EFFECTS OF SHU-KATSU (THE ACTIVITY OF PREPARATION FOR AGING AND DEATH) ON LIFE SATISFACTION AMONG THE JAPANESE ELDERLY PEOPLE LIVING ALONE

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Introduction

With the aging of society there is need and also a trend of preparation for aging and death. In Japan, this trend is called SHU-KATSU. SHU-KATSŬ is defined as activities in preparation for funeral, grave, inheritance, medical and nursing care, and any planning for aging and death. Stakeholders say that SHU-KATSU is not only deciding about the relevant things of death but find out what one wants to do in rest of life.

QUESTIONS

The purpose of this study is to clarify the effects of SHU-KATSU for the Japanese elderly people living alone, and to consider the way to support the elderly people's SHU-KATSU.

MATERIAL AND METHODS

Data for 242 people aged over 65 years were obtained from a mail survey about SHU-KATSU and subjective well-being (LSI-K / Life Satisfaction Index-K) in urban areas.

		N				
	Category	Working on	Working on Not working on			
		SHU-KATSU	SHU-KATSU	Total		
Gender	male	64	45	10		
Gender	female	78	55	13		
Age		73.75 ± 6.33	73.02 ± 5.33	73.45 ± 5.9		
	Junior high or lower	6	3			
Education	High school or Junior college	75	60	13		
	college or higher	60	34	9-		
Spouse	Yes	88	67	15		
Spouse	No	48	22	7		
Other household	Yes	98	77	17		
members	No	44	20	6-		
Children	Yes	122	88	21		
Children	No	16	10	2		
Subjective Health	Healthy	129	89	21		
Subjective Health	Not healthy	11	10	2		
	More than enough	47	22	6		
Subjective Economic	Enough	82	65	14		
	Not enough	11	12	2		
LSI-K	Average	5.39 ± 2.04	5.11 ± 2.14	5.28 ± 2.0		
LSI-K	Median value	5.00 (4.00-7.00)	5.00 (4.00-7.00)	5.00 (4.00-7.00		

Conclusion

SHU-KATSU has particularly effective on the elderly living alone.

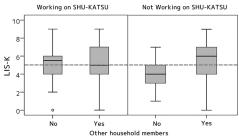
We suggest that the way to support SHU-KATSU needs to pass through some stages. Firstly, to encourage actions for SHU-KATSU, it is effective to engage highly interested and easy-to-work items (organizing belongings, property management).

Subsequently, leading to concerning other SHU-KATSU contents of high wills of the elderly living alone such as preparation for medical care.

RESULTS

\circlearrowleft The value of subjective well-being

The number of people working on SHU-KATSU is 142, not working on SHU-KATSU are 100. The value of LSI-K among the group "Living Alone and Not-Working on SHU-KATSU" (20 people) is significantly low.



*Dots line means the central value of all fig.1 SHU-KATSU, Household memberes, and LSI-K

About SHU-KATSU	Other household members	N	LSI-K Top: Avarage Bottom: Median (Inter-quartile range)	Mann- Whitney U			
Working on SHU-KATSU	Yes	96	5.53 ± 2.10				
	105	50	5.00 (4.00-7.00)	.384			
	No	44	5.09 ± 1.96	.304			
			5.50 (4.00-6.00)				
Not working on	W	22	5.49 ± 2.11				
	Yes	11	77 6.00 (4.00-7.00)				
		20	4.10 ± 1.68	.005**			
	No	20	4.00 (3.00-5.00)				
				**n<.01			

table.2 Mann-Whitney U - "Not working on SHU-KATSU" and "No other household members"

	N	LSI-K Top: Avarage Bottom: Median (Inter-quartile range)	Mann- Whitney U	
"NOT working on SHU-KATSU"	20	4.10 ± 1.68		
and "No other household members"				
Others	217	5.43 ± 2.06	.003**	
Outers	21/	6.00 (4.00-7.00)		

2 RELATIONSHIP BETWEEN "THE REASONS OF FEELING DIFFICULT TO WORKING ON SHU-KATSU" AND SUBJECTIVE WELL-BEING

The group "Living Alone and Working on SHU-KATSU" tends to feel insecure with SHU-KATSU, and this factor has a negative effect on LSI-K.

table.:	The reasons to reer	difficult to work	OH SHU	U-KATSU - Living alone people		
				Satisfaction with	Psychological	Evaluation of own
SHU-KATSU			LSI-K	life as a whole	stability	aging
Not working on	No future prospects (n=13)	Correlation coefficient	557*	661**	131	197
		Significance (two-sided)	.039	.010	.656	.499
Working on	Feel strong anxiety or fear (n=34)	Correlation coefficient	495**	263	465**	190
		Significance (two-sided)	.003	.133	.006	.283
					Witnessensele stale	completion coefficie

(1) Lost in thoughts (2) Lack of knowledge (3) No future prospects (4) Not feeling happy, or feeling depressed (5) Feeling strong anxiety or fear (6) No idea with who to entrust (7) Feeling it's still early (8) Busy of no time (9) Bothersome (10) No particula

③ RELATIONSHIP BETWEEN "THE IMPRESSIONS OF WORKING ON SHU-KATSU" AND **SUBJECTIVE WELL-BEING**

The group "Living Alone and Not Working on SHU-KATSU" tends to feel that it was difficult to work on SHU-KATSU because they had no prospects for the future, and this factor has negative effect on LSI-K.

table.4 The impressions of working on SHU-KATSU - Living alone people						
				Subscale of LSI-K		
				Satisfaction with	Psychological	Evaluation of own
SHU-KATSU			L\$I-K	life as a whole	stability	aging
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working on		Significance (two-sided)	.003	.133	.006	.283

 Question items of the impressions of working on SHU-KATSU
(1) Frasped and organizeed the current state of assets (2) Found the preparations I should do (3) Felt safe without inconvenience
(4) Found something to do, such as hobbies and activities (5) Anxiety about the future became lighter (6) Conversations and exchanges with family and friends increased (7) Opportunities to go out increased (8) Remembered the past (9) Deepened knowledge about aging (10) Various thoughts about life and death (11) Increased opportunities to talk to people about life and death