

中老年人社會支持與幸福感之相關探討The Relationship on Social Support and  
Happiness in Elders

羅智丰, 林錦煌

科技管理學系

管理學院

chlin@chu.edu.tw

摘要

Taiwan has been heading for aging society. With the continuing growth of elderly population and health problems caused by aging, it undoubtedly brings our society, economy, medication, and even the family a larger burden. The situation needs to pay more attention to it. Aging is a natural phenomenon of life. This study aimed to investigate the relationships among social support, leisure activity participation, and happiness in Elders. The data was collected from questionnaires completed by effective respondents. The results indicated that Social Support, Leisure participation and elder learning apparently influence Happiness in elderly. In the other word, the more social support the elder have, the more leisure activities and opportunities to learn that they participated in. Discussions and suggestions are provided for practical and theoretical implications as the further research among class design and planning in elders.

關鍵字：elderly, social support, happiness