

Print ISSN: 2233-4165 / Online ISSN: 2233-5382  
doi:http://dx.doi.org/10.13106/ijidb.2017.vol8.no3.23.

## A Study on Effect of the Elderly Living Alone's Date upon Psychological Loneliness and Happiness\*

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Received: June 11, 2017. Revised: August 4, 2017. Accepted: August 15, 2017.

### Abstract

**Purpose** - In this study, dating in the elderly's life gave satisfaction: for elderly men, dating gave them self esteem, and in women they were satisfied with the realities. This study investigated the effect of dating in the elderly on their happiness.

**Research design, data, and methodology** - These days, the elderly population rapidly increased to produce a social issue and studies of such in welfare policy for the elderly are limited. The elderly has lost roles in the society because aged people give up human reason and love in accordance with the traditional expectations of them. Subjects in this study were related with investigating the elderly's dating life, loneliness and happiness.

**Results** - The date life of the elderly had significant influence upon psychological loneliness. Hypothesis was adopted and results showed the degree of elderly's dating life had a significant influence upon psychological loneliness (.230\*\*) to account for 13.2% of psychological loneliness. Needs of dating elderly had influence upon psychological loneliness.

**Conclusions** - Psychological loneliness was mediated with dating in the elderly for opportunity and happiness. Hypothesis was that the dating had influence upon happiness. As a result, date opportunity, degree, needs and friendliness had no significant influence upon happiness.

**Keywords:** Psychological Loneliness, Happiness, Friendliness of the Date, Date Opportunity.

**JEL Classifications:** H75, I31, J15, R13.

### 1. Introduction

#### 1.1. Background

Men's life has been extended owing to development of modern science to increase number of the elderly. The elderly having empty nest syndrome at social change such as nuclear family, industrialization and individualism increased very much to let them have loneliness. The United Nations said that aging society had more than 7% of the elderly and aged society had more than 14% of the elderly and super aged society had more than 20% of the elderly. The elderly

and the society thought much of not only long life but also quality of aged life. The elderly population occupied 3.1% in 1970 and 3.8% in 1980 to be 5.1% in 1990 and 7.2% in 2000 to enter aging society. The society is likely to enter aged society in 2019, and super aged society (20% of ratio of the elderly) in 2026. Korean women have life expectancy of 84.1 years and Korean men have that of 77.2 years, and Korean people have average life expectancy of 80.8 years to let the elderly extend average life expectancy by 0.3 to 0.4 years each year. It took 92 years for the UK to reach aged society, and 86 years of the United States, and 80 years for Germany, and 80 years for Germany and 36 years for Japan. And, it shall take no more than 26 years for Korea(Han & Yoon, 2001).

Korea has recorded 2 times high suicide rate of less than 75 years old elderly than Japan with quick aging rate, and 3 times high suicide rate of more than 75 years old elderly. As many as 14,500 persons in the nation committed suicide at psychological loneliness and difficulties at living life in 2016. 4,600 persons of more than 61 years old

\* This is a revised edition of the paper published by KODISA 2017 IBCE, This paper is an excellent paper on KODISA 2017 ICBE.

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(31.6%) committed suicide to give shock and to evidence seriousness of elderly problem.

In aging society, Korea with the highest rate of suicide among OECD membership countries should pay attention to such a thing. The elderly's loneliness had the greatest influence upon lives to commit suicide at the worst case (Kim, Ko, & Kwon, 2007).

Elderly community culture shall be made to get rid of elderly's psychological loneliness. Physical aid is needed to overcome poverty and disease, and emotional aid is needed to solve psychological loneliness. The elderly needs date to be given psychological support and affection. So far, young people's date was thought to be good. Date was thought to disappear at old age, and date, remarriage and sex at old age were thought to be negative from negative point of view. Many studies said that the elderly was active at the date. Confucianism culture of Korea regarded date of the elderly as impurity and/or frivolity (Manzoli, Villari, Pirone, & Boccia, 2007).

In this study, the elderly's date gave life satisfaction: Men elderly's date gave self esteem, and women elderly's date did satisfaction with the realities. This study investigated effect of the elderly's date upon psychological loneliness and happiness to give material of alternatives.

## 1.2. Purposes of the Study

The purpose of the study is to investigate the elderly's date by elderly's experience and others and to examine effects of the elderly's date upon psychological loneliness and happiness by experimental methodologies. The study investigated welfare approach to psychological loneliness and happiness at old age according to social welfare practice (Federico, 2005). The study investigated effect of the elderly's date upon psychological loneliness and happiness, and existence, degree, needs and friendliness of the date, and mediation between psychological loneliness, date and happiness, and between psychological loneliness and happiness, and the problems of the elderly's date, and to suggest political ways.

## 2. Theoretical Background

### 2.1. Concept of the Elderly's Date

The elderly's date can be applied to meeting and/or love with opposite gender person. The elderly's date is difficult to define because of mixture with friend of opposite sex, love and boy friend and/or girl friend. Date was used at precedent studies to define rarely. Studies on the date had described actual conditions to understand sexual impulse and/or sexual behavior and to describe needs of sex education (Jun & Kim, 2000). The elderly's date shall be

defined from two kinds of views: The one is ideal type, attraction, feeling and thought, while the other is experience of the date. Most of studies said that the elderly who were exposed to mass media wanted to do date and to be love rather than boy friend and/or girl friend when date was popular. In this study, date is to love either man or woman and to make relation of accidental love and to like the one who is interested in him or her. Date is said to experience love spiritually and to include concept of friend and not to meet sexual desire and affectionate desire without separation of love from opposite sex friend, and not to make border line (Carr, 2004).

The elderly is satisfied with life at better life and health, and less psychological loneliness can improve satisfaction with life. The elderly's date can make physical relation to be satisfied with friend and minor physical contact. The elderly wanted date to talk with opposite sex partner, and men elderly wanted date much more than women elderly did (Kang & Kim, 2002). Common elderly had better quality physical condition, mental health and psychology than living alone elderly had. The elderly living alone after date had much loneliness after separation by death. The elderly living alone wanted to have boy friend and/or girl friend like a spouse and to be satisfied with life by date (Chang, 2004).

### 2.2. Elderly's Date and Psychological Loneliness

#### 2.2.1. Elderly's date

The elderly's date is difficult to distinguish either friendship or love. Most of the elderly said that the date is based on either friendship or love. The elderly thought that the date was influenced by friend groups to have close relation with either boy friend or girl friend and to develop the relation and to be continuous love (Kim, 2014). The love shall be interpreted from point of view of not love relation but friendship including love. The elderly thinks of the other party to be a friend and to have joint goal and to live life as either boy friend or girl friend and to keep new and mature relation. The date allows the elderly to have emotional and sexual friendliness and to let men and women meet continuously (Kim, 2015). The elderly do not live with children at same house because of long average life expectancy and high divorce rate, so that the elderly living alone has increased. The elderly with loneliness, isolation and loss of roles needs the one who can be of help psychologically instead of children (Goldman, Korenman, & Wein, 1995). The elderly has agony of meeting with new boy friend and/or girl friend and rejection of sexual relation with wife. A person of the elderly sexual problems consulting center said that the elderly's date had problems of shortage of sound meeting with boy friend and/or girl friend, children's shortage of understanding, and great difference of cognition between men and women. The elderly living alone occupied more than 25% of total elderly population of more than 65 years

old had close relation of the date. In this society, the elderly's date should be accepted in affirmative way(Han & Yoon, 2001).

### 2.2.2. State of the elderly's date

Men are forced to live together as soon as being born to be old. Men, social animal, shall live together with someone. The elderly who is rich to live with children and/or grandchildren does not communicate with young people because of difference of value to have psychological loneliness at physical difficulty. Loss of human relations is said to be the most serious problem in aged age(Lee, Park, & Kim, 2014). Men want to be free from aged and loneliness. Young children and/or grandchildren are busy to work and not to pay attention to lives of old parents and grandparents. The situation at home makes the elderly have psychological loneliness, isolation and anger. The elderly is eager to have the one who talks to pay attention to him or her and satisfies dependence desire(Kang & Kim, 2002). The person of same sex can play such a role, and the person of different sex can do it. The one of different sex is more demanded(Kim, 2014). In Korea, the Korean elderly's consulting cases by phone investigated the elderly's date: The elderly himself or herself applied to consulting of the date (80.1%), followed by daughter (7.1%), daughter in law (3.3%), son (2.4%) and friends, intimates and neighboring person (3.8%), so that the elderly himself or herself was much interested in the date, for instance, women (55.7%), men (32.1%) and unknown (12.2%). And, 60 to 64 years old elderly was the highest, followed by 65 to 69 years old (24.1%), younger than 60 years old (14.2%) and 70 to 74 years old (12.3%). The interviewees said "The date is largely needed." (68 persons, 59.1%) and "The date is much needed." (8 persons, 7.0%). The interviewees wanted date to overcome loneliness after retiring and psychological loneliness (45.3% and to live active life at aged age (45.3%) and to live good marriage life (and sex life) (5.2%)(Kim, Ko, & Kwon, 2007).

### 2.2.3. Psychological loneliness at aged age

Terminologies of psychological loneliness, loneliness and isolation were used. Psychological loneliness that many persons experienced were difficult to define exactly. The elderly was disappointed at no human relation in the future. The elderly experienced uncomfortableness at low control of human relations(Kwon & Cho, 2000). Psychological loneliness is not loneliness to differ from isolation and/or desolation and to be individual's loneliness at human relation with another person. The word of the elderly was used to be aged person for a long time and to be difficult to define exactly(Hwang, 2010). The Act on the Elderly Welfare says that the elderly is 65 years old or higher to be the one retired. Most of the people who are 65 years old or higher have physical difficulty to suspend economic activity, so that

the one of 65 years old or higher is thought to be the elderly(Kim, Ko, & Kwon, 2007). At aged age, men have difficulty at human contact because of physical decline to be spiritually isolated and to be alone. Psychological loneliness is thought to be the greatest problem of the elderly that can be solved by family. The family function has recently decreased at nuclear family. Most of the elderly want to live happy lives with spouse rather than family members. Existence of spouse is important to live happy life after retiring(Park & Bae, 2005).

## 2.3. Elderly's Date and Happiness

The elderly's date has been given much attention in Korea. A study on effect of the elderly's date upon life satisfaction investigated needs of the date, friendliness of boy friend and/or girl friend, difficulty at the date, degree of the date, and life satisfaction by using structured questionnaire. Men who were highly educated needed date significantly. Men who were outgoing to have good family relation had friendliness with either boy friend or girl friend(Carr, 2004). Men who spent more monthly pocket money to earn high income and to be outgoing in the nature and to be healthy had active date. The date can alleviate psychological loneliness to have friendliness(Ahn, 2011). The society and children may have prejudice upon the elderly's date. Sex at aged age shall be considered to express affection and/or friendliness (happiness) not to have sexual intercourse. The elderly's date is thought to be not negative but to live comfortable life of elderly living alone by social involvement. The elderly's date needs to be considered affirmatively(Ataca & Berry, 2002). A survey on attitude of the elderly's date shall be done to find out reasons, for instance, 'overcome loneliness', 'find out good communication partner', 'to find out remarriage partner', and 'enjoy leisure'. The elderly's happiness that is subjective satisfaction shall regard life and aging process affirmatively to think of comfortable and safe life and to have good human relation(Kim, Kim, & Seo, 2011). The elderly wanted returning to happy life, returning to the past, children being praised, marriage of the children, friendship with brother and sister, children's health, life to help children, his or her self-supporting, offspring's happiness, maintenance of good relation with boyfriend and/or girl friend, wish to travel, and others. Not only subjective life quality but also objective life quality of the elderly is important for the elderly to live happy life for a long time(Lee, 2010). Happiness exists in an individual's experience to be emotional and cognitive assessment on progress of life and to be subjective. The elderly's date has influence upon life quality, subjective happiness and success of aging that help understand the elderly's happiness(Glrmn & Weaver, 1981).

### 3. Methodologies

This study had some of stages.

These days, the elderly population rapidly increased to produce social issue and to be short of welfare policy and studies on the elderly. The elderly has lost roles in the society because of aged to give up human reason and love in accordance with traditional concept: Models and subjects had relation with the elderly's date, loneliness and happiness.

The interviewees in Gyeonggi and Chungnam were given 400 copies of the questionnaire: 360 copies were finally used after excluding 12 copies of questionnaire having unfaithful answer and 8 copies having wrong answer.

#### 3.1. Analysis

Analysis was done as follow:

First, Pearson product moment correlation coefficient was used to verify significance with date, variables, psychological loneliness and happiness. Second, the study inspected conditions of regression analysis.

The study verified single variance's regular distribution, error term's regular distribution and independence, homoscedacity and multi-collinearity. Multi-regression with independent variable of date and dependent variable of psychological loneliness and happiness were used to investigate regular distribution of residual, independence and homo-scedacity. Kolmogoro-Smirnov statistics was used to investigate residual's regular distribution, and Durbin-Watson was used to inspect independence. variance inflation factor: VIF was used to inspect multi-collinearity(Chug & Lee, 2011).

Third, multi-regression was done to inspect variables of the date upon psychological loneliness and happiness. Nominal variable was replaced by dummy variable to produce mutual reaction variable with independence variable to remove insignificant mutual reaction variable and to do multi-regression analysis again(Kim, Hwang, & Song, 2014).

Fourth, mediating effect analysis of regression was used to verify mediating effect of psychological loneliness. Sobel

test was done to estimate significance of mediating effect:  $Zab \text{ value} = a*b/\sqrt{b^2*Sa^2+a^2*Sb^2+Sa^2*Sb^2}$ .

Mediating effect was significant at more than 1.96 of absolute value of Zab ( $p<.05$ ), at 2.58 ( $p<.01$ ). and more than 3.30 ( $p<.001$ ).

#### 3.2. Tools

After sampling, preliminary investigation was done to elevate quality of the tools. The study made correction of the questions that the interviewees were difficult to answer because of obscure contents at preliminary survey(Goldman, Korenman, & Wein, 1995). Number of the questions was decreased to let interviewees have less burden, and the questionnaire made correction to supplement. The questionnaire was <Table 1>.

#### 3.3. Reliability and Variable Analysis

SPSS/12.0 was used to inspect factor and reliability and exploratory analysis and Cronbach's  $\alpha$  analysis. Reliability has shown same result at many times testing to have internal consistency between questions. Item analysis is done to test reliability of the variables in various ways: In this study, Cronbach's  $\alpha$  was used to elevate reliability(Lee & Kim, 2012).

#### 3.4. Independent Variables

##### 3.4.1. Opportunity of the elderly's date

Inspected opportunity of the date by dummy variable: Want to do date = 1, and Do not date = 0.

##### 3.4.2. Scale

Degree of the date consisted of 4 items. Likert 5-point scale was used: Much frequent of 5, and no date of 1. Cronbach's  $\alpha$  of scale of the date was .916.

<Table 1> Scales

	Variables	Testing Tools	Number of Questions
Demographic characteristics	gender, age, education level, marital status, current occupation, economic state, and health state	Single question	7
Elderly's Date	Opportunity	single question	1
	Degree	Scale	5
	Needs	scale of the needs	6
	Friendliness	Scale of the friendliness	6
Psychological loneliness	Psychological loneness	Scale	20
Happiness	Happiness	Scale	20

<Table 2> Reliability of the date

Sub factors	item number* reverse coding (removal)	number of the items	Cronbach's $\alpha$
degree of the date	1, 2, 3, 4, 5	5	.916

3.4.3. Scale of needs of the date

Needs of the elderly's date consisted of 7 items. Likert 5-point scale was used: 5 of "much needed", and 1 of "not necessary". Cronbach's  $\alpha$  of needs of date with 7 items was .918(Kim, 2016).

<Table 3> Reliability of needs of the date

Sub factors	item number* reverse coding (removal)	number of the items	Cronbach's $\alpha$
needs of the date	1, 2, 3, 4, 5, 6	6	.918

3.4.4. Scale of friendliness of the date

Friendliness of the date had 7 items. Likert 5-point scale was used: 5 of "very much needed" and 1 of "not necessary". Cronbach's  $\alpha$  was .960.

<Table 4> Reliability of friendliness of the date

Sub factors	item number* reverse coding (removal)	number of the items	Cronbach's $\alpha$
friendliness of the date	1, 2, 3, 4, 5, 6	6	.960

3.5. Measuring of Dependent Variables (Happiness)

Scale of the happiness consisted of 24 items, that is to say, 12 items of positive happiness, and another 12 items of negative happiness. Likert 5-point scale was used. Cronbach's  $\alpha$  of reliability coefficient was .90. Reliability was reliable: positive happiness of .83, and negative happiness of .85. 10 items of 20 items were reversely coded. Cronbach's  $\alpha$  of happiness scale was .851(Park, Kim, & Lee, 2011).

<Table 5> Reliability of scale of the happiness

Sub factors	item number* reverse coding (removal)	number of the items	Cronbach's $\alpha$
Happiness	1, 2, 3, 4, 5*, 6*, 7*, 8*, 9*, 10, 11*, 12, 13*, 14, 15, 16* 17* 18*, 19, 20*,	20	.851

3.6. Mediating Variable (Psychological Loneliness)

Correction of UCLA psychological loneliness scale was used. Correlation between psychological loneliness and correction of UCLA psychological loneliness (R-UCLA psychological loneliness scale) was .91. R-UCLA psychological loneliness scale consisted of ten of positive items and another ten of negative items. Ten of positive items were reversely coded to aggregate all of 20 items. Likert 4-point scale was used to range from 1 of 'not true' and '4 of always true'. 10 items of 20 items were reverse coded. Cronbach's  $\alpha$  of psychological loneliness was .856.

<Table 6> Reliability of psychological loneliness scale

Sub factors	item number* reverse coding (removal)	Number of the items	Cronbach's $\alpha$
psychological loneliness	1*, 2, 3, 4*, 5*, 6*, 7, 8, 9*, 10*,11, 12, 13, 14, 15*, 16*,17, 18, 19*, 20*	20	.856

3.7. Control Variable (Psychological Loneliness)

Control variable included the elderly's gender, age, educational level and health state. Control variable consisted of the elderly's date and elderly's sex factor.

First, the study investigated demographic factors such as gender, age, educational level, economic state, occupation and health state. Second, the study investigated opportunity, degree, needs and friendliness of the elderly's date. Gender made dummy variable, for instance, men of 1 and women of 0. Age was divided into the 60s, the 70s, the 80s, the 90s and more than the 90s. Educational level was divided into illiteracy, elemental school graduate (including drop out), middle school graduate (including drop out), college graduate (including drop out) and graduate school graduate or higher. Economic state had 5 stages ranging from 'very much rich' to 'very much poor'. Health state had 5 stages ranging from 'very much bad' to 'very much good'. The study investigated effect of the demographic factors upon the elderly's date. The study investigated effect of existence of opportunity, degree and needs of the elderly's date upon the elderly's loneliness and happiness.

3.8. Setting Up Hypotheses

<Table 7> Setting up of hypotheses

Content	Hypotheses
H1	The elderly's date and psychological loneliness
H1-1	Opportunity of the elderly's date has influence upon psychological loneliness.
H1-2	Degree of the elderly's date has influence upon psychological loneliness.
H1-3	Needs of the elderly's date has influence upon psychological loneliness.
H1-4	Friendliness of the elderly's date has influence upon psychological loneliness.
H2	The elderly's date and happiness
H2-1	The elderly's date opportunity has influence upon happiness.
H2-2	Degree of the elderly's date has influence upon happiness.
H2-3	Needs of the elderly's date has influence upon happiness.
H2-4	Friendliness of the elderly's date has influence upon happiness.
H3	Mediating effect of psychological loneliness between the elderly's date and happiness
H3-1	Psychological loneliness mediates between the elderly's date opportunity and happiness.
H3-2	Psychological loneliness mediates between degree of the elderly's date and happiness.
H3-3	Psychological loneliness mediates between needs of the elderly's date and happiness.
H3-4	Psychological loneliness mediates between friendliness of the elderly's date and happiness.

## 4. The Findings

### 4.1. Characteristics of the Interviewees

Women occupied 68.1% to be 2 times larger than men (31.9%) did. Considering ratio of 65 years old or more population of 31.9 to 68.1, number of men interviewees was larger than that of women interviewees. High school graduate occupied 27.7% to be the largest. And, the one having occupation occupied 27.2%, and the one having no occupation did 72.8%. 207 interviewees said middle level of economic ability to occupy 57.6%. 177 interviewees (49.2%) said middle level of health state. 329 interviewees (49.4%) had opportunity of date to be equivalent to the ones having no opportunity of date (50.6%)(<Table 8>).

### 4.2. Correlation

Relational analysis was done to investigate relation between multi-collinearity and independent variables. Correlation coefficient between factors ranged from 0.013 to 0.325. VIF test at regression was done to verify multi-collinearity between factors and to range from 2.63 to 4.76 and to be below than 10, and tolerance limit ranged from 0.36 to 0.92 to exceed 0.1 and to have no problem of multi-collinearity. Durbin-Watson value of 1.790 satisfied independence. Kolmogorov-Smirnov statistic of 0.068 (p= 0.041) satisfied normality. Homoscedesity is said to be scatter plot by regression standardization residual to distribute evenly(<Table 9>).

<Table 8> Demographic characteristics

Classification		Frequency	
		Frequency	Percentage
Gender	Men	115	31.9
	Women	245	68.1
Age	65 ~ 70age	167	46.4
	70 ~ 80age	154	42.8
	80 ~ 90age	37	10.2
	90age up	2	0.6
Educational background	Obscurity	38	10.5
	Elementary school graduation	83	23.0
	middle School graduation	87	24.1
	high school graduation	100	27.7
Occupation	More than a professional university graduate	53	14.7
	Have a job	98	27.2
Economic activity	Have no job	262	72.8
	It's very difficult.	35	9.8
	It is difficult	94	26.1
	average	207	57.6
	relaxed	22	6.2
Health status	It is very affordable.	1	0.3
	Very bad health.	13	3.6
	I'm in bad health.	66	18.3
	average	177	49.2
	healthy.	95	26.5
	It is very healthy.	8	2.4

<Table 9> Relation between the elderly's date, sex life, psychological loneliness and happiness

Classification	happiness	psychological loneliness	date opportunity	degree of the date	needs of the date	friendliness of the date
Happiness	1					
Psychological loneliness	-.736***	1				
Date opportunity	.114	.228**	1			
Degree of the date	.179	.190	.812***	1		
Needs of the date	-.123	.228**	.549***	.648***	1	
Friendliness of the date	.135	.225**	.641***	.828***	.779***	1

\*p<.05, \*\*p<.01, \*\*\*p<.001

### 4.3. Effect upon the Elderly's Date and Psychological Loneliness

Date opportunity, degree of the date, needs of the date and friendliness of the date were used to investigate effect upon psychological loneliness. With control of gender, age, education level, economic state and health state, date factor accounted for 14.3% of psychological loneliness. And, date opportunity, degree of the date, needs of the date and friendliness of the date did not have significant influence not to support <Hypothesis 1>(<Table 10>).

Date opportunity and gender were dummy variables to produce mutual reaction variable with continuous independent variable not to be significant.

#### 4.3.1. Effect of the Elderly's Date upon Psychological Loneliness

<Hypothesis 1-1> of "The elderly's date opportunity has

significant influence upon psychological loneliness." was used. The elderly's date opportunity had significant influence upon psychological loneliness (.260\*\*\*). The elderly having date had more psychological loneliness that required interpretation(<Table 11>).

Not only date opportunity but also gender was mutual reaction with continuous independent variable, so that gender and educational level variables were significant (p<.05).

#### 4.3.2. Effect of degree of the elderly's date upon psychological loneliness

<Hypothesis 1-2> of "Degree of date has significant influence upon psychological loneliness." was adopted. Degree of date had significant influence (.230\*\*) to account for psychological loneliness (15.2%). High degree of date increased psychological loneliness(<Table 12>).

<Table 10> Effect of date upon psychological loneliness

Independent Variable	Psychological Loneliness				
	B	SE	β	t	p
(A constant)	50.976	3.703	-	19.563	.000
Date opportunity	3.194	2.174	.224	2.886	.051
Degree of the date	-1.017	1.073	-.108	-1.106	.813
Needs of the date	1.207	1.194	.184	1.261	.136
Friendliness of the date	1.147	1.105	.140	1.390	.603
Gender	2.214	1.939	1.075	2.306	.095
Age	1.705	1.614	1.065	2.160	.150
Educational background	-1.261	1.375	-1.047	-1.699	.390
Economic activity	-1.362	1.571	-1.042	-1.650	.422
Health status	-4.115	1.513	-1.312	-7.181	.000

**Adj-R<sup>2</sup> = .143, F = 12.687, p=.000**

\*p<.05, \*\*p<.01, \*\*\*p<.001

<Table 11> Effect of the elderly's date opportunity upon psychological loneliness

Independent Variable	Psychological Loneliness				
	B	SE	β	t	p
(A constant)	53.634	3.171	-	25.362	.000
Date opportunity	3.683	1.746	.260	4.648	.000
Gender	8.326	3.377	1.098	4.101	.002
Age	1.326	1.556	.224	1.587	.463
Educational background	1.465	1.398	.265	2.184	.140
Economic activity	-1.679	1.537	-.256	-2.279	.104
Health status	-4.666	1.472	-.441	-8.929	.000
Gender*Educational background	-2.605	1.660	-.439	-3.462	.012

**Adj-R<sup>2</sup> = .174, F = 17.390, p=.000**

\*p<.05, \*\*p<.01, \*\*\*p<.001

**<Table 12>** Effect of degree of the date upon psychological loneliness

Independent Variable	Psychological Loneliness				
	B	SE	$\beta$	t	p
(A constant)	52.105	3.387	-	22.502	.000
Degree of the date	1.270	1.107	.230	3.691	.007
Gender	7.794	3.559	.471	3.672	.007
Age	1.559	1.581	.153	1.972	.236
Educational background	1.261	1.426	.146	1.613	.345
Economic activity	-1.438	1.563	-.147	-1.785	.338
Health status	-4.460	1.489	-.454	-8.205	.000
Gender*Educational background	-2.586	1.705	-.452	-3.278	.014
<b>Adj-R<sup>2</sup> = .152, F = 14.162, p=.000</b>					

\*p&lt;.05, \*\*p&lt;.01, \*\*\*p&lt;.001

**<Table 13>** Effect of needs of the date upon psychological loneliness

Independent Variable	Psychological Loneliness				
	B	SE	$\beta$	t	p
(A constant)	50.615	3.583		20.291	.000
Needs of the date	1.155	1.068	.223	3.518	.011
Gender	5.750	3.634	.477	3.586	.010
Age	1.791	1.585	.172	2.370	.165
Educational background	1.295	1.421	.151	1.704	.387
Economic activity	-1.429	1.567	-.146	-1.761	.251
Health status	-4.332	1.494	-.431	-7.879	.000
Gender*Educational background	-2.513	1.717	-.435	-3.136	.024
<b>Adj-R<sup>2</sup> = .149, F = 13.869, p=.000</b>					

\*p&lt;.05, \*\*p&lt;.01, \*\*\*p&lt;.001

**<Table 14>** Effect of friendliness of the date upon psychological loneliness

Independent Variable	Psychological Loneliness				
	B	SE	$\beta$	t	p
(A constant)	51.148	3.461		21.467	.000
Friendliness of the date	1.196	1.066	.253	4.345	.001
Gender	2.618	1.886	.187	2.845	.056
Age	1.901	1.598	.170	2.526	.120
Educational background	-1.242	1.361	-.133	-1.622	.407
Economic activity	-1.422	1.573	-.135	-1.731	.465
Health status	-4.275	1.499	-.415	-6.779	.000
<b>Adj-R<sup>2</sup> = .147, F = 15.011, p=.000</b>					

\*p&lt;.05, \*\*p&lt;.01, \*\*\*p&lt;.001

The gender, dummy variable, was mutual reaction with continuous independent variable and gender\*educational level mutual reaction variable was significant (p<.05).

#### 4.3.3. Effect of needs of the elderly's date upon psychological loneliness

<Hypothesis 1-3> of "Needs of the date has significant influence upon psychological loneliness." was adopted. Needs of the date had significant influence upon psychological loneliness (.223\*) to account for psychological loneliness (14.9%). More needs of the date increased psychological loneliness(<Table 13>).

The gender, dummy variable, had mutual reaction variable

with continuous independent variable, and gender\*educational level reaction variable only was significant (p<.05).

#### 4.3.4. Effect of friendliness of the elderly's date upon psychological loneliness

<Hypothesis 1-4> of "Friendliness of the date has significant influence upon psychological loneliness." was adopted. Friendliness of the date had significant influence upon psychological loneliness (.253\*\*) to account for psychological loneliness (14.7%). High friendliness of the date increased psychological loneliness(<Table 14>).

The gender, dummy variable, had mutual reaction variable with continuous independent variable not to be significant.

4.4. Effect of the Elderly's Date upon Happiness

The study inspected effect of opportunity of the date, degree of the date, needs of the date and friendliness of the date upon happiness. With control of gender, age, educational level, economic state and health state, the date accounted for happiness (17.0%), and date opportunity, degree of the date, needs of the date and friendliness of the date had no significant influence upon happiness: <Hypothesis 3> was not adopted(<Table 15>).

Date opportunity and gender, dummy variable, had mutual reaction variable with continuous independent variable, and existence of the date\*degree of the date, gender\*age and gender\*economic state were significant (p<.05).

4.4.1. Effect of the elderly's date opportunity upon happiness

The elderly's date opportunity had no significant influence upon happiness: <Hypothesis 2-1> was not adopted. The elderly's date opportunity accounted for happiness (15.8%) not to be significant. Happiness did not vary depending upon the elderly's date(<Table 16>).

The elderly's date opportunity and gender were dummy variable to have mutual reaction variable with continuous independent variable: Gender\*economic state variable only was significant (p<.05).

<Table 15> Effect of the elderly's date upon happiness

Independent Variable	Happiness				
	B	SE	$\beta$	t	p
(A constant)	69.955	4.457		16.139	.000
Date opportunity	-7.461	3.884	-.397	-2.047	.051
Degree of the date	-.375	.439	-.188	-.913	.316
Needs of the date	-.281	.214	-.172	-1.245	.152
friendliness of the date	.212	.232	.165	.954	.293
Date opportunity * degree of the date	.843	.502	.467	1.952	.064
Gender	-19.076	5.208	-.829	-3.817	.000
Age	-3.341	1.077	-.283	-3.420	.001
Educational background	.517	.597	.149	.941	.301
Economic activity	-1.061	1.128	-.159	-1.035	.341
Health status	4.476	.790	.399	6.455	.000
Gender * Age	3.726	1.831	.349	2.196	.027
Gender * Economic activity	5.072	1.579	.636	3.465	.001

Adj-R<sup>2</sup> = .170, F = 12.608, p=.000

\*p<.05, \*\*p<.01, \*\*\*p<.001

<Table 16> Effect of date opportunity upon happiness

Independent Variable	Happiness				
	B	SE	$\beta$	t	p
(A constant)	63.373	3.369		19.464	.000
Date opportunity	-.680	1.106	-.124	-.678	.453
Gender	-14.156	3.848	-.629	-3.852	.000
Age	-1.463	.846	-.175	-1.930	.057
Educational background	.388	.547	.129	.745	.410
Economic activity	-.318	1.054	-.114	-.329	.620
Health status	4.745	.739	.401	7.378	.000
Gender * Economic activity	5.092	1.465	.627	3.759	.000

Adj-R<sup>2</sup> = .158, F = 18.892, p=.000

\*p<.05, \*\*p<.01, \*\*\*p<.001

4.4.2. Effect of degree of the elderly's date upon happiness

Degree of the elderly's date had no significant influence upon happiness: <Hypothesis 2-2> was not adopted. Degree of the elderly's date accounted for happiness (14.3%) not to be significant(<Table 17>).

The gender, dummy variable, had mutual reaction variable with continuous independent variable not to be significant.

4.4.3. Effect of needs of the elderly's date upon happiness

Needs of the elderly's date had no significant influence upon happiness: <Hypothesis 2-3> was not adopted. Needs of the elderly's date accounted for happiness (14.3%) not to

be significant(<Table 18>).

The gender, dummy variable, had mutual reaction variable with continuous independent variable not to be significant.

4.4.4. Effect of friendliness of the elderly's date upon happiness

Friendliness of the elderly's date had no significant influence: <Hypothesis 2-4> was not adopted. Friendliness of the elderly's date accounted for happiness (15.5%) not to be significant(<Table 19>).

The gender, dummy variable, had mutual reaction variable with continuous independent variable, and dummy gender\* economic state only was significant (p<.05).

<Table 17> Effect of degree of the elderly's date upon happiness

Independent Variable	Happiness				
	B	SE	$\beta$	t	p
(A constant)	57.434	3.234		18.403	.000
Degree of the date	.190	.236	.129	.759	.401
Gender	.118	1.264	.102	.115	.877
Age	-1.542	.874	-.182	-1.965	.053
Educational background	.435	.574	.135	.806	.371
Economic activity	1.944	.851	.213	2.558	.013
Health status	4.247	.752	.384	6.470	.000

Adj-R<sup>2</sup> = .142, F = 17.550, p=.000

\*p<.05, \*\*p<.01, \*\*\*p<.001

<Table 18> Effect of needs of the elderly's date upon happiness

Independent Variable	Happiness				
	B	SE	$\beta$	t	p
(A constant)	59.440	3.596		17.180	.000
Needs of the date	-.132	.281	-.118	-.594	.483
Gender	-.693	1.282	-.124	-.602	.405
Age	-1.772	.882	-.194	-2.239	.032
Educational background	.494	.574	.141	.933	.305
Economic activity	1.635	.862	.193	2.116	.034
Health status	4.470	.766	.395	6.656	.000

Adj-R<sup>2</sup> = .143, F = 17.410, p=.000

\*p<.05, \*\*p<.01, \*\*\*p<.001

<Table 19> Effect of friendliness of the elderly's date upon happiness

Independent Variable	Happiness				
	B	SE	$\beta$	t	p
(A constant)	65.550	3.779		17.895	.000
Friendliness of the date	-.108	.176	-.105	-.190	.818
Gender	-13.174	4.027	-.608	-3.431	.001
Age	-2.233	.896	-.221	-2.781	.007
Educational background	.564	.575	.148	1.078	.218
Economic activity	-.884	1.078	-.149	-.903	.312
Health status	4.448	.765	.395	6.645	.000
Gender * Economic activity	4.970	1.522	.633	3.528	.001

Adj-R<sup>2</sup> = .155, F = 16.778, p=.000

\*p<.05, \*\*p<.01, \*\*\*p<.001

4.5. Mediating Effect between the Elderly's Date, Happiness and Psychological Loneliness

4.5.1. Mediation effect between psychological loneliness, the elderly's date opportunity and happiness

The elderly's date opportunity had significant influence upon psychological loneliness (.251\*\*), and psychological loneliness did upon happiness (-.702\*\*\*) to mediate completely. Zab of mediating path of date path, psychological loneliness and happiness was significantly larger than absolute value of 1.96 (<.05)(<Table 20>).

4.5.2. Mediation between psychological loneliness, the elderly's date and happiness

The elderly's date had significant influence upon psychological loneliness (.221\*\*) and psychological loneliness had significant influence upon happiness (-.656\*\*\*): Zab value of mediating path of date, psychological loneliness and happiness was -0.418 below than absolute value of 1.96 to be significant (<.05)(<Table 21>).

4.5.3. Mediation of psychological loneliness with needs of the elderly's date and happiness

Needs of the date had significant influence upon psychological loneliness (.214\*\*), and psychological loneliness had significant influence upon happiness (-.660\*\*\*), and Zab of mediating path of needs of the date, psychological loneliness and happiness was -1.232 below than absolute value of 1.96 to have significant mediation (<.05)(<Table 22>).

4.5.4. Mediating effect of psychological loneliness upon the elderly's date friendliness and happiness

The elderly's date friendliness had significant influence upon psychological loneliness (.254\*\*), and psychological loneliness had significant influence upon happiness (-.659\*\*\*): Zab of mediating path of the elderly's date friendliness, psychological loneliness and happiness was -1.579 below than absolute value of 1.96 to have significant mediation (<.05)(<Table 23>).

<Table 20> Mediating effect of psychological loneliness between the elderly's date opportunity and happiness

Model	B	SE	$\beta$	p	F	p	Adj-R <sup>2</sup>
date opportunity ► psychological loneliness	2.774	.836	.251	.000	15.290	.000	.143
date opportunity ► happiness	-.680	1.106	-.124	.453	14.902	.000	.127
psychological loneliness ► happiness	-.969	.155	-.702	.000	47.140	.000	.428
date opportunity ► happiness	2.047	.989	.177	.021	47.140	.000	.428

\*p<.05, \*\*p<.01, \*\*\*p<.001

<Table 21> Mediating effect of psychological loneliness between the date and happiness

Model	B	SE	$\beta$	p	F	p	Adj-R <sup>2</sup>
degree of the date ► psychological loneliness	.361	.198	.221	.008	12.062	.000	.121
degree of the date ► happiness	.190	.236	.129	.410	13.560	.000	.111
psychological loneliness ► happiness	-.897	.157	-.656	.000	39.908	.000	.387
degree of the date ► happiness	.418	.217	.205	.005	39.908	.000	.387

\*p<.05, \*\*p<.01, \*\*\*p<.001

<Table 22> Mediating effect of psychological loneliness between needs of the date and happiness

Model	B	SE	$\beta$	p	F	p	Adj-R <sup>2</sup>
needs of the date ► psychological loneliness	.246	.159	.214	.011	11.669	.000	.118
needs of the date ► happiness	-1.32	.180	-.118	.595	13.420	.000	.111
psychological loneliness ► happiness	-.900	.168	-.660	.000	39.320	.000	.396
needs of the date ► happiness	.215	.171	.163	.103	39.320	.000	.396

\*p<.05, \*\*p<.01, \*\*\*p<.001

<Table 23> Mediation of psychological loneliness with the elderly's date friendliness and happiness

Model	B	SE	$\beta$	p	F	p	Adj-R <sup>2</sup>
friendliness of the date ► psychological loneliness	.287	.157	.254	.001	12.911	.000	.116
friendliness of the date ► happiness	-.108	.176	-.105	.828	12.788	.000	.124
psychological loneliness ► happiness	-.890	.158	-.659	.000	41.848	.000	.383
friendliness of the date ► happiness	.216	.168	.169	.076	41.848	.000	.383

\*p<.05, \*\*p<.01, \*\*\*p<.001

## 4.6. Testing of Hypotheses

Hypothesis test result was:

First, the elderly's date had influence upon psychological loneliness. The interviewee's characteristics, the elderly's date opportunity, degree, needs and friendliness had frequency and distribution. Number of women was larger than that of men. With control of age, educational level, economic state and health state, the elderly's date accounted for psychological loneliness (14.3%), and the elderly's date opportunity had significant influence upon psychological loneliness. The elderly's date opportunity had significant influence upon psychological loneliness (.260\*\*\*) to account for psychological loneliness (17.4%). Gender, health state and gender\*educational level had significant influence upon psychological loneliness. The elderly who did date had more loneliness than the one who did not date.

Second, the elderly's date degree had significant influence upon psychological loneliness. Hypothesis was adopted. The elderly's date degree had significant influence upon psychological loneliness (.230\*\*) to account for 13.2% of psychological loneliness.

Third, needs of the elderly's date had influence upon psychological loneliness. The hypothesis was adopted. Needs of the elderly's date had significant influence upon psychological loneliness (.223\*) to account for psychological loneliness (14.9%).

Fourth, the elderly's date friendliness had significant influence upon psychological loneliness (.253\*\*) to account for psychological loneliness (14.7%). Hypothesis was adopted.

Fifth, psychological loneliness mediates with the elderly's date opportunity and happiness. The hypothesis has been adopted. The elderly's date opportunity had significant influence upon psychological loneliness (.251\*\*), and psychological loneliness had significant influence upon happiness with perfect mediating effect (-.702\*\*\*). Zab value of mediating path of date, psychological loneliness and happiness was -2.354 to be larger than absolute value of 1.96 and to be significant (<.05).

Sixth, the elderly's date has influence upon happiness. Date opportunity, degree of the date, needs of the date and friendliness of the date were used to inspect effect upon happiness. With control of gender, age, educational level, economic state and health state, the elderly's date accounted for happiness (17.0%) and date opportunity, degree of the date, needs of the date, and friendliness of the date did not have significant influence upon happiness.

## 5. Summary

### 5.1. Conclusions

The findings were as follow:

In precedent studies on needs of the elderly's date, the

elderly needed date very much to be free from loneliness and to find out good partner of communication. Men, extrovert character and good family relation had significantly good at date and friendliness. The elderly often did date to be free from psychological loneliness. The elderly's date put an emphasis upon physical relation and looked for friend to talk with and to be satisfied with skin-ship each other. The elderly needed date to have friend to talk and to be satisfied with life. Korean elderly thought of date in affirmative way. Precedent studies said that the elderly's date had influence upon psychological loneliness and happiness at aged age (Lee & Lee, 2014).

The elderly's date had influence upon not only psychological loneliness but also happiness:

First, the elderly's date has psychological loneliness. The elderly's date opportunity, degree, needs and friendliness had significant influence upon psychological loneliness.

Second, degree of the elderly's date has influence upon psychological loneliness: The hypothesis was adopted.

Third, needs of the elderly's date has influence upon psychological loneliness: The hypothesis was adopted.

Fourth, friendliness of the elderly's date has influence upon psychological loneliness. The hypothesis was adopted.

Fifth, psychological loneliness mediates with the elderly's date opportunity and happiness: The hypothesis was adopted.

Sixth, the elderly's date has influence upon happiness. Date opportunity, degree of the date, needs of the date and friendliness of the date were used to investigate effect upon the happiness. Date opportunity, degree of the date, needs of the date and friendliness of the date had no significant influence upon happiness. And, gender, age, health state and gender\*economic state had significant influence upon happiness.

The elderly's date had great influence upon the elderly's happiness and psychological loneliness. The elderly's date had significant influence upon opportunity, degree, needs and friendliness.

Psychological loneliness mediated with the elderly's date opportunity and happiness. Hypothesis was the elderly's date has influence upon happiness. At testing of the hypothesis, the elderly's date opportunity, degree, needs and friendliness had no significant influence upon happiness.

### 5.2. Implications

The questionnaire survey was done in Gyeonggi and Chungnam to investigate elderly living alone and to exclude disabled elderly, elderly in bed, and elderly with dementia and not to represent all of the elderly in the nation.

Precedent studies on the elderly's date were not enough. Most of the elderly has Confucianism tradition, conservative thinking and religious belief not to give frank answer on the instinct and to be difficult to research.

Baby boomer generation was incorporated into elderly

population to increase elderly rapidly. The elderly problem has made social problem at rapid increase of elderly population. The government having no political measurement at rapid increase of elderly population has taken care of aging society. In modern society, the elderly took the lead in industrialization and democracy to have great influence upon politics, economy and society and to take care of children and parents and to prepare for old age and to be independent without parents' aid and to be well educated and healthy. The study investigated effect of the elderly's date upon psychological loneliness and happiness. Korean people were conservative at elderly's date. The elderly's date was likely to alleviate psychological loneliness and to give happiness and not to have much influence. The Korean society has been influenced by tradition and custom so that the elderly's date was not active. A study on effect of the elderly's date upon psychological loneliness and happiness was thought to be important.

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