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## A survey: Psychosocial status among people aged 45 to 64 in Hong Kong

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Ageing leads to changes in bio-psychosocial status. Since ageing is a process in which people are preparing for dramatic psychosocial changes due to retirement. Those who are working may prepare for their retirement and experience some degree of psychosocial needs and changes. Understanding psychosocial status of this specific population helps develop strategies targeting healthcare and community services for active and healthy ageing after retirement. A survey adopted a cross-sectional design was used to examine psychosocial status among people aged 45 to 64. Data collection was done via Google survey. The validated short-version of copenhagen psychosocial questionnaire was used. A total of 193 eligible subjects joined this study. Most of them aged from 45 to 60 years old (92.2%) with mean age 54.03 years old (SD=4.99). More than half (~72%) were female and had obtained secondary or higher education (96.9%). Most of participants were still working (72.5%), and only 37 of them (19.2%) were retired. Of 193 participants, about 60% of participants did not intend to have early retirement. Regarding their psychosocial status, the most significant psychosocial aspects were achievement of career goals and perception of their career. It indicates that people aged 45 to 64 were still in working mood. They eager to fulfill their career goals and concentrate on their career. Promotion programme can increase their awareness of pre-retirement plan. Government needs to give adequate support to this specific population for better active and healthy ageing.

### Biography

Law Yuen Ying is a nursing student studying Bachelor degree of Health Sciences (Major in Applied Gerontology) at Tung Wah College in Hong Kong. She is the Representative of the group to give the presentation in the conference. Her research interests include ageing, elderly care, and community care/service for elderly.

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