

## The research on the relation of suicidal ideation, life-meaning in chronic elderly

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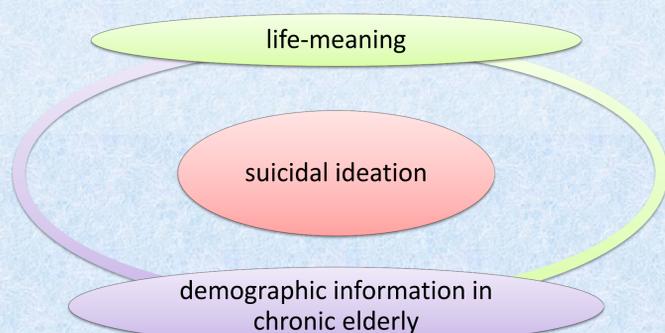
### Introduction

Because of the prolongation of the human life, the phenomenon of the aging population had followed as well. According to the data showed by the Ministry of Interior, the ratio of the elderly in Taiwan who are older than 65 years old had already broken 13.2% at 2016. In particular, the elderly will pursue the meaning of existence. This study was aimed to discuss the relationships of suicidal ideation, life meaning in chronic elderly, to see if there are differences among the chronic elderly from separate, to probe into the inter-relation among these two variables of various degrees, and to analyze the mutual prediction of chronic elderly backgrounds, sense of meaningful life, and suicidal ideation.

### Methods

The study lasted for one year. We have utilized a structured questionnaire to obtain the information of demographic data, life meaning, and suicidal ideation. The object of the study was sort the elderly is living at home or in the institution. We sampled the object from three hospitals and some nursing homes. The study was sampled 199 objects. The questionnaire was filled in by the training interviewer face to face.

The instruments contained "Descriptive statistics, T-test, one-way ANOVA, Scheffe posterior comparisons, pearson's product-moment correlation and stepwise multiple regression.



### Conclusion

The study shows that education, the marriage, the personal insurance is positive correlation to the inclining to the life meaning. Moreover, the independent self-attendance, the economic situation and the interaction relations with the family member are also positive correlation to the inclining to the life meaning and the suicide ideation. The correlation between life-meaning and the suicide ideation in the elderly. Therefore, the results of this study suggested that the Professional workers must pay attention to mental health problems.

### Results

A total of 199 subjects, who are the chronic elderly, are sampled. The returned questionnaires reveal the following results:

#### 1. Sample demographic information

The research discovered much the elderly the average age is 75.4 years old, Taiwanese, the education level is not literate, has lost his's spouse, and believes Buddhism. Most of the elderly has joined National health Insurance. They can take care oneself independently, confesses the economy is ordinary, and suffers the hypertension.

#### 2. The sense of meaningful life—current analysis

The highest score was 36 points, the lowest was 13 points (n = 170), the average was 25.05, and the standard deviation was 4.96. As a whole, the life meaning belongs to the upper-middle degree. Yet, to the chronic elderly who do not quite succeed in carrying out personal value, descendants of achievement they have, the higher sense of meaningful life they own.

#### 3. The suicidal ideation—Beck Scale for Suicidal Ideation scores

There are 36 (18.1%) of the scale 1-9, 8 (4%) in the scale 10-19, 4 (2%) above 20. The elderly have the suicide ideation above 1 minute has 48 people (24.1%).

#### 4. The chronic elderly's background variables, life meaningful, and suicidal ideation can predict one another.

The education level of the chronic elderly is above primary school, there are partners in marriage and those who are involved in private insurance, the life meaning is more positive.

There are significant differences in the meaning of life and suicidal ideation, mainly in self-care, economic self-conscious, family interaction.

Life meaning and suicidal ideation was negatively correlated ( $P < 0.01$ ), we can see that when the meaning of life is more positive, the lower the idea of suicide.