

Social Needs of the Elderly in Community Activities: A Case Study of Xiangqi Clubs in Vietnam

Ph.D. Mai Thi Dung¹, Nguyen Hoang My -Xiangqi Chess Master²

⁽¹⁾ University of Labour and Social Affairs

⁽²⁾ Grade 12, Vietnam National University - HCM High School for the Gifted

Abstract: This paper focuses on the social needs of elderly individuals participating in community activities, specifically through a case study of Xiangqi (a type of Chinese Chess) clubs in Vietnam. It identifies five key needs: Affiliation needs, Communication needs, Recognition and Esteem needs, Collaboration and Co-development needs, and Social security needs. The results indicate that Xiangqi clubs play a significant role in meeting the social needs of the senior citizens in Vietnam. The survey revealed that the need for connection and communication is the most critical, as it helps the elderly maintain social ties and improve their quality of life. Additionally, Xiangqi clubs effectively address social security needs and create a collaborative environment for elderly individuals to learn and develop various skills. Participation in Xiangqi clubs contributes to the mental health and happiness of the elderly amidst the challenges of an aging population in Vietnam. Based on these findings, the paper proposes several recommendations to enhance participation and improve the effectiveness of Xiangqi club activities for older adults.

Keywords: Social needs, the elderly, community activities, Xiangqi, Xiangqi club

I. Introduction

The elderly population globally constitutes a distinct social demographic, representing an increasingly significant proportion of the world's population structure. In Vietnam, the trend of population aging is progressing rapidly, with a rising proportion of senior citizens. According to the General Office for Population and Family Planning (Ministry of Health), Vietnam entered the population aging phase in 2011, when individuals aged 65 and above accounted for 7% of the total population. Vietnam's golden population structure, parallel with the aging process, is shifting towards an increased proportion of elderly individuals and a reduction in the younger demographic. The cohort of individuals aged 60 and above has increased rapidly, from 11.9% of the total population in 2019 to 13.9% in 2023. Additionally, the average life expectancy has steadily risen, from 65.2 years in 1989 to 73.6 years in 2019, and reached 73.7 years in 2023.

Vietnam's population was approximately 100.3 million in 2023, with over 16 million elderly individuals. Projections are that the number of senior citizens in Vietnam will increase to 16.8 million by 2039 and reach 25.2 million by 2069. Vietnam is currently among the countries experiencing the fastest rate of population aging worldwide... (Ministry of Health, 2023).

In rapidly aging societies, ensuring the quality of life for the elderly has become one of the top priorities for many countries, including Vietnam (Walker & Maltby, 2012). While healthcare and financial stability are often emphasized, the social needs of the elderly are equally important, as they significantly impact their overall well-being. According to the CDC's website on mental health and social connections (CDC.gov, 2024), the elderly are particularly vulnerable to loneliness; their social needs going unmet can result in worsening existing physical and mental health issues. Specifically, the most notable consequences are increased rates of depression, loneliness, and a marked decline in quality of life (Bruggencate, Luijckx, & Sturm, 2018).

The social needs of the elderly when participating in community activities transcend simple enjoyment and entertainment. They seek pleasure, connection, communication, recognition, and respect. They also desire to collaborate and grow alongside others. These needs are especially important for elderly individuals living in large urban areas or densely populated regions, such as Vietnam, where changes in family structure, work pressures of younger generations,

and challenging living conditions can lead to seclusion and social disconnection. Through community activities, especially Xiangqi clubs, the elderly can fulfill these essential needs and regain a sense of personal value. Therefore, studying the social needs of the elderly who engage in community activities is essential; by doing so we can identify effective strategies to ultimately improve their overall quality of life.

Research by Finch (2017) in the United States has shown that elderly individuals who participate in social activities or clubs have lower rates of memory decline and cognitive impairment compared to those who do not engage in such activities. Yang, Z., et al. (2020), China, also emphasized the importance of community groups in enhancing social cohesion and mental health for senior citizens. However, in Vietnam, research on the social needs of the elderly in the community remains limited, particularly in studies that delve into specific models such as Xiangqi clubs.

Among the popular community activities in Vietnam, Xiangqi stands out as a favored choice for the elderly. Xiangqi clubs regularly organize events such as interpersonal exchanges, competitions, and discussions, fostering a healthy and enriching social environment for them. Xiangqi serves not only as entertainment but also as an ideal setting for the elderly to interact, share knowledge, sharpen their intellect, and maintain mental acuity. Through this activity, elderly individuals have the opportunity to communicate, expand their social networks, and experience a sense of recognition in the community. Therefore, researching their social needs, through community engagement, will deepen our understanding of their overall well-being and help us identify effective strategies to enhance their quality of life.

This study aims to explore and analyze the social needs of senior citizens participating in Xiangqi club activities in Vietnam. Specifically, the research will examine aspects such as the need for connection, communication, recognition, collaboration, and social security within Xiangqi clubs. Based on this scrutinization, the study will propose solutions to enhance the effectiveness of club activities while better addressing the social needs of the elderly. This research not only contributes to a deeper understanding of the social needs of the elderly but also supports managers, researchers, and the community in developing comprehensive and effective programs for elderly care and support.

II. Theoretical basis

2.1. The concept of social needs of the elderly

(1) Social needs

Needs are the demands, desires, and aspirations of individuals regarding aspects of life that must be fulfilled to support their existence and development (Rudich, P.A., 1980). Social needs specifically refer to those that are related to spiritual and emotional factors. Accordingly, individuals desire to be part of various social relationships, including family, friends, colleagues, and the community. According to Maslow's hierarchy of needs—a psychological motivation theory—human needs are structured into a five-tier model, represented as levels within a pyramid.

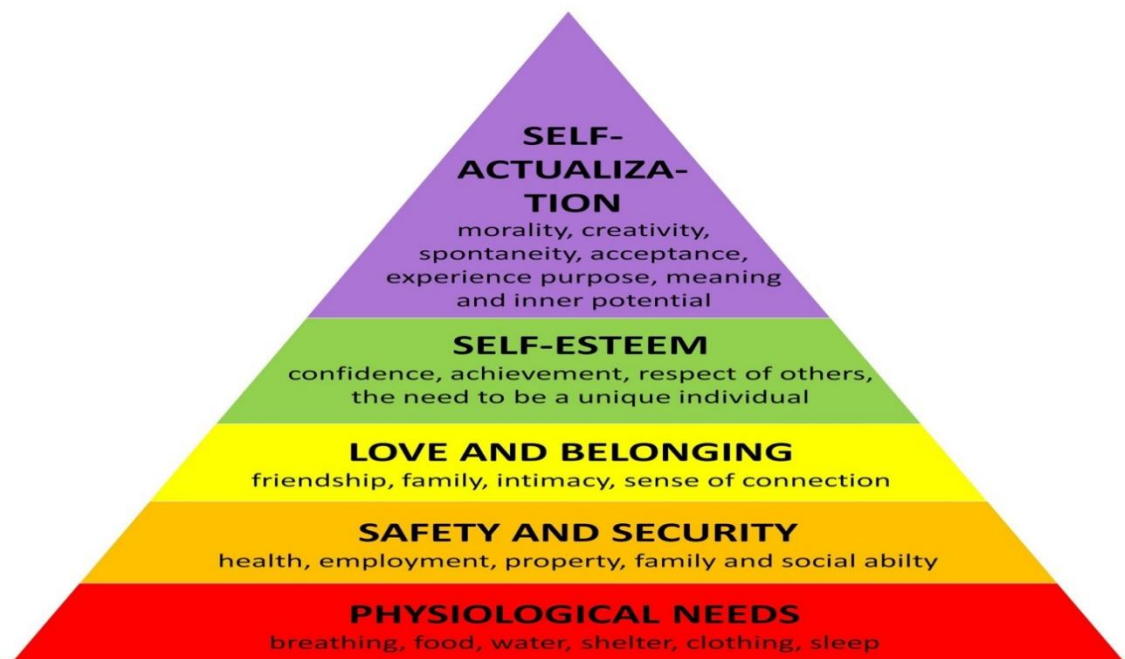


Figure 1. Abraham Maslow's Hierarchy of Needs

Source: <https://www.simplypsychology.org/maslow.html>

According to Abraham Maslow, human behavior is driven by the desire to satisfy personal needs (Abraham Maslow, 1943). Human needs are categorized into five levels, ranging from the lowest (most essential) to the highest (least essential), which are: physiological needs, safety needs, social needs, esteem needs, and self-actualization needs.

- Physiological needs: Food, water, and shelter.
- Safety needs: Protection from violence, physical harm, mental safety, and financial security.
- Belonging needs: Friendship and family connections, varying levels of intimacy, social groups, teams, or clubs that foster a sense of belonging or shared identity.
- Esteem needs: The need for respect, which encompasses external recognition and internal self-esteem or self-respect.
- Self-actualization Needs: The fulfillment of one's potential, including the development of skills, talents, educational attainment, interests, or caregiving.

"Social needs" (Love/belonging) refers to an individual's desire to be loved, to form friendships, or to belong to a community group (Kelly-Ann Allen et al., 2021). Addressing social needs involves fostering an inclusive community. The extent to which the needs of the elderly are met plays a crucial role in enhancing their mood and overall perception of life in a positive direction (Nhan et al., 2017).

Overall, the elderly are one of the most vulnerable groups in society, as they face various underlying issues such as poverty, illness, loneliness, challenges in daily living, and discrimination. According to Bruggencate T.T., Luijckx K.G., and Sturm J. (2018), the social needs of the elderly are diverse, encompassing both close relationships between family members and peripheral connections within their networks. Participating in community activities and clubs, along with connecting with others in their neighborhoods, increases feelings of happiness and gives them a sense of independence. In other words, elderly individuals remain active by engaging in social activities, thereby fulfilling their social needs.

Compared to Abraham Maslow's hierarchy of needs, participation in community activities addresses 4 out of the 5 human needs (excluding Physiological Needs). Therefore, intervention measures should particularly focus on enhancing connection, participation, and independence for older adults. This paper will explore the social needs of the elderly when engaging in community activities, specifically through the case study of Chinese chess clubs in Vietnam, with an emphasis on the following five needs (based on Abraham Maslow's Hierarchy of Needs):

- Affiliation needs
- Communication needs
- Recognition and Esteem needs
- Collaboration and Co-development needs
- Social security needs

(2) Elderly individuals

From the medical perspective, "elderly individuals in the aging stage are characterized by a decline in bodily functions" (GSO, 2021). In Vietnam, the Elderly Law of 2009 defines "older adults as those who age 60 and above" (National Assembly, 2009).

- Health characteristics of elderly individuals: Biologically, as age increases, the decline in physiological and psychological functions becomes more pronounced. Generally, the elderly exhibit slower responsiveness and their ability to self-regulate and adapt diminishes over time. Neurological and muscular reflexes slow down, and bodily functions such as vision, hearing, and mobility are not as sharp as they were in youth or middle age. The elderly often need more time to rest and recuperate after work or physical activity. Nevertheless, many of them still wish to continue working, contributing, and participating in social activities, as this helps maintain their personal value and social interactions (National Assembly, 2009; GSO, 2021).

- Regarding the cognitive characteristics of the elderly: through a process of learning and accumulating experience and knowledge, the value of labor among older workers has increased significantly. While they possess a wealth of knowledge and specialized skills acquired over many years in the labor market, elderly workers may face limitations in accessing new knowledge, particularly regarding issues related to digital technology. This can diminish their work efficiency in sectors that require continuous knowledge updates and impose new demands for activities and jobs that align with their health and cognitive capabilities.

According to Tung, N.T.T. (2012), the elderly in society are often examined at three levels, each characterized by common features:

- At individual level: Aging is marked by a decline in the acuity of the senses, reduced responsiveness of motor nerves, and cognitive impairment.
- At family level: Aging is characterized by intergenerational interactions regarding roles, as well as changes in responsibilities within the family.

- At social level: Retirement reduces social connections while increasing the difficulties the elderly face in maintaining existing social ties and establishing new relationships. Aging leads to a decrease in their work capacity due to health and psychological factors. However, elderly individuals still possess advantages such as experience, expertise, management skills, financial resources, and established social and familial status, enabling them to adapt to activities that leverage their strengths, specialized skills, and accumulated experience.

2.2. Xiangqi and its role in meeting the social needs of the elderly Xiangqi and its suitability for the social needs of the elderly

(1) Xiangqi

Xiangqi, or Chinese Chess, is a strategic intellectual sport that originated in China and has deeply influenced the culture of Vietnam and Southeast Asia. While the game is enjoyed by people of all ages, it holds a special place among the elderly in Vietnam, where it is often seen as a “street sport”. Xiangqi players, regardless of age and level, can sit and play anywhere from luxurious places to coffee shops, sidewalks, or street corners.

Interestingly, Xiangqi experts use the term ‘gangsters’ when referring to Vietnamese international grandmasters. These top players have honed their skills not only through formal training but also through countless street games that sharpen their tactical prowess. Many of them are now over 60 years old.

Xiangqi is a type of antagonistic game where two players use tactics and strategies to dominate their opponents, aiming to checkmate and win the game (Needham, J., 1985). It requires strategic thinking and competition experience. Knowledge of the opening, middlegame, and endgame is accumulated through each game based on the chessboard and position.

An Xiangqi chessboard is a rectangle grid of 9 vertical and 10 horizontal lines (9x10). Dividing the two opposing sides of the board is “a river,” located between the fifth and sixth ranks. On each side of the board against the back edge is a palace, which is 3 by 3 lines (9 positions) with four diagonal lines that extend outward from the center forming an “X” shape. Those lines shape the moves of the General and the Advisor.

Xiangqi pieces are divided into Red and Black. The Red side, moves first, while the Black side, moves second. Both sides have the same number of pieces (16 each), making a total of 32 pieces. There are seven types of pieces: General, Mandarin, Elephant, Chariot, Cannon, Horse, and Soldier.

(2) The suitability of Xiangqi for the elderly

Unlike sports that require physical strength and stamina, such as football, tennis, or badminton, Xiangqi relies solely on mental skill, making it an ideal activity for the elderly, who may be in weaker physical condition and unable to participate in more physically demanding sports.

Xiangqi is a sport that challenges players to engage their minds in calculation, analysis, and strategy development. These mental activities are crucial for older adults, helping them maintain mental alertness and slow cognitive decline. Research has shown that engaging in mental activities like Xiangqi can reduce the risk of diseases such as Alzheimer’s and other forms of dementia (Ballard et al., 2011).

Each move in Xiangqi requires careful consideration, concentration, and patience from the player. This skill is especially advantageous for the elderly, as it helps them enhance their focus, regulate their pace of life, and alleviate anxiety and stress. Additionally, the process of analyzing and predicting the opponent’s moves enhances players’ ability to process information and think reflexively. While young Xiangqi players are interested in studying academic Xiangqi and regularly practice using leading Xiangqi software and live competitions, elderly players rely on their accumulated competition experience and life experiences.

Playing Xiangqi is a common activity in clubs or small groups, which provides opportunities for older individuals to engage in community activities, meet new friends, and share experiences. This helps them maintain social relationships, reduce feelings of loneliness, and enhance their sense of belonging. The need for communication and connection is particularly important for the elderly, who often face challenges in maintaining social relationships as the process of aging begins (Holt-Lunstad et al., 2015).

The relationship between Xiangqi Club and the social needs of the elderly

According to Register, M. E., and Scharer, K. M. (2010), affiliations among elderly individuals are defined by whether older adults (1) have something to do, (2) have relationships, (3) have future interests, and (4) are aware of

continuity. A Xiangqi club serves not only as a place for elderly people to play Xiangqi but also as a social environment that addresses many of these important social needs. Through club activities, senior citizens can find connection, communication, recognition, cooperation, and social security.

(1) Affiliation needs

The need for affiliation is a natural human need at all ages, especially for the elderly. Upon retirement, they often lose social connections with work and colleagues, leading to feelings of loneliness and isolation. This drives the elderly to seek out social environments to re-establish connections (Taylor, S. E., 2011). Social cohesion positively impacts the strength of relationships and is therefore expected to enhance individual well-being (Robert J. Sampson, 1988).

The Xiangqi Club is an ideal space for the elderly to connect with those who share similar interests, fostering new and lasting relationships. Regular Xiangqi sessions help maintain social bonds and create a sense of closeness. While competitive, Xiangqi also encourages mutual respect and knowledge sharing, strengthening ties among club members.

Many clubs also organize activities outside of Xiangqi time, like picnics, sightseeing tours, and festivals, giving the elderly more opportunities to build relationships and strengthen their sense of community. These events fulfill their need for connection and foster trust and cohesion through mutual support and communication.

(2) Communication needs

Communication is an important means of maintaining relationships and sharing information and emotions. For the elderly, the need for communication is not only about exchanging information but also about maintaining a connection to society. Communication helps them preserve language skills while also making them feel heard and respected. Additionally, the process of communication helps relieve stress and anxiety, promoting a positive mental state (Jack et al., 2019).

The Xiangqi club creates a comfortable space for the elderly to communicate naturally. During games, players often share tactics, strategies, or even life stories, fostering a close and welcoming atmosphere. According to Croston (2018), this interaction fulfills both verbal and non-verbal communication needs of the elderly. Post-game discussions and group activities also further enrich their social and spiritual lives.

(3) Recognition and esteem needs

Recognition and respect are key factors in maintaining self-esteem and a sense of personal worth (Maslow, 1943). The elderly, due to changes in social status and health, often feel less important than they once did. As they age, their social networks related to work and friends tend to shrink, increasing their need for belonging. This need is characterized by a desire for acceptance and a stronger motivation for affiliation (Zexi Zhou et al., 2021).

Engaging in community activities, such as Xiangqi clubs, helps the elderly rebuild their confidence and sense of personal worth. Within these clubs, recognition is derived not only from the victory but also from the respect of their teammates and opponents. The elderly can showcase their skills, experience, and intelligence in every match, earning the admiration of fellow participants. Furthermore, the clubs frequently host internal competitions, where members could demonstrate their abilities to the community. This recognition extends beyond just winning or losing; it also honors the effort and dedication shown to the club, ultimately enhancing self-esteem and confidence.

(4) Collaboration and Co-development needs

Cooperation and mutual development are essential needs for everyone, especially the elderly. At this stage, they aim to maintain their abilities while seeking opportunities to learn and share knowledge. However, as physical abilities decline, their range of activities diminishes, limiting cooperation and mutual development to neighborhoods, clubs, associations, and groups (Katharina König et al., 2019).

Xiangqi is an intellectual sport and Xiangqi clubs create an ideal environment for the elderly to learn from one another, and enhance their skills together. The cooperation occurs through mentoring new players, exchanging tactics, and studying complex moves. Such interactions not only improve their skills but also make the elderly feel valuable and have the chance to contribute to the group's development. Additionally, learning from peers helps maintain an optimistic spirit, reinforcing their ability to adapt and grow.

(5) Social security needs

Social security needs encompass a sense of safety, protection, and well-being, which is particularly important for the elderly, who often feel vulnerable and in need of care (Berkman & Glass, 2000). In later life, they tend to prioritize

close relationships while letting go of more distant ones (Charles & Carstensen, 2010). Participation in groups, alongside family and neighbors, helps older adults meet these security needs (Berkman & Glass, 2000).

A Xiangqi club is more than just a place to play; it also serves as a supportive community. Members often assist one another with emotional, health, and financial issues. The sense of safety and security is strengthened by the bonds formed within the club. Familiar relationships create a safe space where the elderly can freely express their thoughts and feelings without fear of judgment or criticism.

III. Research methodology

Data collection methods

The authors used document research methods to systematize the theoretical basis of social needs in the elderly and community activities, including Xiangqi clubs. The article reviews theories and studies on the elderly, their social needs, and specific characteristics. Relevant studies were selected from databases like Scopus, the Central Association of the Elderly's online library, and specialized journals such as the Journal of Social Sciences.

The main contents were analyzed by topics, using synthesis and narrative methods. The research focused on: (i) concepts and characteristics of the elderly; (ii) their social needs; and (iii) the current status of meeting these needs through community activities, using the Xiangqi club in Vietnam as a case study. Data were sourced from domestic and international books and journals, supplemented by in-depth interviews with two elderly Xiangqi club participants (aged 60+).

- Mr. Pham Manh Thua, 61 years old, Coach, and member of Hoa Lu Sports Center, District 1, Ho Chi Minh City.

- Mr. Cao Thanh Chau, 71 years old, Member of the Elderly Xiangqi Association of Binh Tay Cultural and Sports Center - Ho Chi Minh City.

- Mr. Hoang Dinh Hong, 74 years old, Head coach of Xiangqi National Team, Head coach of the Ho Chi Minh Xiangqi team, Club: Hoa Lu, District 1, Ho Chi Minh City.

The in-depth interview questions included:

- Personal information: full name, age, gender, length of time playing Xiangqi, and duration of participation in the Xiangqi club.

- The benefits of playing Xiangqi and participating in a Xiangqi club.

- Sharing experiences of participating in the Xiangqi club.

- Proposals to enhance the role of clubs for the elderly

The research team also conducted a survey via a Google form (<https://forms.gle/kiXUqd3pzSMDpgMm9>), shared with elderly respondents through social networks and personal connections. A total of 274 responses were received. Among them, 156 participants in the Xiangqi club answered questions regarding how well their social needs were being met, while 118 non-participants provided reasons for not joining. The research team synthesized and selected information suitable to the research content and used a combination of descriptive statistics to clarify the current situation.

Questions about meeting the social needs of the elderly through participating in Xiangqi clubs were designed by the authors using a 5-point Likert scale. To evaluate the responses, the average values of the scales were calculated. The group determined the gap value and average value for each factor, identifying the response threshold for the corresponding average score.

$$Gapvalue = \frac{Maximum - Minimum}{n} = \frac{5 - 1}{5} = 0.8$$

Assessment thresholds based on average score values:

+ 1.00 - 1.80: Strongly disagree

+ 1.81 - 2.60: Disagree

+ 2.61 - 3.40: Neutral

+ 3.41 - 4.20: Agree

+ 4.21 - 5.00: Strongly agree

Data processing method

The article’s secondary data were sourced from the General Statistics Office Report and specialized journals like the Journal of Social Sciences. The collected data were synthesized, processed in Excel, and presented in tables. The research team then analyzed the data to draw standout results of meeting the social needs of the elderly through community activities, particularly participation in Xiangqi clubs in Vietnam. Based on these findings, the team offered recommendations to enhance the effectiveness of such activities.

IV. Research results

4.1. Overview of the elderly in Vietnam

(1) Size and structure of the elderly in Vietnam

An overview of the elderly in Vietnam by size, structure, and other classification criteria - such as education, marital status, health status, employment status, and income - based on large-scale, highly representative, and reliable datasets, including the 2009 and 2019 Population Censuses and the 2021 Population Change and Family Planning Survey.

- *The size of the elderly population:* Vietnam is undergoing a period of rapid change in its population and social structure. The total population of Vietnam in 2019 was 96.21 million, and by 2021, this number had increased to 98.28 million (GSO & UNFPA, 2021). According to data from the Ministry of Public Security, as of February 9, 2023, the country had 16,179,824 citizens aged 60 and over, accounting for nearly 17% of the population (Binh, 2023). Of this group, 9,417,924 people were aged 60 to under 70; 4,189,640 were aged 70 to under 80; and 1,907,991 were aged 80 to under 90 (nhandan.vn, 2023). This aging process is expected to continue, with an estimated 21 million people aged 60 and over by 2038, or 20% of the total population. By 2039, the number of elderly people is projected to exceed the number of children in Vietnam (GSO, 2021).

- *The aging index* (the number of elderly people per 100 children under 15) is increasing rapidly. Since 2009, the aging trend in Vietnam has been accelerating. In 2009, the aging index was 35.5, rising to 53.1 in 2021. According to forecasts, the proportion of the population aged 60 years and over will be 20.7% in 2040, and 24.8% in 2049 (Kham, 2014). The number of elderly people and their proportion within the total population have both increased significantly, with an increasingly large gap between the number of elderly women and elderly men as age increases.

- *Structure of the elderly by age group:* The General Statistics Office collects data by age group (young-old: 60-69, middle-old: 70-79, and oldest-old: 80 years and above), living area (urban and rural), and gender (male and female). The results show that the proportion of elderly women is consistently higher than that of elderly men. Furthermore, as age increases, elderly people tend to live more in rural areas than in urban areas (Table 1).

Table 1. Percentage of the elderly population by area of residence and gender

(Unit%)

Age group	General		Urban areas		Rural Areas	
	Male	Female	Male	Female	Male	Female
60-64	45.35	54.65	45.81	54.19	45.06	54.94
65-69	43.15	56.85	43.71	56.29	42.82	57.18
70-74	42.33	57.67	41.30	58.70	42.93	57.07
75-79	40.06	59.94	42.31	57.69	38.75	61.25
80 years old and above	34.65	65.35	37.07	62.93	33.48	66.52
Total	42.18	57.82	43.05	56.95	41.67	58.33

Source:GSO & UNFPA, 2021

- *The health status of the elderly:* Improvements in healthcare, nutrition, and living conditions have contributed to increased life expectancy. In 2023, the average life expectancy was 73.6 years (male: 71.1 years, female: 76.4 years). The

rate of elderly people in poor households was 3.6%, and in near-poor households, it was 11.6%, both higher than the national average (Nhandan.vn, 2023). Some studies have shown that elderly people in Vietnam live longer and maintain better health. In 2021, the percentage of elderly people who self-assessed their health as normal, good, or very good was as high as 84% (GSO, 2021). This demonstrates that, with the support of the healthcare system and social policies, the elderly can continue to lead a quality and active life.

- *Social needs of the elderly:* Nearly 65% of the elderly live with their children and grandchildren, while 35% live alone and have a strong desire and need to participate in collective activities (Nga, N.T.T., 2024). According to the United Nations Population Fund, about 80% of the elderly, after retirement, wish to find additional jobs and continue participating in economic and social activities. The 2009 and 2019 population and housing censuses also showed that about 35% of the elderly are still working, with an equal proportion of working individuals across age groups, genders, and regions (GSO, 2021). Similarly, a survey by VCCI & UNDP (2021) found that about 52% of the elderly want to continue working and contributing to society.

Population aging, with indicators reflecting high dependency and significant concerns among the elderly, such as prolonged illness, lack of caregivers, and insufficient income to sustain their livelihood, presents numerous challenges (ILO, 2022). On the other hand, several indicators related to this social group are showing positive developments, contributing to an active aging process in Vietnam. In this context, improving the quality of life and addressing the social needs of the elderly are essential. These are important practical foundations for policies concerning the elderly in Vietnam.

(2) Xiangqi club activities

The process of establishing Xiangqi clubs in Vietnam is often initiated by community groups who share a common passion for the game. These clubs typically start with a small group of voluntary members and then expand in scale and membership through promotional activities or by organizing competitions. The establishment of Xiangqi clubs is carried out in accordance with Decree No. 45/2010/ND-CP of April 21, 2010. However, this Decree does not apply to the Vietnam Veterans Association, and the scope of the association's activities is also divided according to administrative boundaries. In practice, the Xiangqi club model includes clubhouses/ Xiangqi clubs affiliated with the Veterans Association. Therefore, the content of the Decree serves primarily as a basis for determining procedures, the establishment process, and operating principles.

Purpose: The establishment of Xiangqi clubs is not only to create an entertaining environment but also to provide a place for members to exchange ideas and learn from each other. The ongoing maintenance and promotion of Xiangqi clubs not only bring joy and satisfaction to the members but also play a significant role in preserving and enhancing traditional cultural values. Xiangqi is not only a game but also a part of the intangible cultural heritage, closely associated with the spiritual life of the Vietnamese people through many generations.

Xiangqi clubs serve as "living museums" that preserve this tradition while creating a space for exchange and learning between generations, strengthening the solidarity and connections within the community. For the elderly, participating in Xiangqi clubs helps them maintain their cognitive abilities, practice social skills, and reduce loneliness, ultimately improving their quality of life.

- *Members:* A notable aspect of Xiangqi club activities, beyond those affiliated with the Elderly Association and the Veterans Association, is the diverse range of participants. Although the elderly constitute the majority, the clubs actively engage younger generations, students, and other chess enthusiasts. This diversity contributes to the growth of a vibrant chess community and supports the dissemination, preservation, and promotion of Xiangqi for future generations.

- *Activities:* Xiangqi club activities mainly focus on organizing weekly or monthly matches and competitions among members. Many clubs also organize internal tournaments and participate in regional or national competitions, fostering a spirit of learning and healthy competition. Additionally, clubs hold seminars and in-depth discussions on Xiangqi, featuring the participation of experts and grandmasters. These activities enhance members' understanding of chess strategies and skills while also contributing to the general improvement of Xiangqi players at the local level.

- *Finance:* Xiangqi clubs in Vietnam primarily operate through voluntary member contributions and financial backing from benefactors. Membership fees are typically socialized, meaning there is no fixed amount; members contribute based on their financial capacity and personal circumstances. These contributions fund the club's regular activities, including equipment purchases, tournament organization, and costs related to friendly matches. Additionally, many clubs receive sponsorship from organizations or individuals dedicated to preserving and promoting Xiangqi. Such

sponsorships enable clubs to expand their operations, improve the quality of tournaments, and support the organization of exchange and networking activities for members.

Some clubs actively organize fundraising events to attract community attention and provide sustainable financial resources for long-term activities. Additionally, these events offer opportunities to raise social awareness about the cultural and spiritual values of Xiangqi.

- Location: Xiangqi clubs often organize competitions in parks, cafes, or sports centers. These are convenient, accessible, and spacious public venues that allow members to participate without facing significant geographical or cost barriers. Parks like Le Van Tam (HCMC), Thong Nhat (Hanoi), and Hoa Binh Park (Ninh Binh) are popular locations for Xiangqi gatherings.

In addition, coffee shops have become ideal destinations for small Xiangqi clubs, offering a pleasant space to enjoy drinks and play without rental fees, easing the club’s financial burden.

At sports centers or social and cultural clubs, Xiangqi clubs can use space and facilities for free or at low cost, enabling larger-scale competitions. This model is popular in major cities such as Hanoi, Ho Chi Minh City, and Da Nang.

Between 2018 and 2023, the Vietnam Xiangqi Federation guided the establishment and admission of 58 member clubs, totaling 2,115 individual members (VFX.org.vn, 2023). These clubs have collaborated to organize numerous high-quality and effective grassroots tournaments.

- In Hanoi: Ho Guom Xiangqi Club, Phuong Liet Xiangqi Club, Van Phu Club, Thang Long Ky Dao Forum, Dien Bien Phu Club

- In TPHCM: Ky Huu Club, Sai Thanh Ky Dao Club, Phuong Trang Ky Dai

- In other provinces and cities: Viet Tri City Xiangqi Club (Phu Tho), Thanh Nam Ky Dao Club (Nam Dinh), Cong Dai Club (Can Tho),...

The regular activities of Xiangqi clubs continue to attract a growing number of enthusiasts. The Xiangqi team has won numerous medals and achieved strong results at international tournaments and the SEA Games (VFX.org.vn, 2023). Sustaining and promoting the clubs’ activities not only fuels the passion for Xiangqi but also helps preserve, conserve, and promote a cherished aspect of the nation’s cultural heritage.

4.2. Descriptive statistics of the sample study

The survey received 274 responses, with the following breakdown by gender and age.:

Table 2. Descriptive statistics of survey participants

Occupation	Number of people	Percentage (%)
Gender		
Male	165	60.3%
Female	104	37.9%
Prefer not to say	5	1.7%
Age		
60-69 years old	203	74.1%
70-79 years old	62	22.4%
80 years old and above	9	3.4%

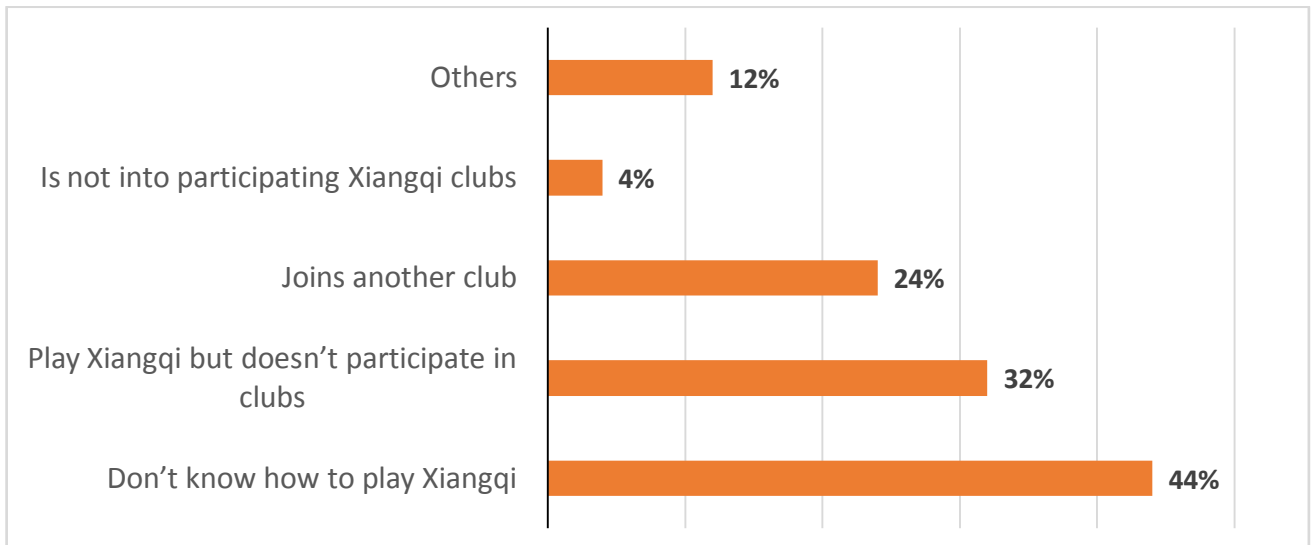
Source: Survey result

The majority of survey participants were male (165 people, or 60.3%), while 104 participants were female (37.9%). Most participants were aged between 60 and 69 (74.1%). In terms of gender, 58.6% identified as male, 37.9% as female, and 3.4% preferred not to say.

Of the 274 survey responses collected, 156 people (56.9%) answered “Yes” to joining the Xiangqi club, while 118 people (31.3%) answered “No.” For the 118 non-members, the survey team identified the reasons for not joining as:

“don’t know how to play Xiangqi” (44%), “play Xiangqi but don’t join the club” (32%), and “belong to another club” (24%).

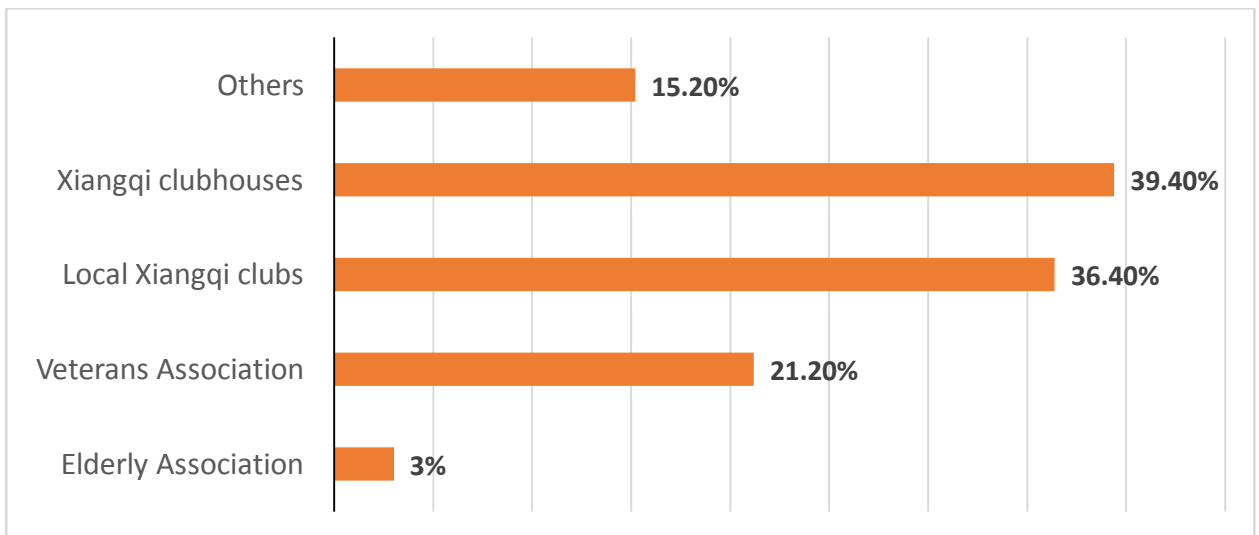
Figure 1. Reasons the elderly don’t join the Xiangqi club



Source: Survey result

Among the 156 people who joined Xiangqi clubs, the majority (39.4%) participated in local clubs at the commune and district levels, 36.4% in clubhouses/ Xiangqi clubs, 21.2% in the Veterans Association, 15.2% in other clubs (based on individual associations and groups), and only 3% in clubs affiliated with the Elderly Association.

Figure2. Types of Xiangqi clubs joined by the elderly



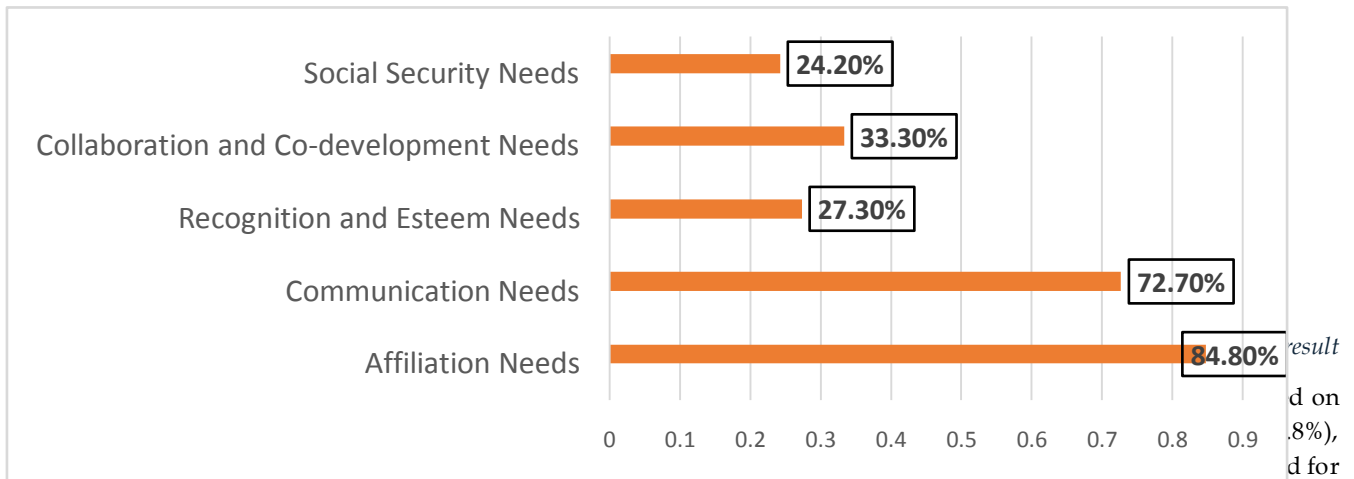
Source: Survey result

Regarding the duration of club participation, 33.3% participated for less than one year, 41.7% for one to three years, and the remaining 25% for more than three years.

4.3. Survey results

In the context of an aging population, Xiangqi clubs have become an important environment for the elderly to engage in community activities, foster social connections, enjoy entertainment, and improve their mental health. Xiangqi is not only an intellectual sport that helps the elderly practice thinking, enhance concentration, and improve judgment, but it also provides a space for them to interact and connect with the community. In Vietnam, Xiangqi clubs have become familiar gathering places for the elderly to interact, learn, and share life experiences.

Figure 3. Assessment results on the level of satisfaction regarding the social needs of the elderly participating in Xiangqi clubs.



recognition and respect was not rated as highly as the others, 27.3% of participants still felt that the Xiangqi club met this need. This indicates that, besides connection and communication, the elderly still seek recognition and respect in community activities.

The research team reviewed and surveyed the social needs of the elderly through community activities (Xiangqi clubs) in detail from various perspectives.

(1) Regarding the need for affiliation

The need for affiliation is one of the most highly satisfied needs among the elderly when participating in the Xiangqi club, with 84.8% of participants agreeing that the club helps them maintain and expand their connections with the community. By playing Xiangqi and interacting with other members, the elderly have the opportunity to exchange, learn, and share life experiences.

Table 3. Assessments from the elderly surveyed about the need for affiliation.

Survey Factors	Average Score	Threshold
I feel to be connected with the other members of the club.	3.84	Agree
Connecting with my Xiangqi friends at the club helps me maintain and expand my connections within the community and society.	3.84	Agree
Joining a Xiangqi club makes me feel like I am part of a bigger community	3.48	Agree

Source: Research team survey results

According to the survey data analysis, the average score of the elderly’s feelings about their connection with club members was 3.84, the threshold of “agree” on the scale. This shows that the majority of the elderly appreciate the social connections that the club provides. Specifically, participating in the Xiangqi club helps them feel like they are part of a larger community, which is a very important factor in strengthening their sense of social belonging and improving mental health. Connecting with Xiangqi friends at the club not only helps the elderly maintain existing social relationships but also expands their networks, creating opportunities for them to participate in other social and cultural activities.

“At the Xiangqi club, we play Xiangqi, discuss various life issues, and exchange a lot of news with each other that I wouldn’t receive if I just stayed at home. We also have other extended exchange activities that make life more vibrant, especially as we feel that we are still healthy, can care for ourselves, and cause less trouble for our children and grandchildren.” (In-depth interview notes, Mr. Cao Thanh Chau, 71 years old, Member of the Elderly Xiangqi Association of Binh Tay Cultural and Sports Center - Ho Chi Minh City).

“Xiangqi leads to the connection of players in small-scale groups (requiring only at least two players with minimal costs – one chessboard, placed at any location). This limits the development of larger clubs, which could have a broader impact within the

Social Needs of the Elderly in Community Activities: A Case Study of Xiangqi Clubs in Vietnam

elderly community," (Deep interview notes with Mr. Hoang Dinh Hong, head coach of the national team and head coach of the Ho Chi Minh City Xiangqi Team). Besides the large-scale professional Xiangqi clubs in recent times, informal community activities such as local Xiangqi groups among the elderly are also common. This serves as a foundation for the future development and expansion of Xiangqi club models for the elderly.

In addition, Xiangqi clubs serve as a connection between the elderly and the local community. Thanks to regular activities at places such as parks, sports centers, and coffee shops, these clubs have become familiar gathering places for the elderly, including those who are not official members. Xiangqi clubs now provide a space to maintain and develop social relationships among people with similar interests.

(2) Communication needs

As they approach the end of life, the elderly often face many social and personal changes that limit their relationships and communication opportunities. In this context, participating in community activities not only helps the elderly maintain their communication skills but also serves as a way to improve their mental and physical health. According to the survey results, the need for communication was also highly valued by participants, with 72.7% agreeing that the Xiangqi club meets their communication needs well.

Table 4. Assessments from the elderly surveyed about the need for communication

Survey Factor	Average Score	Threshold
The Xiangqi club is not only a place to play Xiangqi but also where I can share and exchange information.	3.73	Agree
I feel comfortable communicating and sharing with other club members.	3.82	Agree
I can easily express my opinions and views at the club.	3.42	Agree

Source: Research team survey results

The Xiangqi playing method and the activities of the Xiangqi club provide a convenient space for the elderly to chat, exchange ideas, and share experiences. The average score of 3.82 for the survey factor "I feel comfortable communicating and sharing with other members of the club" indicates that the club has created a friendly environment, fostering connections and the sharing of views. "Playing Xiangqi is a beautiful pastime for the elderly - leisurely and carefree - allowing them to contemplate life and reflect on their experiences through the game. I believe that playing Xiangqi, like many other sports, contributes to the mental well-being of the elderly." Mr. Cao Thanh Chau, 71 years old, Member of the Elderly Xiangqi Association of Binh Tay Cultural and Sports Center - Ho Chi Minh City). Other notable responses collected through the survey link included the sharing of the elderly, primarily focusing on their communication needs:

- "Being able to have fun and exchange information." (Ms. Vu Xuan Du, female, over 80 years old, participating in the Xiangqi clubs)

- "Having more friends when playing Xiangqi." (Ms. Duong Thi Xin, female, 70-79, participating in the Xiangqi clubs)

- "Joining the Xiangqi club helps me feel more optimistic and happy" (Mr. Do Minh Nhat, male, 60-69, participating in the Xiangqi Club of the Elderly Association)

In addition to the majority of opinions in agreement, Mr. Hoang Hong Quang, a male aged 60-69 and a member of the Veterans Association Chess Club, shared: "At retirement age, I often choose and clearly distinguish which place serves which of my needs. Everything usually happens in its right place: playing Xiangqi has its place, doing business has its place, and confiding has its place... they cannot be mixed. For me, the Xiangqi club is simply a place for entertainment, relaxation, and contemplation. Friends who play Xiangqi with me do not necessarily develop into literary friends, music friends, dining companions, business associates, or soul mates."

At the Xiangqi club, the elderly have a space to connect, discuss, share, and exchange information about life. Among the three survey factors related to communication needs, the lowest average score (3.42) was for the factor "I can easily express my views and opinions in the club."

(3) The need for recognition and respect

Social Needs of the Elderly in Community Activities: A Case Study of Xiangqi Clubs in Vietnam

The need to be recognized and respected is a basic human need, especially for the elderly. The communication needs of the elderly, when participating in community activities, go beyond simple dialogue and also include the desire to feel listened to and respected. In Xiangqi clubs, the elderly often find like-minded friends with similar interests and skills, thereby creating a positive communication environment. Participating in Xiangqi competitions, exchanging tactics, and sharing life experiences all contribute to enhancing their sense of self-worth. *“Playing Xiangqi offers numerous benefits to players of all ages, such as improving critical thinking, developing patience during competition, fostering a respectful attitude toward opponents regardless of the outcome, and learning from experiences by reflecting on mistakes and carefully considering each move before making it.”* (In-depth interview notes, Mr. Pham Manh Thua, 61 years old, Coach, Member of Hoa Lu Sports Center, District 1, Ho Chi Minh City)

Table 5. Assessments from the elderly surveyed about the need for recognition and respect

Survey factor	Average Score	Threshold
I feel respected at the club.	3.79	Agree
My achievements in Xiangqi are recognized and highly appreciated.	3.33	Neutral
I feel proud to be a member of the club.	3.64	Agree

Source: Research team survey results

The factor of “I feel respected at the club” received an average score of 3.79, indicating that the elderly feel respected in the club’s activities. However, individual achievement recognition in Xiangqi was rated lower, with an average score of 3.33. This can be explained by the fact that the elderly participants in the club focus not only on winning or losing but also on the value of communication and learning from others (Pham, 2024).

(4) The need for cooperation and mutual development

By participating in cooperative activities, the elderly have the opportunity to showcase their personal abilities and share life experiences. In Xiangqi clubs, the elderly not only play Xiangqi but also exchange strategies, share experiences, learn, develop their Xiangqiskills, and engage in other meaningful activities.

Table 6. Assessments from the elderly surveyed about the need for cooperation and mutual development

Survey factor	Average Score	Threshold
The Xiangqi club offers members the opportunity to collaborate and develop their Xiangqi skills.	3.58	Agree
I am often supported and I also learn from other club members.	3.33	Neutral
Besides playing Xiangqi, I engage in other meaningful activities with my friends at the club.	3.85	Agree

Source: Research team survey results

“Knowing how to think and play Xiangqi scientifically will help us have a sharper mind, which is very important in dealing with our daily pressures. Playing Xiangqiallows us to relax our minds, and the philosophical lessons of ‘mind and way’ found in Xiangqi can greatly assist us in handling the challenges we face every day.” (In-depth interview notes, Mr. Pham Manh Thua, 61 years old, Coach, Member of Hoa Lu Sports Center, District 1, Ho Chi Minh City).

About 33.3% of participants in the Xiangqi club agreed that their needs for cooperation and mutual development are fulfilled through the club’s activities. These collaborative relationships help the elderly feel that they can contribute positively and build lasting community connections. Additionally, through activities such as friendly Xiangqi competitions, organizing events, and participating in club development projects, the elderly can enhance their organizational, management, and teamwork skills. These skills not only benefit them individually but also contribute to the sustainable development of the community.

However, the neutral rating (3.33 points) for the survey factor “I am often supported and I also learn from other club members” indicates that some elderly participants still do not fully feel supported by the club.

(5) Social security needs

Social security is not only about ensuring safety and support in the physical environment but also encompasses the mental and social peace of mind and trust that community activities provide. Xiangqi clubs are a clear example of how these activities help the elderly feel safe and secure in their social relationships. The survey results show that 24.2% of participants agreed that Xiangqi clubs helped them meet this need. The average score of 3.91 indicates that the elderly feel safe and comfortable when participating in the club, considering both physical and mental health aspects. They not only find Xiangqi activities suitable for their age and health, but they also feel that they can receive help as needed. This contributes to improving their quality of life and reducing the risks of loneliness and mental health decline.

Table 7. Assessments from the elderly surveyed about social security needs

Survey Factor	Average Score	Threshold
The Xiangqi club activities are suitable for my time, health, and age	3.91	Agree
Playing Xiangqi helps me have fun while exercising my brain and is good for my mental health.	4.0	Agree
I know that I can get support from other members when needed.	3.61	Agree
At the club, I do not encounter prejudice about age or differences	3.82	Agree

Source: Research team survey results

The elderly who participate in Xiangqi clubs can experience comfort and safety, particularly because the club’s activities are often scheduled at times suitable for their health and age. According to the survey, the average score of 3.91 indicates that the members agree this activity is suitable for their physical strength and schedule. “Activities such as playing Xiangqi are both entertaining and helpful for training the brain, making an important contribution to maintaining mental health,” with an average score of 4.0. Xiangqi clubs create a space where the elderly do not face prejudices related to age or other differences. According to the survey, the average score of 3.82 indicates that the elderly do not encounter discrimination or prejudice when participating in these activities. With an average score of 3.61, the elderly agree they can receive support from other club members when needed. These evaluation results demonstrate that participating in Xiangqi club activities meets the social security needs of the elderly.

V. Analyze the research results

(i) Results of the activities of the Xiangqi club

- The Xiangqi club also serves as a playground that helps the elderly maintain mental sharpness and improve mental health. Studies have shown that social and recreational activities, such as playing Xiangqi, can help reduce the risk of mental health issues like depression and memory decline. The Xiangqi club is suitable for all ages, health conditions, and skill levels, making it easy for seniors to participate.

- The majority of elderly participants in the club are men (60.3%). This trend stems from cultural traditions and personal preferences. In many East Asian cultures, including Vietnam, Xiangqi has long been a popular game among men. This game often takes place in public spaces such as parks, cafes, or community areas where men tend to gather. Xiangqi is often considered a sport that requires strategic and logical thinking, making it more appealing to those who enjoy intellectual challenges.

- The club’s activities are officially more appealing in urban areas compared to rural regions. This is because, in rural areas, family and neighborly relationships dominate, leading to Xiangqi being played in small, informal groups. In contrast, official clubs play a vital role in urban settings.

- Xiangqi requires players to think strategically and anticipate their opponent’s moves, thereby enhancing their problem-solving skills. Among those who do not participate, common reasons include “not knowing how to play Xiangqi” (44%), “knowing how to play but not joining a club” (32%), and “participating in other clubs” (24%). The lack of information or initial connections with these organizations can be a barrier for many elderly individuals seeking to join Xiangqi clubs.

- The majority of elderly individuals participate in local Xiangqi clubs (39.4%), while a smaller percentage participate in professional Xiangqi clubhouses (36.4%). Clubs specifically for seniors under the Elderly Association and the Veterans Association have not yet gained much traction. “Clubs for the elderly primarily take the form of retirement clubs in various districts. In my opinion, the current Xiangqi clubhouses for seniors do not adequately meet their recreational needs. As a

result, many seniors tend to enjoy leisure activities at sidewalk cafes and small eateries in their neighborhoods.” (In-depth interview notes, Mr. Pham Manh Thua, 61 years old, Coach, Member of Hoa Lu Sports Center, District 1, Ho Chi Minh City).

(ii) Results on the level of satisfaction regarding the social needs of the elderly participating in Xiangqi clubs

Participating in community activities such as Xiangqi clubs naturally fulfills various needs for connection, communication, recognition, cooperation, and social security through interactive activities and mutual support within the club. The Xiangqi club serves not only as a venue for playing Xiangqi but also as an environment where elderly individuals can find empathy, respect, and a sense of safety in their lives. The detailed research results correspond to the following five social needs:

- Joining the Xiangqi club helps elderly individuals establish and maintain social connections. The need for connection ranks the highest, with 84.8% of participants agreeing that the club helps them sustain and expand their social relationships, reducing feelings of loneliness. This sense of connection allows elderly individuals to engage in life in meaningful, positive, and purposeful ways. Participating in the Xiangqi club provides elderly individuals with a regular schedule of activities (something to do), opportunities to connect with fellow members (building relationships), and social interactions that enhance their physical and mental health (offering future benefits). The average rating for factors related to social engagement stands at “Agree” (3.84), indicating that the elderly feel connected to their community, form new relationships, and maintain their social connections.

- The need for communication was highly valued by 72.7% of participants. The Xiangqi club helps them maintain their communication skills and provides a space for exchanging information and sharing life experiences. With an average score of 3.82, the club fosters a friendly environment that encourages the elderly to express their opinions. However, the lowest score of 3.42 indicates that some members still feel hesitant to share their thoughts.

- The fulfillment of the need for recognition and respect among the elderly is lower than that of other needs, with only 27.3% of participants feeling that the club addresses this requirement. An average score of 3.79 shows that participants feel respected; however, a lower score of 3.33 indicates that the recognition of personal achievements is not highly valued.

- Approximately 33.3% of participants feel that the club fulfills their need for collaboration and skill development by promoting mutual learning through activities that involve sharing strategies and experiences.

- In comparison to other needs, only 24.2% of participants feel that the club addresses their need for social security. However, an average score of 3.91 for the survey factors suggests that the elderly feel safe and comfortable engaging in community activities at the Xiangqi club.

(iii) Some suggestions to improve participation and enhance the effectiveness of Xiangqi clubs for the elderly.

- Diversify the participants in the Xiangqi club and strengthen connections with elderly women by encouraging their involvement through integrated activities, such as meetings with a broader range of topics or games related to Xiangqi.

- Expand the scale and establish official clubs in rural areas: It is essential to create more official Xiangqi clubs in these regions by collaborating with organizations such as the Elderly Association, the Veterans Association, and other community groups. This collaboration can help organize regular events that encourage community participation. The initial foundation for these clubs will be the existing informal Xiangqi groups in the area.

- Rally support and participation from associations and movements in a similar way to other sports. Encourage experienced Xiangqi masters, who have been dedicated to the game for many years, to lead and drive the movement. Forming Xiangqi clubs for the elderly can easily attract substantial financial and emotional backing from their children. This strength should be harnessed to promote the growth of Xiangqi club models for the elderly in Vietnam.

- Organize basic and advanced Xiangqi courses for the elderly: To meet the needs of those who do not know how to play Xiangqi or those with lower skill levels, it is essential to offer basic and advanced courses specifically designed for the elderly. These courses can be taught by skilled players from the club or existing coaches, combined with strategy training sessions. This initiative will also help expand the club’s activities, strengthen connections and interactions, and attract new members to join.

- Implement mechanisms to recognize the achievements of club members, including organizing internal tournaments, awarding prizes, and honoring skilled players or individuals who contribute significantly to the club. In addition, it is important to organize events to acknowledge the contributions of each member.

- Establish connections between Xiangqi clubs across different localities, or integrate various club models - such as local clubs, community centers, veterans' associations, and elderly associations - through exchange events and inter-club competitions. Furthermore, it is essential to organize events that engage clubs beyond just the Xiangqi community.

- Leverage local media, social networks, and community organizations to strengthen connections and encourage participation. Make information about existing clubs easily accessible to attract new members and promote club activities.

VI. Conclusion

The elderly represent a growing segment of the population, encountering various changes in psychological, health, and social aspects. Engaging in community activities, such as joining a Xiangqi club, not only supports their mental well-being but also fulfills essential social needs. These needs include the need for affiliation, communication, recognition and respect, collaboration and mutual development, and social security. The research findings reveal that elderly individuals primarily join clubs to seek social connections and a safe environment for engaging in community activities. In light of this, the article presents several suggestions to enhance participation and improve the effectiveness of Xiangqi clubs for seniors. However, within the scope of the survey, the article does not address the differences in meeting the social needs of elderly individuals who do not participate in Xiangqi clubs. Additionally, it is essential to further explore the differences in social needs across various regions, particularly between urban and rural areas. Future research could employ a behavioral approach, utilizing quantitative research methodologies or conducting in-depth analyses of specific social needs to gain a comprehensive understanding.

REFERENCES

- [1] Abraham Maslow, (1943). A Theory of Human Motivation
- [2] Ballard, C., Gauthier, S., Corbett, A., Brayne, C., Aarsland, D., & Jones, E. (2011). Alzheimer's disease. *The Lancet*, 377(9770), 1019-1031.
- [3] Berkman, L. F., & Glass, T. (2000). Social integration, social networks, social support, and health. In L. F. Berkman & I. Kawachi (Eds.), *Social Epidemiology* (pp. 137-173). Oxford University Press.
- [4] Binh, N., T., (2023). The Elderly: A Vital Force in Strengthening National Unity for the Cause of Building and Defending the Homeland. *Communist Review*, ISSN 2734-9071, 04/2023 Edition.
- [5] Bruggencate T.T., Luijckx K.G., Sturm J. (2018). Social needs of older people: A systematic literature review. *Aging and Society*, 38 (9), pp. 1745-1770.
- [6] CDC.gov,(2024). <https://www.cdc.gov/emotional-wellbeing/social-connectedness/loneliness.htm>accesson 1/9/2024.
- [7] Charles S. T., Carstensen L. L. (2010). Social and emotional aging. *Annual Review of Psychology*, 61, 383-409. <https://doi.org/10.1146/annurev.psych.093008.100448>
- [8] Croston, M. (2018) 'Communication' In Tetley, J., Cox, N., Jack, K. and Witham, G. (eds.) *Nursing Older People at a Glance*. Wiley-Blackwell: Oxford. pp. 6-7
- [9] Finch, N. (2017). Cognitive Decline and Social Engagement in Older Adults: A Longitudinal Study. *Journal of Aging and Health*, 29(6), 897-914.
- [10] GSO, (2021), *Aging population and the Elderly in Vietnam*, ISBN 978-604-334-955-9
- [11] GSO-UNFPA, (2021), *Elderly Population in Vietnam: Analysis from the 2021 Population Change and Family Planning Survey*.
- [12] ILO, (2022). *Labor and social trends in Vietnam 2021, outlook to 2030*. ISBN: 9789220364178 (PDF)
- [13] Jack, Kirsten, Ridley, Caroline and Turner, Samuel (2019) Effective communication with older people. *Nursing Older People*, 31 (4). pp. 40-48. ISSN 1472-0795
- [14] Katharina König¹,Martina Raue¹,Lisa A. D'Ambrosio,Joseph F. Coughlin, (2019). Physical and emotional support of the neighborhood for older adults: A comparison of the United States and Germany. *Journal of Environmental Psychology* Volume 62, April 2019, Pages 84-94. <https://doi.org/10.1016/j.jenvp.2019.01.008>
- [15] Kham, L. V.(2014), *The Current Issues of the Elderly in Vietnam*, *Vietnam Social Sciences Journal*, 7(80)
- [16] Kelly-Ann Allen, Margaret L. Kern, Christopher S. Rozek,Dennis McInerney, and George M. Slavich, (2021). Belonging: A Review of Conceptual Issues, an Integrative Framework, and Directions for Future Research. *Aust J Psychol*. 2021 Mar 10; 73(1): 87-102. Published online 2021 Apr 30. doi: 10.1080/00049530.2021.1883409
- [17] Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2015). Social relationships and mortality risk: A meta-analytic review. *PLoS Medicine*, 7(7), e1000316.

- [18] Ministry of Health, (2023). https://moh.gov.vn/hoat-dong-cua-dia-phuong/-/asset_publisher/gHbla8vOODuS/content/trung-binh-nguoi-cao-tuoi-o-viet-nam-mac-nhieu-benh-ket-hop-chi-phi-ieu-tri-cao-gap-8-10-lan-nguoi-treaccess on 1/9/2024
- [19] Needham, J. (1985). *Science and Civilisation in China: Volume 4, Physics and Physical Technology, Part 1, Physics*. Cambridge University Press.
- [20] Nga., N.T.T., (2024). Ensuring Social Welfare for the Elderly amidst the promotion of building and perfecting the Socialist Rule-of-Law State in Vietnam today. *Government Management Journal*, March 2024, ISSN e- 2815-5831
- [21] Nhan, et al, (2017). The extent to which the Needs of the Elderly in Ben Tre Province are met. *Science Journal, Can Tho University*, Volume 51, Part C (2017): 82-89
- [22] *Nhandan.vn. Rapid Population Aging in Vietnam and Policy Recommendations*. <https://nhandan.vn/gia-hoa-dan-so-nhanh-o-viet-nam-va-khuyen-nghi-chinh-sach-post756305.html>access on 4/9/2024
- [23] Taylor, S. E. (2011). Social support: A review. In *Handbook of health psychology* (pp. 189-214). Psychology Press.
- [24] Tung., N.T.T., (2012). The Social Network of the Elderly in Ho Chi Minh City. *Vietnamese studies: Proceedings of the 4th International Conference: Vietnam on the Path of Integration and Sustainable Development*, held in Hanoi, November 26-28, 2012.
- [25] Register, M. E. and Scharer, K. M. (2010). Connectedness in community-dwelling older adults. *Western Journal of Nursing Research*, 32, 4, 462-79. <https://doi.org/10.1177/0193945909355997>
- [26] Robert J. Sampson, (1988). Local Friendship Ties and Community Attachment in Mass Society: A Multilevel Systemic Model *American Sociological Review* Vol. 53, No. 5 (Oct., 1988), pp. 766-779
- [27] Rudich, P.A., (1980). *Psychology*. Sports Publisher. Ho Chi Minh City.
- [28] VCCI và UNDP (2021). *Market Research Report on Products and Services Elder Care in Vietnam*.
- [29] VFX.org.vn, (2023). *Summary Report of the General Assembly of the Vietnamese Xiangqi Federation, Term (2023-2028)*.
- [30] Vietnam National Assembly, (2009). *Elder Law, No. 39/2009/QH12*, November 23, 2009.
- [31] Walker, A., & Maltby, T. (2012). Active ageing: A strategic policy solution to demographic ageing in the European Union. *International Journal of Social Welfare*, 21(S1), S117-S130. <https://doi.org/10.1111/j.1468-2397.2012.00871.x>
- [32] Yang, Z., et al. (2020). Social Engagement and Mental Health in Older Adults. *Social Science & Medicine*, 251, 112911.
- [33] Zexi Zhou, Yijung Kim, Shiyang Zhang, Karen Fingerma, Need to Belong and Social Ties in Late Life, *Innovation in Aging*, Volume 5, Issue Supplement_1, 2021, Page 918, <https://doi.org/10.1093/geroni/igab046.3328>