration degree for psychological adaptation process to carry out research, for the elderly migrants continue to socialization of the theoretical gap to fill a contribution. In addition, the social background of the elderly migrants also reflects the changes in family structure and kinship relationships. Many elderly migrants have moved to the city for reasons of caring for their children or grandchildren. This change in family structure also brings about new adjustments in family and kinship relationships. Research on and attention to the migrant elderly can promote family harmony and affectionate communication, and promote the development of family building and community building. In conclusion, the social background of the migrant elderly is far-reaching, and attention to and research on them can not only promote the welfare and protection of the rights and interests of the elderly, but also promote the development of family building and community building, as well as respond to the challenges of the aging problem [2].

3. Object of Study and Theoretical Definition

In recent years, as the group of migrant elderly has become larger and larger, academic research on them is still in an undeveloped stage, and there has not yet been a completely unified definition of migrant elderly. The definition adopted in this study is: the elderly who are 60 years old and above, who have moved to live in the city for reasons such as old age or taking care of young family members, and who have lived in the city for more than two months continuously. Psychology is a discipline that studies human psychological processes and has a unique perspective and research methodology for explaining the phenomenon of citizenship of the elderly who move with their families. This study outputs summaries and perspectives on a series of phenomena arising from the process of the citizenship of the elderly migrants based on the results of questionnaires and interviews. This study will analyze the group itself, the related family structure, and the environment of the social community, in order to explore the adaptation process of the elderly migrants and the subsequent support needed by the family and society, so as to help the readers further understand the migrant group and its related social research [3].

4. Research Design and Methodology

The research methods used in this study contains secondary research, questionnaires, and case interviews.

Preliminary this study reviews the existing literature related to the continued socialization of the migrant elderly, reviews and summarizes the previous studies on the socialization related to the migrant elderly, and conducts a comprehensive analysis of them. Through the literature review, some socialization adaptation problems faced by the migrant elderly after entering the city are sorted out and a theoretical basis is provided for the empirical study. Follow-up questionnaire survey is used to

design relevant questions and answers in order to collect information about the opinions, attitudes, and behaviors of the target audience. The questionnaire survey is designed to understand the adaptation of the migrant elderly after migration, life satisfaction and happiness, socialization and mental health, as well as expectations and plans for future life. The post-interview research is an interview for the migrated elderly, with basic information including age, gender, occupation, and so on. Case study is an analytical method to conduct in-depth research on a specific individual or situation. The purpose of the research is that this study describes and analyzes in detail the specific accompanying elderly pairs in order to reveal the patterns and characteristics behind them. Expanding relevant interview content, analyzing and understanding the deeper socialization pain point problems and phenomena of the elderly migrants Conducting interview activities on the urban life of the elderly migrants is more helpful for the study to understand in depth a series of problems and unfolding issues faced by the group's living [4].

5. Research Data Analysis

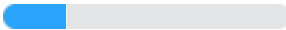
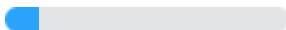
5.1. Background of the Survey

The purpose of this survey was to find out the views and attitudes of the 100 respondents on urban life. The questionnaire focused on education level, regional habits, and daily routine.

The survey was conducted by means of a questionnaire, which was distributed online to 100 respondents. The respondents were a representative sample of migrant elders over 60 years of age. The gender distribution was 35% male and 65% female; the literacy level was 50% elementary school and below, 30% junior high school, and 20% senior high school and above; and the occupational distribution was 60% farmer, 20% worker, and 20% other occupations.

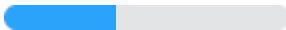
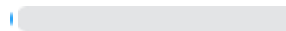
5.1.1 Questionnaire analysis

Table 1. Maximum daily range of movement

options	Subtotal	proportions
a、Within 1km	22	 22%
b、1~5km	66	 66%
c、Over 5km	12	 12%
Number of valid entries for this question	100	

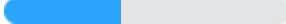
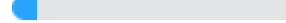
The results of the questionnaire in Table 1 illustrate that: this question asked about the distance of the respondents' furthest place of daily activities as a way to explore the daily range of activities and daily socializing distance of the elderly people who moved with them, 22% of the respondents' daily range of activities was within 1km, and the distance of the furthest place of daily activities of 66% of the respondents ranged from 1 to 5 kilometers, which indicates that most people would choose to move around in a small area nearby, possibly due to convenience, habit or time constraints. Most people's daily range of activities is concentrated within the 1 to 5 kilometer area, but some will choose to travel to places farther away. The range of activities may also be related to their living habits, work demands, interests, transportation accessibility or other factors. Specific analyses may vary depending on the specifics of the area and community, such as the location of residential areas, the accessibility of nearby facilities and public transportation facilities.

Table 2. Self-perceived socialization strengths and weaknesses

options	Subtotal	proportions
a、susceptible	59	 59%
b、Depends on the type of friend	40	 40%
c、straitened circumstances	1	 1%
Number of valid entries for this question	100	

The results of the questionnaire in Table 2 illustrate that: this question was asked to the interviewed migrant elderly about their perceived level of difficulty in socializing, and the question was developed to address the migrant elderly's psychological starting point for socializing, and combined with the above analysis, the paper can see that most of the people are optimistic about their performance in social situations, but some of them have a more cautious or neutral attitude. This may be related to the personality, experience or social environment.

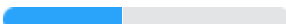
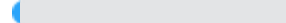
Table 3. Selection of socialization targets after joining the city

options	Subtotal	proportions
a、Affable personality	50	 50%
b、Same hometown	41	 41%
c、It's also a new partner to the city	9	 9%
Number of valid entries for this question	100	

The results of the questionnaire in Table 3 illustrate that: 50% of the respondents considered affinity as the most important reason, which indicates that many elderly people consider similarity or attractiveness in personality as a key factor in establishing friendships, as well as a guideline for socializing in the urbanization that they joined, so the factor of being happy to make friends is closely related to the degree of adaptation to the urbanization. 41% of the respondents considered common local background as the most important reason for becoming friends, which indicates that for many people, common geographical or cultural or social background helps to enhance the sense of closeness and identity. main reason for becoming friends, which suggests that for many people, a common geographic, cultural or social background helps to promote a sense of closeness and identity with each other. 9% of the respondents cited friends from a different place who were also new to the city as the most important reason for becoming friends, which may indicate that it is easier for the elderly to connect with people who have similar experiences and feelings in a new environment.

Combined with the above analysis, the paper can see that there are various starting points for making friends in the process of elderly citizenship, with personality factors and common background being two of the more common reasons. This also shows that when choosing friends, the elderly will look for people who are compatible with them according to their own personality and needs, and it also shows that when groups join new environments there is a certain degree of herding and seeking commonality [5].

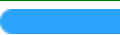
Table 4. Number of friends in the city they live in

options	Subtotal	proportions
a、1~5	42	 42%
b、Over5	55	 55%
c、0	3	 3%
Number of valid entries for this question	100	

Analysis of the questionnaire results in Table 4 shows that 42% have 1 to 5 friends in the city, 55% have more than 5 friends, while 3% have no friends in the city.

These data reveal the different sizes of social circles among the accompanying elderly residents. The highest percentage of people with more than 5 friends may indicate that with easy access to public transportation and the internet, it is easier for seniors to establish and maintain social relationships at events. At the same time, there is also a portion of people (3%) who do not have friends in this city, which reflects that the loneliness or social barrier pain points generated by the related social problems faced by the relocated group in the society are worthy of attention, and the community can take measures to promote social interaction and community cohesion based on the concern for the social needs and mental health of the relocated residents.

Table 5. Most wanted activities in the outdoors

options	Subtotal	proportions
a, Casual slow-paced	45	 45%
b, Energetic workouts	42	 42%
c, Cultural performances or special programs	13	 13%
Number of valid entries for this question	100	

The results of the questionnaire in Table 5 illustrate that the perceptions of the relocated elderly on the development of leisure or energizing activities in the community may vary depending on factors such as personal preferences, lifestyle and previous experiences. In general, these activities may provide an opportunity for the relocated elderly to interact with the community, make new friends and participate in group activities. For seniors who are focused on staying physically fit, invigorating activities may be particularly appealing because they provide opportunities to exercise and socialize. For elderly people who prefer quiet and relaxation, leisure activities may be more to their liking as they help relieve stress and relax the mind and body.

However, there are also some accompanying elderly who may have reservations about community activities. They may prefer to retain their private space or have certain concerns or barriers to participating in community activities.

To sum up, the views of the relocated elderly on the development of leisure or energizing activities in the community are diverse and vary from person to person. In order to better meet their needs and expectations, community workers should conduct appropriate surveys and understanding in order to plan and organize activities that better meet the interests and needs of the elderly migrants.

Table 6. Considerations of wanting to return to live in one's hometown

options	Subtotal	proportions
a, considered	77	 77%
b, No consideration	23	 23%
Number of valid entries for this question	100	
options	Subtotal	

The results of the questionnaire in Table 6 illustrate that most of the migrant elderly have thoughts of returning to live in their hometowns, which they may have because they miss their hometowns, relatives and friends, or because they do not adapt to the environment, lifestyle and culture of the place to which they have moved. For these elderly people, returning to their hometowns can provide an emotional homecoming and comfort. However, it is also important to realize that returning to one's hometown is not necessarily suitable for all elderly people who have moved with them. Some elderly people may have already established stable social ties and living habits in the new environment, and may face the problem of readjustment when they return to their hometowns. In addition, some elderly may choose to remain in the new environment because their children or other family members are in the place of relocation.

In addition, the choice of the elderly migrants to return to live in their hometowns may be constrained by a number of practical factors. For example, there may be a lack of suitable medical, care and community service resources for the elderly in their hometowns, which may affect their quality of life. To sum up, the idea of the elderly migrants returning to their hometowns needs to be analyzed on a case-by-case basis. For those elderly people who are emotionally more inclined towards their hometowns, consideration can be given to supporting their wish to return to their hometowns. However, for those who have stabilized in their new environment, their choices and lifestyles need to be respected. At the same time, the provision of good social services and care for the elderly who have moved with them is an important aspect of ensuring their quality of life, regardless of whether they choose to stay in their hometowns or move to new environments [6].

5.2. Interview Analysis and Findings

5.2.1 Background of the survey

The interviews investigated the views and attitudes of the 10 interviewed elderly migrants towards urban life. The questionnaire survey was conducted to address the needs, confusions and pain points of urban life when they arrive in the city at the early stage of their lives. Elderly migrants face many challenges in adapting to new environments and maintaining family relationships. Through the interviews, the paper hopes to reveal the plight and needs of this group and provide a research direction for this study.

5.2.2 Survey methodology and sample

The survey utilized field interviews with a thematic series of questions posed to 10 respondents by means of transcripts. The interviewees were drawn from a group of elderly people aged 60-73 years old who had migrated from the countryside to the city in line with the tonality of the study. The study adopted a semi-structured interview method, with a pre-designed interview outline, to explore in depth the life, socialization, and psychological aspects of the migrated elderly. During the interviews, the paper focused on creating a cozy atmosphere, listening patiently to the elderly, and responding positively to their confusion and needs.

5.2.3 Summary of findings

Through interviews, this study learned that the migrant elderly faces many challenges in their new environment. They generally feel lonely and helpless, lacking social support and a sense of belonging. In terms of adapting to the new environment, the migrant elderly face difficulties in living habits and climate differences. In addition, some of the elderly suffer from family tension and alienation of their children. However, during the interviews, they also found some positive factors. Many of the elderly maintain an optimistic mindset and are full of hope for the future. They are eager to participate in community activities, make new friends and enrich their lives [7].

The study draws the following conclusions and recommendations: first, the elderly migrants need more social attention and support; second, the community should introduce relevant policies, provide public services, and create good living conditions; third, all sectors of the community should organize diversified community activities to help the elderly migrants integrate into their new environments; fourth, family members should strengthen communication with the elderly migrants and give them emotional support; and fifth, the elderly migrants themselves should make efforts to adapt to their new environments, actively participate in community activities, and improve the quality of their lives.

This interview further recognizes a series of psychological changes in the life dilemmas and needs faced by the migrant elderly. In the future, society should pay more attention to the rights and welfare of this group. As the study proceeds, it is also necessary to continue to strengthen one's own professional capacity building and to improve one's interviewing skills and level in order to obtain more effective responses [8].

6. Stages of Adaptation to Psychological Changes in the Elderly Who Have Been Relocated

6.1. Transformation of Identity

The first thing that the migrant elderly have to face when they move from rural to urban areas is the change of identity. In the questionnaire survey, in the column of occupation distribution, the occupation of the migrated elderly as farmers accounted for 60% of the questionnaire, in the countryside, they may own land, houses and other properties, and they are members of the rural community. In urban areas, they may have lost these properties and become "foreigners" in the city. This change in identity may lead to psychological problems such as low self-esteem and insecurity among the elderly. Regarding the column on loneliness, 40% of the elderly surveyed feel lonely all the time, while 30% feel lonely occasionally. The sense of identity of the elderly relocated with their

families is gradually weakening as they become citizens, and the survey found that those who have been living in the city for more than two years are beginning to adapt to urbanization and are gradually increasing their sense of identity [9].

6.2. Lifestyle Changes

The lifestyles of the elderly migrants will change when they come to the cities. In the countryside, they may have their own vegetable gardens, yards, etc., and be able to be self-sufficient. After entering the city, they may need to start their child-rearing and family-supporting work, such as picking up and dropping off their children, purchasing food ingredients and cooking, and organizing the household, etc., and their life focus tends to be quite different from that in their rural hometowns. This change in lifestyle and center of gravity may lead to an increased sense of maladjustment and loneliness among the elderly. In the interviews, there were also elderly people who said that they adapted faster to the change in lifestyle, which is related to their own concepts of life and family atmosphere.

6.3. Reconstruction of Social Relations

Elderly migrants need to re-establish social relationships when they come to the city. In the countryside, they may have strong ties with neighbors, relatives, etc., while in the city, they may need to connect with strangers, build friendships with their new neighbors, etc. Older people helping their families take up more of their daily time in urban life, which can make them socialize in a single way, and this reconfiguration of social relationships may lead to social anxiety and gaps in the elderly's social life.

6.4. Cultural Adaptation and Mental Health

When they come to the cities, the elderly migrants also have to face the process of cultural adaptation. In the countryside, they may have their own cultural traditions, customs and habits. In the city, they may need to adapt to a new cultural environment and lifestyle. This process of cultural adaptation may lead to psychological problems such as cultural conflict and cultural loss among the elderly. The maintenance of mental health is also very important when the elderly migrants come to the city. They may face psychological problems such as loneliness, anxiety and depression. Therefore, there is a need to strengthen mental health education and psychological counseling for the elderly to help them adapt to the new living environment and maintain their mental health [10].

7. Conclusion

In the process of psychological change after the elderly migrants enter the city, self-worth and sense of identity have a close correlation with the process of adapting to urbanization, after collecting relevant research data, this study aims to use the combination of data analysis of questionnaires and interviews to pay attention to the sense of self-worth of the elderly migrants and the recognition of civicization and other related research, the data collected from the questionnaires and interviews are too subjective, and need to be further examined and discussed, and the preliminary online and field methods are combined to collect data to further reflect the life and social situation of the group of migrants. The data collected in the questionnaires and interviews in this study are too subjective and need to be further examined and discussed. In the early stage, the data were collected by a combination of on-line and on-site methods in order to further reflect the life and socialization of the elderly migrants in the group under study. The collection is completed to try part of the data preprocessing, missing value processing, outliers processing and other aspects, to improve the relevance of the data, to provide a research basis for the establishment of the subsequent data analysis. The interpretation and presentation of the results are more inclined to the changes in the self-identity and urban recognition psychology of the migrant elderly in the process of citizenship, and the textualization of the data is more accurate and concise in order to enable readers to quickly understand

the meaning of the results. In addition, the government and society should strengthen their attention and support to the migrant elderly by providing better services and resources. At the same time, families and members of the society should also strengthen their concern and support for the elderly so that they can feel warmth and care. In addition, education on health care awareness for the elderly should be strengthened to improve their health and quality of life.

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