



Research on the Current Situation and Social Support for Losing-Single-Child Families in China

Bo Liu*, Xueming He

School of Public Administration, Guangzhou University, Guangzhou, Guangdong, 510006, China.

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***Corresponding author:** Bo Liu, School of Public Administration, Guangzhou University, Guangzhou, Guangdong, 510006, China.
Email: boliush@aliyun.com

Abstract

In recent years, the problem of losing-single-child family has become an increasingly serious social issue. To solve the problem of losing-single-child family, the government, communities and social organizations need to work together to build a comprehensive social support system for losing-single-child families. This paper uses the methods of literature research, questionnaires and interviews to understand the financial, health, mental, social interaction and elderly care situations of losing-single-child families, and finds losing-single-child families are faced with the following problems: single source of income, gradually declining physical functions, health problems, lack of continuity in psychological counselling, low participation in social interaction and difficulties in elderly care. In addition, this paper discusses the current situation and problems of the social support of the government, communities and social organizations for the losing-single-child families. Finally, the optimization path is proposed.

Keywords

Losing-single-child Family, Social Support, Optimization Path

1. Question Raised

Since the implementation of the family planning policy in the 1980s, China has made great achievements in controlling the excessive growth of population, but this has also led to the emergence of a large number of one-child families, which have gradually become the dominant form of family structure in society. Due to the fragility of this family structure, in the event of the death of the single child, the family will be devastated and become losing-single-child family. According to the statistics, the number of losing-single-child families in China has exceeded one million, and is increasing at a rate 76,000 every year. It is estimated that the number of losing-single-child families in China will exceed 11million by 2050^[1]. The problem of losing single child has led to the shattering of the family structure, breaking the family inheritance and bringing immeasurable negative impacts to losing-single-child families, which will inevitably affect the fairness and stability of society if not addressed in a timely and effective manner. The problems faced by losing-single-child families require the joint efforts of the society and the government to take effective measures to build a sound social support system. In recent years, losing-single-child families have gradually become a focus of academic attention, which scholars generally focusing on three major aspects: the survival dilemma of losing-single-child families, institutional construction and intervention paths. For example, Qing Guo and Jian'e Sun (2015) proposed that losing the single child can undermine the original family structure and function and weaken the parents' ability to withstand risks, leaving them with individual difficulties such as financial hardship, elderly care difficulties, psychological vulnerability, Social interaction difficulties and self-isolation. Xiaojun Xu and Nannan Zhang (2020) argued that the fertility concept of "inheriting

^[1] National Ageing Release: China's Ageing Development Report (2013).

the lineage” and “more children, more happiness” will eliminate the meaning and value of life for losing-single-child families, making them suffer from psychological marginalization such as self-denial, identity barriers, and structural marginalization such as social exclusion, become a de facto double marginalized person in society. ^[2]Yongcai Xie and Maofu Wang (2015) argue that there are many drawbacks in the current support policy for losing-single-child families, such as unclear responsibility, low coverage, low protection standards, and a lack of institutional system. Xiaojun Xu and Qian Hu (2016) argued that the government should assume the “bottom-line responsibility” for those losing-single-child families, including basic living security, basic employment security, basic old-age security and basic medical security. ^[3]Yantao Liu pointed out that the lack of the role of the government is one of the main problems faced by the social support of rural losing-single-child families. ^[4]Liang Xiong and Yuetang Chen (2017) believed that the “community +” differentiated service supply model for losing-single-child families should be based on the community service platform to meet the needs of losing-single-families with limited resources to the greatest benefit. ^[5]Bo Liu and Zhe Yuan (2019) argued that current research on support policies for losing-single-child families mostly focus on the level of economic support. ^[6]There are many overseas researches on bereavement and empty-nest families, which can provide us with some new perspectives on the study of families who have lost their single child. Langes ruder Her of son (2012) and others conducted interviews with 31 elderly who lost their only children through qualitative research methods, and analyzed the feelings of the elderly: a sense of loss and regret, a significant decline in living standards and quality of life ^[7]; Van Hengbeck (2013) found that bereavement seriously affected the mental health of the parents by following up the parents who had lost their children. Often, severe psychiatric symptoms such as depression are evident. ^[8]John Giles, Dewen Wang and Changbao Zhao (2011) highlight the importance of home care as a response to the problem of empty nesters ^[9].

Generally speaking, most of the studies by scholars have focused on the financial, elderly and mental problems of losing-single-child families, and the main body of research is the government’s single support system, with few studies on the multiple social support aspects of losing-single-child families. As an important international city, Guangzhou is typical in supporting losing-single-child families. In view of this, this paper takes Guangzhou as a case to explore in depth the current situation and social support system of losing-single-child families in China.

2. The Current Situation of Losing-Single-Child Families

2.1. Basic overview of losing-single-child families

According to the official figures released by the National Family Planning Commission, the number of losing-single-child families in China currently stands at around one million. A survey showed that by the end of 2012, there were about 897,000 one-child families in Guangzhou, of which about 4,200 were losing-single-child families. Ying Pan estimated the number of losing-single-child mothers by using the traditional method of “the birth pattern of the single child and the birth pattern of the existing children”. Combined with the proportion of the permanent population in Guangzhou’s registered population, she calculated that there were about 3,800 losing-single-child

^[2]Xiaojun Xu, Nannan Zhang. The "Psychological-Structure" Path of Social Marginalization—Based on the Empirical Study of losing-single-child groups in Contemporary China [J]. *Sociological Research*, 2020, 35(03): 145-168+245.

^[3]Xiaojun Xu, Qian Hu. On the government’s bottom line responsibility in social security for the losing-single-child groups [J] *Socialist research*, 2016 (06): 89-95.

^[4]Yantao Liu. Social support network and social work intervention strategies for rural losing-single-families -- Based on a case study of three rural losing-single-families in C Town, Shandong Province [J] *Social welfare (theoretical Edition)*, 2017 (03): 58-61.

^[5]Liang Xiong, Yuetang Chen. Research on the "community +" differentiated service model of losing-single-families-- based on the experience of the Yangtze River Delta region [J] *Journal of Nantong University (Social Science Edition)*, 2017, 33(04): 31-36.

^[6]Bo Liu, Zhe Yuan. (2019). The Dilemma of Economic Support Policy for Losing-Single -Child Families and Its Correction-Analysis of Family Support Policies with Family Planning Difficulties in 21 Cities of Guangdong Province [J]. *Journal of Xiangtan University (Philosophy and Social Sciences Edition)*, 43(06): 30-39.

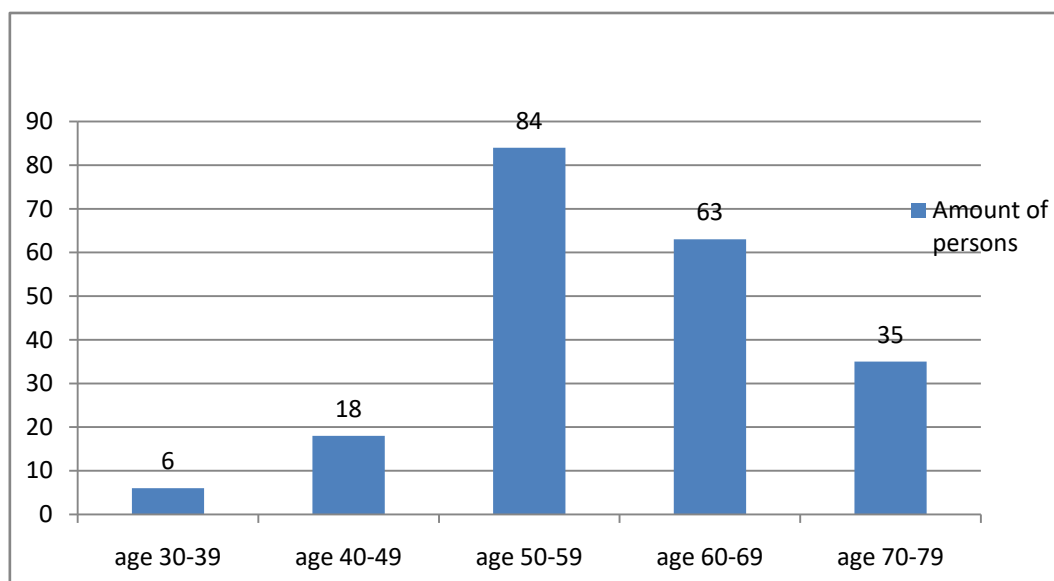
^[7]Heir T, Langsrud O, Herlofsen PH, et al. Parental mental health after the accidental death of a son during military service: 23-year follow-up study [J]. *The Journal of Nervous and Mental Disease*, 2012, 200(1): 63-68.

^[8]VanHumbeeck, L., Piers, R. D., VanCamp, S., et al. Aged parents’ experiences during a critical illness trajectory and after the death of an adult child: A review of the literature [J]. *Palliative medicine*, 2013, 27(7): 583-595.

^[9] John Giles, Dewen Wang, Changbao Zhao. Can China’s Rural Elderly Count on Support from Adult Children Implications of Rural-to-Urban Migration, *Journal of Population Ageing*. Springer Science Business Media B.V. 2011.

families in Guangzhou. ^[10]At the end of 2017, Guangzhou Municipal Human Resources and Social Security Bureau announced that the number of people receiving special support for one child families in the city reached more than 8,000. In order to better understand the realities and social support factors of losing-single-child families in Guangzhou, we conducted a survey in the form of questionnaires with the help of Guangzhou Social Work Centre, which provides services for losing-single-child families. A total of 213 questionnaires were sent out and 212 were returned, with 6 invalid questionnaires and 206 valid questionnaires, an effective rate of 96.8%.

As the graph shows, there were 106 males in the survey, accounting for 51.5% of the sample, and 100 females, accounting for 48.5% of the sample, a relatively even total between males and females. Of the 206 people in the random sample of losing -single -child families, the largest number of people in the age group of 50-59 years old, accounting for 40.8% of the total sample, followed by the age group of 60-69 years old, accounting for 30.6%, and a relatively large number of people in the age group of 70-79 years old, accounting for 17.0%, while the number of people under 50 years of age was relatively small, at 11.6%. From the analysis of the questionnaires and the media reports, we can conclude that the age group of the losing-single-child families in Guangzhou is mainly in the age group of 50-69 years old, with most of them being elderly. In terms of the regional distribution of the number of people in Guangzhou, there are more people in the Liwan, Haizhu, Yuexiu and Tianhe districts (especially in the old urban areas of Haizhu, Yuexiu and Liwan) and fewer in the Conghua, Zengcheng and Huadu districts.



Source: Compiled by the author from survey

Figure 1. Age structure of people in losing-single-child families in Guangzhou.

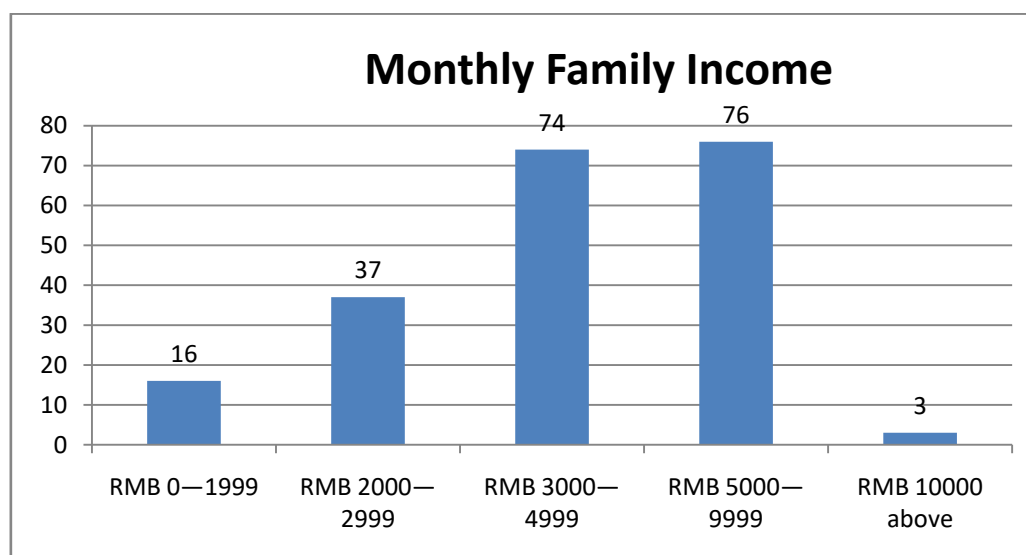
2.2. The current situation of losing-single-child families

We summarized the current situation of the losing-single-child families in Guangzhou in terms of financial, health, mental, social interaction and elderly care issues through home visits to the losing-single-child families and interviews with the staffs of the family planning office and social workers, combined with the data obtained from the questionnaires.

2.2.1. Financial status

This paper will analyse the current financial situation of losing-single-child families in Guangzhou from both subjective and objective perspectives. Objective indicators refer to total family income, is divided into five main indicators: RMB 0-1,999, RMB 2,000-2,999, RMB 3,000-4,999, RMB 5,000-9,999 and RMB 10,000 or more. The subjective indicators mainly include self-assessment of financial status, monthly family income and family income satisfaction. The results of the survey are presented as follows:

^[10]Ying Pan. Research on the system construction and policy design of social elderly care services for losing-single-child families in Guangzhou [D] Guangzhou University, 2018.



Source: Compiled by the author from survey

Figure 2. The monthly total family income of losing-single-child families.

There were 16 people with the monthly family income below RMB 1,999, accounting for 7.8% of the total number of the survey, 37 people with the monthly family income of RMB 2,000-2,999, accounting for 17.9% of the total number of the survey, and 74 people with the monthly family income of RMB 3,000-4,999, accounting for 35.9% of the total number of the survey. The largest number of families with a monthly income of RMB 5,000-9,999, 76 people, accounting for 36.9% of the total number of the survey, and the smallest number of families with the monthly family income of RMB 10,000 or more, accounting for 1.4% of the total survey. And in the subjective survey on the financial income of losing-single-child families, the main data are as follows:

Table 1. Subjective self-assessed financial status of losing-single-child families in Guangzhou

	Percentage %	Number of samples
Self-assessment of financial status		
very bad	12.2	25
bad	14.1	29
average	66.5	137
good	5.3	11
very good	1.9	4
Monthly family income		
Insufficient	33.5	69
just	52.4	108
sufficient	11.7	24
very adequate	2.4	5
Family income satisfaction		
very dissatisfied	7.8	16
dissatisfied	18.0	37
generally	51.4	106
satisfied	18.0	37
very satisfied	4.8	10

Source: Compiled by the author from survey

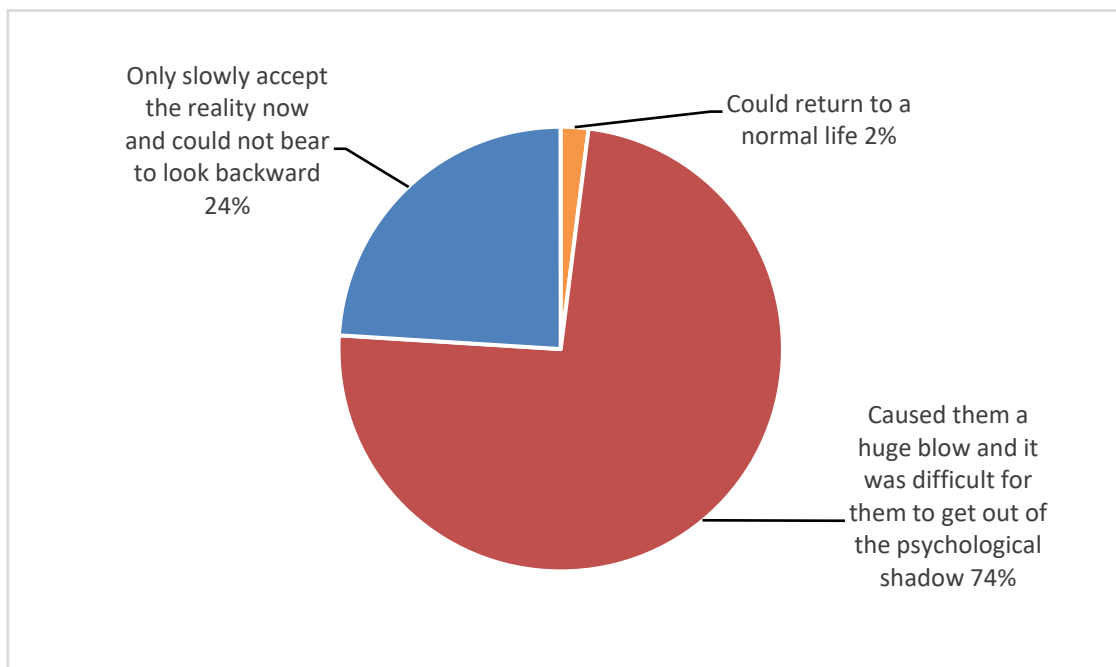
In terms of the subjective self-assessment of their financial situation, nearly half of them considered their financial situation to be average, while 26.3% considered their financial situation to be less than satisfactory. In terms of monthly families' income, about 66.5% felt that their income could support their living expenses, but at the same time, nearly 33.5% said they were in a state of insufficient income for expenditure; in terms of the level of satisfaction with their families' income, about 25.8% were dissatisfied with their families' income. From the above analysis, it can be seen that the monthly income of most of losing-single-child families can meet their basic needs and ensure their normal living, but at the same time, it cannot be ignored that some of losing-single-child families still have some financial difficulties. During the interviews, some of the elderly people have reflected to us some of the financial problems they have. Most of these people are between the ages of 50 and 70, and they are slowly entering or are already in old age. As they grow older, their physical functions weaken and their health deteriorates, leaving them with increasing medical expenses and limited financial resources, it is only a matter of time before they fall into poverty given the high cost of living.

2.2.2. Health status

The data from our survey shows that there is a significant difference between their ability to take care of themselves and their age. The proportion of those who are able to take care of themselves decreases as they get older, with those who are unable to take care of themselves mainly in the 70-79 age group, which also indicates that the health of those losing-single-child families is deteriorating with age. In our research, the number of parents of losing-single-child families with no obvious diseases was about 39.1%, and the number of those with chronic diseases was about 48.4%, making a total of about 87.5%. The incidence of various chronic diseases (such as hypertension and diabetes) is also increasing. In about ten to twenty years' time, the problem of elderly care for losing-single-child families will become increasingly prominent, and all social support agencies must plan ahead and take effective measures in time.

2.2.3. Mental status

After the death of their single children, the mental state of those who people is generally very poor. The death of their children leaves them in a state of grief for a long time, creating a lot of negative psychological emotions, fear and confusion about the reality of life, and excessive worries about their future life in old age, which seriously affects their physical and mental health. Surveys have shown that the majority of losing-single-child families suffer from mental health problems, such as low self-esteem, depression and loneliness.



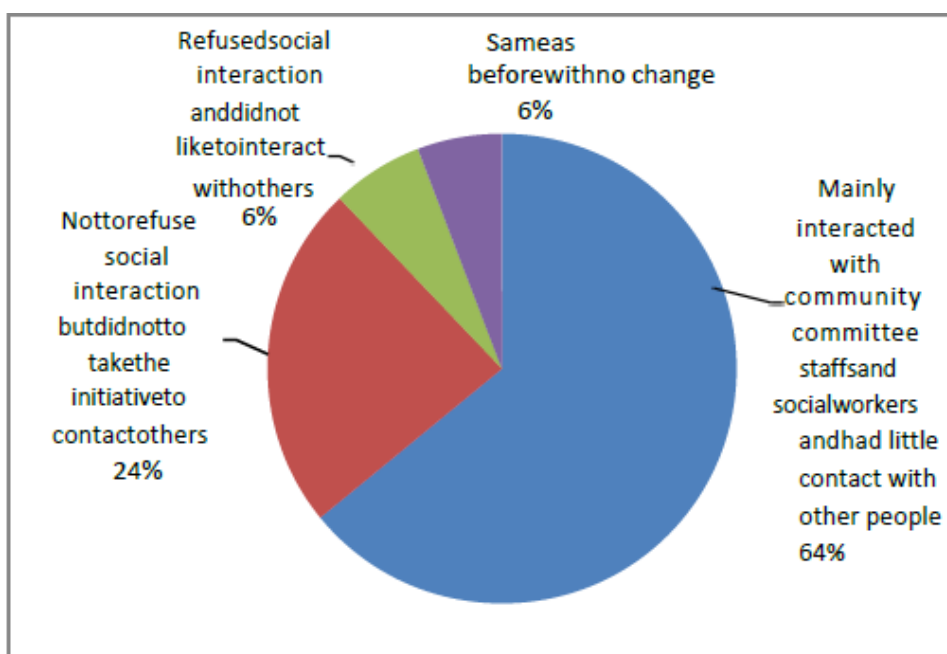
Source: Compiled by the author from survey.

Figure 3. The impact of the loss of children on losing-single-child families.

According to our survey, about 74% of losing-single-child families said that the death of their children had caused them a huge blow and it was difficult for them to get out of the psychological shadow. 24% of losing-single-child family members said that they could only slowly accept the reality now and could not bear to look backward, and only 2% of the losing-single-child families members thought that they could return to a normal life. It can be seen that the vast majority of the losing-single-child families had difficulty in getting over the impact of the loss of their only child for a long time and were in a poor state of mind. During the interviews, we often encountered these situations: when we first started to communicate with them about their daily lives, their emotions were relatively stable, but once they talked about the loss of their children, they often choked up and even burst into tears. Some of the parents also said: "I don't like the festivals, it's like an ordeal, I feel very lonely and very sad". Some of the community staffs said that some of them were resistant to their care and refused to communicate with them.

2.2.4. Social interaction status

For losing-single-child families, the range of social contacts is narrower, social interaction is less frequent, and the willingness and motivation to integrate into society is low, and they are often in a state of self isolation.



Source: Compiled by the author from survey

Figure 4. Status of social interaction of losing -single-child families.

According to our survey, 64% of the people in losing-single-child families said that they mainly interacted with community committee staffs and social workers, and had little contact with other people. 24% chose not to refuse social interaction, but did not take the initiative to contact others either. 6% said that they refused social interaction and did not like to interact with others. In addition, surprisingly, 6% said that they were the same as before, with no change. From this, we can see that most of the current social contacts of losing- single-child families are with community committee officials and social workers, and there is very little interaction with their own siblings or relatives, and their interaction with their former colleagues and friends has drastically decreased. This situation is exacerbated by the lack of social recognition and acceptance, which often leads to a loss of confidence in social interaction and a loss of motivation to integrate into society. The emergence of "Self- help organizations of losing-single-child families" provides a good platform for solving the social interaction problem of losing-single-child families. Through mutual support within the group warming, it is more conducive to relieving the mental stress brought about by the loss of the only child and facilitating their return to normal life. However, over-reliance on self- help organizations of losing-single-child families can also limit the contact and interaction with the outside world is not conducive to a real improvement in their social interaction and integration into society.

2.2.5. Elderly care status

The most immediate problem faced by parents who have lost their single child is the issue of elderly care, and this is an important area in which they urgently need support from the government. China has introduced the “9073” model of elderly care in line with the development of society. In other words, 90% of the elderly choose to age in their own homes, 7% in the community, and the remaining 3% in institutions. However, regardless of the type of elderly care, there are many difficulties faced by families who have lost their single children, which means that they have lost the most important support for their elderly at home. For example, many nursing homes require the signature of a guardian for admission of the elderly, and this institutional arrangement can lead to a lot of uncertainty for families without a guardian.

3. Analysis of Social Support System for Losing-Single-Child Families

The social support system for losing-single-child families includes government support, community support and social organization support. According to the classification of the content and type of social support, it can be seen that governmental social support provides formal institutional support and is a weak relationship to the losing-single-child families; community social support provides emotional, informative and instrumental social support and is a strong relationship to the losing-single-child families; and social organizations also provides a strong relationship and the specific content of support is similar to that of the community^[11] as follows:

Table 2. Types of Social Support Subject

Level of support	Relationships	Content	Type of support
Government level	Weak relationship	Instrumental, institutional	Formal
Community level	Strong relationship	Instrumental , informative, emotional	Informal
Level of social organization	Strong relationship	Instrumental, informative, emotional	Informal

The current support shows a high level of use of government support and a relatively low level of use of social support provided by other entities.

3.1. Analysis of social support at the government level

At present, the state has not yet developed specific institutional measures for the support of losing-single-child families, but only formalized guidelines on supporting those families. Since 2015, the Guangzhou government has issued a series of policies and regulations, including the Guangzhou Measures for the Administration of Population and Family Planning and the Implementation Plan on Promoting the Implementation of Support for Families with Special Difficulties in Family Planning, proposing to provide support for parents of losing-single-child families in terms of financial subsidies, spiritual comfort and care, as well as institutional care, but the overall work is still focused on financial subsidies.

The Guangzhou government established a special support system for family planning families in 2015 to provide financial assistance to losing-single-child families, raising the standard of the special allowance for losing-single-child families to no less than RMB 800 per person per month; after a man reaches the age of 60 and a women reaches the age of 55, an additional RMB 300 per month will be added to the original allowance^[12]. In addition to direct financial support, the Guangzhou government is also improving the support system for losing-single-child families. For those who are over 60 years old and have lost the ability to take care of themselves, priority is given to placing them in government-supported institutions for the elderly or providing them with home care services through the purchase of services; in terms of medical issues, setting up “green channels” in medical institutions at all levels to facilitate access to medical treatment for losing-single-child families.

However, there are still some room for improvement in the government’s social support for losing-single-child families. Firstly, the financial support is insufficient. Although the Guangzhou government gives a monthly subsidy of no less than RMB 800 to losing-single-child family members, this is just a drop in the bucket for them who turn out to be financially weak or poor due to illness or medical treatment. Secondly, there is a lack of spiritual care. The

^[11]Qi Tao. A study on social support for families without a parent in Shanghai [D]. East China Normal University, 2014.

^[12]Data from "Notice on Printing and Distributing the Implementation Plan for Promoting Implementation of Family Planning and Special Difficulties Assistance Work" issued by the Guangzhou Municipal Government in 2015.

government has focused more on financial support, but has not paid enough attention to spiritual care. Thirdly, there is poor operability. Apart from clear criteria for financial support, responsibility and implementation paths for elderly care, spiritual care and maternity care for losing-single-child families are not clear, and the policy is not very practical and operable.

3.2. Analysis of social support at the Community-level

The community is an important area for social interaction and is the closest to losing-single-child families. As an important part of the community, the community committee is the link between the government and the residents and plays a very important role in helping losing-single-child families. During our interview, Mr Xu, who has lost his single child, in Zhanqian Street, Yuexiu District, expressed his heartfelt gratitude to a staff of the community committee: “Elder sister He of the community committee has provided us with a lot of help. She will call or remind us to receive government subsidies, and often help us fill out application forms. I am very grateful for the work of the community committee. Last year, my wife was seriously sick and found that she forgot to bring money when she came to the hospital. Elder sister He came over immediately with the money to help us. Usually she also comes and talks to us often and encourages us, so I am really grateful.” From these interviews, it can be seen that the group of losing-single-child families are more accepting of the work of the community committee staffs, bringing them closer together and helping to improve the sense of social inclusion of losing-single-child families.

A survey showed that the proportion of community committee volunteers ranked first among the most preferred types of workers for losing-single-child families, far exceeding other staffs, which is evidence of the huge role of the community committee in helping losing -single-child families.

However, there are some problems with social support at the community level. According to our research, 62.7% of people said that the community basically did not organize and hold any kinds of activities. 8% said that some activities are sometimes organized. A small number of people said that their community often or never held events. It is clear that the majority of people believe that the community is not doing good enough to organize activities. In addition, the vast majority of people from losing-single-child families said that the community support work was mainly to provide living care services and spiritual care, and that they would visit their homes during festivals to bring gifts, but lacked other forms of services. The form of service is relatively simple, often unable to meet the diverse needs of losing-single-child families, and the overall atmosphere of the community is not in place, which is not conducive to losing-single-child families going out of their homes and strengthening social interaction. The community committees' support services are also lacking in pertinence, as they fail to provide targeted and effective services according to the different needs of losing-single-child families. It seems that the community committees is relatively lack of sense of responsibility, take a wait-and-see attitude and it can rarely provide assistance to losing-single-child families.

3.3. Analysis of social support at the level of social organizations

Social organizations are an indispensable backbone of the social support system for losing-single-child families. Currently, the services provided by social organizations in Guangzhou for losing-single-child families are mainly in the form of home visits, health and psychological counseling, social support and elderly care services, which comprehensively respond to the social demands of losing-single-child families. The Guangzhou Women's Social Work Service Centre offers a highly targeted approach to psychological therapy for mothers of losing-single-child families. It relies on the resources of the Municipal Women's Federation to build a “Rose Service Station”, which facilitates mothers who have lost their single child to seek help from social workers nearby when they encounter difficulties. The “social worker + female worker + volunteer” model is used to build a social platform for mothers who have lost their single child, and provide professional services such as professional psychological counseling, emotional support, and policy advice and other professional services. The Rose Project is based on the “helping others and self-help” approach, the mothers who lost their single child are greatly motivated, so as to help them rebuild their social network, reintegrate into society and find value and meaning in their lives. It can be seen that social organizations use their professionalism and integrate various resources to provide services to the losing-single-child families, with obvious results.

However, some surveys show that the role played by social organizations in the support of losing-single-child families is not strong enough. Firstly, there are few high-level professional social organizations. It is reported that there are nearly 1,000 non-profit professional social organizations in Guangzhou, but the number of organizations

specializing in services for losing-single-child families is extremely small. Secondly, there is a general lack of experience among social organizations. Losing-single-child families face physical aging and psychological pain, they have multi-level needs, which require a high level of professional competence from social workers, and most social organizations and social workers are significantly inexperienced.

4. The optimal path to improve social support for losing-single-child families

In this social support system, the government should take the lead and the community should play a supporting role by improving the government's policy system and guiding the community and social organizations to fully mobilize the participation of all social support actors.

4.1. Strengthen government support

4.1.1. Improve the support policy for losing-single-child families

In recent years, the central and local governments have been increasing their support for social support for losing-single-child families, and the scope of support has been expanding, with a system of social support for losing-single-child families initially established. The next step is to further concretize and standardize these systems, so as to ensure that the policies are conducive to the cooperative implementation of various social entities and facilitate the specific operations of relevant departments, so that the policies are truly put into place. The municipal government should speed up the development and implementation of a single system of social assistance for losing-single-child families, and develop clear and specific implementation measures in the area of financial assistance, living care, spiritual care, health care. Social support for losing-single-child families should be incorporated into the target management responsibility assessment system of relevant departments, and enforcement supervision should be strengthened to ensure that all work is put into practice.

4.1.2. Increase the level of financial support

The first is to establish a dynamic mechanism for increasing the amount. The government should take the initiative to undertake the responsibility of providing financial resources for losing-single-child families, include the funding for the support work in the budget, increase the amount of subsidies, and establish a dynamic mechanism for the increase of the amount, so that the increase of the support is linked to the rise in prices and the income of the losing-single-child families, so as to expand the strength of the financial support, thus comprehensively solving the financial worries of losing-single-child families. Secondly, a special support fund should be set up. In addition to the government's financial allocation, more donations from the community should be accepted, and enterprises, social organizations and individuals should be encouraged to participate actively in helping losing-single-child families to escape from financial difficulties and ensure their normal life. The operation, management and specific operational processes of the fund are complicated, and the government needs to improve the relevant institutional measures as soon as possible to facilitate the effective operation of the fund and better serve losing-single-child families.

4.1.3. Provide living care and spiritual comfort

The government's focus on providing living care and spiritual comfort to losing-single-child families cannot be limited to policy reports and slogans, but must be put into concrete action. Therefore, the focus of future work is to strengthen the provision of a range of services such as housekeeping, home delivery and health care for home-based and community-based elderly losing-single-child families through the purchase of services by the government and the provision of voluntary services by volunteers; and to make efforts to provide spiritual comfort to losing-single-child families through professional psychological counselling, the formation of professional psychological counselling teams, and holiday visits and condolences.

4.1.4. Create a good social atmosphere

At present, people still do not have a clear understanding of losing-single-child families, which makes it difficult for the society to develop a good social care atmosphere. It is important that the government should step up its efforts to publicize the support policies for losing-single-child families, so that more people can understand and care for losing-single-child families and change the current low level of awareness of losing-single-child families and support policies in society. At the same time, it is also necessary to strengthen and improve the guidance of public opinion, to publicize and report more on the self-reliance and self-improvement of those losing-single-child families, to spread positive energy instead of blindly exaggerating their tragic experiences, to encourage people to pro-

vide assistance through psychological counselling and visits, and to strengthen the self-help awareness of those losing-single-child families, so that they can feel the warmth of society.

4.2. Improve the community support system

4.2.1. Strengthen community cultural and enrich various recreational activities

Cultural cultivation is an important part of community support work. Through community exchanges, it is possible to promote mutual understanding and exchange of understanding among residents, thus gradually creating a harmonious atmosphere of mutual respect, understanding and acceptance. At present, the services provided by the community to losing-single-child families are mainly mental care and basic daily care, but not enough attention is paid to the cultural development of the community, neglecting the other needs of losing-single-child families, resulting in a single lifestyle. The community can change the traditional perceptions of losing-single-child families through publicity activities, so that they can understand the actual situation of the losing-single-child families, deepen their understanding and respect for them, and create a community atmosphere of acceptance. Recreational activities can be organized on a regular or occasional basis, such as fun games, singing and dancing troupes, cultural evenings, etc., taking into account the actual needs of losing-single-child families, collecting and listening to their opinions, and working with staffs to encourage and guide them to get out of their homes and increase their participation and help them communicate more with their relatives and neighbors, so that they can participate in a variety of recreational activities to ease their grief and build a platform for their reintegration into the community.

4.2.2. Develop personalized and differentiated services

Using the internet and big data to implement differentiated and personalized assistance for losing-single-child families. Relying on the internet information platform, it is possible to accurately verify the property status, financial status, and family conditions of social assistance objects, and promote the precise connection between social assistance supply and demand.^[13]The personalized and differentiated needs of losing-single-child families should be taken into account. They are very different in terms of age level, financial level, education level and hobbies, so their actual needs vary greatly. The community should understand their different level of needs through various means such as home visit and daily observation in order to provide differentiated services. For example, social and recreational activities can be held to meet the needs of losing-single-child families for enriching their lives; community college for the elderly can be established to meet the needs of them to improve their cultural literacy; charity activities can also be organized to meet the spiritual pursuit of some of them to help others and contribute to society.

4.3. Improve the support level of social organizations

4.3.1. Strengthen social organization's own team

A professional work team is essential to the effective implementation of social organizations' support for losing-single-child families. Therefore, social organizations must strive to improve their management system. Firstly, attach importance to team building to improve their working level. The special nature of services for losing-single-child families dictates that the relevant service personnel must have sufficient professional competence. In view of the general lack of experience of social organizations in supporting losing-single-child families, social organizations must strengthen the importance of personnel training, establish a perfect talent training mechanism, and set up special funds to carry out education and training. In addition, democratisation of management and supervision within social organizations, and the establishment of corresponding reward and punishment mechanisms, to stimulate the enthusiasm and initiative of staffs. Secondly, absorb and introduce professional talents. The government should take the lead in raising the social status of social organization workers through policy advocacy, raising the salaries of their staffs, and widening the channels for college graduates to find employment in social organizations. In addition, efforts should be made to cultivate a team of volunteers in society to serve losing-single-child families, actively guide them to participate in services for losing-single-child families, and develop and train the more professional volunteers among them to become elite staffs for organizing activities.

^[13]Honglei Jin. Social assistance under the background of "Internet +": modern functions, practical difficulties and realization paths [J]. Journal of Hehai University (Philosophy and Social Sciences Edition), 2020, 22(04):84-90+108-109.

4.3.2. Establish a long-term support mechanism

At present, social organizations lack sustainability in helping losing-single-child families so that they cannot effectively solve the problems of losing-single-child families. Therefore, it is very necessary to establish a long-term and effective tracking service mechanism. First of all, it is necessary to develop a clear plan for the support of losing-single-child families and a long-term development plan of the organization itself, so as to provide an effective basis for the development of services and clarify the organization's orientation and development goals. Secondly, it is important to develop targeted services based on the actual needs of the losing-single-child families, and to avoid blindness by deepening the understanding and investigation of the losing-single-child families. Finally, we need to establish and improve the support system, allocate social resources and human resources in a reasonable manner, and carry out pairing support work, adopting the form of one-to-one support, improve the whole process of support work.

4.3.3. Increase government support

At present, the overall service capacity and level of social organizations are not satisfactory, and they are in great need of government support and guidance. The government must provide social organizations with necessary support in terms of policies, financial, and talent attraction. Firstly, it should speed up the pace of functional transformation. The government should sort out and summarize the services for losing-single-child families, transfer the service that is not convenient for the government to social organizations, build a platform for social organizations to participate more in the cause of helping losing-single-child families through granting subsidies, purchasing services. Second, vigorously promote the development of social organizations. The government should formulate support policies to cultivate a group of social organizations with standardized operations, high quality services and strong professionalism. In each district, we should support a landmark social organization, playing a leading role in the field of services for losing-single-child families, and driving the overall development.

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