



Research on the Construction of Policy System for Actively Responding to Aging in the Era of Negative Population Growth

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Abstract. Negative population growth means that the birth rate is lower than the mortality rate, which leads to negative Rate of natural increase at this stage. Currently, many countries in the world are currently experiencing or have been experiencing negative population growth for a long time. In 2022, China experienced negative population growth for the first time since 1961. It is not ruled out that various influencing factors such as the epidemic have led to negative population growth in China in 2022. However, we should still make sufficient preparations, as the turning point of negative population growth is indeed approaching or approaching. At the same time, China is already in an aging society, with a certain proportion of elderly people, and the pressure on society is becoming increasingly prominent. In the overlap of negative population growth and aging, we should start from a policy perspective, starting from the government, society, and family levels, and promote the construction of a policy system to actively respond to aging in the era of negative population growth, and do a good job of actively responding.

Keywords: Negative population growth; Aging; Policy system construction

1 Introduction

Negative population growth has multiple impacts on current society, such as education, healthcare, and social security. In terms of data, based on the sixth national population census, China's population has approached negative growth. Especially at the end of 2022, the national population (excluding Hong Kong, Macao, and Taiwan residents and foreign nationals residing in 31 provinces, autonomous regions, and municipalities directly under the central government) was 1411.75 million, a decrease of 850000 compared to the end of the previous year. For data related to population aging, from 1962 to 1976, the annual birth population was 24.21 million, which means that in the next 30 years starting from 2022, China's population aging will accelerate, profoundly affecting all aspects of China^[1]. At present, multiple regions in China have launched various policies to actively respond to aging, including pension, elderly care industry, and other aspects. What we need now is to construct a policy

system to actively respond to aging in the era of negative population growth, fully unleash China's institutional advantages, and provide reference and ideas for better responding to population aging in the era of negative population growth.

2 The central idea and basic logic of policy system construction

From the perspective of supervisors, the problems behind population aging stem from the birth rate and age structure of the population at a certain stage, which are explicit factors. However, there is also a hidden factor, that is, people's values, specifically including the concept of fertility, lifestyle, etc., which requires us to have a systematic thinking, be good at finding commonalities from complex problems, hit the pain points, do a good job in top-level design, and build a Logical framework^[2-3].

2.1 The central idea of constructing a policy system

The central idea of constructing a policy system to actively respond to aging in the era of negative population growth is to actively respond to aging, because aging is an objective reality that cannot be prevented or changed, and requires us to actively respond rather than prevent it. Under the guidance of this central idea, we need to start from two aspects and do a good job in top-level design. One is to strengthen conceptual design. The concept design includes the construction of the concept of actively responding to aging, and the shaping of the progressiveness nature of the concept of actively responding to aging. It requires us to have innovative thinking and be able to put forward the concept of actively responding to aging in line with China's national conditions while learning international experience^[4]. The second is to do a good job in overall planning. The construction of policy systems is a systematic work that involves all aspects of social development and has a profound impact. Therefore, it is necessary to fully grasp the basic situation of all parties and the goals they want to achieve, based on the reality of China's large population and resource shortage, so that the policy system can be more reasonable and powerful.

2.2 The Basic Logic of Policy System Construction

One is to clarify the focus of actively addressing the construction of the aging policy system. After reviewing and summarizing relevant research, we believe that health, security, and participation should be the focus of actively addressing the construction of the aging policy system. In terms of health, aging inevitably leads to a demand for health, which is the basic demand of elderly people's lives. At the same time, the concept of health here is not only about going to hospitals for treatment of diseases in the traditional sense, but also a form of health care, comprehensively improving the health level of the elderly. In terms of security, due to the large aging population base and inconsistent living standards in China, efforts need to be made to improve the overall level of security, including funding, safety, and other aspects. In terms of participation, we advocate the concept of 'elderly people have something to do' and con-

tribute to the development of society. Therefore, efforts should be made to strengthen the social participation of the elderly, while reducing social pressure, highlighting the value of the elderly in the era and enhancing their spiritual supply. The second is to grasp the challenges of actively responding to the construction of an aging policy system^[5]. The challenges come from three aspects. One is the superposition of population aging and negative population growth, which increases the difficulty for us to cope with aging. Secondly, the aging population has a large base, and the formulation of policies has a more profound impact on society. Thirdly, resources are scarce, and China is relatively short of resources, which cannot provide us with a solid supply of resources to cope with aging.

3 Multiple Reflections and Scheme Design on the Construction of Policy System

As mentioned earlier, China has introduced a series of policy measures at the national level and in some regions to address aging, but they are still at a short-term level and have not reached a systematic and long-term level. However, China will be in an aging society for a long time, and the pressure of negative population growth is becoming increasingly prominent. Therefore, it is more important to do a systematic and long-term planning.

3.1 Propose a health oriented policy system

Health is the first major problem and also a major challenge faced by the aging population. We need to change our mindset from a past coping and hospital style mindset to a preventive and wellness oriented mindset. This not only strengthens the physical fitness of the elderly, but also reduces the proportion of only children taking care of sick elderly people, which has many advantages^[6]. Firstly, strengthen the review of the construction of the health and wellness medical industry. At present, many regions in China have begun to construct the health and wellness medical industry, but there have been problems such as imbalanced development between various types of health and wellness medical industries, imbalanced industrial development between developed and underdeveloped regions, and insufficient advanced industrial development concepts. Therefore, it is necessary to strengthen the review of the health and wellness medical industry, focus on reviewing the development concept of the industry, and avoid the situation of falling behind just after construction. Strengthen financial subsidies and support for the development of the healthcare industry. Each region should introduce corresponding fiscal and financial policies to support enterprises in investing in the healthcare industry. At the same time, we will guide central and state-owned enterprises to actively invest in the healthcare industry, presenting a good situation of competitive development. Thirdly, vigorously support the development of traditional Chinese medicine. One of the differences between traditional Chinese medicine and Western medicine is that traditional Chinese medicine regards people as an adult and advocates for health preservation and prevention, which coincides with

our philosophy of dealing with aging. Corresponding policies should be introduced to support the development of traditional Chinese medicine, such as adding TCM related majors in schools, providing assistance in living subsidies, employment, and increasing subsidies in the cultivation of traditional Chinese medicine, in order to increase farmers' willingness to plant traditional Chinese medicine.

3.2 Propose a policy system oriented towards security

Security is a necessary and challenging issue to address the aging population. Our country has a large population base of elderly people, and we cannot refer to relevant foreign experiences. We can only establish a Chinese style population aging security system. Firstly, strengthen the distribution of pension funds. Pension is an important way to ensure the livelihood of the elderly. Due to our institutional advantages, we can ensure that pension policies remain unchanged for a long time. Therefore, efforts should be made in the distribution of pension funds. On the one hand, we need to continuously increase the amount of pension payments based on social development, and on the other hand, we need to enrich the distribution mode of pension funds, such as regularly distributing dental examination vouchers, movie vouchers, etc. to the elderly, to further enhance the cultural security of their lives. Secondly, improve the construction of living infrastructure for the elderly. Strengthen the construction of new communities, create performance stages and provide calligraphy and painting materials for the elderly, so that they can meet their cultural needs without consumption. Thirdly, a flexible retirement extension system. Many elderly people are unwilling to retire. On the one hand, their salary and benefits will decrease after retirement, and on the other hand, due to the fact that they have adapted to long-term work, it is difficult for them to suddenly become unemployed. Therefore, it is necessary to flexibly introduce a retirement extension system and encourage elderly people who are unwilling to retire to stay in their work positions, or to continue to shine in communities, literary and artistic associations, and other areas^[7].

3.3 Propose a participatory policy system

The concept of 'elderly people have something to do' is proposed to further highlight the value of the elderly and play their role, which is completely consistent with our response to aging^[8]. Firstly, the government has launched public welfare positions to encourage the participation of elderly people. The government should establish public welfare positions targeting the elderly in communities, public welfare organizations, and group organizations, and provide sufficient material and spiritual encouragement and assistance to stimulate the enthusiasm and enthusiasm of the elderly. Secondly, establish a multi-dimensional and diversified elderly think tank for the elderly, mobilize their widespread participation, provide advice and suggestions for various aspects of social development, and further enrich the ways in which elderly people participate in social governance. Thirdly, enhance the family participation of the elderly. Due to the implementation of policies in the past period, many families are currently single child families, and these only children have reached the optimal reproductive age.

However, due to reproductive pressure, their willingness to have children has been affected. Therefore, it is necessary to increase the participation of elderly people in the family, and through financial and other policies, help them better participate in childcare, household chores and other work, such as organizing family participation training courses and providing living subsidies.

3.4 Propose a policy system for collaborative development

The construction of a policy system is not only limited to health, security, and participation, but also reflected in various aspects of social development, such as regional coordination, public services, safety, etc. Therefore, it is necessary to propose a policy system oriented towards collaborative development. Firstly, strengthen the coordinated development of aging protection regions. The development situation in various regions of our country is inconsistent. Areas with good economic development have relatively good elderly care security, while areas with weak economic development have relatively insufficient elderly care security. This has led to further population loss, which continues to affect the local economy and creates a vicious cycle. Therefore, it is necessary to strengthen the coordinated development of aging security regions and try to lower the level of elderly security between different regions as much as possible^[9]. Secondly, improve the level of public services for aging population. We need to continue to deepen public service reform, launch service windows for the elderly, and further integrate various public services for the elderly, achieving one-stop services. Thirdly, strengthen the construction of a safety system for the elderly. The elderly are vulnerable groups in society, vulnerable to Phone fraud, reality bullying and other issues. We should strengthen the supervision of the telecommunications network of the elderly, give early warning and notify their families when they may suffer from Phone fraud, so as to avoid possible losses. Strengthen legal aid for the elderly, establish special funds to hire assistance lawyers for the elderly in need, and legally protect the legitimate rights and interests of the elderly.

4 Conclusion

Against the backdrop of negative population growth, we need to actively face the issue of aging and make systematic and long-term plans. Facing the three key areas of health, security, and participation, we need to strengthen policy formulation to ensure the basic needs of the elderly. At the same time, we propose policies aimed at coordinated development, comprehensively strengthening the rights and interests of all parties of the elderly, in order to build a policy system that actively responds to aging, in order to cope with the dual impact of the era of negative population growth and aging population^[10].

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