



Participation in Lifelong Learning and Subjective Well-being of the Elderly in Taiwan

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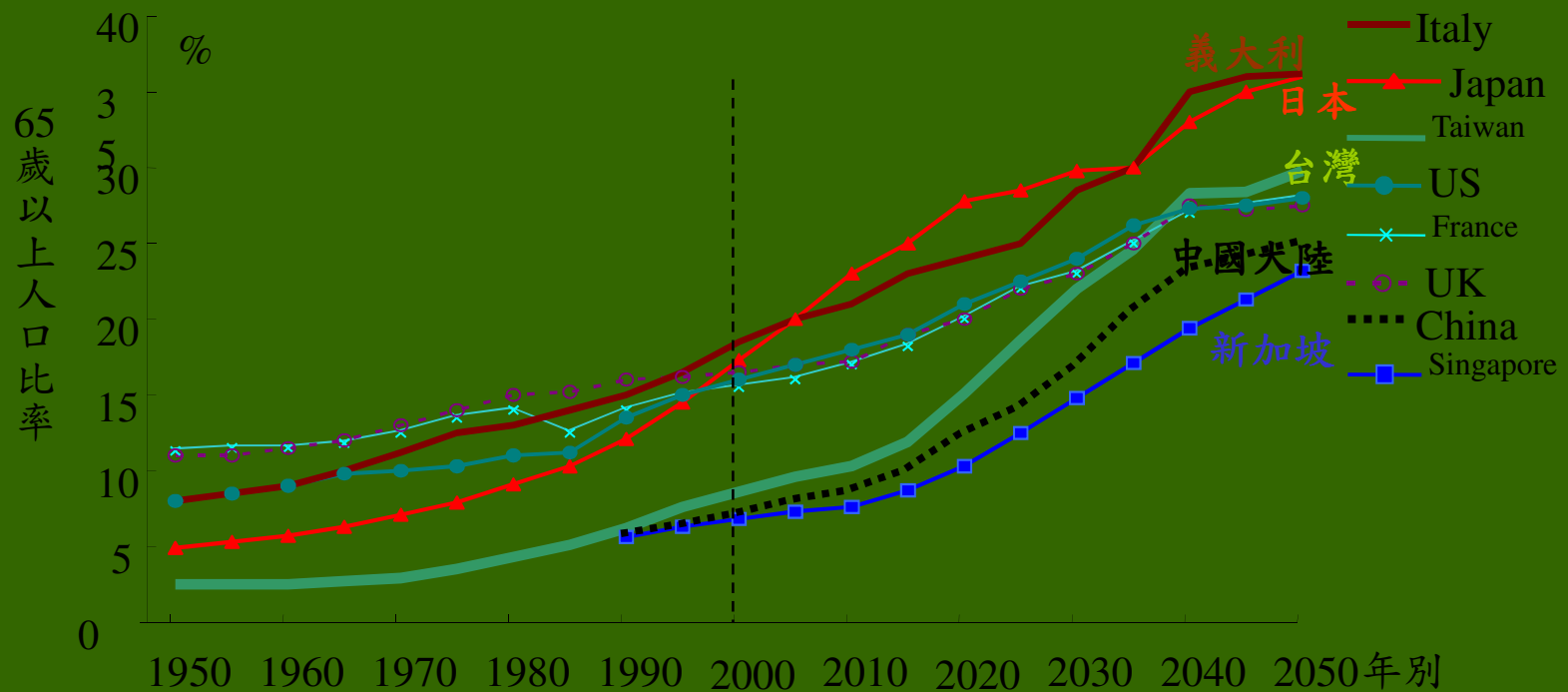
I. Background

- Participation in lifelong learning activities among the elderly is considered an important aspect in age-friendly society.
- Yet a national survey revealed that the participation rate of educational activities is limited, 10% in elder population in Taiwan.

I. Background

- Population aging is an emerging issue in Taiwan; 10% of population is over 65 years old since 2007. It is estimated that rate will grow to 14% in 2018.
- That means Taiwan will become an aged society in 8 years.

International Comparison of Population Aging



人口老化趨勢國際比較圖
資料來源：謝發達（2004：4）

II. Aims

- It is argued that participation in learning could contribute to high level of subjective well-being.
- We wish to explore this relationship by empirical research.

III. Methods

- Indicators of subjective well-being was from New Economics Foundation (2009). It consists of seven factors: (1)emotional well-being, (2)satisfaction about life, (3)vitality, (4)resilience and self-esteem, (5)positive functioning, (6)supportive relationship, and (7)trust and sense of belonging.

III. Methods

- Measurement for the participation of lifelong learning activities among the elderly includes: never attend, seldom, occasionally, and often.

III. Methods

- The data were collected by telephone survey. Persons who are 55 years old and over were randomly selected.
- The interviews were done in 2010, and 849 samples were collected.
- Mean age of the sample was 65.13

VI. Results

	<u>No of Sample</u>	<u>Percentage</u>
■ Gender : Female	455	53.6
Male	394	46.4
■ Age : 55-60	363	42.8
61-65	99	11.7
66-70	166	19.6
71-75	96	11.3
75以上	124	14.6
(Mean = 65.13)		

VI. Results

	No of Sample	Percentage
■ Education : illiterate	89	10.5
■ literate	60	7.1
■ primary	198	23.4
■ middle	124	14.7
■ high school	181	21.4
■ junior college	74	8.7
■ college & above	104	12.3

VI. Results

- Rate of Participation in learning for the past 3 months

	<u>Case</u>	<u>(%)</u>
■ Never attend	638	(75.5)
■ Seldom	52	(6.2)
■ Occasionally	74	(8.8)
■ Often attend	81	(9.6)

VI. Results

	Mean(Taiwan)	Mean(EU)
■ (1)Emotional well-being		
■ Feel happy (0~10)	7.27	7.27
■ (2)Life Satisfaction		
■ Feel satisfied (0~10)	7.29	6.83

(3) Vitality

- Frequencies of feeling vital
- Everyday 270(32.3)
- Most of time 238(28.4)
- Sometimes 165(19.7)
- Seldom 164(19.3)

■	Mean(Taiwan)	Mean(EU)
■ Feel vital (1~4)	2.73	2.60

(4) resilience and self-esteem

■ Feel optimistic			
■ Agree strongly	262(31.6)		
■ Agree	346(41.7)		
■ So-so	105(12.7)		
■ Disagree	90(12.7)		
■ Disagree strongly	26(3.1)		
	Mean(Taiwan)	Mean(EU)	
■ Feel optimistic (1~5)	3.86	3.67	

(5) positive functioning

■ Feel free to decide the way of life		
■ Agree strongly	359(43.4)	
■ Agree	365(44.1)	
■ So-so	18(2.2)	
■ Disagree	73(8.8)	
■ Disagree strongly	13(1.6)	
	Mean(Taiwan)	Mean(EU)
■ Feel free (1~5)	4.19	3.67

VI. Results

- (1) Emotional well-being

■	<u>Mean</u>	SD	<u>F</u>	Comparison
■ Often	21.50	3.43	6.437	4>1
■ Occasionally	20.47	3.18	***	
■ Seldom	20.94	2.96		
■ Never	19.55	4.52		
■	(Mean = 19.93)			

VI. Results

- (2) Life satisfaction

■	<u>Mean</u>	SD	<u>F</u>	Comparison
■ Often	11.90	2.16	5.567	4>1
■ Occasionally	11.70	2.11	***	
■ Seldom	11.59	1.91		
■ Never	10.85	2.94		
■	(Mean = 11.08)			

VI. Results

- (3) Vitality

■	<u>Mean</u>	SD	<u>F</u>	Comparison
■ Often	28.18	3.62	18.615	4>1
■ Occasionally	27.80	3.37	***	3>1
■ Seldom	28.37	3.28		2>1
■ Never	25.47	4.62		
■	(Mean = 26.11)			

VI. Results

■	(4) resilience and self-esteem				
■		<u>Mean</u>	SD	<u>F</u>	Comparison
■	Often	15.70	2.66	7.557 ***	3>1
■	Occasionally	16.12	2.32		
■	Seldom	15.74	2.47		
■	Never	14.75	2.92		
■	(Mean = 15.04)				

VI. Results

■ (5) positive functioning				
■	<u>Mean</u>	SD	<u>F</u>	Comparison
■ Often	34.89	4.50	19.795	4>1
■ Occasionally	34.44	4.26	***	3>1
■ Seldom	32.93	3.34		
■ Never	31.09	5.09		
■	(Mean = 31.99)			

VI. Results

■ (6) supportive relationship				
■	<u>Mean</u>	SD	<u>F</u>	Comparison
■ Often	23.35	2.08	8.937	4>1
■ Occasionally	23.44	2.10	***	3>1
■ Seldom	23.10	2.44		
■ Never	22.09	3.17		
■	(Mean = 22.40)			

VI. Results

- (7) trust and sense of belonging

	<u>Mean</u>	SD	<u>F</u>	Comparison
Often	22.36	3.52	0.683	
Occasionally	22.48	3.34		
Seldom	22.24	3.34		
Never	21.87	4.02		
	(Mean = 22.01)			

V. Discussion & conclusions

- The participation of lifelong learning among the elderly in Taiwan was still low. About one-fourth participated.
- The level of subjective well-being among older Taiwanese is as well as that in people of EU (in 2006).

V. Discussion & conclusions

- According to research findings, participation in learning activities was correlated with subjective well-being, at least in six dimensions out of seven factors.



■ Thank you!