

Perception of Successful Aging in Nursing Students

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Abstract

The purpose of this study is to apply Q methodologies to identify and understand the type of successful aging perception in nursing students. The study organized the Q population through in-depth interviews to select 21 Q samples that could represent the Q population by coordination with two professors and researchers familiar with the Q methodology, and 49 nursing students were selected as P-samples. The data collection was about three months from September 10, 2020 to September 17, 2020 and was analyzed using the PQ Method Program. According to this study, nursing students perception of successful aging was divided into four types: Type 1 “capitalism type,” Type 2 “Self-esteem type,” Type 3 “Adaptive type,” Type 4 “Stable type”. As a result of this study, the four types of nursing students recognized health, leisure, economic power, and self-esteem. This study, understanding of each type of subjective aspect should be enhanced, and a wide range of insights should be provided so that nursing students can establish a value system of humanity and nursing professions in the undergraduate program in the future. In addition, it is expected that it will be used as a basic material for nursing education that can grow into a nurse who can meet the national expectations as a health care manager for the elderly through education that can develop the ability to cope with various problems faced in the nursing field.

Keywords: *Nursing students, Successful Aging, Q method, Subjectivity.*

Introduction

The rapid growth of the elderly population is a trend of the elderly, and Korea is already an aging society, and it is expected by 2026, and it is on the faster side compared to other developed countries¹. Due to this, achieving aging without the elderly is the main aging in all countries, which is contrary to the existing increase in aging that is positive, which involves emphasizing the positive meaning of everything and actively acting on avoidable fears. Another new paradigm is being demanded for healthcare and welfare systems².

A better understanding of an aging society can help to better understand the problems facing the

elderly and their families³. The deaths of relatives and friends, separation from children due to marriage, employment, and anatomical changes make older people more vulnerable to various risks, so focus on ideal and purposeful life, close contact with others, and self-esteem We need to find ways to improve it^{4,5}. However, the successful concept of aging in Western society does not adequately reflect the socio-cultural values of Korea⁶. Since successful aging is a value-oriented aging, it can be said that it is a socio-psychological concept that reflects the overall life of humans and reflects various social conditions that are culturally common to the elderly in that society. It is important⁷⁻⁹. Therefore, most studies on successful aging in Korea consist of the elderly, and studies related to the successful aging of nurses or nursing students who need to take care of such elderly are hard to find.

Looking at the latest research, nursing students' perception of successful aging is the only study of the effects of the self-elasticity and family elasticity of nursing students in Yang and Song¹⁰ on the perception of successful aging. A comparative study of successful aging perception among Korean and Japanese university

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students¹¹, There are studies by Park and Lee¹² that examine the difference between the perceptions of successful aging among the elderly and college students, and studies related to aging among college students are studies on aging anxiety, which is a relatively negative emotion, and studies on successful aging, a positive concept, are insufficient. In particular, nursing students can easily feel the overall atmosphere of society by being exposed to various values of home and society and easily accepting changes in their surroundings as a grace of their self-identity during college^{10,13}. In addition, the department of nursing must be able to respond appropriately to the rapidly changing aging society and adapt to the field of nursing, where the main goal of nursing is changing to the elderly¹⁰.

However, despite these changes in the times, current nursing students are lacking in awareness of the paradigm that reflects social and medical changes and preparation for the future society. It is necessary to grow into a nurse who can meet national expectations as an elderly health manager through education that can cultivate coping skills in various problem¹⁴. In addition, a positive attitude toward the elderly affects the quality of nursing and is an important issue for nursing practitioners¹⁵. The positive concept of successful aging, recognized by prospective nurses who will work in the field of nursing in the future, can be a driving force in approaching elderly patients as decent care targets. It can be said that it is urgent to first explore the perception of successful aging among nursing students.

Therefore, this study investigates successful aging, which is a positive concept of aging, for nursing students who are prospective medical personnel and are responsible for supporting and nursing the elderly population using the subjective Q methodology. This study was conducted to explore the perception of aging. The Q methodology focuses on the first person point of view to understand the phenomenon of successful aging from the perspective of individual nursing students, and through this, it is expected that various perspectives on successful aging can be identified. In addition, the purpose of this study is to derive various subjective perceptions of the successful aging of nursing students and to enhance the understanding of the successful aging of nursing students. It identifies subjective types and serves as the basic data needed to research and develop effective nursing strategies in an ultra-aging society.

Research Purpose: The purpose of this study is to

explore the types of recognition of successful aging of nursing students and their characteristics by applying the Q methodology to grasp the subject's subjective perspective. The specific research objectives are as follows.

1. Type the perception of nursing students' successful aging.
2. Analyze and describe the characteristics of nursing students' perception of successful aging by type.

Research Method

Research Design: This study is an exploratory study applying the Q methodology, a subjectivity study method, to systematically and scientifically explore the perception of aging in nursing students.

Research Subject: The subject of this study is to understand the trend of successful aging subjectively perceived by nursing students. It is a P-sample that can best reveal successful aging, and was targeted at nursing students enrolled in the Department of Nursing in City C. In order to form the Q population, a total of 50 subjects including 3 subjects who participated in the interview were conveniently sampled, and 50 subjects who were recruited through the recruitment announcement explained the purpose and procedure of the study and received voluntary consent for the study. The study explained that the subjects can withdraw from the study at any time they do not want to participate in the study, and that there is no penalty. A total of 49 P-samples were used for the study, excluding one who responded insult to the questionnaire.

Research Process:

Composition of Q population and Q sample: In this study, the Q population was formed based on the collected data by reviewing the literature on successful aging and conducting in-depth interviews with nursing students.

The subjects of the in-depth interview to obtain the Q recruitment group on the successful aging of nursing students are three nursing students aged 20 to 29 who are enrolled in the nursing department located in C city. It was selected as a target.

The in-depth interview on the perception of successful aging of nursing students was conducted for about 3 days from September 10, 2020 to September 13, 2020, and a total of 75 Q recruitment groups

were extracted. In the Q population extracted on the successful aging of nursing students, a researcher and two nursing professors participated together to readjust the sentences, exchange opinions several times, and then select 21 Q samples (Table 1).

Q sorting: It took about 30 minutes for the Q classification, general characteristics investigation, and interview, and the Q sample classification period was implemented from September 14, 2020 to September 18, 2020. For classification of Q samples, a final Q sample is written on a paper card (Q-card), and each Q statement card is read by a research participant. It was divided into three parts. After completing the classification into three groups, the statements of the Q statement card group classified as agreeing were read again, and the Q statement cards were sorted in order from the most agreeing (+3) to neutral (0). Similarly, the Q statement card group classified as disagreeable was classified from the most disagreeable (-3) to neutral (0), and arranged according to the card arrangement distribution table shown in <Figure 1>. After the classification was completed, we tried to obtain useful information when interpreting the Q factor through questions related to reasons, feelings, and successful aging for each statement. While the subject was performing Q classification, the researcher sat near the subject, instructed the classification method, and collected data on general characteristics such as age, gender, and religion. It took about 30 minutes for the Q classification, writing questionnaire, and interview.

Data Analysis: This study was analyzed using the principal component analysis of the PQ method program, and the specific analysis method is as follows.

1. 21 Q statements were entered with -3 to 3 points assigned to each P sample depending on the level of consent or disagreement.
2. In order to determine the most ideal number of factors, the most appropriate one was selected based on an Eigen value of 1.0 or higher.
3. The standard score for each type (Z-score) and the average of the standard scores for each type were analyzed.
4. Strong consent items (Z-score 1.00 or higher) and strong disagreement items (Z-score -1.00 or higher) by type were extracted and analyzed.
5. In order to analyze the reasons for selecting consent items and non-consent items of each type,

general characteristics, questionnaire data, and statements of the subject were considered together to comprehensively analyze the characteristics of the types.

Results

Analysis of results: Six of the 49 subjects in this study (P-11, 15, 23, 29, 45, 48) were not classified as one factor because the difference in factor weights was not significant. The age ranged from 20 to 23 years old (Table 2).

According to the characteristics of each type, the four types of recognition of successful aging of nursing students in this study were 'capitalism type' with 23 students for type 1, 7 for type 2, 'self-esteem type', and type 3 for 'adaptive type', 4 types were classified as 'stable' into 5 persons. The Eigen Value by type of this study is as shown in (Table 3), and the explanatory power was 58%. In addition, the correlation coefficient between types 1 and 3 was the highest at $r = .49$, and the correlation coefficient between types 3 and 4 was slightly lower at $r = .07$ (Table 4).

Q type analysis:

Type 1: Capitalist type: Type 1 subjects said that health and economic requirements were more important than their appearance and wisdom for successful aging (Table 5). In particular, they recognized that health and happiness will follow if capital is satisfied.

Looking at this in detail, the statements of respondents with the first type of representativeness (factor weight 1.0 or more) are as follows.

The epitome of this type, P-21 (factor weight = .90) says, "In a capitalist society, there is nothing that should be money. The basis for successfully aging must also have capital. You must have your hobbies, your health and your money." Said. Through this, in this study, type 1 with these characteristics was named 'capitalism type'.

Type 2: Self-esteem type: Type 2 subjects said that the aspect related to self-esteem is important for successful aging (Table 5). They value the maintenance of sexual function, the success of their children, and interpersonal relationships, and that their self-esteem is more important than the economic requirements.

Looking at this in detail, the statements of respondents with the second type of representativeness

(factor weight 1.0 or more) are as follows. Typical of this type, P-30 (factor weight = .73) said, “It is important to be confident without money. What can be envious of others in old age? It is important to have children’s success, a strong sex life, and a friend or spouse who can be with them when they need help or are bored.”

Through this, in this study, type 2 with these characteristics was named ‘self-esteem type’.

Type 3: Adaptive type: Type 3 subjects said that adaptation according to the life cycle is important for successful aging (Table 5).

In particular, they said that they should not be afraid of changes due to aging, act at times, adapt and manage even if there are changes in the body, and devise a plan to live happily.

Specifically, the statements of respondents with the 3rd type of representativeness (factor weight 1.0 or more) are as follows. The epitome of this type, P-24 (factor weight = .77), says, “I think it is necessary to adapt flexibly over time. Everyone is aging and cannot reverse it. It is important to go in order.” Said. Through this, in this study, type 3 with these characteristics was named ‘adaptive type’.

Type 4: Stable type: Type 4 subjects recognized that it is important to feel a sense of stability for successful aging (Table 5).

They said that they need a family next to them in their old age, hobbies and housing that can lead to a successful and stable life for the family. In particular, they did not have any dynamic changes in their life after retirement, and they showed a tendency to want a quiet and comfortable life.

Specifically, the statements of respondents with the 4th type of representativeness (factor weight 1.0 or more) are as follows. The epitome of this type, P-24 (factor weight = .74), said, “I only have my own home and retire, but I wish there was no change in life. I hope to maintain my current life and continue my happiness.” Said. Through this, in this study, type 4 with these characteristics was named ‘stable type’.

Table 1. Q Statement

Statement
1. Live happily without worries.
2. There is no economic burden.
3. Have a job.
4. There is no problem with sexual function.
5. There are no special health problems.
6. Children succeed.
7. You have a good relationship with your spouse.
8. I have a lot of friends around me.
9. Honor those around you.
10. There are self-owned houses.
11. I have a hobby.
12. You look young.
13. A experienced people
14. You can get a pension in the country.
15. I get along well with the younger generation.
16. I am not afraid of challenges and failures.
17. I am not afraid of change.
18. Raising grandchildren.
19. You can go on a trip.
20. You are managing chronic diseases well.
21. There is no memory loss.

Table 2. General characteristics and factor weights of P samples by type

Type	ID	Factor weights	Age (yrs)	Religion
Type1 (n=23)	P-1	0.46	20	Protestant
	P-5	0.83	20	None
	P-7	0.63	20	None
	P-9	0.69	20	Buddhism
	P-12	0.76	21	Buddhism
	P-14	0.66	21	Protestant
	P-17	0.79	23	None
	P-18	0.73	23	None
	P-19	0.73	23	None
	P-20	0.76	23	Catholic
	P-21*	0.90	23	Catholic
	P-22	0.59	23	None
	P-32	0.57	23	Protestant
	P-35	0.43	21	None

Type	ID	Factor weights	Age (yrs)	Religion
	P-36	0.82	21	Protestant
	P-37	0.73	21	Catholic
	P-38	0.64	21	None
	P-40	0.64	21	Buddhism
	P-41	0.71	21	None
	P-42	0.78	21	None
	P-44	0.76	21	None
	P-47	0.86	21	None
	P-49	0.72	21	Catholic
Type2	P-4	0.71	20	Catholic
(n=7)	P-16	0.62	20	Protestant
	P-25	0.62	22	None
	P-26	0.72	22	None
	P-28	0.63	22	Catholic
	P-30*	0.73	22	Buddhism
	P-34	0.50	22	None
Type3	P-3	0.69	20	Protestant
(n=8)	P-8	0.56	20	None
	P-10	0.56	20	Protestant
	P-24*	0.77	22	Catholic
	P-31	0.51	22	Catholic

Type	ID	Factor weights	Age (yrs)	Religion
	P-39	0.62	21	Buddhism
	P-43	0.70	21	None
	P-46	0.71	21	None
Type4	P-2	0.65	20	None
(n=5)	P-6	0.65	20	None
	P-13	0.46	20	Buddhism
	P-27	0.59	22	None
	P-33*	0.74	22	Protestant

Table 3. Eigen value and Variance by Type

	Type1	Type2	Type3	Type4
Eigen values	15.63	6.34	3.75	3.20
Variance (%)	27	10	13	8
Cumulative (%)	27	37	50	58

Table 4. Correlations among the Types

	Type1	Type2	Type3	Type4
Type1	1.00			
Type2	0.12	1.00		
Type3	0.49	0.10	1.00	
Type4	0.09	0.41	0.07	1.00

Table 5. Z-score for each type

Statement	Z-score			
	Type 1	Type 2	Type 3	Type 4
1. Live happily without worries.	1.51		1.13	
2. There is no economic burden.	1.65			
3. Have a job.				-1.65
4. There is no problem with sexual function.	-1.08	1.87		
5. There are no special health problems.	1.83		1.67	
6. Children succeed.		1.33	-1.02	1.05
7. You have a good relationship with your spouse.		1.32		1.58
8. I have a lot of friends around me.		1.30		
9. Honor those around you.				
10. There are self-owned houses.				1.11
11. I have a hobby.			1.23	
12. You look young.	-1.52			
13. A experienced people	-1.18		-1.39	
14. You can get a pension in the country.		-1.99		

Statement	Z-score			
	Type 1	Type 2	Type 3	Type 4
15. I get along well with the younger generation.	-1.33			
16. I am not afraid of challenges and failures.				
17. I am not afraid of change.			1.31	
18. Raising grandchildren.	-1.53		-1.02	-1.40
19. You can go on a trip.				-1.15
20. You are managing chronic diseases well.			1.17	
21. There is no memory loss.			-1.34	-1.73

※ Blank is a statement with no significant standard score.

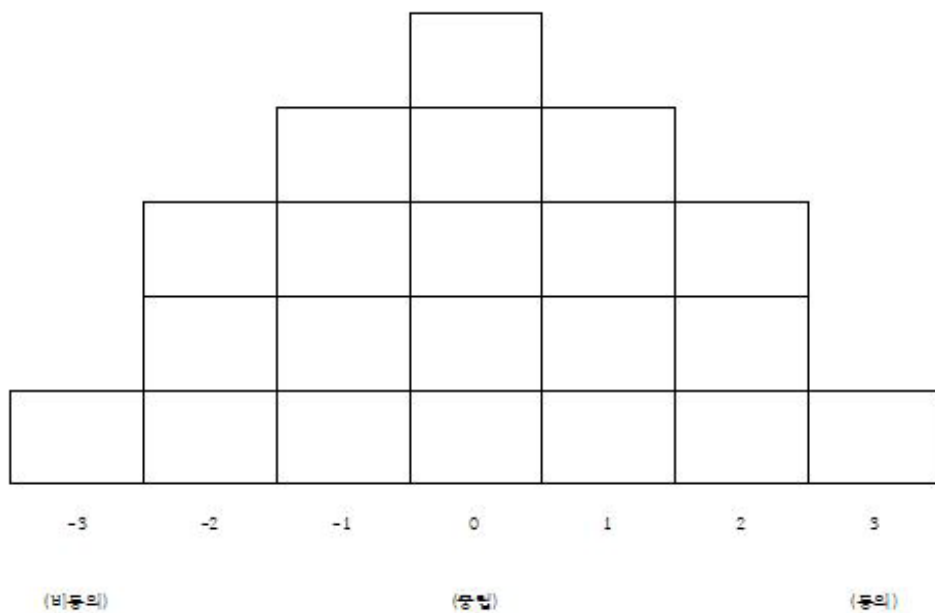


Figure 1. Card arrangement distribution table

Discussion and Conclusion

In the undergraduate course of the nursing college, it is necessary to establish a value system of nursing professions with a sense of humanity and nursing ethics, and based on this, education that can cultivate the ability to cope with various problem situations faced in the field is necessary. This study was conducted as part of an effort to manage and solve problems in our society where the current traditional virtue of the path ideology has collapsed and the elderly are directly or indirectly experiencing various ¹⁵.

It is believed that the first study of the concept of successful aging recognized by nursing students through this study will serve as basic data for fostering a positive perception of old age.

In this study, four types of nursing students' perception of successful aging were identified as "Type 1: Capitalism", "Type 2: Self-Esteem", "Type 3: Adaptive", and "Type 4: Stable".

Existing studies on successful aging have been mainly searched around old age at home and abroad^{2,16} and research on the perception of old age by nurses and nursing students who are mainly caring for the elderly in an aging society. There are not many situations. Therefore, the four types of successful aging of nursing students identified in this study are thought to be able to present the characteristics of successful aging recognized by the younger generation and nursing students, as each type shows the attributes and various characteristics of successful aging. As a result of this study, the four types were analyzed to have properties such as health, leisure,

interpersonal relationships, and economic conditions. Looking at this in detail, types 1 and 4 recognized that economic factors were important. The economic requirements of retirement increase the quality of life by satisfying the elderly's income needs, satisfying the leisure needs through hobbies and leisure activities, and satisfying diverse and complex needs such as health and social psychological needs¹⁷.

According to a study by Han¹⁸, economic capital in old age influences the successful aging of capital formed before old age. Economic stability and security in old age can be the basis for the elderly's autonomous life and self-fulfillment orientation, active participation in life, family, interpersonal satisfaction, and acceptance of others¹⁹, the national pension system or the retirement pension system. It can be said that it is necessary to enlarge the back. This is a part that cannot be overlooked as the elderly who suffer from economic hardships can psychologically contract and interfere with social activities²⁰.

On the contrary, Type 2 regarded interpersonal relationships as important, but Hong and Lim²¹ said that people tend to maintain social relationships built up at work and in society even after retirement, and people with high self-esteem tend to value interpersonal relationships. There was said to be. In old age, it is highly likely that the scope of the social support system will be reduced due to the death of neighbors such as spouses, brothers, and sisters and becoming a nuclear family²². Therefore, it is necessary to prepare a nursing intervention plan that can improve interpersonal relationships and self-esteem in nursing practice in old age.

In addition, it was said that type 3 and type 4 should have a hobby to enjoy leisure. Leisure means free time without restraint, and through leisure, it can be an opportunity for self-realization by getting a break from the tension of relationships that occur in retirement life, and restoring the balance of one's life²³. Leisure goes beyond simply spending time or promoting fellowship, providing an opportunity for the elderly to participate in a positive society, not isolation from society, and an opportunity to experience social support²⁴. In addition, leisure satisfaction that can be obtained through leisure activities is an important variable of successful aging²⁵. Leisure in the life of old age represents a mental state, becoming free from the forced life, becoming the core of human existence, and wanting oneself. It refers to a pleasant state of being connected while doing the

selected work²⁶. Therefore, leisure has its essence in resolving various and complex mental anxieties caused by the prolongation of life expectancy and the loss of official social roles, and allowing people to feel joy and reward in life²⁷.

Types 1 and 4 pointed to health as an important factor in successful aging. Health problems in old age negatively affect life in terms of economic, social relations, and psycho-emotional aspects, and in middle age, individuals from the first half of adults to old age due to the effects of accumulated experiences. Because it is the time to make the difference in the health level of women even larger^{28,29}, intervention measures that appropriately apply recognition should be sought.

Erikson presents self-integration as a major development task to be carried out in old age, sees and accepts one's past, present, and future, resolves conflicts and guilt of the past, organizes life, and achieves self-integration³⁰. However, no part of self-actualization was found in the traits of successful aging of nursing students identified in this study. Therefore, the importance of self-integration should be emphasized in the curriculum, including the mediation of successful aging recognized by nursing students. This is considered to be an effective way for nursing students to establish personal standards for successful aging in old age, to achieve self-integration by preparing for old age, and to grow into a nurse who can help achieve successful aging. In addition, it is expected that this study can be used as an institutional device and basic data for education to achieve successful aging in the old age.

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