

Impact of social welfare center users' utilization of social care facilities on the mental state

Hyeong-Seok Seo¹, Sung-Je Cho²

*1 Dept. of Education, Dongbang Culture Graduate University
60, Seongbuk-ro 28-gil, Seongbuk-Ku, Seoul 136-823, KOREA pullip@seoul.go.kr*

*2 Dept. of Education, Dongbang Culture Graduate University
60, Seongbuk-ro 28-gil, Seongbuk-Ku, Seoul 136-823, KOREA Corresponding Author: chosj715@daum.net*

Abstract

The study aims to examine what impact the use of social care facility has on the mental state. Those subject to the study include 270 men and women using social care facilities located in Seoul and involved survey which was conducted from July 2 through Dec. 31 2014. The analysis involved SPSS program to implement frequency analysis, one-way analysis of variance, t-test, multiple range variance and multiple regression analysis and correlation analysis. The result shows that first, demographic sociological characteristics of those surveyed has had significant impact on the use of cultural facility. Second, it turned out that the cause of their cultural activity has had significant impact on the use of cultural facility. Third, it proved that the use of cultural facility has had significant impact on mental state. The result shows that the more positive way of thinking, the higher value awareness and emotional stability may be combined to lay the foundation for effective policy and the use of program.

Keywords: Cultural activity, cultural facility, use of cultural facility and mental state.

1. Introduction

1.1 Why the research is needed

Today fundamental change is taking place in everyday life. Common interest and desire grows to upgrade individual's quality of life as well as to achieve richness and stability of life. In the context, a wide range of policies are demanded to swiftly respond to qualitative change in life, producing a wide variety of cultural welfare policies to accurately analyze such social change and respond to it[1]. According to statistical data regarding culture, sports and tourism in National Statistical Office, (2012), the utilization of cultural facility reached 39.4%, while the participation rate reached 30.8%[2]. This suggests that more than one-third of the country's population directly or indirectly used cultural facility or participated in cultural activity, raising the need to study impact of the utilization of cultural facility on mental state.

Economic stability and advances of medical and healthcare technology resulted in extending average lifespan of the elderly and population aging, causing a variety of physical and mental problems of the elderly and ultimately demanding measures to increase satisfaction with life and mental stability by encouraging leisure life such as cultural activity. In particular, it turned out that cultural life of the elderly and their use of leisure facility have had great impact on their

mental health and stability and self-esteem[3, 4, 5]. This shows that the utilization of cultural facility and a wide variety of cultural activities have great impact on mental state. Additionally, cultural life and leisure activity in the age of adolescence holds significance in an individual's life. They not just lessen stress and anxiety caused by overly competitive atmosphere in the modern society but also boosts mental health, interpersonal relationship. In addition, they help to reduce interpersonal troubles, frustration and dissatisfaction by encouraging physical activity, prompting the need to encourage leisure activity [6, 7, 8].

While existing research focuses on cultural life and leisure activity [3, 4, 5, 6, 7, 8], current studies focuses on how the elderly and young participate in leisure activity and how satisfied they are. But these studies do not illuminate what impact the utilization of social care facilities have on their mental state.

Preceding studies focus on how the elderly and young participate in leisure activity and are satisfied, which raises the need to study the impact of utilization of cultural facility on mental state. Thus, the study aims to scrutinize the impact of utilization of social care facilities on the mental state among social care facility users.

1.2 Study target

Specific research subjects include:

First, what is the difference of the utilization of cultural facility based on demographic and sociological characteristics? Second, what is the difference of the utilization of cultural facility based on the motivation behind cultural activity?

Third, what is the impact of the utilization of cultural facility on mental state?

2 Research method

2.1 Research target

The research involved surveying 270 men and women in 7 sites using social care facility from July 2 through Dec. 30 2014. Those surveyed (238 people), excluding 32 ones whose questionnaires were, not collected or left out, were subject to the study. For sample size, G*Power 3.1 was used by specifying median indicator of 0.15 to calculate 166 people as minimum number of samples.

2.2 Research method

Those surveyed were asked to self-report after getting fully informed of how to fill out the questionnaire form and the motivation behind the survey.

2.3 Research tool

Research tool consists of 6 questions regarding demography and sociology, 9 questions regarding the motivation behind cultural activity, 8 questions regarding the utilization of cultural facility and 18 questions regarding mental state.

2.3.1 Demographic and sociological characteristics

The research tool was corrected and supplemented by adding 8 questions from Ryu Hyeon-Ok's[9]. The demographic and sociological variables were divided into gender, age, educational background, marital status, monthly income per household and religion. Age is divided into 20s, 30s, 40s, 50s and 60s.

2.3.2 Motivation behind cultural activity

By classifying motivation behind cultural activity into 9 questions, including cultivation and talent development, child education, stress reduction and interest by referring to Ryu Je-Gu's[10] development of criteria for participation in cultural activity for the study on extension of cultural welfare service, 3 types were selected based on priority for the use.

2.3.3 Utilization of cultural facility

To study the use of cultural facility, we referred to Ryu Je-Gu's[10] development of criteria for participation in cultural activity for the study on the extension of cultural welfare, a total of items were given on the scale of 6 points such as "everyday," "once a week," "once every 6 months," "once a year," and "hardly."

2.3.4 Mental state

To measure mental state, we used mental state measurement for the elderly developed by Choi Seong-Jae's[11] to develop 10 items regarding positive way of thinking, 4 items regarding value awareness and 4 items regarding emotional stability. Measurement method involved 5-scale, which is divided into Not at all (1), No (2), So and so (3), True (4), So true (5).

2.4 Reliability

For reliability of research analysis, we used Cronbach's coefficient to analyze reliability. The specific result is described in <Table 1>. If reliability degree reaches 0.6 point or more, it points to high reliability [12]. The study shows that positive way of thinking, value awareness and emotional stability refer to .908, .762, and .897 respectively. Accordingly, the study shows high reliability.

<Table 1> Verification of reliability of mental state

Classification	Sub-factor	Number of items	Cronbach's
Mental state	Proactive way of thinking	10	.908
	Value awareness	4	.762
	Emotional stability	4	.897
Mental state		18	.892

2.5. Data processing and analysis method

To analyze demographic and sociological characteristics of those surveyed and the motivation behind their cultural activity, we used frequency analysis. For reliability of mental state, we used Cronbach's coefficient for judgment. To identify difference in utilization of cultural facility caused by demographic and sociological characteristics and cultural activity, we implemented one-way analysis of variance and t-test and verified significant difference in Scheffe's multiple range verification result $p < .05$. To analyze impact of the utilization of cultural facility on mental state, we utilized multiple regression analysis and correlation analysis. For the study, we implemented verification analysis at significant level of 5%, while statistical processing method involved SPSSWIN 18.0 program.

3. Research result

3.1. Demographic and sociological characteristics

The demographic and sociological characteristics of those surveyed are described as follows. In terms of gender, the number of men reached 61 (25.6%), while the number of women was 177 (74.4%). In age, the number of those in their 20s is 58 (24.4%), the number of those in their 40s is 56(23.5%), the number of those in 30s is 52(21.8%), the number of those in their 50s is 45(18.9%) and the number of those in '60' is 27(11.3%). In educational background, the number of college graduates, those who graduated from high school and from graduate school reached 132 (55.5%), those with high school diploma reached 60 (25.2%), the number of those with M.A. or higher diploma reached 27 (11.3%). In marital status, the number of those who are married reached 135 (56.7%), and the number of those who are not married was 78 (32.8%). In monthly household income, those with monthly income of 4 million won or more reached 72 (30.3%), followed by the number of those with monthly earning of between 3 million and 4 million won (51 or 21.4%), those with that of between 2 million and 3 million (45 or 18.9%), those with that of between 1 million and 2 million (36 or 15.1%) and those with that of less than 1 million won (34 or 14.3%). In religion, the number of those with Christianity reached 85 (35.7%), followed by Catholic (38 or 16.0%) and Buddhism (33 or 13.9%).

3.2. Motivation behind cultural activity

The analysis result of the motivation behind cultural activity is described as follows. The most frequently cited reason by respondents (whose number totaled 86 or 36.1%) was "to take rest and reduce stress," followed by "to cultivate themselves and develop talent" (61 or 25.6%), "to develop interest" (37 or 15.5%), "to educate children (14 or 5.9%), "to increase cultural sensitivity and enrich sentiment (13 respectively), "to have unusual cultural experience and broaden experience" (7 or 2.9%) and finally "to be introduced by acquaintances" (6 or 2.5%).

3.3. Utilization of cultural facility

The analysis result as to the utilization of cultural facility is described as follows. In utilization of cultural facility, theater (M=3.26) was most preferred, followed by library (M=2.96),

cultural center (M=2.59), social welfare center (M=2.34), residential cultural center, community center, center (M=2.27), a variety of art performance halls (M=2.11), museum (M=2.08) and art museum (M=1.95).

3.4. Mental state

The analysis result of mental state is described as follows. The average mental state reached 3.46, followed by emotional stability (M=3.59), value awareness (M=3.49) and positive way of thinking (M=3.40).

3.5. Verification on research issue

3.5.1. Difference in the use of cultural facility based on characteristics of demographic and sociological characteristics

As a result of analyzing difference in the use of cultural facility based on demographic and sociological characteristics of those surveyed, it turned out that while in gender, the difference in the use of cultural center, residential center, library and performance halls was significant, the difference in the use of welfare center, museum and theater was the opposite by reporting 5%. It proved that larger number of women were using cultural center, residential center, library and performance art halls, suggesting that such difference is statistically significant. As a result of age-based analysis, it proved that while the difference in the use of welfare center, cultural center, residential center, library and theater was significant, no difference was found in the use of museum, art museum and performance art halls. Those in their 50 most frequently used welfare center, cultural center and residential center, while library was least visited by those in their 50s. Theater was most frequently visited by those in their 20s. As a result of analyzing educational background, it turned out that while the difference was significant in the use of welfare center, library and theater, no difference was found in the use of cultural center, residential center, museum, art museum and performance art halls. Welfare center was least frequented by those with M.A. or higher degree, while library was most frequently visited by those with M.A. or higher degree. Theater was least used by those with high school diploma or less.

As a result of analyzing marital status, it turned out that while the difference was significant in the use of welfare center, cultural center, residential center and theater, the difference in the use of library, museum, art museum and performance art halls was insignificant given that significant level was 5%. Welfare center, cultural center and residential center were more frequently used by those who are married, while theater was more frequented by those who are single. As a result of analyzing monthly income, it proved that while the difference in the use of welfare center, library and theater was significant, no difference was found in the use of cultural center, residential center, museum and performance art halls. Welfare center was most preferred by those with monthly income of less than 2 million won, while library and theater were most preferred by those with monthly income of 4 million won or more. As a result of analyzing difference based on religion, it turned out that the difference in the use of welfare center, cultural center, residential center, library, museum, theater and

performance art halls was not significant given that significant level is 5%.

3.5.2. Difference in the use of cultural facility based on the motivation behind cultural activity

The result of analyzing difference in the use of cultural facility based on the motivation behind cultural activity is that while difference in the use of cultural center residential center was significant, the difference in the use of welfare center, library, museum, art museum, theater and performance halls was not significant given that significant level was 5%. It turned out that cultural center and residential center are most preferred by those respondents who cited developing talent and emotional stability as the reason.

3.5.3. Impact of the use of cultural facility on the mental state

The result of analyzing correlation between the use of cultural facility and mental state is described as follows. While the mental state bears higher relevance in the order of library, theater, museum, residential center and performance art halls, the correlation with the use of welfare center was not significant given that significant level was 5%. Specifically positive way of thinking bears significant relevance with the use of cultural facility, while value awareness with the use of library, museum and theater. Emotional stability bears significant relevance with residential center, library and theater.

Additionally as a result of analyzing impact of the use of cultural facility on mental state, it turned out that presumed model bears significant relevance. To identify impact of the use of cultural facility on mental state when characteristics of those surveyed are under control, we used multiple regression analysis and analysis of variance, which showed that presumed model bears relevance and that it has significant impact on mental state in the order of library and theater. This shows that the higher the use of library and theater is, the better the mental state is. Specifically, in terms of positive way of thinking, it turned out that the higher the utilization of library, theater and art museum is, the higher the positive way of thinking is. It also proved that the higher the utilization of library is, the more stable the emotion is.

4. Discourse and result

The study aims to analyze impact of the use of cultural facility on the mental state. The discourse unfolds based on the research result.

First, it turned out that the demographic and sociological characteristics of those surveyed bear significant relevance with the use of cultural facility. This shows that demographic and sociological characteristics such as gender, age, educational background, marital status and monthly income bear significant relevance with the utilization of cultural facility. The result suggests that significant difference has been found in the sense of social welfare according to gender, age, economic activity and educational background of those participating in leisure activity [13].

Second, it turned out that the motivation behind cultural activity results in significant difference in the use of cultural

facility. The difference in the utilization of cultural facility, residential facility holds significance based on the motivation behind cultural activity, while it turned out that higher portion of respondents cited developing talent and emotional stability as the reason for cultural activity. The result shows that groups participating in leisure facility and cultural activity exhibited greater satisfaction than those who don't and have positive impact [14].

Third, the result shows that the use of cultural facility has significant impact on mental state. Specifically, the higher positive way of thinking and value awareness and emotional stability are, the higher impact it has on mental state. The result suggests that the mental stability of those participating in cultural facility and activity was more favorable than those who don't. Such positive impact holds consistency. It also turned out that the more stable the mental state is, the more significant impact it has on satisfaction with life[15, 16].

Based on the above result, our suggestions are as follows:

First, it turned out that demographic and sociological characteristics of those surveyed bear significant relevance with the utilization of cultural facility. This shows that in terms of gender, age, educational background, marital status and monthly income, it has significant impact on the use of cultural facility. This shows that the above result may serve as basic data for developing ways of using cultural facility based on accurate analysis result.

Second, it turned out that the motivation behind cultural activity results in significant difference in the utilization of cultural facility. The difference in the utilization of cultural facility proved to be significant based on the motivation behind cultural activity, while significant portion of respondents taking cultural activity to develop talent and emotional stability used cultural facility. Such result shows that a variety of analyses should be made to identify cultural activity of users of social welfare centers, which will serve as basic data for future study.

Third, it turned out that the use of cultural facility bears significant relevance with mental state. Specifically, this shows that the higher the way of thinking and value awareness and emotional stability is in using cultural facility, the higher impact it has on mental state.

This raises the need to identify impact of the use of cultural facility and cultural activity on mental state of low-incomers.

References

- [1] Park, J. Y., 2013, "A Study on the Revitalization for the Satisfaction of Culture Voucher in Cultural Welfare Policy", Dankook University Graduate School of Culture and Arts Department, Master Dissertation.
- [2] Ministry of Culture, Sports and Tourism, On Survey of cultural comforts, 2012.
- [3] Lee, K. J., Nam, K. S., 2011, "A study on the Effect of Degree of satisfaction with the participation at the Leisure Activities to the Sense of Self-respect", Journal of the Welfare for the Aged, 53, pp.59-81.
- [4] Song, M. R., Song, L. R., 2014, "Analysis of Quality of Life among Middle Aged and Elderly Women Participating in Health Dance Exercise", IJBSBT. 6(3), pp.163-168.
- [5] Park, M., Son, C. S., Kim, S. K., 2013, "Developing a Hybrid Decision Support Model to Discover Evidence Based Knowledge of the Elderly with Depression" IJBSBT. 5(4), pp.245-254.
- [6] Kim, S. I., Oh, H. O., 2008, "The Relationship between Aggression and Depression of Health Center Participants", The Korean Journal of the Physical Education, 32(2), pp.1301-1312.
- [7] Kim, Y. H., 2007, "A Study on the Effect of Adolescents' Leisure Participation on School Life Satisfaction", Department of Tourism Management Graduate School of Anyang University.
- [8] Kim, G. H., Kim, B. J., 2014, "Reducing the Student's Stress from Studying by Personalized Brain Music Training", IJMUE. 9(5), pp.83-92.
- [9] You, H. O., 2010, "Predictors of School Resilience among At-risk Youth"-The Case of Youth Companion Program-Department of Social Welfare Graduate School of University of Seoul, S. Korea.
- [10] Ryu, J. G., 2014, "The Study on Level of Satisfaction of Cultural Welfare Services for Cultural Minority Group" The Catholic University, Master Dissertation.
- [11] Choe, S. J., 1986, "Elderly Life Satisfaction Scale Study on the Development", Ewha Womans University Korea Institute of Culture, Journal of the 49th, pp.233-258.
- [12] Jo, C. H., 2014, "SPSS/AMOS Statistical analysis utilizing structural equation model papers", 346P, Cheongnam.
- [13] Min, S., 2014, "A Study on Mental Well-being among Participants in Eldery Leisure and Culture Program" Department of Social Welfare Graduate School of University of Incheo. Incheon Korea.
- [14] Min, K. H., Kim, S. K., 2008, "The Causal relationship between leisure activities and leisure satisfaction, and mental Well-being in professional soldiers", Journal of Leisure and Recreation Studies, 32(4), pp.21-32.
- [15] Shin, S. A., 2005, "A study on the influence of mental emotion of the elderly on the self-satisfaction according to whether they participate in life-dancing or not" Major in Dancing Education The Graduate School of Education Chung-Ang University.
- [16] Seo, H. S., 2015, "A study on the mental state in accordance to the use of cultural facilities and the reason for participation in cultural activity", Advanced Science and Technology Letters. 101, pp.32-36