

The Relationship Between Smart Products and Cognitive Function of the Older Adults

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ABSTRACT

This study aims to explore the current status of cognitive function among the adults aged 60 and above in China and the impact of owning smart devices and the number of smart devices on their cognitive function in later life. Based on the data from the China Longitudinal Aging Social Survey (CLASS) in 2018 and 2020, a total of 11,389 valid samples were included. The Mini-Mental State Examination (MMSE) was used to measure the cognitive function of the older adults. The t-test was used to analyze the differences in cognitive function among the older adults with different characteristics, and multiple linear regression analysis was used to explore the impact of owning smart devices and the number of smart devices used on the cognitive function of the older adults in later life. A total of 8,445 samples owned smart devices, accounting for approximately 37.08% of the overall sample. Among the older adults who owned smart devices, 5,010 had only one smart device, 2,086 had two smart devices, and 1,349 had three or more smart devices. The regression results showed that the average MMSE score of the older adults who owned smart devices was 13.55, which was 0.5 points higher than the average MMSE score of the older adults who did not own smart devices. In terms of the number of smart devices used, this study found that the cognitive level of the older adults showed a significant upward trend from none to more: the average MMSE score of the older adults who did not own smart devices was 13.05, the average score of the older adults who owned one smart device was 13.32, the average score of the older adults who owned two smart devices was 13.83, and the average score of the older adults who owned three or more smart devices reached 14.00. There is a significant positive correlation between the level of cognitive function of the older adults and their ownership of smart devices, that is, with the increase in the number of smart devices owned, the level of cognitive function of the older adults will also significantly improve.

Keywords: older adults; smart devices; MMSE score

How to Cite

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