

# Social Support Related to Sustainable Living in a Marginalized Community.

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## Providing Social support is vital to sustainable living in a marginalized community.

- A "Marginalized Community" means the older adults' rate of population is over 50 %, and they have many challenges in maintaining their daily life in the community.
- A marginalized community has been deprived of many resources for daily life because of such a high aging ratio and a declining population.
- There were 20,372 villages with a population of over 50% and 2,618 villages with difficulties maintaining the community function in Japan in 2020.

- Sustainable Living Expectation was measured by "Would you like to keep your living at home when you need help from others? "
- "Mimamori" (visiting and observing someone to prevent social isolation and other risk), "Tsukisoi" (attending to someone going shopping or something), and "Kikai" (making opportunities) measured a Social Support Providing Score.

- Providing Social Support Related to Sustainable Living Expectation (OR=1.023, 95%CL: 1.008-1.038, P=.003).

- If people have more opportunities to provide social support, Sustainable Living Expectations might be more encouraged.
- Social Support is crucial not only for receiving but also providing.
- To realize sustainable living, people should have opportunities to provide social support, such as Mimamori, Tsukisoi, and Kikai.

### INTRO

- In marginalized communities, there is a high aging ratio of over 50%, and many older adults live alone.
- If they did not have connections in the community, it could threaten their sustainable living in that village.
- They are facing a severe shortage of care services because of geographic reasons.
- If they need care services, they ask their neighbors for support, and it might mean they have to leave the village if there is no support from them.
- Then, this research aims to reveal a relationship between providing social support and sustainable living in a marginalized community.

### METHODS

1. N = 742,
2. Data were gathered by surveying a marginalized community every two years from 2009 to 2019
3. Logistic regression analysis was conducted.
4. An item measured sustainable living expectations as a dependent variable, and a social support providing score was an independent variable.
5. Gender, age, economic status, health status, and living alone were also included in the analysis.

### RESULTS

- The results showed that the social support providing score significantly predicted the sustainable living expectation (OR=1.023, 95%CL:1.008-1.038, P=.003).
- Health status and age were also significantly associated with sustainable living expectations.

### DISCUSSION

- Findings suggest that providing social support is vital to sustainable living in a marginalized community.

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	Chi-square	df	Sig.
Step 1	38.960	6	.000
Block	38.960	6	.000
Model	38.960	6	.000

Step	Chi-square	df	Sig.
1	14.384	8	.072

	B	S. E.	Wald	df	Sig.	Exp (B)	95% C. I. for EXP (B)	
							Lower	Upper
Step 1 <sup>a</sup> socialsupport	.022	.008	8.915	1	.003	1.023	1.008	1.038
Economic Status	.100	.072	1.948	1	.163	1.106	.960	1.273
Health Status	.196	.079	6.115	1	.013	1.216	1.041	1.421
Living Alone	.392	.217	3.283	1	.070	1.481	.968	2.264
Gender (male=1)	-.036	.153	.055	1	.814	.965	.714	1.302
age	.014	.005	7.560	1	.006	1.014	1.004	1.024
Constant	-2.237	.480	21.753	1	.000	.107		

a. Variable(s) entered on step 1: socialsupport, Economic Status, Health Status, Living Alone, Gender (male=1) , age.

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