

摘要

生活品質的改善及醫療衛生的進步提高人們平均壽命，出生率不斷下降，而少子化問題已經成為台灣國安危機；年紀增長，所需照顧越多，高齡化族群如何安享晚年是高齡化國家必須解決的問題。目前世界各國主要的老人照護政策，則以在地老化為主要政策，主張高齡者應該在其熟悉的社區中，以自主、自尊、隱私的生活品質自然老化，但各國在做法上存在著差異，遂引發本文研究的動機。

本研究從學術文獻彙整出地方、社交網絡、支持、技術、高齡者個人特徵等五項在地老化內涵，並據以發展題項，藉由問卷方式蒐集資料，問卷結果利用 SPSS 22.0 進行敘述統計分析、信效度分析、獨立樣本 T 檢定、單因子變異數分析等，主要目的在於檢視文獻主張的在地老化內涵在台灣是否被認同，以及比較不同世代對在地老化內涵的看法。此外，本研究也彙整台灣各地方政府在地老化做法，以及這些做法與文獻中在地老化內涵相互對應，期望能藉由學術理論與實際情形進行比較，反思政府在地老化政策內容。本研究之問卷共回收 412 份，有效問卷 389 份，無效問卷 23 份。

研究結果顯示：問卷總體信度為 0.949，其 Cronbach's α 值均大於 0.9，顯示本研究量表的信度頗佳，而各構面效度 KMO 值均大於 0.7，顯示本研究整理自文獻的各構面題項具有一致性，適合進行因素分析，此問卷具有代表性。各構面以 Likert 五點量表衡量地方、支持、技術、高齡者個人特徵等構面，整體平均數分別為 4.51、4.04、4.30、4.33、4.55，表示填答者頗同意文獻主張的在地老化內涵。五個構面中不同世代僅對高齡者個人特徵構面無顯著差異，其對地方、社交網絡、支持、技術等構面有顯著差異，表示不同世代族群對地方、社交網絡、支持、技術等在地老化內涵看法存在差異，則須依不同世代的變化適時的調整政策內容。本研究彙整台灣在地老化之做法，與在地老化內涵之比較，僅在地方、社交網絡等構面有差異，支持、技術和高齡者個人特徵無差異。

關鍵詞：不同世代、高齡社會、在地老化、在地老化內涵

ABSTRACT

Improvements in quality of life and advancements in healthcare have increased people's average lifespan, while declining birth rates have led to a crisis of aging population, posing a threat to Taiwan's national security. As people age, they require more care, and how to enjoy their golden years is a problem that aging countries must solve. Currently, the elderly care policies of major countries in the world emphasize local aging, advocating that older adults should live in their familiar communities and age naturally with autonomy, dignity, and privacy. However, there are differences in implementation, which has prompted the motivation for this study.

According to the academic literature, this study divided local aging into five aspects and design-related questions of place, social network, support, technology, and personal characteristics of the elderly, and conducted a questionnaire survey. The questionnaire results were analyzed by SPSS 22.0 for Descriptive Statistics, Reliability and Validity Analysis, Independent Sample t test, and One-Way ANOVA.

The main purpose is to examine whether the local aging connotation advocated by the literature is recognized in Taiwan, and to compare the views of different generations on the local aging connotation. In addition, this study also summarizes the local aging practices of local governments in Taiwan, and the correspondence between these practices and the connotations of local aging in the literature, hoping to reflect on the content of local aging policies through the comparison of academic theory. A total of 412 questionnaires were collected, 389 were valid and 23 were invalid.

The results showed that the overall reliability of this study questionnaire was 0.949, and the Cronbach's α values were greater than 0.9, indicating that the reliability of this study scale was quite good. KMO values of each component were greater than 0.7, indicating that the facet questions compiled from the literature in this study were consistent and suitable for factor analysis, and this questionnaire was representative. The overall averages of each facet were 4.51, 4.04, 4.30, 4.33 and 4.55, respectively, indicating that the respondents agreed with the connotation of local aging advocated by the literature.

Among the five facets, there are no significant differences in the personal characteristics of the elderly, and there are significant differences in place, social network, support, technology, indicating that different generations have different views on the connotation of local aging, such as place, social network, support, and technology, and the policy content must be adjusted in a timely manner according to the changes of different generations.

This study summarizes the practice of local aging in Taiwan, and compared with the connotation of local aging, there are only differences in place and social networks, and there are no differences in support, technology and personal characteristics of the elderly.

Keywords: Different Generations, Aged Society, Local Aging, Connotations of Local Aging