

HOW SHOULD WE IMPROVE THE CURRENT LIFE TO SPEND CALM LIFE AT OLD AGE?

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The purpose of this study is to examine the relation between the current life and needs of the life at old age, and to clarify the factors to spend calm life at old age on a questionnaire survey concerning the life to about one-hundred Japanese "from sixty years old to sixty-four". The results are summarized as follows. 1) Difference of the recognition between married couples to the life at old age; The wife doesn't depend on the husband and the children, and value the self-supporting life as an individual. Moreover, the wife hopes to reside in the city where a lot of cultural and medical facilities were maintained. On the other hand, the husband relies on only the wife the support of life, and hopes for the life to which it farms by the married couple in the country. 2) Importance of the regional exchange in the current life; The persons doing housework and working around home have the active regional exchange. Therefore, they have the higher adaptability, and have more concrete needs to the life at old age. On the other hand, persons who are working in a region left from home become thin the exchange with the region, and have the impossible, fanciful needs at old age without the connection with the region. In the current life, improving the adaptability to the regional environment by daily doing housework and regional exchange positively becomes an important factor to spend calm life at old age.