

should be paid to the cultivation of talents, the use of cross-field, interdisciplinary approach, the use of new media and traditional ethnic sports and cultural research personnel to form a high-quality propaganda team. Thirdly, to further expand the cultural dissemination carrier, the audience of ethnic sports culture can be expanded by establishing a multi-lingual system, so that it can go to the international stage and increase the propagation of China's ethnic culture.

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BASED ON ECONOMIC BACKGROUND ON SUPPORT AND MENTAL HEALTH OF URBAN RETIRED ELDERLY

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Background: Population aging refers to the process in which the proportion of the elderly population increases as the number of young people decreases and the number of elderly people increases in the total population. China has entered an aging society since 1999. With the aggravation of the aging problem, the social burden also increases. Meanwhile, China is further faced with problems such as the shrinking family size of the elderly population and the increasing number of the elderly living alone with empty nests. Especially in the current economic development background, the relevant departments should actively cope with the serious situation of population aging fast development, in view of the town of retired old people promoting pension service work, strengthen the construction of elderly activities, development of old age education, strengthening the old methods and so on propaganda work to meet the demand of urban retired elderly endowment, And promote the sustainable development of China's aging cause. With the improvement of the level of economic development, the attention to the psychological problems of the elderly population has become an important part of the pension cause, and how to improve the mental health level of the urban retired elderly is also the issue that the relevant departments need to focus on. With the increase of age, the elderly need to face changes in health status and social environment, which will also cause certain psychological problems, so it is necessary for relevant departments to strengthen the research on the pension and psychological characteristics of the urban retired elderly, in order to meet the needs of the elderly and improve their mental health level.

Objective: At present, China is in the period of economic structure and social structure reform, and the cause of aging is also facing new situation, new situation and new problems. In this process, relevant departments should adhere to the work on aging, so as to promote comprehensive, coordinated and sustainable development. Under the background of current economic development, more humanistic care should be given to the urban retired elderly to maintain, realize and develop their vital interests. With economic development and progress of consciousness, the urban pension mode gradually from family pension is given priority to family pension, institution endowment, family endowment and community endowment etc. Various patterns change, at the same time need according to the physiological and psychological characteristics to explore the elderly out more scientific and reasonable model, in order to realize the urban old-age retirement proper solution of the problem. Combined with the current development trend, the research objectives of this topic mainly include: (1) analyze the pension willingness and demand of the urban retired elderly, and get the factors influencing the willingness and demand on the basis of constructing the corresponding theoretical analysis framework; (2) Fully understand the physiological and psychological characteristics of the elderly, and give more attention to their psychological care problems, so as to help the elderly spend their old age happily; (3) Through theoretical analysis, put forward effective measures to meet the pension needs of urban retired elderly group and improve their mental health level.

Subjects and methods: The research object of this topic is in the current economic development background, the needs of the urban retired elderly group and the psychological health problems, and explore the factors affecting their needs and psychological problems. The research methods include (1) literature research. Extensive reading of relevant theoretical literature and research monographs at home and abroad, understanding and mastering relevant theoretical trends at home and abroad, and providing

an important theoretical basis for subsequent research; (2) Questionnaire survey. Through the questionnaire analysis of the urban elderly retirement needs and psychological problems, and provide reliable data for the investigation.

Results: According to the study, age, record of formal schooling, the identity of the retired elderly people in cities and towns on the pension demand is put in bigger difference, the performance level of the basic pension demand meet the theory of maslow's hierarchy of needs, including physiological needs and security needs, feelings of belonging, and respected needs as well as the realization of self-worth, and embodied in the old time, old-aged's providing with teaching. And the factors that affect their pension needs mainly include the economic level of the elderly, family relations, age and physical condition as well as the change in role, etc. At the same time, under the influence of these factors, the urban retired elderly group is also prone to loss, loneliness, fear, depression, forgetfulness and other mental health problems. To better serve the needs of the elderly endowment and enhance the level of their mental health and relevant departments should step up pension institution building, for the elderly to provide more adequate old-age security, to carry out the specialized service system construction, increasing the elderly mental health education, so as to help the elderly to ensure cheerful mood, to enhance the quality of intelligence, At the same time to build a harmonious family and social relations.

Conclusions: Urban old-age retirement needs and mental health and economic development and social progress has a very closely linked, through the research to the elderly endowment demand and psychological status and related influencing factors, the relevant departments is necessary in view of the problems that exist in the pension system in our country put forward the corresponding solutions. At the same time in the process of solving the pension problem should also strengthen the attention to the elderly psychological care, take active and effective measures to help the elderly to maintain physical and mental health, improve the quality of life.

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