

Successful aging and leisure environment: a comparative study of urban and rural areas in Taiwan

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Abstract

Recently, the issue of health in the elderly has drawn a great deal of attention worldwide, and there are more and more people devoting themselves to the field of the elderly. Since the elderly have a better and healthier life by participating in leisure activities, the purpose of this study was to analyze the leisure environments and find the successful aging state of the elderly, and determine the relationship between leisure environments and the healthy state of the elderly. Methods used in this study included semi-structured interviews, non-participant observation, and content analysis. Furthermore, to investigate different environments for the elderly, this study selected the Banciao District as the sample of an urban community and Sigang District as the sample of a rural community. The study collected data on fourteen elderly people engaged in leisure activities and eleven leaders from a local government as the subjects. The conclusions of the study were as follows: 1) keeping a healthy state might enable the elderly to reach a state of successful aging. 2) The results showed different leisure environments in urban and rural areas. 3) The leisure environment influences the elderly in the degree to which they participate in activities. Engaging in leisure activities also helps the elderly age successfully.

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