

# *Probe into the Training Path of Nursing Professional Talents in Colleges and Universities under the Background of Aging Society*

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**Abstract:** Under the background of China's aging society, this paper narrates the current situation of the actual aging society, so as to explore the necessity and urgency of optimizing the training path of nursing professionals in colleges and universities under this background. It is found that since the implementation of the family planning guidance policy in the 1990s to 2023, the trend of aging society in China is accelerating, so the health care pressure of the elderly group is increasing. In recent years, in order to solve the health care problem of the elderly population, which accounts for a larger proportion of the social population, the training of professional talents in nursing major in colleges and universities has gradually become a research hotspot. The purpose of this study is to explore the innovation of the training path of nursing professionals in colleges and universities according to the educational model and existing problems of nursing professionals in colleges and universities in China and the needs of nursing professionals in colleges and universities under the background of aging society.

## 1. Introduction

Since the establishment of nursing specialty in colleges and universities, many achievements have been made in the fields of medical care, rehabilitation and rehabilitation in China. Nursing is a comprehensive applied science, aiming at studying, maintaining and restoring human health, and exploring nursing theory, knowledge, skills and development law. The profession of nurse bears extremely important social responsibility and professional mission, and needs to care for and safeguard people's life and health [1]. Therefore, how to cultivate high-quality nursing professionals who adapt to social development has become the key to the cultivation of professional talents in colleges and universities. At present, nursing professionals have become the main body of the development of domestic nursing industry.

However, with the social progress and the arrival of a new era, aging has also become a major trend in the future, and the cultivation of nursing professionals in colleges and universities is also

facing many challenges and problems [2]. According to the data of China Statistical Yearbook, in 2010, China's elderly population (aged 60 and above) has reached 200 million, accounting for more than 25% of the total population of China, and this trend of social aging is still in a sustained and rapid growth trend. Some scholars say that China's elderly population will reach 350 million in 2030, and China has officially entered the stage of deep aging society. In recent years, in order to solve the health care problem of the elderly group, which accounts for a larger proportion of the social population, The purpose of this study is to explore the innovation of the training path of nursing professionals in colleges and universities according to the educational model and existing problems of nursing professionals in colleges and universities in China and the needs of nursing professionals in colleges and universities under the background of aging society. Therefore, the Chinese government and people from all walks of life pay close attention to it, and the training path of nursing professional talents in colleges and universities has also become a research hotspot [3]. On the whole, this study will explore and analyze the existing problems of the training path of nursing professionals in colleges and universities and the new ways in the future under the background of an aging society.

## 2. China's Aging Society Background

### 2.1. Aging Social Background

According to the standards of the World Health Organization, when the elderly population over 60 years old accounts for 10% of the total population, or the elderly population over 65 years old accounts for 7% of the total population, the region is considered to have entered an aging society. By the end of 2018, China's elderly population over 65 years old had exceeded 249 million, accounting for 17.9% of the total population (Figure 1). According to the report on the development of China's aging industry, by 2022-2030, the number of elderly people over 65 in China will increase from 260 million to 370 million. Moreover, the empty nest elderly population accounts for nearly 50% of the elderly population. It is estimated that by 2050, the total number of elderly people in China will exceed 400 million, and the aging level will exceed 30%.

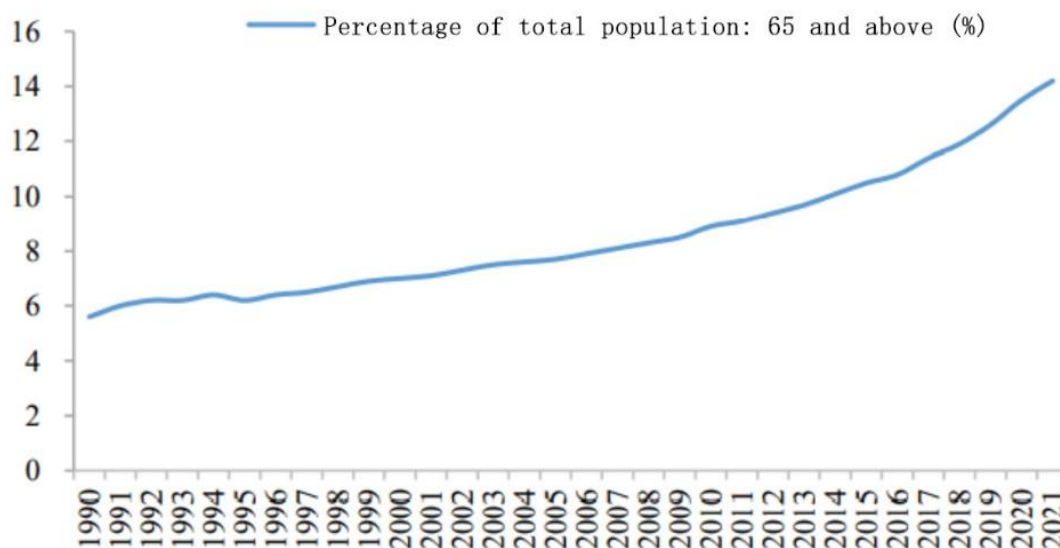


Figure 1: In recent 20 years, the proportion of people over 65 in China has risen rapidly.

At present, China's aging society is in the upper-middle position in the world. From 1990 to 2023, the population aged 65 and over in China increased from 26.32 million to 220 million (Figure 2),

and the proportion increased from 4.4% to 14.2% (Figure 3). Historically, the degree of aging in 1990-2000, 2000-2010 and 2010-2020 increased by 0.15%, 0.18% and 0.46% respectively, and the aging was obviously accelerated.

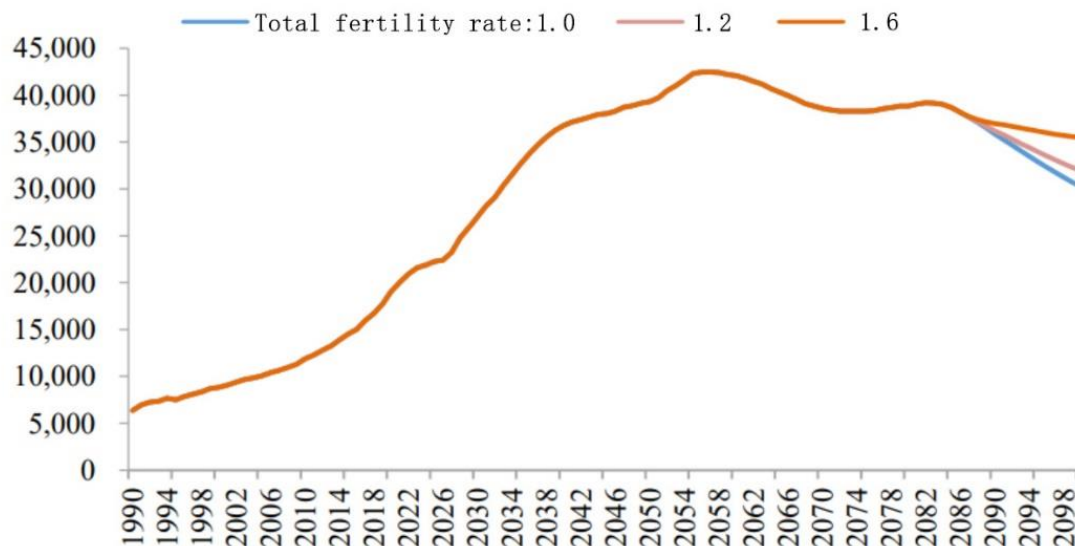


Figure 2: Prediction of the size of the elderly population aged 65 and above in China (10,000 people)

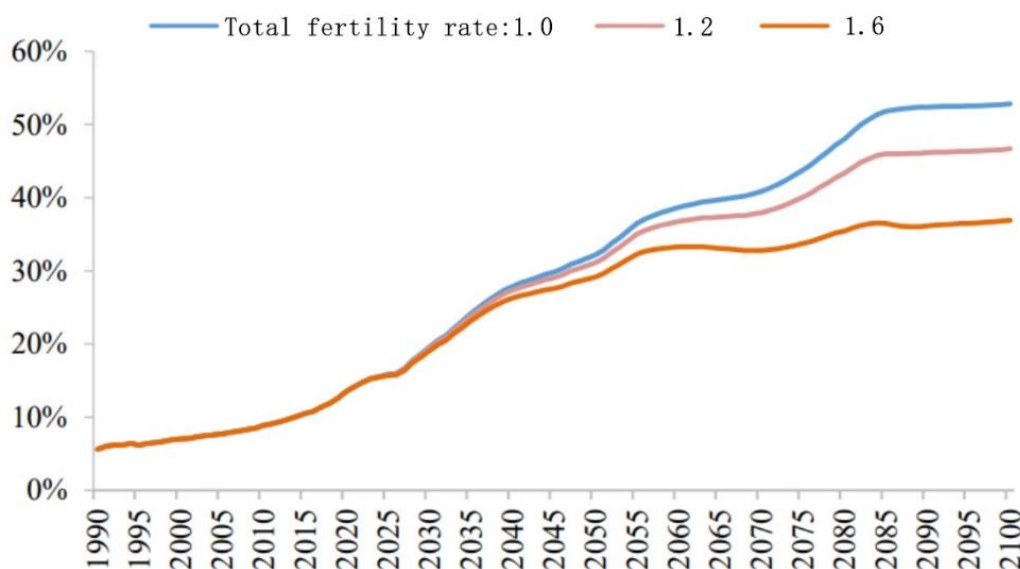


Figure 3: China will be in a period of rapid aging in the next 30 years.

From the perspective of future prediction, the aging speed in China is accelerating, and it will be in a period of rapid aging deepening in the next 30 years. With the birth group of the second baby boom from 1965 to 1980 gradually moving towards old age, the degree of social aging in China will deepen rapidly in the next 40 years. From the situation of developed economies, it took France 126 years (1864-1990), Britain 46 years (1929-1975), Germany 40 years (1932-1972) and Japan 24 years (1971-1995) to change from aging to deep aging. From deep aging to super aging, it took France 28 years (1990-2018), Germany 36 years (1972-2008) and Japan 11 years (1995-2006). Under the three schemes of total fertility rate of 1.0, 1.2 and 1.6 (Figure 4), it is estimated that the

proportion of the elderly population will be 32.1%, 31.1% and 29.1% respectively in 2050 and 52.8%, 46.7% and 36.9% respectively in 2100.

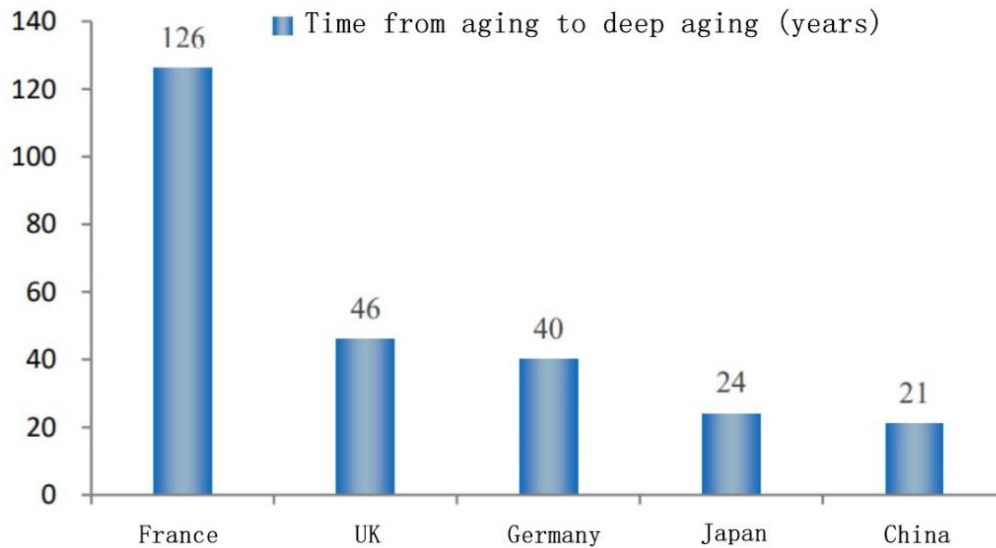


Figure 4: Time taken by different countries to enter deep aging.

This means that we need more nursing professionals in colleges and universities to take care of the health and life of the elderly, and the market demand is broad. At the same time, we need to strengthen the education and training of nursing professionals in colleges and universities, so as to cultivate more high-quality and high-level nursing talents and provide better medical and life care services for the elderly. This is a reality that we have to face and a challenge that we need to work hard to solve.

## 2.2. Under the Background of Aging Society, It Is Urgent To Explore the Training Path of Nursing Professionals in Colleges and Universities

As we have analyzed above, the aging in China has become a big social problem, which has a great impact on our social development. According to the research of the World Health Organization, by 2050, the global elderly population will exceed 500 million. When people enter old age, their overall physical function will inevitably decline, and their immunity will also weaken. Coupled with the destruction and pollution of social and economic activities to the environment, environmental pollution will also pose a great threat to the health of the elderly [4]. Many accompanying diseases will seriously affect the quality of life of the elderly. Relevant data show that the disability rate of the global elderly population has exceeded 50% in 2015. In China, by 2025, about 19 million elderly people will lose their abilities. With the development of social aging, we will face new social contradictions and social development pressures. In China, pension and medical care have become hot topics. Nursing plays an important role in dealing with the health problems caused by aging. Therefore, under the background of aging society, it is very necessary and urgent to study the training path of professional talents in nursing specialty in colleges and universities.

### 2.3. Current Situation of Nursing Professional Talents Training In Colleges and Universities in China

The beginning of the training of nursing professionals in colleges and universities is the nursing education set up by Tianjin Medical College in 1983, which is the beginning of nursing education in China. Since then, nursing professional education has gradually developed vigorously in China. At present, there are more than 200 colleges and universities with nursing majors in China. The growth of this number not only brings the richness of nursing talents, but also exposes the uneven quality of nursing education [5]. In fact, the training plan and mode of nursing professionals in each school are different, which also leads to the continuous reform of talent training mode. In order to improve the training quality of nursing professionals, colleges and universities are actively exploring new educational methods and teaching methods. Some colleges and universities began to pay attention to practical teaching, encouraging students to go out of the classroom and practice in the clinical front line [6]. At the same time, some colleges and universities are also trying to cooperate with foreign universities and introduce international advanced nursing education concepts and technologies to improve the level of domestic nursing education (Figure 5). Nevertheless, we should also see that the quality problem of nursing education still exists, which requires the joint efforts of all parties to continuously promote the reform and improve the training quality of nursing professionals to meet the social demand for nursing talents, and the innovation of the training path of nursing professionals in colleges and universities has never stopped [7].



Figure 5: Classroom mode of nursing professional talents training in colleges and universities.

### 3. Problems Existing in the Training of Nursing Professionals

#### 3.1. Different Universities' Talent Training Models are not Targeted

In China's nursing education industry, the talent training scheme of higher vocational education mode and undergraduate education mode has not yet formed a clear level standard, which leads to



the lack of pertinence of talent training mode. Especially in higher vocational education, students' understanding and needs for nursing specialty are different because of their different academic qualifications and backgrounds, which require a difference in talent training programs between higher vocational education mode and undergraduate education mode [9].

### **3.2. The Theoretical Study Time in Colleges and Universities is Generally Too Long**

In the current nursing education, it is a common problem that the theoretical study time is too long and the practical study time is too little. Due to the particularity of nursing specialty, practical operation is a very important part, but during the school study, students spend most of their time on theoretical study, and the practice time is relatively small [8]. In addition, students' practice time is often too concentrated, which easily leads to low quality of practical learning. In terms of time allocation, this situation is actually unreasonable, because theoretical study and practical study complement each other, and only by combining them can students' professional ability and quality be truly improved [10].

### **3.3. The Richness of Nursing Discipline System is Low**

Nowadays, the discipline system of nursing specialty in colleges and universities as a whole is relatively single, which is a common problem that cannot be avoided. Especially in some common colleges and universities, the overall training direction of nursing specialty is relatively single, the overall teaching methods are simplified, and quality education is superficial, so it is difficult to give students interdisciplinary comprehensive guidance. In addition, the contents of some textbooks are old and lack of comprehensive knowledge, which leads to students' narrow knowledge and makes it impossible to conduct interdisciplinary comprehensive research and discussion, which makes the overall comprehensive research and discussion lack certain compliance and comprehensive guidance, which is an unchangeable problem [11].

## **4. Innovation of the Training Path of Nursing Professionals in Colleges and Universities under the Background of Aging Society**

### **4.1. Accelerate the Improvement of the Training Mode of Nursing Professionals in Colleges and Universities, and Improve the Nursing Quality of the Elderly**

With the intensification of the aging society, the focus of training nursing professionals in colleges and universities has gradually shifted from hospitals to families and communities. Domestic colleges and universities have set up community nursing and geriatric nursing courses, and some schools have even listed them as compulsory courses, which has greatly improved the nursing profession's attention to geriatric care [8]. Although the health and maintenance of the elderly have been concerned, there are still some problems in the actual teaching process, such as imperfect training mode and limited education level, which leads to the lack of students' ability to care for the elderly and the quality of care for the elderly needs to be improved. We can combine the domestic community nursing management model to establish a community pension model, train nursing professionals to adapt to the aging trend and pay attention to grassroots needs [12].

### **4.2. Practical Training of Nursing Professionals in Colleges and Universities**

An in-depth analysis of the training of nursing professionals in colleges and universities in China shows that after a long period of development, nursing medicine has become an independent

discipline, and the training of nursing professionals needs the combination of theory and practice. Besides imparting theoretical knowledge, it also needs to pay attention to practical ability. In view of the background of aging society, professional colleges and universities should encourage nursing students to participate in medical practice activities, such as regularly entering medical units for nursing work, consolidating their knowledge, establishing a sense of professional responsibility and cultivating practical talents. In the process of practical training of nursing professionals in colleges and universities, it is necessary to meet the overall professional nature, so that both sides can obtain correct practical measures and contents in clinical practice, pay attention to the cultivation of their practical ability under the condition of combining theory with practice, and combine practice with theory on their professional nature [13].

#### **4.3. To Improve the Traditional Classroom Settings, Do a Good Job in Curriculum Adjustment, and Highlight Humanistic Nursing**

The reform of talent training mode is inseparable from curriculum adjustment, and the advantages of curriculum adjustment should be maximized. The reform of the curriculum system should be dealt with. As the key to the reform, we should strengthen the infiltration of humanities courses, increase the proportion of elective courses, and integrate the basic medical courses and clinical professional courses to make the curriculum more practical and scientific [14].

In order to adapt to the trend of aging society, the cultivation of professional talents in nursing specialty in colleges and universities needs to be innovated according to the needs of society and keep up with the development of society. Among them, the curriculum is the key [15]. We should adjust the curriculum system, strengthen the infiltration of humanities courses, increase the proportion of elective courses, and integrate basic medical courses with clinical courses to make the curriculum practical and scientific[16]. For the elderly, the courses of nursing specialty should add social pension and health learning modules strengthen the study of psychological medicine courses and emphasize the study of traditional rehabilitation medicine. This can help students better face the elderly, improve nursing skills, promote the rehabilitation of patients, and also cultivate practical talents [17-18].

#### **5. Summary**

The process of aging society is irreversible. As nurses, nursing students and nursing teachers, it is the key to how to deal with the problems of aging society in China, and the future development of nursing specialty will also usher in unprecedented opportunities and challenges. Reforming the past education methods, cultivating high-quality nursing talents and adapting to the development of health care in China are the most important things. To sum up, this paper first analyzes the education mode and existing problems of nursing professional talents training in colleges and universities in China, and then explores the innovation of the training path of nursing professional talents in colleges and universities in combination with the needs of nursing professional talents in today's aging society. Finally, I hope that this inquiry can provide some help for promoting the development of related work. At this time, China officially entered the development stage of a deeply aging society, so the Chinese government and people from all walks of life paid close attention to it, and the training path of nursing professionals in colleges and universities has also become a research hotspot. Under the background of an aging society, this study explores and analyzes the existing problems and future reform methods of the training path of nursing professionals in colleges and universities, laying a solid foundation for the future professional and industry development.

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