

The impact of art education and training on the well-being of the elderly

Xu Yanjun^{1,2}, Yu Qiong²

¹Jungwon University, 85 Munmu-ro, Goesan-eup, Goesan-gun, Chungcheongbuk-do, 28024, Korea

²Zhejiang Industry&Trade Vocational College, Wenzhou, Zhejiang, 325000, China

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Abstract: This paper aims to analyze the impact of art education and training on the improvement of the well-being of the elderly, and to explore the new path of art training for the elderly under today's social conditions. Through data analysis, this paper analyzes the current situation of the happiness of the elderly in China, as well as the existing problems in art education and training, and then summarizes the significance of art education and training to improve the happiness of the elderly: promoting physical and mental health, making progress with the times, self-recognition and realization, and cultivating the sentiments of the elderly. In order to further play the value and role of art education and training for the elderly and promote the improvement of the happiness of the elderly, a strong achievable path is proposed.

1. Introduction

According to Article 2 of China's Law on the Protection of the Rights and Interests of the Elderly, 60 years old is an elderly, based on this standard, the results of the 2021 national census show that China's elderly population reached 264.02 million, accounting for 18.70%, population aging is an increasingly serious social problem facing China, how to enable the elderly to achieve successful aging (successful aging) is an important topic that academics and all sectors of society are paying attention to and are committed to promoting. Improving the well-being of the elderly is one of the necessary conditions for successful aging. Psychologist Paul Baltes believes that "compensation" is one of the three main elements involved in achieving successful aging ^[1], and "art" is one of the more practical and effective ways to achieve compensation. In terms of art education and training, it meets the cultural pursuit and spiritual demands of the elderly, gives full play to the value of art education and training for the elderly, and avoids the spiritual emptiness, confusion of thought, loss of confidence in life, and affects the subjective happiness of the elderly.

2. The Current Situation of the Well-Being of the Elderly and the Problems in Art Education and Training

2.1 The Current Situation of the Happiness of the Elderly

Through the analysis of the subjective well-being data of 1302 elderly people in a community (as

shown in Table 1), the subjective well-being of more than 40% of the elderly needs to be improved. At the same time, the data shows that the happiness of the elderly is positively correlated with the participation in art training.

Table 1: Subjective well-being evaluation data of the elderly

Group information	Number of participants	Number of participants in art training	Percentage of participants
Lower happiness	16	1	6.25%
Average happiness	570	92	16.14%
Higher happiness	716	293	40.92%
Total	1302	286	21.97%

2.2 Problems in Art Education and Training

According to the above survey, combined with the results of expert consultation, there are many problems in art education for the elderly.

First, the participation rate is low. Due to economic conditions, busy helping juniors, or suffering from physical conditions, the proportion of Chinese elderly people participating in art education and training is relatively low.

Second, educational resources are inadequate. As the "sunset" generation, the art education and training of the elderly is often subjectively ignored, and all walks of life put more enthusiasm into the "sunrise" generation. The art education resources for the elderly cannot meet the real needs of the education work of the elderly, and the education of the elderly in rural areas is even more formal, and there is no effective art education training and guidance for the elderly in rural areas [2].

Third, the method of education and training is too simple, and the form of training is relatively single. When the elderly participate in art education and training, they have clear goals, but the trainers often lack the in-depth development of relevant training due to lack of experience, poor communication, low enthusiasm and other reasons, so as to fail to meet the demands of the elderly.

Fourth, the elderly are subjectively resistant. After retirement, some elderly people cannot accept the state of "self-feeling useless", lack enthusiasm for biochemistry, subjectively resist all social interaction, and participate in art education and training are also resisted, which adversely affects the development of art education and training for the elderly[3].

3. The Impact of Art Education and Training on the Improvement of Subjective Well-Being of the Elderly

People's subjective happiness is affected by multiple factors, and changes in the external environment will have a certain impact on the individual's inner emotions and spiritual world, which will determine the happiness felt by the individual. Through scientific and reasonable art education and training, and then create a good living atmosphere, people's subjective happiness can be continuously improved.

3.1 Promote Physical and Mental Health

Art is a good medicine for life, in the process of learning art and appreciating art, you can solve the troubles of life, broaden your cognitive horizons, and maintain a good attitude and spiritual health. In the process of life, the elderly can actively participate in art education and training activities, in the process of learning music, calligraphy, dance, painting, sculpture, literature, so that the elderly can feel the diversity of life and the fun of life, provide more food for the spiritual world of the elderly,

and constantly enrich the spare time life of the elderly. With the continuous improvement of the quality of life of the elderly, the subjective well-being of the elderly will be continuously enhanced [2].

3.2 The Elderly Progress with the Times

Under the giant wheel of the development of the times, people's lives are constantly changing. In order not to be eliminated by society, it is necessary to continue learning, participate in social activities in a timely manner, and ensure self-contact with society. After many elderly people retire, they will have a strong sense of loss, thinking that they are eliminated by society, which is not conducive to the formation of a certain subjective happiness of the elderly. To this end, when the education of the elderly is carried out, effective art education and training should be carried out for the elderly, so that the elderly can actively participate in the corresponding social activities, and expand their social circle, make up for their inner sense of loss, and continuously improve their sense of social participation.

The author believes that when the work of art education and training for the elderly is carried out, it can meet the characteristics of the development of the times, guide the elderly to learn and understand the shooting of short videos, online live broadcasts, talent shows, online community exchanges, etc., so that the elderly can cross the "digital divide", learn to master modern Internet technology, and use corresponding electronic products to display the achievements of art education and learning, and enhance the sense of art education and learning of the elderly.

By continuously shortening the distance between the elderly and the development of the times, the elderly can keep up with the times, and participate in the corresponding social activities, give full play to the light and heat of the elderly, and gradually improve the subjective well-being of the elderly in the process of progress between the elderly and the times.

3.3 Self-value Recognition and Realization

Through the analysis of the retirement life of the elderly, it can be seen that many elderly people are very unsuitable for retirement life after leaving work, always feel that they have nothing to do, are very anxious, cannot realize their self-worth, resulting in the happiness of the elderly is not strong. To this end, when improving the subjective well-being of the elderly, art education and training for the elderly should be flexibly carried out, so that the elderly can devote themselves to art education and training activities, and complete the recognition and realization of self-worth in the process of learning new knowledge and improving their self-humanistic qualities, so that the elderly can feel spiritual pleasure and emotional satisfaction, thereby improving the subjective happiness of the elderly.

At the same time, in order to enable the elderly to shine in a specific environment and realize their self-worth, the elderly should be encouraged to make more contributions in their professional fields, so that the elderly can play their professional advantages in a new social production and creation, reflect their social value, and effectively enhance the happiness of the elderly [4]. When the elderly participate in art education and training, they can communicate online and offline with the members of the training, share their life insights with each other, and jointly find ways to shine, so that the elderly can feel the continuous improvement of their happiness in life when participating in art education and training activities.

3.4 Cultivate the Sentiments of the Elderly

In the education of the elderly, in order to continuously cultivate the sentiments of the elderly,

make the elderly accept the changes in life and work, and have a correct attitude to spend their old age, special art education and training activities should be carried out for the elderly, which meet the diversified demands of the elderly and give play to the role and value of art education. Artistic edification and cultural education can effectively cultivate the sentiments of the elderly, improve the humanistic accomplishment of the elderly, and gradually improve their subjective happiness under the peaceful state of mind of not arrogant, not angry and not sad.

4. The Realization Path of Art Education and Training from the Perspective of Improving the Happiness of the Elderly

The main purpose of art education and training for the elderly is to make the elderly get more happiness, enhance the sense of life of the elderly, and achieve successful aging. The survey data show that the art education and training projects that the elderly expect to participate in have the characteristics of greater individual differences, diversity, variability, and conformism (as shown in Table 2 below, it is the art education and training activities that 70 elderly people in a community expect to participate in). In order to meet the needs of the elderly, cultural and artistic training activities should be continuously innovated, and in the actual art education and training, horticultural training, literary and artistic exchanges, dance training, short video shooting training and other forms can be carried out, so that the elderly can not only rely on the elderly, but also be able to gain from the elderly, and truly achieve spiritual prosperity.

Table 2: Data on cultural and educational activities that the interviewed elderly are expected to participate in

Number of people	painting	calligraphy	musical instruments	chess	handicrafts	vocal music	lanterns	dance
70	4	6	6	10	17	19	25	25

4.1 Strengthen the Guidance of Government Departments

When providing art education and training services for the elderly, the social attributes of the service, that is, the attributes of public goods and services, should be clarified, and incorporated into China's national education system, encouraging all sectors of society to continuously innovate the form of art education and training for the elderly, and constructing a high-level art education and training model for the elderly, so that the art education and training of the elderly can play a certain role.

In view of the living situation of the elderly in rural areas in China, when improving the subjective well-being of the elderly in rural areas, the art education and training resources for the elderly should be appropriately tilted, and special art education and training activities should be opened up around the living demands of the elderly in rural areas, focusing on the holding of folk cultural activities to create a good atmosphere of culture and art education.

4.2 Innovate Art Education and Training Forms

The education of the elderly in the new era is carried out, in order to continuously tap the potential value of this work and help improve the happiness of the elderly. To this end, when carrying out actual work, we should continue to innovate the training form of art education and create a new form of art education and training for the elderly, such as actively guiding the elderly to actively participate in art education and training activities in some areas, building a new situation of common education and mutual education, and giving full play to the education resources of the elderly ^[5].

At the same time, when reforming and innovating the form of art education and training, various forms of art training and education should be organized, such as community organizations, media publicity, enterprise organizations, family organizations, elderly activity rooms, libraries, museums, art galleries, cultural centers, bookstores, public welfare organizations, etc., to provide diversified platforms and carriers for the art learning of the elderly, so as to ensure that the elderly continuously enhance their sense of self-happiness in the process of art learning[6]. In order to improve the overall happiness of the elderly group, the elderly should be encouraged to help each other and build diversified learning methods, so that the elderly can learn and grow in mutual help, meet the diverse demands of the elderly, and achieve the expected purpose of art education and training.

4.3 The Establishment of an Education Team for the Elderly

In order to ensure the effectiveness and feasibility of art education and training for the elderly in the new era, the construction of the work team should be continuously promoted. Because, with the support of a high-level elderly art education and training talent team, the quality and effectiveness of art education and training services for the elderly can be guaranteed, so as to meet the diversified learning demands and artistic pursuits of the elderly and enhance the subjective well-being of the elderly.

The author believes that in the process of building the art education and training team for the elderly, the cultivation and introduction of compound talents such as technical talents, management talents, service talents, and artistic talents should be highlighted, so that one person can shoulder a variety of job responsibilities. Because the art education and training work of the elderly is relatively special, in order to meet the various demands of the elderly, the staff needs to reflect their comprehensive ability and humanistic quality, provide high-quality and professional art education and training services for the elderly, improve the satisfaction of the elderly with their work, and gradually enhance the subjective well-being of the elderly.

4.4 Integration of Art Education Resources for the Elderly

In order to meet the learning demands of different groups of the elderly, art education resources for the elderly should be continuously integrated to provide special art education services for the elderly. The author believes that when carrying out this work, more feedback and suggestions from the elderly should be collected, in-depth understanding of the demands of the elderly, and then integrated relevant elderly education resources, such as medical care, literature and art, martial arts and sports, life skills, medical rehabilitation, psychological courses, etc. Through the preparation of a scientific and rigorous training program for art education for the elderly, it provides strong support for the subsequent development of education for the elderly.

4.5 Scientific and Technological Empowerment of Elderly Education

When the reform and innovation of education for the elderly in the new era, it is not only necessary to innovate the form of art education and training, but also to rationally use modern science and technology, and then complete the scientific and technological empowerment of art education and training for the elderly, such as artificial intelligence technology, human-computer interaction and technology, virtual reality technology, computer technology, etc.. The education of the elderly in the new era creates a new art learning environment for the learning of the elderly, lowers the threshold of art learning, makes the elderly immersed in it, feels the charm of the combination of science and technology and art, improves the overall art learning level of the elderly, and promotes the continuous improvement of the subjective well-being of the elderly [5].

4.6 Regular Preparation of Literary and Artistic Activities

In order to make the art education and training of the elderly play a certain role, various forms of literary and artistic activities should be regularly organized, so that the elderly can actively participate in them, communicate in the process of carrying out literary and artistic activities, find like-minded friends, and enrich the social circle of the elderly. At the same time, the organization staff can create an elderly communication group, so that the elderly can communicate in real time and effectively based on smart phones, and alleviate the loneliness of the elderly to the greatest extent.

5. Conclusions

In summary, the author expounds the positive impact of art education and training for the elderly on the improvement of subjective well-being of the elderly and related work suggestions, aiming to illustrate the necessity and urgency of upgrading and optimizing art education and training for the elderly. In the future, in the process of art education and training for the elderly, it should meet the needs of the elderly, closely follow the trend of the times, flexibly adopt a variety of ways to carry out art education and training for the elderly, improve the happiness of the elderly, and reflect the role and value of art education and training for the elderly.

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