

Factors Influencing Family Support and Resilience in the Elderly.

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- **Abstract:** This study was to identify factors affecting the personal characteristics of the elderly on family support and resilience have attempted to provide the basic data for mental health. Data collection conducted from October 1, 2019, to January 31, 2020, with the consent of the subjects, and 170 participants used for the final analysis. The questionnaire was composed of demographic characteristics, family support, and resilience. The collected data were analyzed using descriptive statistics, t-test, ANOVA, Pearson's correlation, and multiple regression using the SPSS 21.0 statistical program. Because of this study, there were statistically significant differences in family support according to general characteristics in terms of education level, religion, living standard, housing type, subjective health status, and health concern. Resilience showed statistically significant differences in education level, religion, occupation, monthly income, living standard, subjective health status, and health interest. Family support had a positive correlation with resilience, and resilience had a positive correlation with subjective health status. In the results of regression analysis, monthly income, standard of living, and family support were the predictors of resilience as factors affecting resilience, and the total explanatory power of these variables was 36.5%. This study expected to be able to use as a basis for improving the mental health of the elderly.
- **Keywords:** Elderly, family support, resilience, subjective health status