

HO CHI MINH NATIONAL ACADEMY OF POLITICS

HA DO QUYEN

**RECREATION CULTURE OF THE ELDERLY
IN HANOI CITY TODAY
(THROUGH SURVEY IN HOAN KIEM DISTRICT, CAU GIAY
DISTRICT AND CHUONG MY DISTRICT)**

**SUMMARY OF DOCTORAL THESIS
MAJOR: CULTURAL STUDIES**

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Scientific supervisor: **Assoc.Prof.Dr. Nguyen Toan Thang**



Reviewer 1: **Assoc.Prof.Dr. Bui Hoai Son**

Reviewer 2: **Assoc.Prof.Dr. Nguyen Thi Truong Giang**

Reviewer 3: **Assoc.Prof.Dr. Truong Dai Luong**

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INTRODUCTION

1. Reasons for choosing the topic

The rapid rate of population aging in Vietnam and many countries around the world raises the issue of caring for both physical and mental health for the elderly. Caring for, researching, and solving the recreational needs of the elderly is an urgent issue in today's society, especially in densely populated cities like Hanoi.

In recent years, research on the recreation culture of the elderly has been sparse while recreation is also an essential need of the elderly. Therefore, it is very necessary to have more research on recreation culture in general, and recreation culture of the elderly in particular.

In fact, recreation culture plays a huge role, affecting the cultural - social - economic life of each individual, community, and nation; contributing to improving the quality of life as well as improving the “multidimensional health” of the elderly, helping the elderly to proactively and positively adapt to the context of population aging that is taking place strongly around the world. Therefore, conducting research on the recreation culture of the elderly is becoming increasingly urgent. In recent years, the material and spiritual life of the elderly in the capital has gradually improved. Besides the achieved results, the work of the elderly in the city still has some difficulties and limitations. Based on the urgent theoretical and practical requirements above, the researcher chose the issue of Recreation Culture of the Elderly in Hanoi City today (Through a survey in Hoan Kiem District, Cau Giay District and Chuong My District) as the topic of his doctoral thesis in Cultural Studies. The thesis will contribute to identifying the recreation culture of the elderly in Hanoi and suggest policy issues, recommendations to improve the recreation culture of the elderly, contributing to building the cultural life of the capital as well as improving the quality of life for the elderly, contributing to the socio-economic development of the city in the short and long term.

2. Research objectives and tasks

2.1. Research objectives

Based on the theory of recreation culture, the thesis studies and clarifies the current status and characteristics of recreation culture of the elderly in Hanoi; from there, discusses the recreation culture of the elderly in Hanoi today.

2.2. Research tasks

First, the thesis summarizes domestic and foreign research works related to the research problem, points out the results of previous works, the remaining gaps, and the need for further research.

Second, the thesis synthesizes research theories; build a framework for analyzing the research problem of the thesis topic; clarify the theoretical and practical issues of the thesis.

Thirdly, the thesis analyzes and clarifies the current status of recreation culture of the elderly in the survey area, clearly indicating the characteristics of recreation culture of the elderly in Hanoi city.

Fourthly, the thesis points out the influencing factors; forecasts the development trends of recreation culture of the elderly in the coming period; discusses the issues raised and proposes some recommendations to improve recreation culture of the elderly in Hanoi in the coming time.

3. Research objects and scope

3.1. Research objects: Recreation culture of the elderly in Hanoi city through a survey in 3 districts (Hoan Kiem, Cau Giay, Chuong My).

3.2. Scope of research

- Regarding the scope of research content: The thesis focuses on analyzing the recreation culture of the elderly in Hanoi city, mainly on the following issues: 1) Recreational needs, 2) Recreational activities, 3) Institutions, institutions, recreation means and 4) Recreational methods of the elderly.

- Regarding the research space: The thesis conducts a survey in 3 districts: Hoan Kiem, Cau Giay, Chuong My. The selection of these

localities ensures both economic and social representation of the elderly in Hanoi.

Regarding the research time: The thesis studies the recreation culture of the elderly in Hanoi in the period of 2019-2024.

4. Theoretical basis and research methods

4.1. Theoretical basis

The thesis is based on the methodology of Marxism-Leninism, Ho Chi Minh thought, the theoretical viewpoints of the Communist Party of Vietnam on building and developing an advanced Vietnamese culture imbued with national identity in the period of renovation and international integration, domestic and international theoretical achievements on recreation culture and recreation culture for the elderly; research theory on needs (by A.Maslow) and leisure time theory (by G.Becker, Andora, Doan Van Chuc, Hoang Vinh, W.Torkaski, Schmitz Scherzer, Goerge T.Zarotis)...

4.2. Research method

Based on the dialectical materialism and historical materialism methodology, the researcher uses research methods of cultural studies and interdisciplinary approaches through concepts, categories and research results of many scientific fields such as sociology, psychology, anthropology... related to the research topic of this thesis, specifically: Logical-historical method; participant observation method; analysis and synthesis method; case study method; sociological investigation method; comparative method.

Research questions

- Research question 1: What are the components of recreation culture?
- Research question 2: What is the current status of recreation culture of the elderly in Hanoi? What are the characteristics of recreation culture of the elderly in Hanoi?
- Research question 3: What are the factors affecting the recreation culture of the elderly in Hanoi today? Prospects for developing recreation culture of the elderly in Hanoi in the coming time?

5. Research hypothesis

- Research hypothesis 1: Recreation culture is a part of national culture; it is a whole consisting of many constituent elements.

- Research hypothesis 2: Recreation culture of the elderly in Hanoi is diverse and rich; expressed through different aspects and aspects. Recreation culture of the elderly in Hanoi has its own unique characteristics.

- Research hypothesis 3: Recreation culture of the elderly in general, recreation culture of the elderly in Hanoi in particular, has many prospects for development in the future. Currently, besides positive manifestations, there are still some limitations in the practice of recreation culture of the elderly in Hanoi and pose some issues that need to be solved.

6. New contributions of the thesis

6.1. Theoretical contributions

The thesis helps to supplement and enrich the theoretical treasure of recreation culture, especially in relation to the elderly - a cultural subject that is increasingly increasing in number in the context of population aging in Vietnam.

6.2. Practical contributions

The research results of the thesis will provide reference value for functional agencies, socio-political organizations and the elderly themselves in Hanoi in formulating policies to improve the recreation culture of the elderly in the coming time; contributing to improving the quality of life; building the cultural life of the elderly in Hanoi.

7. Structure of the thesis

In addition to the introduction, conclusion, references and appendix, the content of the thesis includes 3 chapters, 7 sections, specifically:

Chapter 1: Overview of related research situation and theoretical basis for research on recreation culture of the elderly in Hanoi.

Chapter 2: Current status of recreation culture of the elderly in Hanoi

Chapter 3: Discussion on recreation culture of the elderly in Hanoi today.

Chapter 1

OVERVIEW OF RELATED RESEARCH AND THEORETICAL BASIS OF RESEARCH ON RECREATION CULTURE OF THE ELDERLY

1.1. OVERVIEW OF RESEARCH WORKS RELATED TO THE TOPIC

In this section, the researcher summarizes research works related to the topic according to 3 groups of topics: Research works on the elderly; research works on recreation and recreation culture; research works on recreation culture of the elderly in Hanoi. From there, the researcher clearly points out the results that previous works have achieved:

These works have provided a large amount of information related to the elderly in many fields; helping the researcher have a comprehensive view of the psychological and physiological characteristics of the elderly; physical and mental needs of the elderly; cultural changes in the lives of the elderly (compared to other age groups), issues related to the lives of the elderly in the world as well as in Vietnam, initially suggesting policy orientations for caring for the elderly, towards active population aging in the current context. The works have provided a theoretical foundation for recreation and recreation culture; analyzed the current status of cultural life, recreation culture in urban areas, cultural life and recreation culture of the elderly in our country, pointed out some achievements and existing limitations; proposed some viewpoints and solutions for developing recreation culture as well as perfecting cultural policies, especially for recreation culture of the elderly. On that basis, the doctoral student has gradually formed a systematic theoretical framework for the thesis topic from the perspective of Cultural Studies. Although not yet providing a clear understanding of recreation culture, the works also more or less indicate the nature and elements that constitute recreation culture as a basis for the researcher to continue researching.

The works have contributed to the research on recreation culture and recreation culture of the elderly through research data in different areas

and approaches, helping us initially visualize the picture of recreation culture of the elderly in Hanoi city in the current context.

From there, the researcher clearly identified the issues that need to be further researched in the thesis:

First, on the basis of inheriting the research results of previous works, the researcher builds a scientific and systematic concept of recreation culture and recreation culture of the elderly; thereby clarifying the characteristics, structure, functions and classification of recreation culture. Second, the thesis will clarify practical issues about the elderly in the research areas (Hoan Kiem district, Cau Giay district and Chuong My district, Hanoi city) including physical, economic and social characteristics; pointing out the basic and typical needs of the elderly. Through sociological investigation and fieldwork, case studies, the thesis will clarify the current status of recreation culture of the elderly in Hanoi. From there, it points out the outstanding features of recreation culture of the elderly in Hanoi. Third, the thesis clarifies the factors affecting and forecasts the development trends in recreation culture of the elderly in Hanoi in the coming time; proposes a number of recommendations to improve the quality of recreation culture of the elderly in Hanoi.

1.2. THEORETICAL BASIS OF RECREATION CULTURE OF THE ELDERLY

1.2.1. Research theories

1.2.1.1. Needs theory

Needs theory is a psychological theory proposed by Abraham Maslow in 1943; in which different types of human needs, based on their demands and the order of their occurrence, are classified into 5 types; arranged into a hierarchy of human needs from low to high (physiological, safety, social, esteem, self-expression). According to A.Maslow, when a human need is not satisfied, they will try to satisfy that need; but when that need has been more or less satisfied, other higher needs will appear. Satisfying needs is one of the motivations that motivate people to make decisions. According to A.Maslow's theory of needs, the need for recreation is a synthetic need,

it is expressed in social needs, the need to be respected and the need to express oneself of each person. Applying A.Maslow's theory of needs helps explain the motivation of the elderly when making decisions to act, especially choosing recreation activities, to meet their needs. In addition, the argument about the interruption of needs due to objective and subjective conditions also helps to clarify the role of influencing factors in the choice of recreation activities of the elderly.

1.2.1.2. Leisure time theory

Leisure time is an issue that has been studied and debated in the world and in Vietnam. Previously, some researchers placed leisure time in an opposing relationship with working time. Accordingly, when people do not work, they have free time and are free to do whatever they like. And in this free time, a part of it is used for people to do recreational activities. Therefore, the concept of free time and leisure time is gradually unified. Applying the theory of free time helps researchers determine the time spent on free and recreational activities of people in general and the elderly in Hanoi in particular. The argument that leisure and work are not opposed in the elderly helps to understand leisure activities of the elderly in the form of activities such as participating in activities of political and social organizations, doing charity work, creating cultural and artistic products or doing “fun” work or their specialized work is extended after retirement... Applying the leisure time theory also contributes to understanding the motives, purposes, and hidden values behind leisure activities of the elderly.

1.2.2. Concept of recreation culture

1.2.2.1. Concept of culture

Culture is a broad category, covering many fields and has been approached by many researchers from different perspectives. From objective and scientific bases, President Ho Chi Minh put forward the concept of culture: “For the sake of survival as well as the purpose of life, humans have created and invented languages, writing, ethics, laws,

science, religion, literature, art, tools for daily life in terms of clothing, food, housing and methods of use. All of those creations and inventions are culture. Culture is the synthesis of all modes of living and their manifestations that humans have produced to adapt to the needs of life and the demands of survival” [33, p.458].

1.2.2.2. Concept of recreation

In different cultures, there are different concepts of “recreation”. Recreation is both a need and an inevitable activity associated with human life from ancient times to modern times. Especially when society is increasingly developed, recreation is an activity that shows human nature and the level of human development in daily life. According to the researcher, from the perspective of Cultural Studies: Recreation is a cultural activity chosen and voluntarily performed by people in their free time, including physical and mental activities to bring relaxation, restore physical and mental strength, satisfy people's needs and interests, help them express themselves, and promote creativity.

1.2.2.3. Concept of recreation culture and recreation culture of the elderly

Based on the concepts of culture and recreation presented above, the researcher believes that recreation culture is a part of national culture. It is a living whole of elements including: recreation needs, recreation activities, institutions, facilities, recreation means and methods of practicing recreation activities of people in their free time to meet recreation needs, towards good values of the community.

Recreation culture of the elderly is a part of recreation culture in general. It is a living whole of elements including: recreation needs, recreation activities, institutions, facilities, recreation means as well as methods of practicing recreation activities of the elderly in their free time to meet their recreation needs, towards good values.

Recreation culture of the elderly has the following basic characteristics in terms of subject; historical nature; purpose; and methods of practicing recreation culture.

1.2.3. Elements of recreation culture

Recreation culture is a whole, made up of different parts that are closely related and interact with each other, specifically:

1.2.3.1. Recreation needs

Needs are a psychological phenomenon of humans; they are human demands, desires, and aspirations for material and spiritual things to survive and develop. Recreation needs play a role as the origin and motivation of recreation activities. According to A.Maslow's theory of needs, it can be seen that recreation needs tend to be higher-level human needs, not associated with biological existence but rather reaching out, aiming to satisfy physical and spiritual needs, self-improvement and self-affirmation towards the good values of the community and society.

1.2.3.2. Recreation activities

When the need for recreation appears, under the conditions allowed (having free time, having material and spiritual conditions to meet), the recreation subject will perform recreation activities. Recreation activities are the activities of the recreation subject performed voluntarily and consciously to satisfy their recreation needs. Recreation activities of the recreation subject are diverse in form and rich in content. Recreation activities include both the passive state of receiving and developing to the state of actively participating in creative activities. Cultural recreation activities are not only in a static state but also in a dynamic state.

1.2.3.3. Institutions, laws, means of recreation

Cultural and recreation institutions are a part of cultural institutions. Accordingly, cultural and recreation institutions are the whole of the following elements: Facilities, organizational apparatus, personnel, operating regulations, funding sources related to entertainment activities; system of operating mechanisms and policies; human resources for management and organization; financial resources and operating entities. Cultural and recreation institutions can also be considered as social conditions for the recreation activities of the entities to take place.

Cultural and recreation institutions are a system of laws, regulations, rules, regulations... that regulate and regulate people's recreation activities, in order to ensure satisfaction of the recreation needs of individuals and communities as well as harmonize the interests of individuals and communities in the process of practicing recreation activities.

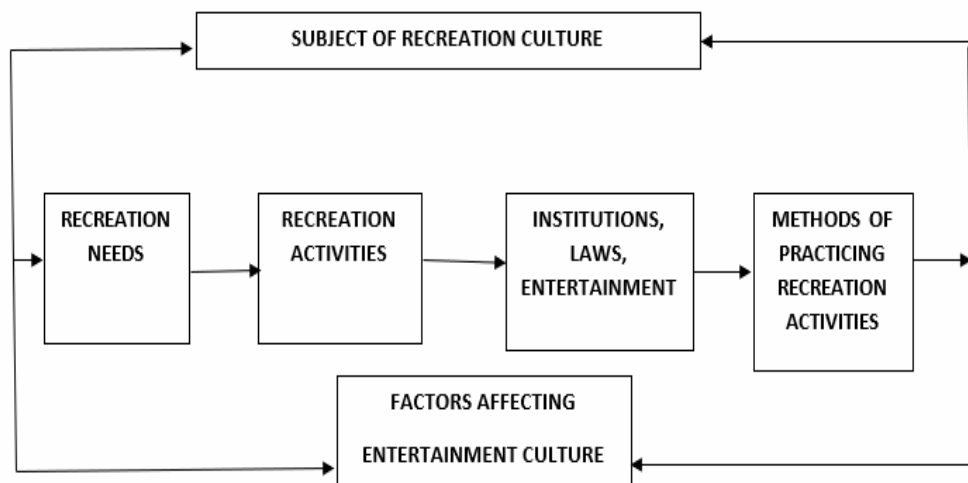
Recreation means are tools, props or equipment used to practice or support people to practice recreation activities. These means help people perform recreation activities, relieve stress, relax and help them enjoy better recreation experiences.

1.2.3.4. Methods of practicing recreation activities

Methods of practicing recreation activities are the ways and methods that individuals or groups of people use to perform recreation activities to meet recreation needs. Methods of practicing recreation activities include many different factors: Choice of activities; Method of participation; Time and frequency; Means of use; Place of practicing recreation activities; Purpose of practicing recreation activities.

In addition, the structure of recreation culture also includes concepts and philosophies of recreation; recreation spaces and landscapes; recreation symbol...

From the analysis of the structure of recreation culture and the factors affecting recreation culture, in this thesis, the researcher forms the framework for analyzing the content of the research problem as follows:



1.2.4. Classification of recreation culture

There are many ways to classify recreation culture based on different factors. Based on the nature of recreation activities, researchers divide recreation culture into two basic types: One is physical recreation culture associated with physical activities such as sports, dancing, etc. Second, spiritual recreation culture associated with spiritual activities such as listening to music, watching movies, socializing, traveling, etc. The highest development of spiritual recreation culture is associated with the creative activities of the subject, helping the subject express and promote the “ego”, perfecting the ego at a high level. That is the process of creating cultural products, which is recreation culture at the highest level.

1.2.5. The role of recreation culture

Recreation culture is a part of cultural life, so it has all the roles of culture, and recreation culture also has the following specific roles: recreation energy, restoring physical and mental health; connecting human and social communication; raising awareness for people and society; educating, contributing to perfecting human personality; contributing to activating human and social creativity; contributing to socio-economic development.

Chapter 1 Summary

In Chapter 1, in addition to an overview of related research works, the thesis has clarified theoretical issues and built a theoretical framework for researching the thesis topic “Recreation culture of the elderly in Hanoi city (through a survey in Hoan Kiem district, Cau Giay district and Chuong My district)” from the perspective of the field of Cultural Studies.

Chapter 2

IDENTIFYING RECREATION CULTURE OF THE ELDERLY IN HANOI

2.1. OVERVIEW OF HANOI AND RESEARCH AREAS

In terms of politics, Hanoi is the political center of the country, the headquarters of the National Assembly, the Government and central agencies, departments and branches. The capital Hanoi is entering a new period of development with a new position and potential.

In terms of economy, Hanoi is a major economic center, contributing increasingly to the economic development of the whole country: Over 16% of GDP, 18.5% of budget revenue, 20% of domestic revenue and 8.6% of total import and export turnover of the whole country; increasingly playing the role of a major economic and international trading center, a driving force for the development of the Red River Delta and the whole country.

In terms of culture, Hanoi is a land with a long-standing cultural tradition, famous for the elegant and graceful people of Trang An.

The political, economic, cultural and social conditions of Hanoi have a strong impact on the recreation culture of the capital's elderly. The stable political situation creates conditions for economic and cultural development, improving the quality of life of the people, including cultural life. Stable economic conditions, high per capita income compared to other localities are also the basis for the people of the capital to improve their quality of life, increase spending on services, including cultural services, to meet their needs. The cultural depth of Hanoi with many tangible and intangible heritages provides resources to create cultural and entertainment products to meet the needs of the people, including the elderly. In addition, the characteristic of “elegant Trang An people” also creates a difference in the recreation culture of the elderly in Hanoi compared to other regions and localities. Within the scope of the thesis, the researcher chose Hoan Kiem district, Cau Giay district and Chuong My district as the survey areas.

2.2. OVERVIEW OF THE ELDERLY IN HANOI CITY AND RESEARCH AREAS

2.2.1. Population, residential and gender characteristics

As of 2023, the number of elderly people in Hanoi is 1,284,042 people. The number of elderly people in Hanoi increased from 13% (in 2019) to 15% (in 2023) of the total population of the capital. In terms of gender, the number of elderly women in Hanoi is always higher than the number of men. In terms of population distribution, the number of elderly people living in urban areas of Hanoi is higher than the number of people living in rural areas in most age groups.

As of 2019, Chuong My district is the locality with the largest number of elderly people among the three surveyed localities with 40,516 people, followed by Cau Giay district with 33,194 people; Hoan Kiem district has 26,140 people. In all three localities, the proportion of elderly women is higher than the proportion of elderly men in all age groups. In Chuong My district, the number of elderly people living in rural areas (36,318 people) is many times higher than that in urban areas (4,198 people).

2.2.2. Physical, economic and social characteristics

Physically, the elderly are often in poorer health than young people. They are susceptible to chronic diseases such as cardiovascular disease, diabetes, bone and joint diseases, etc.

Psychologically. The psychological characteristics of the elderly are very diverse and rich. Some elderly people show positivity, satisfaction and adapt well to the aging process. Meanwhile, many elderly people feel lonely and lose social relationships when facing situations such as losing a spouse, friends, or when children grow up and leave home or live separately...

In terms of economic conditions, the majority of elderly people in Hanoi are low or middle income. They often rely on the social security system, including retirement, pensions or subsidies from their families.

In terms of society, in general, elderly people in Hanoi have a higher level of education than in other regions, the majority of elderly people are married or widowed, while other statuses (separated, divorced or

unmarried) account for a small proportion. Elderly people in Vietnam are often respected for their age, knowledge and experience.

2.2.3. Regarding the basic needs of the elderly in Hanoi

Through investigation and survey in 3 research areas, it can be seen that the elderly in Hanoi generally have the following typical needs: the need to live a healthy physical life; the need for health care; the need for social communication; the need to impart experience and knowledge, affirming the position of “tall trees with great shade”; the need for entertainment.

2.3. CURRENT STATE OF RECREATION CULTURE OF THE ELDERLY IN HANOI CITY

2.3.1. Regarding the recreation needs of the elderly in Hanoi

The elderly in Hanoi are all interested in, have recreation needs and regularly perform recreation activities for different purposes, in which the purpose of communication, meeting and improving physical and mental health are the purposes chosen by many elderly people. 79% of survey participants said that recreation time is the second most among daily activities. 91.4% of the elderly in Hanoi perform recreation activities in their daily lives.

The Covid-19 pandemic has strongly impacted the recreation needs and methods of the elderly in Hanoi, giving rise to the need for recreation on digital platforms. Despite limitations in the ability to use technology, in Hanoi, the elderly have performed more recreational activities through mobile devices during and after the Covid-19 pandemic. 98% of respondents said that after the Covid-19 pandemic, they performed more types of recreational activities than before; in particular, up to 17% said that they started to experience types of recreational activities that they had never tried before the Covid-19 pandemic.

2.3.2. About recreational activities of the elderly in Hanoi

The elderly in Hanoi practice a variety of recreational activities. The types of recreational activities chosen by many elderly people are very diverse, in which watching TV, listening to music, exercising, meeting and

interacting with friends and relatives, and using applications on the Internet are the dominant types; mainly physical and passive recreational activities. Creative leisure activities are concentrated in the elderly group with relatively good education and economic conditions. However, in addition to the two types of physical and mental leisure culture mentioned above, some elderly people consider continuing to work as an activity to meet their own leisure needs. For them, these activities not only help them relax and find joy in their old age, but also help them feel that they are still useful and contribute to society.

2.3.3. Regarding institutions, institutions, and recreation facilities for the elderly in Hanoi

Compared to other localities, Hanoi generally has a better system of institutions and entertainment facilities. Party committees at all levels, the capital's government, and the Association of the Elderly at all levels are always interested in improving the cultural life of the people through a system of programs, plans, and legal documents issued such as the Project on Health Care for the Elderly in the period of 2017 - 2025 in Hanoi; Program No. 08-CTr/TU of the Hanoi Party Committee on Developing the social security system, improving social welfare, and quality of life of the people in the capital in the period of 2021 - 2025; Directive No. 21-CT/TU on strengthening the leadership and direction of Party committees at all levels in the work of protecting, caring for, and promoting the role of the elderly in Hanoi...

2.3.4. About the method of cultural recreation practice of the elderly in Hanoi

The method of cultural recreation practice of the elderly in Hanoi is different depending on age, gender, place of residence... The purpose of cultural recreation practice of the elderly in Hanoi is very diverse, but in general, they all aim to improve physical and mental health, create joy in life, avoid loneliness, reduce stress, affirm and perfect themselves... The amount of time that the elderly in Hanoi spend on cultural entertainment is always the second largest part of the day; they mainly practice cultural

recreation in the early morning or evening. Home and public space are two places that many elderly people choose to practice cultural recreation. The subjects who practice cultural recreation with the elderly are diverse, most of them are close and attached to them. Despite difficulties, the elderly in Hanoi are still willing to spend a certain amount of money on cultural recreation and receive technological products in cultural recreation practice.

2.3.5. Characteristics of the recreation culture of the elderly in Hanoi today

Firstly, the recreation culture of the elderly in Hanoi is very diverse and rich in terms of needs, types, methods of organization and implementation, purposes... It is the crystallization and convergence of the quintessence of recreation culture from hundreds of regions.

Secondly, the recreation culture of the elderly in Hanoi is both traditional and modern, updated with human civilization. The recreation culture of the elderly in Hanoi clearly reflects the intersection between tradition and modernity, both maintaining the long-standing cultural values of Thang Long - Hanoi and adapting to the development of modern society and human civilization+. They not only participate in activities imbued with national identity but also know how to absorb and choose new recreation trends to enrich their spiritual life.

Third, the process of practicing recreation culture is not only the process of the elderly meeting and satisfying their recreation needs in accordance with their conditions, but it is also the process of them finding core values in society, practicing and creating standards in life.

Fourth, the recreation culture of the elderly in Hanoi city has the style of Hanoi people, expressing the “Trang An quality” of elegance, civilization, gentleness, and depth.

Fifth, the recreation culture of the elderly in Hanoi is often tightly organized, associated with political and social organizations, with political, historical, and spiritual cultural activities of the capital.

Summary of Chapter 2

In Chapter 2, the project clarified the characteristics of the research area and the characteristics and needs of the elderly in Hoan Kiem, Cau Giay and Chuong My districts, Hanoi city. Through the results of a sociological survey of 378 elderly people, fieldwork results, and in-depth interviews with 22 elderly people in 3 research areas, the thesis has clearly shown the current status of recreation culture of the elderly in Hanoi city from the following perspectives: recreation needs, recreation activities, institutions, institutions and means of recreation, and methods of practicing recreation culture; at the same time, it points out 5 characteristics in the recreation culture of the elderly here.

Chapter 3

DISCUSSION ON RECREATION CULTURE OF THE ELDERLY IN HANOI TODAY

3.1. FACTORS AFFECTING RECREATION CULTURE OF THE ELDERLY IN HANOI

3.1.1. Material factors - survival

3.1.1.1. Economic conditions, income of the elderly and their families

Economic conditions, income levels of the elderly have a strong impact on their recreation culture. The results of the thesis survey show that up to 44.9% of the elderly choose recreation activities based on their economic conditions.

3.1.1.2. Health status

The health status of the elderly has a great influence on the choice of recreation. The survey results of the thesis show that up to 78.8% of the elderly in Hanoi participating in the survey said that health affects their choice of recreation culture. This is the highest rate among the factors affecting the choice of recreation culture of the elderly in Hanoi.

3.1.1.3. Residential area

Residential area is also a factor that has a strong impact on the recreation culture of the elderly. 39.9% of the elderly participating in the

survey said that their residential area affects their choice of recreation culture. For recreation culture, residential area is associated with cultural infrastructure, recreation infrastructure; associated with natural resources, natural landscapes can also create favorable environments for recreation activities; affect the level of participation and social interaction in cultural recreation of the elderly.

3.1.1.4. Gender psychology:

3.2. DEVELOPMENT TRENDS OF RECREATION CULTURE OF THE ELDERLY IN HANOI CITY

3.2.1. Changes in the recreation culture of the elderly

First, compared to the past, individuality is more clearly expressed in the recreation culture of the elderly.

Second, the development of economy and science and technology also creates conditions for the elderly to improve their quality of life, helping them to experience and develop more types of recreation culture, contributing to diversifying the recreation culture of the elderly.

Third, digital technology will be strongly applied to serve the lives of the elderly in general, and the recreation needs of the elderly in particular. Digital recreation becomes an inevitable recreation trend for all ages. Compared to the younger generation, the elderly approach this trend somewhat slower due to limitations in technological skills, but they tend to be loyal to the cultural activities, products, and services they have chosen.

3.2.2. Development trends of cultural and recreation forms for the elderly

First, the cultural and recreation forms of the elderly are increasingly diverse and rich in types.

Second, the impact of the Fourth Industrial Revolution has contributed to the formation of many new cultural and recreation forms, digital recreation will become an inevitable development trend of cultural and recreation.

Third, the explosion of cultural and recreation forms associated with health care for the elderly.

Fourth, the development of cultural and recreation forms associated with creativity, experience, and discovery for the elderly.

Fifth, the emergence of more advanced cultural and recreation forms for the elderly

Gender is also a factor that affects the choice of cultural recreation of the elderly; contributing to the formation of each individual's recreation preferences and views, thereby affecting their choice of cultural recreation.

3.1.2. Spiritual - social factors

3.1.2.1. Education level

The education level of the elderly can deeply affect their choice of cultural recreation. People with higher education levels will often seek and practice academic forms of recreation that require a higher level of thinking, are proactive, and involve the spirit and creativity, such as reading books, newspapers, playing chess, participating in science and art clubs, writing poetry and literature, etc. Meanwhile, people with lower education levels will often practice passive and less creative forms of recreation, such as playing sports, watching TV, listening to the radio, etc.

3.1.2.2. Hobbies

Hobbies play a decisive role in the type of recreation that the elderly choose. Personal hobbies play an important role in meeting the spiritual and emotional needs of the elderly. Appropriate recreation hobbies help the elderly find joy, relaxation and happiness in recreation activities.

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Fifth, the emergence of more advanced cultural and recreation forms for the elderly

3.3. SOME ISSUES AND RECOMMENDATIONS TO CONTRIBUTE TO THE DEVELOPMENT OF RECREATION CULTURE FOR THE ELDERLY IN HANOI CITY

3.3.1. Some issues

First, limitations in physical health and economic conditions have greatly affected the practice of recreation culture of the elderly.

Second, the awareness of the majority of people as well as agencies and organizations about the elderly, the needs and recreation activities for the elderly is still limited. In society, there are still prejudices about the elderly and the recreation activities of the elderly, preventing them from practicing recreation culture.

Third, there is a serious lack of recreation culture institutions specifically for the elderly in the communities. The elderly do not have

their own space, private facilities... but have to share these resources with people of other ages in public areas in their living areas; leading to difficulty in meeting specific needs according to age and also reducing the quality of cultural and recreation activities for the elderly.

Fourth, the phenomenon of lack of synchronization in planning for cultural infrastructure development in localities across the country leads to differences in access to cultural services between mountainous, rural and urban areas; affecting the right to enjoy culture of people in general, the elderly in particular, as well as the development of the cultural service market in regions; at the same time, it also creates inequality in access to cultural services of people between different regions.

Fifth, the combination between socio-political organizations, social unions, between families and communities in building cultural entertainment for the elderly is still limited.

Sixth, there has not been a market for cultural and recreation products and services specifically for the elderly.

3.3.2. Some recommendations to contribute to improving the cultural and recreation culture of the elderly

To improve the quality of cultural and recreation, aiming to improve the quality of life of the elderly, contributing to sustainable socio-economic development for the country, based on the research results of the thesis, the researcher recommends:

First, for society, people and the elderly themselves. It is necessary to strengthen propaganda work to eliminate social prejudices against the elderly and their cultural and recreation activities; at the same time, raise awareness of the government, community and people about the position, role and resources of the elderly in Vietnam; the elderly need to be proactive, actively practice cultural and recreation, learn how to use technology, maintain a positive lifestyle, and connect with society.

Second, for the Party, the State and all levels of government. From changing perceptions of the elderly, the State needs to amend, supplement, and issue appropriate policies, promote and develop the role of elderly

resources in economic - cultural - social development as well as issue policies on meeting recreation needs, improving the quality of cultural and recreation activities of the elderly in the context of population aging.

Third, for ministries, branches, agencies, and research institutes: it is necessary to proactively and actively study the experiences of other countries on models, health care products, nursing homes, and recreation centers for the elderly to build diverse and modern cultural and recreation services and products that best meet the needs of the elderly in Vietnam, while being consistent with Vietnamese culture and traditions.

Fourth, the Association of the Elderly at all levels needs to better promote its role in developing and implementing programs and plans to promote the role and resources of the elderly; Coordinate with authorities at all levels and socio-political organizations to replicate the model of Intergenerational Self-Help Clubs, especially in mountainous areas, remote areas, ethnic minority areas, and areas with particularly difficult socio-economic conditions; aiming to meet the social security, cultural and recreation needs of the elderly at the grassroots level, contributing to the good performance of the elderly work as prescribed by law, towards a healthy and happy aging society.

Fifth, businesses need to clearly recognize that the market for products and services for the elderly is a market with great potential; need to quickly grasp and develop products and services to meet the needs of this group of people.

Sixth, for the Ministry of Culture, Sports and Tourism and the Ministry of Industry and Trade. It is necessary to build and develop a market for cultural and recreation products and services specifically for the elderly in Vietnam. First of all, it is necessary to systematically and methodically research the elderly and the cultural and recreation market for the elderly. In addition, promoting economic development, improving people's income and life, ensuring social security; thereby creating a foundation for developing the cultural market, meeting the cultural needs of the people, including the elderly.

Summary of Chapter 3

In Chapter 3, the thesis has discussed the recreation culture of the elderly. First of all, the thesis analyzes the factors affecting the recreation culture of the elderly in 2 groups (material - survival factors and social - spiritual factors). The thesis also makes predictions about 5 trends in the development of recreation culture of the elderly in the coming time. The thesis also points out six problems existing in the recreation culture of the elderly in Vietnam in general, and in Hanoi in particular, at present. From there, the thesis makes recommendations to society, the elderly; to the Party, the State, the Vietnam Association of the Elderly; and to businesses to develop the recreation culture of the elderly in Vietnam in the coming time.

CONCLUSION

Recreation needs are one of the essential needs of the elderly; through practicing recreation activities, the elderly in Hanoi in particular and our country in general have formed a recreation culture of the elderly with its own characteristics.

Within the framework of the thesis, based on A.Maslow's theory of needs and the theory of leisure time, the researcher has built a theoretical framework on recreation culture through a system of concepts, constituent elements, clarifying the roles of recreation culture and classifying recreation culture.

Based on research and practical surveys, the researcher has pointed out the factors affecting the recreation culture of the elderly. At the same time, the thesis analyzed the current status of recreation culture of the elderly in Hanoi city in terms of: recreation needs, types of recreation activities, methods of practicing recreation culture, institutions - institutions - means of recreation of the elderly in Hanoi. From there, the thesis drew general comments on the recreation culture of the elderly in Hanoi; pointed out 5 characteristics of recreation culture of the recreation culture of the elderly

in Hanoi. Based on the results of analyzing the current status of recreation culture of the elderly in Hanoi city, the thesis discussed and clarified issues on recreation culture of the elderly such as: 1) Factors affecting the recreation culture of the elderly in the coming time; 2) Forecasting the development trend of recreation types for the elderly in the coming time, in which digital recreation is an inevitable development trend; 3) Clarifying the changes in the recreation culture of the elderly in Hanoi in recent times is shown in: Individuality and extroversion are increasingly evident in the recreation culture of the elderly; the development of the socio-economy is a condition for the elderly to improve the quality of recreation culture, thereby improving the quality of life; digital recreation is an inevitable development trend; 4) The thesis has pointed out 6 issues in the development of recreation culture of the elderly in Hanoi in particular, Vietnam in general. From there, the thesis has made recommendations to groups of subjects to develop the recreation culture of the elderly in our country in the coming time, specifically:

For society and the elderly themselves: it is necessary to change perceptions, avoid considering the elderly as vulnerable and out of date; it is necessary to recognize the need for recreation as an essential need and recreation activities play an important role in the multidimensional health of the elderly. For the Party, the State, and enterprises: it is necessary to realize that aging is an inevitable trend and the market for products and services for the elderly is a potential economic sector in the future; enterprises need to actively invest in this market with the support of the State through support policies.

For the Vietnam Association of the Elderly: it is necessary to further promote the role of the Central Vietnam Association of the Elderly, local Associations of the Elderly at all levels, and Intergenerational Clubs to help each other in promoting the role and resources of the elderly, better meeting the legitimate needs of the elderly, contributing to building the cultural and recreation life of the elderly in particular, and national culture in general to meet the development requirements of the new period.

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