Social network key to happiness of seniors with no kids: Study

Four-fifths of them cite similar well-being to those with kids because of family or friends

Sharonne Ang

Madam Emenee Gao, who is 79 and lives alone, begins her day the way she did when she was a young girl—by tending her garden. Her longest child is 45 and lives in Canada. Her middle child is 41 and lives in Australia.

"I get up at 5 am, water the plants, and feed the chickens," she says, "and then I do some reading." She has a book club with her nieces and nephews, and they meet once a month to discuss their reading.

"My sisters and I grew up together, and we still visit each other often," she says. "We have a strong bond that never fades with time." She credits her family for her happiness and well-being.

On average, Singaporeans visit their families once a month, and 60% of them visit their families twice a month. This is a testament to the importance of family and friends in our lives.

"It's not just about having someone to talk to or to share your joys and sorrows with," she says. "It's about having someone who cares for you, who loves you, and who will be there for you when you need them the most."

"And that's why I value my family so much," she says. "They are my reason for happiness, and I am grateful for them every day."

Source: The Sunday Times, pA2
Date: 7 July 2024