

A study on the Ego-Integrity

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Abstract

Background/Objectives: As the number of elderly people continued to increase, the state became more concerned with the problems. This study, we tried the basis for developing an intervention to improve Ego-Integrity.

Methods/Statistical analysis: The study surveyed 192 elderly people over the age of 65 who were able to communicate and agreed to the purpose of the study among elderly people in the C area. The collected data was performed in SPSS 18.0 descriptive statistics, t- test, ANOVA and correlation analysis.

Findings: Among the factors that improve the quality of life of the elderly, the achievement of Ego-Integrity, the developmental challenge of old age, is an important factor in the study. By improving this Ego-Integrity can be achieved successfully aging. Therefore, a method for improving Ego-Integrity is necessary. This study attempted to establish a link between Ego-Integrity and Family Strategy, Life satisfaction of the elderly. Ego-Integrity for the elderly showed a high correlation with Family strength. It has also been shown to be related to life satisfaction.

Improvements/Applications: Therefore, we hope to be able to achieve successful aging in the elderly by developing and applying mediation to increase Family strength, Life satisfaction.

Keywords: Ego-integrity, Family strength, Life satisfaction, Quality of life, The Elderly

1. Introduction

Korea's population is rapidly aging. As the elderly population increases with the extension of life expectancy due to the development of medical technology, aging has become an important social problem in our society. As the elderly population grows rapidly, a variety of problems arise, such as loneliness, loss of role, poverty, and disease. Aging causes physical illness and economic poverty in the elderly, as well as mental problems such as depression and feelings of alienation [1]. Older people feel burdened by situations such as physical health problems, cognitive impairment, and financial difficulties as they age [2]. As a result, there is a growing demand for improving the quality of life of the elderly. There is also an increasing demand for medical technology and services. This calls for new policies and social change at the national level. Especially during periods of deteriorating health, so health is greater than that of other generations. By old age, humans cannot avoid the loss of aging. The social role of aging, income, family, friends, and loss of health affect the overall level of functioning in the elderly [3]. Therefore, it is important to successfully adapt to these losses in old age. In order to improve the satisfaction of old age life, the elderly must be able to adapt to changes in society, achieve the developmental tasks given to individuals, and accommodate the development of old age as a continuous process [4].

The age-old development task is the achievement of Ego-Integrity [5]. Erikson presented Ego-Integrity as a task of old age and the standard of successful aging, defining an attitude of respecting and positively embracing oneself while organizing and integrating the whole life [6]. In other words, Ego-Integrity can be seen as gaining the wisdom of living the world through deep consideration of people living in the heart of the process of life, while looking at and accepting his past, present and future. In recent years, Ego-Integrity has been understood as a general and comprehensive concept that reflects the well-being of the elderly [7]. Therefore, having Ego-Integrity in old age can be meant to meet the age of adulating, personality maturity and psychologically stable by positively accepting your life. According to Erikson, the elderly who successfully achieve Ego-Integrity can be satisfied with their lives and are satisfied with the present and ultimately have no fear of death. On the other hand, the elderly who failed to achieve self-integration can fall into despair. It was said that if you do not achieve Ego-Integrity, you may experience emotional problems such as depression [8]. Despair is a negative emotion that manifests itself when the development task of old age fails to integrate. Elderly people can experience a lot of loss and feelings of helplessness and despair as a sudden change in society. In addition, when society's negative view of the human aging process is internalized and the elderly conclude that they cannot do important things on their own, they experience a sense of helplessness and despair [9]. Therefore, reducing the sense of helplessness and despair of the elderly is very important not only for the promotion of Ego-Integrity, but also for successful old age. Ego-Integrity is an indicator of successful aging, and represents the most comprehensive psychological well-being [10]. Ego-Integrity is acquired after a long search of the meaning of life, and a person who has successfully achieved it will be able to accept the life cycle, acknowledge the changes in life, and experience a sense of perfection. On the other hand, the lack of Ego-Integrity in the elderly accelerates physical decline and leads to fear of death. In addition, the importance of the environment is emphasized as the most basic factor for aging preparation [11]. The closest and smallest of the environments is the family.

Family strength is to maintain good family relationships, overcome problems together, and maintain positive family relationships [12]. Family strength is a stable family that appropriately accommodates various regular interactions between family members. Emphasize the importance of the family in maintaining a healthy society and promoting personal growth. In addition, family health must take precedence in order to maintain a healthy society and grow individual family members [13]. The strength of a healthy family is that it creates an ultimate sense of self-identity and promotes satisfactory interaction between family members. It was defined as a type of relationship, a social and psychological trait that encourages the personal potential of the family. One of the strengths of the family is whether the family members can provide opportunities for a variety of experiences both inside and outside the family. In other words, healthy family members are strong bonds, invest a lot of time and energy in family activities, communicate clearly and directly, and deal with crises and problems in a positive way. He also has the characteristics of being a member of the family, always paying attention to the happiness of the family. The more the subjective bonds between the elderly and adult children are smooth, the more satisfied they are, and satisfactory emotional interaction has also been shown to contribute to improving the quality of life in old age, and the elderly will experience aging and need the support or help of their families. Social support is an important change in the influence of ego-integrity of the elderly, of which support by spouses or children is effective [14]. In addition, the elderly living with married children and the elderly living with spouses had higher levels of Ego-Integrity than the elderly. However, as Korea is rapidly changing from collectivism to individualism to socio-cultural environment, the elderly are in a situation where they are prone to emotional isolation without getting the social support expected in the interpersonal relationship in the home [15]. In addition, more and more single households are not living with their families in the elderly. Accordingly, the Family strength study said that in maintaining a healthy society and promoting individual growth, it consists of a total variety of factors and interactions, including relationships between family members and interactions between societies [16]. In view of the susceptible situation susceptible to the relationship isolation of the elderly, the relationship around the surrounding skewed perception skewed, and thus the interpersonal desire may not be met. As we enter the second half of life, physical and mental functions are weakened, or social roles and status are reduced due to retirement, the possibility of a significant change in quality of life for everyone increases. Therefore, the individual in this period is concerned with how positively he is looking at his past and present situation, that is, depending on how well he is adapting to the various changes that have been made to himself by the aging process, the quality of life or the level of satisfaction of the individual [17].

Life satisfaction is the evaluation of the state of your overall existence by comparing what you have hoped for and what you have actually accomplished. In other words, it is an overall evaluation of life from a voluntary perspective. And it is a judgment of subjective emotions that you feel throughout your life. It is a subjective assessment of how satisfying one's life is [18]. Life satisfaction of the elderly is an emotional state that represents a psychological stability or subjective welfare state that is recognized as valuable and successful in judging one's own life as an emotional state that can be obtained by adapting to the reality of an individual aging. Therefore, it is said to be directly related to the concept of successful aging. Emotional condition in the life satisfaction of the elderly is not the same emotional state of the young or old man or anyone, so it is not objective and uniform, but it is judged to be a very personal and subjective feeling because it is a psychological judgment of oneself in old age. In addition, in the psychological judgment point, compared to the youth of the past, it is a judgment of the current state of the present state of the present person and the appearance of himself that he must move forward. It means feeling meaningful, responsible, and fulfilling of your goals [19]. The old man's Ego-Integrity is in a state where he accepts his life without regret and is satisfied with his or her present life. And we are not afraid of a state of mind with a harmonious perspective between the past, present and the future, and ultimately death. The elderly who have achieved self-integration will have time to see death as an extension of their lives [20]. It has the maturity to accommodate the loss and cleanup of things that may not have been achieved. They also form a lifestyle in which they and others are satisfied.

Therefore, it is important to improve the Ego-Integrity of the elderly to ensure a stable and comfortable old life. This study examines the relationship between Family strength and life satisfaction as a way to improve Ego-Integrity, and provides a basic resource for finding ways to prepare for retirement and preparing for aging.

2. Materials and Methods

2.1. Research subjects

It was implemented for elderly people who are attending the Elderly Welfare Center located in chungcheongnamdo area. Among the elderly, communication was possible and was aimed at those who understood and agreed on the purpose of the study. The last 192 people aged 65 and older.

2.2. Measurement tools

The Ego-Integrity scale is developed and configured by Jang et al taking into account the psychological well-being, subjective cognitive evaluation, and socio-cultural context of the elderly's life [21]. According to the conceptual analysis of Ego-Integrity, it was composed and developed into three areas: "transcendent realms," "relational realms," and "self-trusting areas". The Ego-Integrity scale consists of a total of 17 questions and is measured on a four-point

Likert scale by self-reporting. For each question, the score range is graded from "almost not= 1 point" to "always yes= 4 points", and the total score range is 17-68. The Ego-Integrity scale consists of three sub-factors: "Mature Interpersonal Relationships" (8 questions), "Satisfactory Acceptance of Living" (6 Questions), and "Life without Greed" (3 questions). First, "mature interpersonal relationships" means that they form a harmonious and peaceful interpersonal relationship with the people around them. It consists of questions related to the transcendent agent and self-trusting areas. Second, "a satisfactory lists-accepted life" means acceptance and satisfaction for past and present life. It consists of questions related to the transcendent audit and the self-trusting realm. Finally, "Life without Greed" means comfortable acceptance of death and consists of questions related to the transcendent realm of Ego-Integrity. The reliability of the Ego-Integrity question was high with Cronbach's $\alpha = .81$.

In order to understand family strength, we used the Korean-style Family Strength scale produced by Yoo to develop a scale that conforms to the family strength of Korean culture and family characteristics, the sub-area of this measurement tool consists of four sub-factors, such as the characteristics of a healthy family presented by Koreans and the characteristics of a healthy family presented in the prior study, and the connection between family members, communication between family members, family problem solving ability, and family value system sharing in total of 27 questions [22]. Looking at the contents of each sub factor on a configured scale, it consists of family members' communication (9 questions) family members' problem-solving skills (6 questions) family value system sharing (5 questions) between family members. It consists of openness clarity, freedom of expression, type of communication, and remarks at the time of decision-making, and the ability to solve problems between family members consists of the ability of the family members to flexibly respond to problems or crises with joint efforts and responsibilities. The sharing of family values consisted of whether the family members all agree on family values or norms. The response method of each question is very different from 5 points is not at all, and is a measure that gives one point to the higher the total score for each sub-factor and the higher the health level of the family also means that the higher. The reliability of the Life satisfaction question was high with Cronbach's $\alpha = .91$.

The various concept definitions of domestic scholars for life satisfaction can be summarized with several characteristics. First, life satisfaction is the subjective emotion (satisfaction) of the individual. Second, the most important part of configuring the emotion for life satisfaction is the degree of match of expectation (expectation) and reality (reality). Therefore, individuals rely on their expectations for their lives. Third, in addition to reality and expectations, factors that affect life satisfaction include social support, past achievements, personal values, and the presence of meaningful people (significant others) [23]. Therefore, the concept of life satisfaction of the elderly can be defined as "the current emotional state of feeling satisfaction for the whole of the present life compared to the expectations of the elderly individuals who feel in old age" compared to the expectations they hoped for. The life satisfaction scale consists of 20 questions that combine past six questions, 8 questions in the present dimension, and 6 questions in the future. The reliability of the Life satisfaction question was high with Cronbach's $\alpha = .89$.

2.3. Data analysis

Data collected for the purpose of the study was analyzed using SPSS 18.0 statistical program using the following analysis methods.

First, average and percentage were calculated on demographic characteristics of the subjects.

Second, average and standard deviation were calculated to analyze the Ego-integrity, Family strength, Life satisfaction of the subject.

Third, t-test and ANOVA were conducted to explore the differences in consciousness of Ego-integrity, Family strength, Life satisfaction according to demographic characteristics of the subject.

Fourth, correlation analysis was conducted to explore the relation between Ego-integrity, Family strength, Life satisfaction.

3. Results and Discussion

3.1. Demographic characteristics of subjects

Demographic characteristics of subjects are Table 1.

Table 1: Demographic characteristics of subjects

Category		N	%
Sex	Male	62	32.3
	Female	130	67.7
Age	65-69	49	25.5
	70-74	47	24.5
	75-79	89	46.4

	over 80 years of age	7	3.6
Academic background	Under elementary school graduation	112	58.3
	Junior high school graduate	41	21.4
	High school graduation	31	16.1
	College graduation or higher	8	4.2
Existence of housemate	Existence	122	63.5
	Nonexistence	70	36.5
Religion	Christianity	36	18.8
	Catholic	12	6.2
	Buddhism	89	46.4
	have no religion	51	26.6
	etc.	4	2.0
One's own economic condition	Good	39	20.3
	Average	88	45.8
	Poor	65	33.9
One's own health	Be in good health	59	30.7
	Be of average	91	47.4
	Be on the bad side	42	21.9

3.2. Mean value on Ego-integrity, Family strength, Life satisfaction

Mean value on Ego-integrity, Family strength, Life satisfaction is Table 2.

Table 2: Mean value on Ego-integrity, Family strength, Life satisfaction

Characteristics	M	SD
Ego-integrity	3.58	.73
Family strength	3.87	.72
Life satisfaction	3.85	.70

3.3. Differences in Ego-integrity according to demographic characteristics

Comparing Ego-integrity according to demographic characteristics, the results showed that there are differences in Academic background and One's own health <Table 3>.

Table 3: Differences in Ego-integrity according to sociodemographic characteristics

Category		M	SD	t/F
Sex	Male	3.64	0.16	0.528
	Female	3.42	0.46	
Age	65-69	3.77	0.89	0.751
	70-74	3.60	0.80	
	75-79	2.97	0.27	
	over 80 years of age	2.87	0.29	
Academic background	Under elementary school graduation	3.00	0.41	4.368** (a<c, a<d)
	Junior high school graduate	3.41	0.97	

	High school graduation	3.59	0.19	
	College graduation or higher	3.63	0.99	
Existence of housemate	Existence	3.87	0.89	1.145
	Nonexistence	3.66	0.51	
Religion	Christianity	3.81	0.71	1.044
	Catholic	3.20	0.30	
	Buddhism	3.50	0.99	
	have no religion	3.37	0.22	
	etc.	3.41	0.67	
One's own economic condition	Good	3.67	0.16	1.842
	Average	3.45	0.25	
	Poor	3.30	0.47	
One's own health	Be in good health	3.80	0.52	4.742* (a>c)
	Be of average	3.59	0.12	
	Be on the bad side	3.18	0.92	

*p<0.05, **p<0.01

3.4. Differences in Family strength according to demographic characteristics

Comparing Family strength according to demographic characteristics, the results showed that there are differences in Existence of housemate <Table 4>.

Table 4: Differences in Family strength according to demographic characteristics

Category		M	SD	t/F
Sex	Male	3.72	0.26	0.438
	Female	3.84	0.43	
Age	65-69	3.87	0.56	0.641
	70-74	3.63	0.64	
	75-79	3.05	0.37	
	over 80 years of age	3.13	0.64	
Academic background	Under elementary school graduation	3.33	0.47	2.368
	Junior high school graduate	3.45	0.54	
	High school graduation	3.79	0.36	
	College graduation or higher	3.73	0.75	
Existence of housemate	Existence	3.97	0.83	4.245**
	Nonexistence	3.39	0.47	
Religion	Christianity	3.82	0.37	1.044
	Catholic	3.40	0.75	
	Buddhism	3.52	0.54	
	have no religion	3.47	0.63	
	etc.	3.42	0.53	
One's own economic condition	Good	3.77	0.64	1.842
	Average	3.48	0.64	
	Poor	3.39	0.46	

One's own health	Be in good health	3.60	0.47	2.743
	Be of average	3.73	0.54	
	Be on the bad side	3.45	0.75	

*p<0.05, **p<0.01

3.5. Differences in Life satisfaction according to demographic characteristics

Comparing Life satisfaction according to demographic characteristics, the results showed that there are differences in One's own economic condition and One's own health <Table 5>.

Table 5: Differences in a Life satisfaction according to demographic characteristics

Category		M	SD	t/F
Sex	Male	3.94	0.36	0.528
	Female	3.82	0.42	
Age	65-69	3.97	0.39	0.751
	70-74	3.74	0.30	
	75-79	3.97	0.47	
	over 80 years of age	3.77	0.24	
Academic background	Under elementary school graduation	3.47	0.31	2.338
	Junior high school graduate	3.68	0.67	
	High school graduation	3.86	0.69	
	College graduation or higher	3.88	0.49	
Existence of housemate	Existence	3.97	0.69	1.145
	Nonexistence	3.86	0.61	
Religion	Christianity	3.87	0.76	1.044
	Catholic	3.29	0.34	
	Buddhism	3.59	0.45	
	have no religion	3.77	0.64	
	etc.	3.71	0.34	
One's own economic condition	Good	3.97	0.64	4.842** (a>c)
	Average	3.55	0.65	
	Poor	3.32	0.75	
One's own health	Be in good health	3.89	0.45	4.342* (a>c)
	Be of average	3.32	0.54	
	Be on the bad side	3.11	0.34	

*p<0.05, **p<0.01

3.6. Relation between Ego-integrity, Family strength and Life satisfaction

The relationship between Ego-integrity, Family strength and Life satisfaction is shown in the table 6.

Table 6: Relation between Ego-integrity, Family strength and Life satisfaction

	Ego-integrity	Family strength	Life satisfaction
Ego-integrity	1	.516**	.587**
Family strength		1	.572**

Life satisfaction			1
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4. Conclusion

Our society is rapidly entering an aging society. Under such changes, more effort is needed to solve the problems that elderly people have. The ego-integrity management of the elderly is important as the demand for improving the quality of life of the elderly increases. Studies have shown that the Ego-integrity of the elderly is correlated with Life satisfaction as well as Family strength. Therefore, it is important to find ways to improve Family strength and Life satisfaction for the successful lives of the elderly. An improvement in Ego-integrity by applying developed arbitration will not only enhance the happiness of the elderly but also ensure successful post-retirement preparations.

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