

A Comparative Study on the Time Use between The Elderly of Local Community and The Elderly of Nursing Home.

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Introduction

The analysis on the occupational balance of the elderly who live in the nursing home has the great meaning in the social aspect with the advent of ageing society. Time management in the occupational therapy enhances satisfaction and health and makes people design their life with initiative and participate in the society. It is a very important matter of human rights.

Objective

The purpose of this study to compare the using amount of time between the elderly of the local community and the elderly of the facility.

Method

Time of the community elderly 147, over aged 65 in the Daejeon was investigated by using the life time investigation study material of 2004, suggested by the Korean Bureau of Statistics. The time of the facility was investigated towards the elderly; 20 who were taken in nursing home.

Results

1. Comparison of using life time between local community and nursing home, the nursing home slept more at day and night. The local community spent more time in the household labor and TV.
2. Comparison of using time according to the gender, women had more household labor than men in the local community analysis of participants, and men spent more time in the leisure and TV than women. But there was no statistically significant difference for the elderly of nursing home.

Conclusion

Analysis of gender, women had more household labor and men spent more time in the leisure and TV in local community, showing the traditional confucianism patriarchal society. However, there was no difference in the nursing home, showing the deprivation of gender role. Accordingly, the life of elderly who resided in the nursing home was not led by themselves but decided by the exterior control system. Therefore, Occupational therapy, making the intervention of the nursing home elderly should give them occupational opportunity to select their life initiatively.

Contribution to the practice & Evidence based of OT

This study aims at giving the elderly who live in the nursing home the opportunity to participate in their life actively, and enhance their dignity with the Life Style Redesign based on the occupational balance.