A Study on Measurement Metrics of The Retired Elderly' Re-socialization

Yongli Wang

Beijing Japanese Studies Center

Beijing Foreign Studies University

Abstract

Socialization theory is being applied to the growing process of children or Social rehabilitation of inmates, but relatively rare attention has been paid to re-socialization processes during middle and later adulthood for such a long time.

As we all known, Retirement just as a dividing line. When people suddenly entered the "old" group ranks, the dramatic changes in the objective and subjective conditions of the environment will force them to make some changes to adapt to the new stage of life. Effective re-socialization of elderly people is an insurance for a smooth transition to the old age.

People who are actively self-adjusted, establish a new role to replace the role they'd lost quickly, initiative to acquire the appropriate knowledge, skills and norms, maintain harmonious relationships with family and community, and keep themselves a higher level of activity, mostly can achieve social re-adaptation and obtain a satisfied old life. Conversely, people who stick to their old role status, they refuse to be re-socialized, and absolutely will out of tune with reality life. They will suffer negative psychological consequence in this process, such as loneliness and loss of themselves, which will accelerate aging psychosomatic and increase the loss of capability as a qualified member of the community, and will transformed into a natural person who cannot adapt to society gradually.

Therefore, this article aims to develop a re-socialization metrics for retired elderly people, in that we can measure the re-socialization factors' impact of the elderly, and quantitatively analyze the process of retired elderly people's life adaption.

Keywords: *Re-socialization, Retired elderly, Measurement Metrics*

1. INTRODUCTION

Japanese's Life expectancy is growing rapidly after World War II with the improvement of the health care system and public health standards. According to the average life expectancy table of Japan, 2013 Japanese male's life expectancy reached 80.21 years, while females up to 86.61 years already. World Health Organization statistics in 2014 also shows that the average life expectancy of the Japanese is 84-year-old, ranked first in the world longevity country.

Even if people retired by the statutory retirement age 65, most of them still need to face more than 15 years of old age after retirement. Especially for women, who are retired earlier than men and live longer, the length of old age is as long as 20 years or longer.

In addition, according to the Japan-old social white book data, 2013 the number of elderly people in Japan aged over 65 is 3,190 million, account for 25.1% of the total population. With the

1

sharp increase of elderly population, social issues of aged began to emerging too. Elderly who maladjusted falls into the elderly crime, violence, or home-bound is increasing rapidly.

Retirement brings life discontinuities undoubtedly, but it's also a turning point to start a new career and lifestyle. Most retired elderly are healthy physically and have the desire to actively participate in social activities, but they cannot integrate into it for various reasons. And their health and quality of life are affected by the change of social roles, behavior pattern and social relationships greatly at the same time. Thus, re-socialization become more and more important for learning new social role and behavior patterns, and reconstructing the social relations.

However, there are little studies concerning the elderly' re-socialization. Especially apply a quantitative research on the adaptation process of the elderly people's retirement with measuring metrics from the perspective of socialization.

The pose of this paper which focus on the metrics research of the retired elderly' re-socialization, is to propose an concrete intervention approach for the retired elderly to adapt to the new stage of life.

This paper collated and analyzed the research on retired elderly in Japan since 2005. Then, summarized the present situation of the elderly and relevant theories of re-socialization, and extracted the keywords with the meaning of "behavior", "social role", and "interpersonal relationships" from it. Finally, divided these keywords into three sections by KJ method, and developed the measurement metrics of the elderly' re-socialization.

Re-socialization problems have its particularity specific to the individual. Different people have different circumstances and situations, it cannot be generalized. But in terms of universal problems encountered by the retired elderly, a quantitative research of elderly' re-socialization is necessary. As for how the elderly' re-socialization factors affected the individual elderly and the operability of elderly' re-socialization metrics, i will do further exploration in the future.

2. (HOW AND WHY) ARE RETIRED ELDERLY NEEDS RE-SOCIALIZATION?

According to the definition of *I. Rosow (1947a:5-6)*, status of the elderly depends on following seven major factors: property ownership, strategic knowledge, productivity, interdependence, tradition and religion, relatives and family, and community life. However, people's living environment has become increasingly specialized, systematic, and fast changing at the same time with the development of urbanization, industrialization, and information technology. Changes are so rapid and dramatic that the support resources and condition for the social status of the elderly is gradually collapse, and the authority of the elderly began to be questioned.

First of all, despite the great wealth of material, people are still dissatisfied.

In a relatively simple society, experience and property is the security and independence for the elderly, but also their primary resources to obtain authority to govern the life chances of younger. They requested young people to obey their authority by it（I.Rosow，1947b:13）. But, in today's Japan, due to the separation of ownership and management rights, and the collapse of the "patriarchy", young people are independent gradually; the authority of the elderly has been weakened. In other words, the authority that governs the youth by property ownership is weakened.

The second point, Inability to adapt to the rapid changes in technology and information

2

expansion in economic and social, elderly' unease is accumulated.

In relatively simple societies which people are bound by the traditional culture, the elderly has been responsible for the cultural heritage. But in the information age, for the elderly, the role of cultural heritage is gradually faded, and they become the new knowledge learners on the contrary *(Saito, 2008:63-75)*. Therefore, the traditional strategy of knowledge of the elderly are no longer applicable, the productivity decreased.

The third point, due to the dilution of human relationships, the sense of isolation is increasing.

Isolation of the elderly is becoming harder and harder quantitatively and qualitatively. And it'll grow further in the future. In Pre-war Japan, the children support the old parents was a general rule, easy retirement was a common pattern *(Takeityi, 1998:43-44)*. However, in the post-war, along with the "patriarchy" is eliminated,the consciousness of depend on children also greatly reduced. In sparsely populated areas the elderly households is sharply increased because of urban expansion of young people.

In addition, rapid changes in lifestyle, the authority of the experience and existence value of the elderly is significantly declined. They remain deeply lonely even living with children.

Furthermore, coupled with the rapid upgrading of technology, early retirement and alienated community relations, the elderly excluded from professional activities and public event and been isolated.

2.1 The loss of social roles

Yamamoto(Yamamoto, 1995:76-91) proposed that the elderly have five losses: 1) Physical and mental well-being; 2) Economic independence; 3) Connection with family and society; 4) Role in the home and society; 5)The meaning of self-existence. Lose in 3) 4) 5) all can be considered due to the roles loss. Lethargy associated with the independence of children, and feeling lost along with retirement made them believed that the meaning of self-presence is lost. Role loss of retirement is mainly about the alienation from family roles and occupational roles*(I. Rosow, 1947c:132)*.

Both physical and mental decline make it more difficult for elderly' self-reliance. For example, parting with loved ones, retirement and lifestyle changes brought by low-income in post-retirement, etc. Therefore, the social role of the elderly is losing gradually.

Role loss will affect the group which they belonged inevitably, which will make the decline of the elderly' authority (*family, community, etc*.) and social relations with the group too.

"I want to take care of grandchildren rather than mingle with the old men and women" said by lots of elderly. But for young people, "Nothing is more annoying than an elderly who wholehearted in grandson care". "Elderly centers are full of old women" They even despise their own peers. With the age, they excluded from the opportunity and rewards they had enjoyed, and been put in a disadvantage position gradually.

What's more, there rare mandated activities for elderly, their role are open, flexible, and not particularly limited （*Richard Williams, 1960:261-297*). It can be defined by the maximum personal preferences and personal choice. But the concept of social role is involved in a series of behavior that may occur in connection with their position. In other words, a clear role expectation from others is the key of the role performance. But the society lacks such a clear role expectations for the elderly.

The elderly who falls into role loss or role expectations unknown situation will feel tension

3

with ambiguity or conflict of roles. It became "a role with no function". The elderly without system roles will falls into depression and anxiety.

2.2 Youthful self-image

Many elderly women insists that "How can you call me grandma?! Please call my name *Micchan*!" They still Obsession in "cute woman" even grandson was born.

"I'm already sixty"

"You look so young"

"I'm flattered"

Many elderly addicted to such a dialogue, but many young people feel it's very offensive. Some people even annoyed about this rhetorical dialogue.

"I was almost face to face reminded my mother. But I can't because she is my mum. All what I can do is pretending that i didn't hear it" said a young lady.

"I'm not that old" the elderly angry to the young man who offer his seat to him. We can often see such a scene in the bus.

In other words, the elderly are very obsessed with his young self-image. As what said by *Baruch (Baruch, G. K & Pleck.J. H，1991:53, 29-42)*: "We are always fifteen years older than we thought we are". In fact, such a mismatch of oneself and others recognition is always happened, because of elderly' self-consciousness has not been recognized by the view and the value of society. Therefore, it will be a significant challenges for the elderly to learn a behavior pattern and social norms which is different from what they used to be.

2.3 Changes in community environment

A major factor of Social isolation is because of the development of urbanization and industrialization, the connection between people in the community is fading.

Represented by *Tokyo*, most citizens are living a separation of workplace and residence model. For most people, commuting distance is increased. Thus, people who stay in a residential area outskirts during the day is declining. Workers just go home for a sleep in weekdays , community relations have become more and more diluted *(Sato, 2011)*.

Nevertheless, there was the full-time housewife who parenting children maintained community relations and interaction before. As two-income households increased, housewives stay in the area during the day is declined too. Due to the influence of the birth rate declining , reduction of child has prompted the decline and the hollowing of local communities. Coupled with urban lifestyle is emphasis on privacy , many cities residents even do not know their neighbors look like. Many workers' relationship with families and the community were broken because of long-term career, and lost their roles and themselves when they are retired. And because of the ignorance and prejudice of people, they will be eliminated by the society.

2.4 Family's socialization function is declining

Socialization function is one of the family functions. Family's function is upbringing and educating their children. Children formed humanity, internalized the culture, and got the ability to adapt to society in family. Socialization function of the family is common noted for the child. But role socialization is throughout along the lifetime *(Sakamoto, 2005:73-78)*. People growing up and

4

gets roles in the family. The process that we gain the ability from the inside out to adapt to the society is the family's socialization functions. And socialization functions of the family throughout the life course of all family members, not just for children.

As we all know, traditional family functions have changed. With decreasing in family size, more and more nuclear family, the role of the family is changing too. It's pointed out that these changes have reduced the socialization function of the family. Not only children, elderly' re-socialization in family will be affected too.

In traditional society, to be elderly would mean the end of direct child-bearing age, and become the oldest in the family. Then the birth of a new generation -- grandchildren. The elderly can find the location of his life, and take a chance to inherit their experience and property to the next generation *(Aoi, 1976:5-16)*. It was the position of the "elderly" in traditional societies. But with the change of family form, three generations living together model is in a downward trend. So the re-socialization function of family in elderly is disappearing too.

3. MATERIALS AND METHODS

3.1 The concept of re-socialization

The elderly need correct social role and appropriate behavior to adapt to the environment and situation. Moreover, the elderly' socialization, which is called "re-socialization", because of it includes a restructure and re-adaptation of the personality which was been formed before.

Based on summarizing the status of the elderly' re-socialization, thins paper makes a definition of retirement elderly' re-socialization as following: the re-socialization of the retired elderly who faced with lowering of status, ambiguity and loss of role, decline of authority and power, sharp decrease of income, and shrink of social circle is a process that through active participation in social activities, awareness of current affairs, enhance living subjectivity, and learn new behaviors and social roles actively, they will be widely accepted by society again ultimately.

The concept of re-socialization in this paper has 3 features as following:

The first point is, this concept is community participation centered; Secondly, compared to the results, this paper focus more on the process, and accept the mental and physical situation that the elderly is facing; The third point is the criterion of this metrics system is not only stay in the subjective satisfaction, but also focus on learning new social roles and behavior to adapt to society.

3.2 Operation procedures of provisional definition

To develop the measure metrics of re-socialization, first of all I have to know what re-socialization is. In other words, I should give a definition for the re-socialization. The next, I should put forward questions to measuring assumption for re-socialization concept. Therefore, I need to extract re-socialization relevant keywords as much as possible to make a lexicon. This paper sample of 453 re-socialization relevant keywords from previous research to make the lexicon. I had classify the collected keywords into three level items*(large, middle, minor)* through integration, attempt to give an operational definition for the concept of re-socialization. Finally, classify the min-term and extract the measurement question items from the collected keywords.

Based on the finished lexicon, repeating merge synonyms with the same meaning to get the min-item by the KJ method. And named each item. Each large item's name and the keywords

belonged as the constituent of re-socialization's concept. And this is regarded as the operational definition of re-socialization. Social roles, community involvement, social concerns, life independence, and interpersonal relationships are the basic elements of keyword extraction. I wrote all extracted keywords on cards. If the meaning of words on the card is the same, it'll be classified at the same group by KJ method. By repeating classify in this way, I got three level items from the lexicon.

Firstly, classified all the keywords into six regions as the middle item (*refer to Table 1*). The names of 6 middle items are as follow.

1)"Activity participation" (*Involvement with the community association activities, for example: Hobby activities, volunteer activities, etc.*); 2)"Social concerns"(*A positive sense of social participation, information and others*); 3)"life independence"(*Autonomous and the capability for decision); 4)"Execution of role"(To perform the expected behavior*); 5)"Cooperation relationship in life"(*Relationships to rely on, such as relatives, family and friends*); 6)"Social involvement relationship"(*Relationship to strengthen ties with society*).

	Middle items' name (Configuration concept)	16 min-items belonged	References
1	Activity participation	3 min-items	From "social participation", modified
2	Social concerns	3 min-items	From the psychology of Maslow
3	life independence	2min-items	From Successful aging theory: the "autonomy"
4	Execution of role	2 min-items	From the elderly' socialization theory of Roseau
5	Cooperation relationship in life	3 min-items	From the "Social participation", modified
6	Social involvement relationship	3 min-items	From the "Social participation", modified

Table 1   6 Middle items and the min-items belonged

The reason for 6 regions: first of all, limited the regions less than 10 is considered appropriate; Secondly, from previous research, number of construct metrics limited to maximum 5-10 is appropriate; the last, the keywords card was summarized in the results as a 5-10 groups.

Origin of the individual names of the 6 regions are as follows: "Activity participation" is from social participation's previous research--the "social activities"; "Social concerns" is from the Psychology concept of *Maslow*; "life independence" is named after the "autonomy" concept of Successful aging theory; "Execution of role" is derived from the "social role" concept of elderly social theory of *Rosow*; "Cooperation relationship in life" and "Social involvement relationship" are from the prior research of participation.

Large items (primary indicators)	Middle item (secondary indicators)	Min-items (tertiary indicators)	References
Behavior patterns' re-socialization	Activity participation	Hobby activity Volunteer activities Re-employment	Refer to Social participation, partially modified Same as above

		Concern for information	Refer to "QOL", partially modified
	Social concerns		Refer to Psychology of Maslow
		Concern to others	Same as above
		Generosity to others	Same as above

Table 2　Middle and min-items belong to the Behavior patterns' re-socialization

Sorting out all the keywords of 6 groups, and deleting the negative and inappropriate keywords. Leaving the keywords that are important for field studies' questions. Offsetting the synonymous keywords in 6 middle items, and dividing each middle item into 2~4 min-items.

Then, dividing the 6 regions (M*iddle item*) obtained by KJ method into 3 groups as the large items. The group of "Activity participation" and "Social concerns" is named "Behavior patterns' re-socialization" *(Table 2)*; the group of "life independence" and "Execution of role" is named "Social roles' re-socialization" *(Table 3)*; and the group of "Cooperation relationship in life" and "Social involvement relationship" is named "Human relations' re-socialization" *(Table 4)*.

Ultimately, according to the above criteria, the most streamlined 76 keywords were selected from the item pool of re-socialization. And classified into 16 min-items. And named each item depend on the characteristic of the keywords.

Large items (primary indicators)	Middle item (secondary indicators)	Min-items (tertiary indicators)	References
Social roles' re-socialization	life independence	Voluntary social consciousness Autonomy	Refer to" QOL", partially modified "Autonomy" concept of Successful aging theory
	Execution of role	Expectations from surrounding Social norms	Refer to Roost's Elderly socialization theory Same as above

Table 3　Middle and min-items belong to the Social roles' re-socialization

Classification into min-items was conducted in accordance with following three conditions: The first condition is that the number of min-items in each middle item was limited to 2~4; The second condition is that the number of keywords in each min-item less than 10; The third condition is that keywords in each min-item should be in line with the survey questions, and remove the additional keywords.

Large items (primary indicators)	Middle item (secondary indicators)	Min-items (tertiary indicators)	References
Human relations' re-socialization	Cooperation relationship in life	spouse Family Friend	Basic attributes are summarized in the preceding study of "social participation", partially modified
	Social involvement relationship	Neighboring Colleague Interest Partners	Previous studies of the "social participation" and "QOL", partially modified

Table 4　Middle and min-items belong to the Human relations' re-socialization

7

The name of Middle and min-items belong to the "Behavior patterns re-socialization" can be refereed to Table 2. The large item "Behavior patterns re-socialization" is configured by 2 middle items (*Activity participation and Social concerns*), which formed by 6 min-items. The large item "Social roles re-socialization" is configured by 2 middle items *(life independence and Execution of role)*, which formed by 4 min-items *(Table 3)*. And the large item "Human relations re-socialization" is configured by 2 middle items (*Cooperation relationship in life and Social involvement relationship*), which formed by 6 min-items *(Table 4)* .

Therefore, the framework concept of re-socialization is configured by 3 large items *(Behavior patterns re-socialization, Social roles re-socialization, and Human relations re-socialization)*, 6 middle items *(Activity participation, Social concerns, life independence, Execution of role, Cooperation relationship in life, and Social involvement relationship)*, and 16 min-items.

3.3 The reference of 3 large items

In a sense, re-socialization is a process that people detach from the original life patterns, and participates in the society to get a personality remodeling once again. The human self-formation is a self-adaptive system that maintain the balance against the environment and take the social pressure as a functional requirement of the social system at the same time *(Aso.Shibano,1978)*.

According to *George Herbert Mead (1934:241-253)*, the ability of self-forming and self-socialization include following processes *(Table 5):*

1)Sociability, people can take the initiative to expand exchanges with people in inter-personal situations.

2)Individuality, people can consciously perceive their uniqueness in communication with others.

3)Autonomy, people can act and make decisions without being controlled by anyone else.

4)Sociability, people enjoying spending time with other people.

Thus, from the Definitions above, the human self-forming ability and performance can be expressed as people's ability of initiative, spontaneity, free will, choice and determination.

Ⅰ　社会性 Sociality	Ⅱ　個性 Individuality
Ⅲ　交渉性 Sociability	Ⅳ　自律性 Autonomy

Table 5　Process of personality formation

However, the process of re-socialization is not necessarily exactly the same to the ability of this self-formation which we talked above. Retired elderly have already mastered the basic values and behavior norms in life, so in this paper I analyzed the remaining three as the processes of retired elderly' re-socialization.

People get right self-awareness in an exchange environment which he was accepted. In other words, sociability is that people get their self-awareness in social groups according to communicating with others. So in order to regain the "Sociability" in a new life stage, Human relations' re-socialization is become essential.

Refer to *R.M.Maciver (1998)*, a process to gain the Individuality is that according to the interaction process between self and others get the unique role of you. In other words, establishment the individuality of the retired elderly is equal to Social roles' re-socialization for them.

8

The last, Sociality is about ability that people can select the appropriate behavior to react to the situation they are faced appropriately（Interpersonal competence). In other words, in order to improve the retired elderly' Sociality, they need to achieve the re-socialization of behavior patterns

Therefore, I will summarize the metrics of re-socialization in three sections: "behavior patterns' re-socialization", "social roles' re-socialization", and "Human relations' re-socialization".

4. RESULTS

From the previous section, I grouped together 76 re-socialization related keywords into 16 min-items, and summarized the 48 original research questions as following(*Table 6*):

Large items	Middle item	Min-items	Original research questions
behavior patterns' re-socialization	Activity participation	Hobby activity	(1)Do you participate in culture, art and music-related organizations or groups? (2)Do you participate in health and sports clubs or groups? (3)Do you have participated elderly organizations or groups? (4)Do you participate in hobby circles or organizations?
		Volunteer activities	(5)Are you responsible for something duties such as neighborhood association, residents' association? (6)Do you participate in something volunteer organizations (community service organization)? (7)Do you participate in civic activities organization (NPO)?
		Re-employment	(8)Do you participate in the production organization such as the Silver Human Resources Center? (9)Do you participate in a career change or re-employment activities? (10)Do you have been re-employed?
	Social concerns	Concern for information	(11)Do you subscribe to the books, magazines and newspapers? (12)Do you use the Internet? (13)Do you use a mobile or PC?
		Concern to others	(14)Do you feel the love about your live region as a place to live? (15)Do you want to be helpful to others people? (16)Do you willing to protect the collectives' interest even if it will damage your own interests?
		Generosity to others	(17)In conversation with others, can you tolerate different opinions of others? (18)Can you patiently listening to them even though they hold different views? (19)Can you trying to think a question by standing on the position of others?
social roles' re-socialization	life independence	Voluntary social consciousness	(20)Do you and wanted to be helpful to the society? (21)Do you want to contribute to local activities such as neighborhood

			association?
		Autonomy	(22)Do you think you are living a life in your own way? (23)Do you want to live a life in your own way? (24)Do you think it is too difficult for you to live a life in your own way?
	Execution of role	Expectations from surrounding	(25)Is there a place or a group of people make you feel that they still have role expectation on you? (26)Do you think you have a responsibility to teach young people the wisdom, knowledge and technology? (27)Do you think you should actively communicate with young people?
		Social norms	(28)Do you think we should comply with the agreement we made? (29)Do you think that we abide by the law? (30)Do you think we should respect the opinions of leaders or professionals?
Human relations' re-socialization	Cooperation relationship in life	Family	(31)Do you respect the family's idea? (32)Are you willing to sacrifice your own fun for family's happiness? (33)Do you have a family and a meal together regularly?
		spouse	(34)Is that you and your spouse do to help each other in daily life? (35)Are you conscious about your spouse? (36)Do you get cooperation from the spouse?
		Friend	(37)Have you spent time with your friends recently? (38)Have you called your friends recently? (39)When you encounter difficulties in life, is there any friends can help you?
	Social involvement relationship	Neighboring	(40)Do you have intercourse with other people in the community you live? (41)Have you attended community gatherings purposefully? (42)Do you have a relationship with the neighbors?
		New Colleague	(43)Can you always interact with the people with smile? (44)Do you praise others occasionally? (45)Society is constantly changing, will you learn from it modestly?
		Interest Partners	(46)Do you have like-minded friends? (47)Will you talk about the troubles in life with these like-minded friends? (48)Did you contact with friends you met in the hobby activities recently?

Table 6　48 original research questions

The above is the original text of the 48 final survey questions.

The purpose of this paper is to develop the "re-socialization metrics " for the retired elderly. It is not a paper to demonstrate the hypothesis that already exists. Defining the configuration concept of re-socialization through the metrics development, I want to investigate the influence factors of adaptation process to the old age. Re-socialization metrics developed in this study as shown in Table

10

6, it's including 3 primary metrics, 6 secondary metrics and 16 tertiary metrics.

We inquire the elderly' daily life by the 48 original research questions in table 6. Only two answer for every question -- "*yes*" or "*no*". They will get 1 point if they answered "*yes*", and get "0" if they answered "*no*".

So the scale including: Activities participation scores *(10-point scale)* ，social concern scores *(9-point scale),* life independence scores *(5-point scale),* execution of role scores *(6-point scale),* Cooperation relationship in life scores *(9-point scale),* and Social involvement relationship scores *(9-point scale).* And we use the scale to assess of the elderly' re-socialization degree. There are 48 points in total, then the higher the score, the higher the level of re-socialization.

5. DISCUSSION

The metrics system for retired elderly in this paper was developed on the basis of previous research and the correlated theories. And metrics system in this paper is not for the elderly who didn't have employment experience, so they can apply to this metrics system or not still need to be verified. In addition, because I haven't done field surveys yet, the reliability and validity of the metrics also need to be further verified. And it should be noted that, even been called retired elderly the same, its practicability also need to be further examined.

For the elderly who's independent living is difficult or the level of ADL^1 and $IADL^2$ is lower, or have a mild dementia, even if they have the desire to continue to participate in social activities, it's not good for them physically.

The biggest problem left in this paper is its need further comparative study between other highly correlated metrics, such as comparative study with life satisfaction metrics or PGC morale scale etc. Its need to implement an investigation including both metrics, and examine the relevance and differences between various independent variables. It is necessary to clarify the intrinsic properties of the re-socialization.

By repeating the test and continuous improvement, if we can develop a high completion degree metrics system, it can be applied to evaluate the care service for the elderly who have high independence level.

In aged society, people hope the elderly to keep a high level of physical and mental health and continue an independent living as much as possible. For this purpose, the elderly need to make their own efforts, but the society also need to provide good social services for the elderly to maintain mental and physical activity. For the service of the physical health of the maintenance and promotion, the valid method almost already established practically by now. But how to maintain the spirit and activity level of elderly, such as how to realize the elderly' re-socialization, is need further study. I hope the Re-socialization indicators can be served as one of the specific tool to develop an effective method.

---

[1] Activities of daily living (ADL) are a term used in health care to refer to people's daily self-care activities. The concept of ADL was originally proposed in the 1950s by Dr. Sidney Katz and his team at the Benjamin Rose Hospital in Cleveland, OH and has been added to and refined by a variety of researchers since that time.
[2] Instrumental Activity of Daily Living (IADL) is the instrumental activities of daily living. In other words, it refers to the basic behavior essential in helping engaged in life, such as meals, dressing, movement, and excretion, cosmetic-bathing.

11

REFERENCES

Nihon Keizai news paper, Morning edition (2014), In Japan, male's life expectancy is first time exceeded 80, and the female's life expectancy has been the world first for two consecutive years to reach86.61.

World Health Organization (WHO) , World Health Statistics 2014. "The average life ranking of male and female in different Country. May 15.

I.Rosow (1998), Sociology of the elderly, Waseda University Publications Department, pp.5-6,13,132.

Sizuka Saito (2008), Research on adaption and ikigai in old age - from the view of the network, Modern society cultural studies (41). Niigata University Graduate School of modern society of Arts and Sciences. pp.63-75.

Seiro Takeutyi(1998), Psychology and pathology of the elderly, Housou University Education Promotion Association. pp.43-44.

Takashi Yamamoto (1995), Support the elderly in the city, Hirofumi Publications Association, pp.76-91. 1995.

Richard Williams(1960), Changing Status, Roles and Relationships, in Clark Tibbitts (ed.), Handbook of Social Gerontology. University of Chicago Press.pp.261-97.

Baruch, G. K & Pleck, J. H (1991) Adult daughter-parent relationships and their associations with daughters' subjective well-being and psychological distress. Journal of Marriage and the Family, pp.53, 29-42.

Shinichi Sato(2011), Research on program guidelines for the health maintenance and promotion and social participation and contribution of independent elderly. Social technology research and development program "Design a new aged society in the community", The 2010 ending report.

Sakamoto Yoko (2005), The significance of the" katari "in socialization of the elderly, Institute of Education Bulletin (14) .pp.73-78.

Aoi Kazuo, Re-research on re-socialization. Education Sociology Study No. 31, Toyokan publication, pp.5-16. 1976

Aso Makoto (1978), Shibano Akirayama, human formation in reform term - approach of sociology, Academia Publishing Association.

George Herbert Mead (1934), Mind, Self, and Society. Ed. by Charles W. Morris. University of Chicago Press., pp 241-253.

Robert Merton (1957), "The Role set: Problems in Sociological Theory," British Journal of Sociology, 8(1957)106-20; Social Theory and Social Structure, rev. Ed. Glencoe: Free Press,368-84.

Cavan. R.S, Burgess, E.W, Havinghurst, R.J. et al（1949）. Personal adjustment in old age. Science Research Associate. Chicago.

Bond. J.Briggs, R. And Coleman (1993), The Study of Aging in Society, SAGE Publications, pp.1-18.

Havinghurst.R.J (1954), Flexibility on the social roles of the retired, AJS, (59),309.

Saks, A. M. and Gruman, J. A (2011). Organizational socialization and positive organizational behavior: Implications for theory, research, and practice. Canadian Journal of Adiministrative Science, 28, PP. 14-26.