



高齡社會的 永續幸福

研討會手冊



時間：2025/09/08

地點：法鼓文理學院，新北市金山區

主辦：法鼓文理學院/日本東北大學

高齡社會的永續幸福

國際學術研討會

International Conference on Sustainable Happiness in the Aging Society

與會論文摘要

時間：2025/09/08

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簡 介

每個人都希望擁有幸福，隨著人類壽命增長、高齡化社會來臨，我們需要探索如何關照身心、安住當下，讓幸福永續。順此因緣，法鼓文理學院與日本排名前三的東北大學合作，於 2025/9/8 在法鼓文理學院共同舉辦「**高齡社會的永續幸福國際研討會**」。

本研討會分別邀請服務於美國醫學領域排名第一的哈佛醫學院盧春玲教授、日本東北大學大學院經濟研究科(經濟學院)高齡經濟社會研究中心的吉田浩教授、日本國立一橋大學社會科學高等研究院之陳鳳明教授、榮獲臺灣心理治療與心理衛生終生成就獎的法鼓文理學院生命教育學系楊蓓主任、專研幸福經濟學與高齡經濟學之成功大學與法鼓文理學院許永河教授，以及長期研究健康與長期照顧政策之法鼓文理學院教研長葉玲玲教授等專家學者，以跨國和跨領域的面向，針對當代社會所面對的高齡化問題及永續發展挑戰，分別就各自的專業，發表重要研究成果。

研討會上午議程探討少年、高齡者與照顧者的身心健康照護與幸福；下午議程則分別從生理健康、經濟收入和信仰對幸福感的決定進行探討，以及以高齡化社會使用財政政策鼓勵生育和激勵生產力為手段，對經濟成長和跨世代福祉的影響進行討論。綜合而言，本研討會所探討議題涵蓋不同人生階段與身份，研究場域包括臺灣、日本和西太平洋國家，跨國重要學者齊聚一堂，共同激盪、提出政策建議，也為您我人生的永續幸福提出解方，非常值得大眾親臨現場或線上參與。

研討會開始將邀請法鼓文理學院校長陳定銘教授及東北大學吉田浩教授分別代表雙方學校致開幕賀詞。嗣即進行雙邊學術交流備忘錄與學生交換備忘錄的官方交換儀式，由法鼓文理學院副校長果鏡法師與吉田浩教授代表雙方進行交換儀式，並由與會大眾作見證。隨後，即依議程進行五篇論文的發表及討論。

本研討會是法鼓文理學院與日本東北大學研究交流合作的開端，法鼓

山方丈果暉法師對此非常重視，因此特別安排接見與會學者貴賓。此次與會學者服務之大學中，法鼓文理學院是心靈環保教育的重鎮，也是善良動能的發源地。哈佛醫學院是世界醫學領域翹楚，東北大學則是日本學術地位前三名大學，也是英國泰晤士高等教育（Times Higher Education）2025年評比日本排名第一的大學。國立一橋大學則以人文社會科學的研究而著稱。此次由這四所名校學者共同成就此殊勝國際學術研討會，非常值得諸位菩薩、大德、老師和同學們把握因緣，蒞臨親炙。

議程表

時間	議程內容
08:30-09:00	報到
09:00-09:15	開幕致詞 陳定銘校長、吉田 浩教授
09:15-9:30	交換 MOU 儀式及合照
09:30-11:20	<p>主持人：楊蓓 特聘副教授 法鼓文理學院</p> <p>發表人：</p> <p>1. 盧春玲 副教授 哈佛大學 Director of the PGHSC at Harvard Medical School</p> <p>論文主題： Child and Adolescent Mental Health in the Low- and Middle-Income Countries in the Western Pacific Region: Challenges, Interventions, and Recommendations</p> <p>2. 葉玲玲 特聘教授 法鼓文理學院</p> <p>論文主題： 台灣高齡者與照顧者永續幸福 The Elderly and Caregivers with Sustainable Happiness in Taiwan</p> <p>論文發表問答與綜合討論（20 分）</p>
11:20-13:30	午餐
13:30-16:10	<p>主持人：許永河教授 法鼓文理學院</p> <p>1. 吉田浩 教授 東北大学大学院経済学研究科</p> <p>論文主題：What Determines Happiness, Economics or Faith? --Estimating the Value of Faith</p> <p>2. 陳鳳明 助理教授 一橋大学社会科学高等研究院</p> <p>論文主題：Correlation between Subjective Eye Symptoms, Daily Activities, and Life Satisfaction Among Middle-Aged and Older Adults in Japan: A Cross-Sectional Study</p> <p>3. 許永河 教授 法鼓文理學院、成功大學</p> <p>論文主題：Fiscal Policy, Stochastic Productivity Shocks, and Intergenerational Welfare in Aging Economy – An Over-Lapping Generation Model Investigation</p> <p>論文發表問答與綜合討論（20 分）</p>
16:10-16:30	閉幕致詞 陳定銘校長、吉田 浩教授
16:30-16:40	研討會圓滿大合照

出席人員介紹（按姓氏筆劃排列）

發表人（按姓氏筆劃排列）

吉田 浩 日本東北大學教授

許永河 法鼓文理學院、成功大學教授

陳鳳明 一橋大学社会科学高等研究院助理教授

葉玲玲 法鼓文理學院特聘教授

盧春玲 哈佛大學副教授

主持人（按姓氏筆劃排列）

許永河 法鼓文理學院、成功大學教授

楊 蓓 法鼓文理學院特聘副教授

Child and Adolescent Mental Health in the Low- and Middle-Income Countries in the Western Pacific Region: Challenges, Interventions, and Recommendations

盧春玲

哈佛大學副教授 Director of the PGHSC at Harvard Medical School

摘要 Abstract

Child and adolescent mental health (CAMH) has become an increasingly important public health issue worldwide and particularly in low- and middle-income countries (LMICs) in the Western Pacific Region (WPR), where access to quality mental health care remains limited. Among the 15 LMICs, children and adolescents (age 0-24) accounted for 31.3% of the total population, from 27.9% in China to 56.8% in the Solomon Islands. The percentage of disability-adjusted life years attributed to mental disorders among those younger than 24 years old ranged from 2.7% in PNG to 13.0% in Malaysia in 2021. Interventions were mainly conducted in schools and communities, with a focus on promotion and prevention through various educational programs. Policy recommendations include stronger political commitment, financial investment, multisectoral collaboration, service delivery capacity, and research efforts.

台灣高齡者與照顧者永續幸福

The Elderly and Caregivers with Sustainable Happiness in Taiwan

葉玲玲 特聘教授 法鼓文理學院

Abstract

The World Health Organization (WHO) published the *World Report on Ageing and Health* in 2015, introducing a framework for action on ageing and health. In this report, "Healthy Ageing" is defined as the process of developing and maintaining the functional ability that enables well-being in older age. The model for healthy ageing views resilience as the important ability. This ability includes both intrinsic components within the individual and environmental factors.

However, this concept of "Elderly- Centered Integrated Care" may not fully fit Taiwan's context. Therefore, the "Elderly-Families-Centered Integrated Care" model is proposed in this paper, emphasizing the enhancement and support of caregivers' abilities. In Taiwan, about half of caregivers are spouses, meaning they are often elderly themselves. Studies comparing the health of primary caregivers and control groups show that caregivers report worse self-perceived health than the control groups. If the care recipient has a congenital disability, the primary caregiver's mental health (MCS) is poorer. If the care recipient has age-related disabilities, the physical health (PCS) of the caregiver is lower. If the caregiver is a spouse, they are more likely to have multiple disease conditions. If the caregiver is a parent, the mental health (MCS) of the caregiver is typically lower.

Taiwan is rapidly becoming a super aged society, with life expectancy and healthy life expectancy increasing. However, efforts should still be made to reduce unhealthy life years. Data from 2015 to 2023 indicate that 81% to 85% of elderly people report

good health and are satisfied with their lives, respectively. The number of chronic diseases is declining, but activity of daily living (ADL) and feelings of loneliness are worsening. Many elderly people lack adequate intake of vegetables and fruits with five-a-day, and approximately 60% do not engage in regular exercise. The number of elderly people living alone is increasing every year. Around 20% of elderly people do not participate social activities, and 10% do not get learning activities.

The "Elderly-Families-Centered Integrated Care" model may offer a viable solution for achieving sustainable well-being for both older adults and their caregivers in Taiwan. One critical approach is to enhance caregivers' capabilities while taking care of their physical and mental health. Promoting the physical and functional health of elderly individuals is essential. Additionally, offering more engaging social and learning activities for older adults requires understanding their preferences and needs in advance. The aging process is gradual, and most people do not notice the psychological and physiological changes in themselves. Therefore, a service for people aged 50 to 60 can be established, where they can undergo assessments and receive personalized recommendations for healthy aging. This service, based on the "Elderly-Families-Centered Integrated Care" model, could also cater to those over the age of 60, helping them navigate the challenges of aging while improving their health and quality of life.

What Determines Happiness, Economics or Faith?--Estimating the Value of Faith

吉田浩 教授 東北大学大学院経済学研究科

摘要 Abstract

This paper examines the effect of economic status and/or faith in religion on our happiness empirically. We use the open data of the result of research on religion by the International Social Survey Programme (ISSP) Research Group. The data contains more than forty thousands personal answers over 50 countries. Among them, we use the individual data of Japan and Taiwan. The regression results indicate that income and faith in religion have a positive effect on one's happiness in both countries. Using the estimated equations explaining the degree of personal happiness in Japan and Taiwan, we calculate how much income reduction can be compensated by the increase of faith. The result says that the one degree increase of faith is worth about 50 million JPYen or 337,713 US Dollars per year in Japan, about 460 thousands NT\$ or \$15,354.8 US Dollars. The effect of faith in Japan is 20 times larger than that of Taiwan. In other words, faith in Japan is very rare factor because the average faith is lower than Taiwan.

Correlation between Subjective Eye Symptoms, Daily Activities, and Life Satisfaction Among Middle-Aged and Older Adults in Japan: A Cross-Sectional Study

陳鳳明 助理教授 一橋大学社会科学高等研究院

摘要 Abstract

With the population aging, subjective eye symptoms (SESs) are becoming increasingly prevalent among middle-aged and older adults, affecting their life satisfaction (LS). Despite extensive research on visual impairments and quality of life, limited studies explore the impact of self-reported SESs on daily life and overall well-being. This study addresses the specific gap by examining the association between SESs, daily activities, and LS in Japanese adults aged 40 and older. A cross-sectional analysis was conducted using data from a self-designed online survey involving 2,062 participants. Regression analysis and heterogeneity analysis were employed to assess the relationship between SESs, daily activities, and LS, considering individual attributes like sex, age, income, and eye protection awareness. SESs significantly and negatively correlated with LS. The number of SESs was associated with greater difficulty in daily activities, such as mobility, screen usage, and driving. These impacts were pronounced among older, low-income, and non-eye-protective groups. This study underscores the necessity for regular eye health assessments and proactive measures to mitigate SESs' effects on daily life and well-being. Policies promoting affordable eye care and public awareness campaigns could enhance LS in affected populations, particularly in aging societies. Future research should explore longitudinal dynamics and intervention effectiveness to guide targeted strategies.

Fiscal Policy, Stochastic Productivity Shocks, and Intergenerational Welfare in Aging Economy – An Over-Lapping Generation Model Investigation

許永河 教授 法鼓文理學院、成功大學

摘要 Abstract

This paper develops a dynamic Overlapping Generations (OLG) model with endogenous fertility and productivity to analyze the impact of productivity shocks and the efficacy and welfare effect of countercyclical fiscal policy. The model incorporates age-specific mortality, a pay-as-you-go pension system, and household optimization over the life cycle. We introduce a negative productivity shock and simulate a government response through targeted subsidies to working-age populations. Our results demonstrate that while productivity shocks significantly reduce output and welfare, a well-designed fiscal policy response can substantially mitigate these negative effects, particularly through supporting labor supply and maintaining consumption patterns. The model provides a framework for evaluating countercyclical policies in aging economies.