

A Practical Study of Group Work Intervention for Retired Forestry Workers' Sense of Acceptance

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Abstract. Focusing on enhancing the sense of access of retired workers in the forest area, using life review therapy and group work methodology, combined with cognitive behavioral theory, an intervention was practiced with eight retired workers in the Unity Community of Beltling Township. Through scale assessment and qualitative assessment, the five aspects of access content, access environment, access pathway, access experience and access sharing were carried out. During the process, the social workers guided the retired workers to review their careers, use cognitive restructuring techniques to change negative cognitions and enhance self-efficacy. The group activities were designed around the pre-work, work, and retirement stages to strengthen professional identity and self-worth. The results showed that the clients' sense of acquisition in material, spiritual and social dimensions increased significantly, and their emotional management, life satisfaction and optimism toward the future were enhanced. The combination of group work and life review theory has a positive effect on improving the sense of acquisition of retired forest workers and helps to promote their well-being and social integration in later life.

Keywords: Group work, retired forest workers, sense of acquisition, life review therapy.

1. Introduction

With the change of time and the continuous adjustment of the national forestry policy, the lives of forest workers have changed significantly under the transformation of forestry. Since the founding of New China, the forestry industry has flourished, and the northeastern state-owned forest area, relying on its unique natural resources, has become the largest state-owned forest area in the process of China's forestry construction, and has made outstanding contributions to the country's ecological construction. Back in history, in the early days of new China, timber was an important material for national economic construction, the implementation of its production plan management system prompted the forestry industry to become one of the basic industries of the national economy. [1] As a result, a large number of people gathered in the forest areas, and the welfare of the workers was closely related to the level of income from timber production, which built a relatively stable livelihood model. [2] However, since the mid-1980s, the over-exploitation of forest resources has led to the depletion of reserves and critical enterprise problems, coupled with the subsequent implementation of a series of forestry policy adjustments, such as logging quotas and the Tianbao project, which has effectively promoted the transformation of the national eco-construction, but also profoundly altered the trajectory of the life of forest workers, especially retired groups of workers, who face multiple difficulties, such as a single income structure and an increase in the risk of livelihoods. The plight of retired workers, in particular, faces multiple difficulties, such as a single income structure and increased livelihood risks.

2. Research methodology

The term 'sense of access' first came into people's view from the speech of General Secretary Xi Jinping at the meeting of the Central Leading Group for Comprehensively Deepening Reform in February 2015, and then quickly became an important concept hotly debated by all walks of life. The report of the 19th National Congress further pointed out that it is necessary to 'continuously satisfy the people's growing demand for a better life, promote social justice, form effective social governance

and good order, and make the people's sense of gain, happiness and security more fulfilling, more secure and more sustainable', so it is clear that the sense of access has now become an important yardstick for measuring the quality of people's social life. The sense of access has now become an important yardstick for measuring the quality of life of the people in society. The sense of access refers to the sense of satisfaction, achievement and happiness gained in life, and the connotation structure includes five important aspects: access to content, access to the environment, access to pathways, access to experience, and access to sharing. [3]

Considering that the target of this service is retired forest workers [4], retired forest workers have unique work experience, monotonous life in the forest area, and a large psychological gap before and after retirement. Therefore, the exploration of the enhancement of the 'sense of access' in this paper is mainly based on the following five aspects: first, the objective access and subjective knowledge of the different needs of the retired forest workers, i.e., the content of the access; second, the subjective and objective social and environmental conditions in which the needs can be satisfied, i.e., the access environment; third, the independent initiative of the retired forest workers in the process of demand satisfaction, i.e., the path role of the access; and third, the role of the retired forest workers in the process of demand satisfaction. Third, the role of the path of the autonomous initiative of the retired forest workers in the process of need satisfaction, i.e., the path of access; fourth, the emotional experience that accompanies the process and results of need satisfaction, i.e., the experience of access; and fifth, the commitment to self-actualization of sharing based on the cognition of need satisfaction and the emotional experience.

Interview method: the interview method is a method in which the interviewer gathers first-hand information about a social situation or explores a social issue from the subject of the interview using verbal conversation. [5] This is a prerequisite for carrying out the life review method, and the interview subjects for this practice were retired workers of the forest farm in Belt Ridge Township, especially those who are representative and from different backgrounds. To ensure the effectiveness of the interviews preset interview outline, including childhood, schooling, career, family, retirement and other five modules, and flexible adjustment according to the actual situation. The interview content focuses on the retired workers' life experiences, career achievements, family relationships, retirement life feelings and other aspects.

In practice, this paper mainly adopts the life review therapy [6], in which the career of retired workers is divided into different stages during the interview process; such as childhood, the first stage of employment, the peak of career, and the stage of retired life, and the important events in each stage are reviewed. As a guide and a listener, the social worker reviews the retired worker's life experience with him/her, focuses on his/her flashpoints and regrets, and helps him/her to re-conceptualize himself/herself. In the process of reviewing, the retired workers were given full emotional support, encouraged to express their inner feelings, and strengthened their courage to face the past and present.

In terms of intervention strategies, the main use of cognitive restructuring techniques, the use of cognitive behavioral theory, to correct the attributional approach of retired workers, change their negative cognition, and promote positive behavioral change; the power of role models, to show successful cases, to encourage the retired workers to believe that they can change their status quo through their efforts, and to enhance their sense of self-efficacy; the externalization of the problem: to guide the retired workers to externalize the problem, to re-examine their relationship with others relationships, learn to describe themselves in positive terms, and enhance their sense of self-identity.

3. Preliminary preparation

3.1. Collecting information

Contact with community staff: Since the eight members of the group are residents of the Unity Community in Beling Township, as retired elderly people in the forest area, they are also the focus of the community's attention and service targets, so the social work team's understanding of the group members first began with the community staff. Based on the information provided by the community

staff, the social work team learned about the basic information of the group members, including their personality traits, frequency of participation in community activities, hobbies, interests and special experiences, etc., and gained a more detailed understanding of the group members from another perspective based on the questionnaire.

Contact with group members in person: To reduce group members' wariness of strangers and strengthen their trust in social workers, the social workers' first household visits were conducted in the company of community workers. After getting to know each other, there were some simple exchanges at first, caring about the group members' health and daily life. For example, after learning in advance that Grandma Li had received a fraudulent phone call, the social worker first told Grandma Li some basic knowledge about fraud prevention and fraudulent schemes, to bring them closer to each other.

After initially creating a cordial atmosphere, the social worker then focused on the introduction of group activities and notified group members of the time and place of the first group activity, expressing the expectation of meeting with members of the group.

3.2. Development of Assessment Methods

Scale assessment: Using scales such as the General Self-Efficacy Scale, Life Satisfaction Scale, and Self-Esteem Scale for the characteristics of retired forest workers, the retired workers were given pre-tests and post-tests to assess their psychological changes before and after the life review and social work intervention.

Qualitative assessment: Through interviews and observation records, to assess the improvement of the retired workers' emotional state, behavioral changes and life satisfaction after participating in the activities. Feedback from retired workers and their families was collected to understand their satisfaction and suggestions on the activities.

3.3. Selection of service recipients

As the location of Northeast Forestry University's Liangshui Experimental Forestry Farm, with which it has strong ties, Beling has undergone a fundamental change in the town's economic structure, along with the complete cessation of logging, its mainstay industry. The population has plummeted from 40,000 in its heyday to about 8,000 at present, and most of them are older retired forest workers. In July 2024, social workers from Northeast Forestry University (NFU) conducted a research project on the accessibility of retired forest workers in Beling Township. They assisted and participated in several community activities and distributed 150 questionnaires to obtain preliminary data. The preliminary questionnaire used by the Chinese Academy of Social Sciences, Institute of Political Science, Professor Zheng Jianjun and another three-dimensional access questionnaire as the basis for the initial screening of the research object, the scale has a total of 11 test questions, the total correlation of the dimensions of the questions in the range of 0.58 ~ 0.78, and the deletion of any of the questions will not cause reliability coefficient; the overall internal consistency coefficient of the questionnaire is CronbachA=93, which shows that it has high reliability and validity and is widely used by scholars. The survey was hosted by the 'Forest Watch' project team of the social work program of Northeast Forestry University, and the questionnaire was distributed to residents of Beling Township, Daiyishan County, utilizing an offline survey in July 2024, of which 150 valid questionnaires were obtained.

For each test question, the participants chose to answer the question from "very incompatible" to "completely compatible", which corresponded to a score of 0 to 3 points. After the test was completed, the social workers summarised the scores of the 150 scales according to the criteria of the Meaning of Life Scale. The score range reflects the level of self-acquisition: 1-10 is very low, 10-20 is low, 20-30 is high, and 30-44 is very high.

After the test, based on the results showing the percentage of self-efficacy of the elderly, a random sample of them with low and very low self-acquisition was created in small groups and all of them expressed their willingness to participate in this service study. In the end, the remaining service users:

are 3 people with very low self-acquisition, and 5 people with low self-acquisition, a total of 8 service users, of which 5 are male and 3 are female, with an age distribution of 60-86 years old.

4. Intervention process

Based on the theory of life review and personality development theory, combined with the team's preliminary survey research, and domestic and international related literature, the construction of guiding questions for life review interviews of retired workers in forest areas was carried out. Preliminarily, the interview questions were constructed in four modules: pre-work stage, work stage, retirement stage, and summary stage. According to the theory of old age subculture, group activities are supplemented at the end of each stage of semi-structured interviews to consolidate the effect of life review interviews, and the contents of group activities are designed according to the characteristics of retired forest workers and their common experiences.

4.1. Pre-work stage

Understanding the experience and sense of acquisition of the service users during their childhood and adolescence (pre-work); establishing a preliminary professional relationship with the group members.

Social workers went to the Beling Township Community Party Service Centre and conducted interviews with several retired forest workers, Grandpa Lv, Grandma Yu, Grandma Wang, Grandpa Li, Grandpa Han, Grandma Li, Grandpa Zhang, and Grandpa Dong. The social workers applied the life review theory by guiding the interviewees to collect information about their pre-work experiences, such as age, place of origin, education, family members, memories of childhood, and experiences during their teenage years. During the interviews, the old people unanimously said that their childhood was beautiful and warm and that recalling the hard times of their childhood made them feel the hard-won happiness today. At the same time, the social workers learned that most of the retired forest workers were not well educated before they started working due to the level of family conditions and the mainstream concepts of society at that time. Grandma Li said in this regard, 'At that time, people thought that it was enough for children to be able to read and write, and there was no need to have a high level of culture'

4.2. Work Stage

To understand the basic situation of the working stage of the service users; to strengthen the social worker's understanding and knowledge of the service users; to improve the cohesion and tacit understanding of the group; to enable the service users to open up, to gain a sense of satisfaction and achievement, and to be more trusting and relaxed.

As promised, the social workers came to the interview room of the Community Party Service Centre to review the history of the interviewed elderly people working in the forest area.

In the course of the interview, we learned that although the elderly came from different places, they had an unbreakable bond with the forest for various reasons. At the same time, we learned that although the work in the forest area is hard, the benefits are still considerable, and more importantly, the work brings a strong sense of honor and value to the elderly. Compared with the rich and wonderful days in the past, the elderly people said, 'Life now is comfortable and affluent, but it is also less interesting'. Social workers once again came to the Community Party Service Centre for activities. Accompanied by soft music, we carried out the second group activity

1) Warm-up group members

Compared with the first activity, they were more relaxed and took the initiative to talk and communicate with social workers and other group members. Grandma Li was very responsive in the activity; Grandpa Dong was a little slow.

2) Me and the forces

Through reminiscing about their work experience in the forest, the social worker guided the group members to communicate with each other and share similar and different experiences. Grandpa Zhang was particularly excited when talking about his past work experience, and was highly engaged in the activity.

3) Stories of the forest

The social worker guided the group members to express their views on the stories they had just shared. The professional identity of the group members was strengthened and the social worker felt the spirit of the former forest workers.

4) The Spirit of the Forest

The group members went to the Zhang Ziliang Memorial Hall in Beling Township, and the contents of the hall were explained in detail. Grandpa Lu demonstrated his remarkable ability to express himself and his knowledge.

5) Summarising

The group members went up to the stage to share their harvests, and the social worker summarised the content of the activity and informed the group members of the time for the next activity. The cohesion and tacit understanding within the group increased, and Grandma Li took the initiative to advise on the development of the activity.

4.3. Retirement stage

To understand the living conditions of the elderly after retirement; to provide encouragement and support to the retired workers through life review, and to further consolidate and enhance their sense of professional identity, self-worth and happiness. Applying the life review theory, the social worker and the group members discussed and talked about the interviewees' marital and family status, physical condition, economic condition, psychological changes before and after retirement, social situation and sense of belonging during the retirement stage. During the interviews, most of the elderly people said that their lives became boring after retirement, and they missed the energetic and goal-oriented life when they were working, and they had limited social life in the forest area, and they needed to talk to someone with whom they could talk because they lived in different places with their children. From the interviews with the elderly in the forest area, the social workers found that they were very proud of having worked in the forest area in the past and made contributions to the motherland, but now their lives are idle and monotonous, and they feel lonely after retirement. In this regard, Grandpa Lv said, 'I was in the forest area before, I worked as a youth, a worker, a secretary, and a cadre, and I witnessed the history of the development of the forest area, and that was good then. Now that I don't have to do anything, I feel that I have become old and useless.'

Group Activity Stage: Social workers went to the Senior Activity Room of the Community Party Service Centre to carry out the third group activity together with the service users. The social worker introduced the knowledge of forest health and the value of forest plants and shared health exercises suitable for forest areas. The social worker shared the knowledge of forest recreation with the group members in the park, and Grandpa Zhang was very interested in listening attentively. The group members shared their experiences of health maintenance, and the social worker organized the group to walk in the forest and collect natural handicraft materials in preparation for making simple crafts. Grandma Wang took the initiative to share that to stay healthy, we need to take more walks and keep a happy mood, and the group collected their favorite leaves. The social worker led the group to soak and color the collected leaves to make leaf vein bookmarks. The group members actively participated in the process. Grandpa Lu helped Grandpa Dong set up the necessary tools, and the color of the bookmarks varied from one group to another. Members shared their harvests and feelings, and the social worker summarised, assigned the homework of collecting old photos of forest work, and notified the time of the next activity. Grandma Li said she liked the bookmarks made of nature and would like to give them to her granddaughter. The social worker summarised and arranged the next activity.

4.4. Summarising Stage

To strengthen the participants' self-identity and consolidate their positive beliefs, consolidate their social contacts and promote emotional communication, and look back and look forward to planning the future direction of their lives, the social workers held a workshop at the Beling Town Community Party. Social workers conducted interviews with several retired forest workers, including Grandpa Lv, Grandma Yu, Grandma Wang, Grandpa Li, Grandpa Han, Grandma Li, Grandpa Zhang, and Grandpa Dong, in the warm space of the Beling Township Community Party Service Centre.

The social workers used friendly words and self-disclosure techniques to guide the elderly to discuss their life descriptions, happy times and changes, achievements, regrets and changes, choices for the next life, and despair and hope.

During the interviews, the elders recounted their stories with deep emotion, using words like 'plowing', 'perseverance' and 'harvest' to highly summarise the life of a forest dweller. Their words revealed their reverence for nature and their love and persistence for forestry work.

At the end of the interview, the elders not only shared their valuable advice on life and work, but also jointly expressed their attitude of cherishing every stage of life, facing life with perseverance, and identifying with and cherishing the present life more. The social workers also deeply felt the emotions of the elderly in the forest area towards nature and their loyalty and dedication to the forestry cause.

Group Activity Stage: Social workers went to the elderly activity room of the Community Party Service Centre to carry out the last group activity together with the service users. Stories of old photos: The activity started in a warm atmosphere, with the social worker guiding the group members to share the stories behind the old photos of the forest work, awakening common memories. The group members enthusiastically displayed the photos and told stories with deep emotion, creating a warm and nostalgic atmosphere. Memory Corridor - Reviewing the Past: Social workers encouraged the group to draw their life axes and review the important stages of their lives. Grandpa Zhang emotionally shared the challenges and growth of middle age, which resonated with the group and made them feel the value of the years. Great Years - Cognitive Adjustment: The social worker guided the group to affirm their achievements, change their negative perceptions, discover positive changes and enhance their confidence. The group reflected positively, recognizing setbacks as nourishment for growth, and filled with strength and hope. The sword has not yet grown old - building up hope: The social worker inspired the creation of a life story booklet to emphasize a positive mindset. Grandma Yu used the 'sword' as a metaphor to inspire the participants to cherish their experiences and look forward to the future, and the handbook was full of creativity and expectation. Looking to the future - consolidation and reinforcement: The social worker organized the sharing of the life story booklet, promising continuity of care and reassurance of separation. Group members took turns to read the handbook and share their feelings and visions, full of hope for the future amid reluctance to part, and the activity came to a successful end in a warm and hopeful atmosphere.

5. Summary assessment

5.1. Sense of Material Acquisition

For the eight service recipients, under the conditions of limited pension and the slow development of the township, material life has not changed much in the last decade or so, and the cost of living has risen to a certain extent, so they don't have much satisfaction and sense of access to material life. Along with the activities they recalled the helplessness of their childhood when they were hiding from the war, the physical suffering they endured with their colleagues and teammates when they were working in the forest area, as well as the inconvenient multiple conditions of the transport, water and electricity decades ago, compared to today they feel that their lives are more fulfilled and enriched, and they are more satisfied with their retirement life, and their sense of satisfaction and obtainment of the material life has risen.

5.2. Sense of Spiritual Acquisition

In their spiritual world, they think that they can no longer make other contributions to the forest society and can only wait for the coming of old age and death. Through the social workers' participation in the activities, on the one hand, they find that their life experiences can be passed on to their empathetic peers in the forest area, and at the same time, they can share their experiences with the next generation or the next two generations of young people and teach them the rules of social conduct. On the other hand, their knowledge of the forest area and the history of the war can be shared with different groups of people who come here for study, traveling and internship, so that the red spirit and the resilience of forest workers can be passed on and carried forward.

5.3. Sense of Social Acquisition

The social life of the eight service users is relatively single and limited, and compared with the fuller life before retirement, their social life now has a weak sense of acquisition. The interviews between the social workers and the service users gave them a channel to open their hearts and provided them with the opportunity to contact different people and experience new things so that they could feel that outside of their families and communities, society still cares about and blesses them. However, as the effect of the activities carried out did not fully meet the preferences and needs of all the service users, their social acquisition index fluctuated more, and overall they all improved.

5.4. Assessment of Significant Others

Family members, friends, and community staff of the service recipients have different reflections on the changes of the retired forest workers. Feedback from significant others around the service users can be found that the emotional state, social participation, family and neighborhood relationships of the caseworkers have improved to different degrees, communication with family members has increased, they are more emotionally stable, they can actively tell and share their lives with their friends, and they play to their strengths in writing and other skills to enhance their sense of self-identity.

5.5. Assessment by Social Workers

Through observation records, interviews and scales during the service process, social workers conducted a comprehensive assessment of the service effect from a professional perspective, which was mainly divided into quantitative assessment, qualitative assessment and tracking assessment, and can be an important guide for social workers to improve their services.

Firstly, quantitative assessment, this study used pre and post-service questionnaire data to analyze and compare and found that there was a greater enhancement of the sense of gain in the material aspects of life such as improvement of people's livelihoods, environment and safety, and in the spiritual aspects such as sense of self-achievement, pride and value, as manifested by emotion management, life satisfaction and optimism towards the future. They had a more positive cognitive appraisal of their past and experienced more emotional support and recognition emotionally.

The qualitative assessment showed that social workers observed significant improvements in two aspects: firstly, increased participation and motivation in activities, which was manifested in increased self-disclosure, enriched expression of emotions, improved social skills and increased willingness to participate in society; secondly, better mastery of problem-solving skills, with clients demonstrating positive attitudes towards challenges in group activities, being good at communication and collaboration, and taking the initiative to identify problems and seek changes, which effectively enhanced their problem-solving skills. Secondly, the clients showed better problem-solving skills in group activities, and were good at communication and collaboration, taking the initiative to identify problems and seek changes.

In terms of long-term follow-up, the social workers plan to conduct long-term follow-up with the service users to assess the continuous effectiveness of the service. Regular return visits and questionnaires will be used to collect information on the living conditions and psychological status

of the service users after the end of the service, to provide a basis for improvement of the service in the future.

This group work intervention in the accessibility service for retired forest workers effectively enhanced the accessibility of the service users at the material, spiritual and social levels, and basically achieved the immediate, medium-term and ultimate objectives of the service, including assisting the elderly in adapting to the social environmental problems related to the forest area; guiding the retired forest workers to actively participate in the social and recreational activities; and enhancing their self-esteem and self-confidence during the activities, as well as forming a good social support network. Two weeks after the completion of the program, the social worker called back the eight clients and found that the clients still maintained good social relationships with each other and were optimistic and satisfied with their lives. Therefore, it was decided to close the case, and during the return visit, the social workers gave the service users sufficient encouragement and said that they would have the opportunity to go to the local area again to carry out activities together.

6. Conclusion and reflection at the end of the intervention

6.1. Conclusion

1) The role of forest areas and retired workers

Improving the sense of access of retired forest workers is conducive to enhancing the well-being of forest people and promoting the construction of socialist modernization and ecological civilization in forest areas. Through practice, using a series of group activities and life review therapy carefully prepared by social workers, we aim to make every retired worker feel the warmth and respect of society and enjoy a more comfortable and dignified life in their old age. This is not only an affirmation of personal value, but also a sharing of the fruits of the overall development of the forest area, which helps to stimulate the intrinsic motivation of the forest society and promote the coordinated development of the economy, society and environment.

2) Reflection after the application of the Theory of Life review

The practical application of life review theory in group activities has a unique effect on the enhancement of retired forest workers' sense of acquisition. Through guided life review, social workers can use professional social work skills to ease the emotions of the elderly, guide them to re-understand the problems and solve them when they look back on past problems; help them to gain a sense of honor and meaning in life when they count their past achievements, to enhance the sense of spiritual acquisition and social acquisition of retired workers in the forest area; and gradually move from the past life experiences to the retirement life, through the study of the problems of the service recipients, to carry out the corresponding group activities, and help the retired workers to carry out the link of related resources, to enhance the sense of material gain while enhancing the sense of acquisition of the retirement life.

Group work has a positive effect on the enhancement of the sense of acquisition of retired workers in forest areas. Building a structured group activity system, not only provides a professional and orderly communication platform for retired workers but also promotes in-depth interaction and emotional connection among them and enhances peer support. By promoting social participation and interpersonal interaction among retired workers, group work enhances their social support network and reduces the sense of social isolation caused by retirement. At the same time, experience sharing and skill transfer within the group helped retired workers maintain a state of learning and growth, and slowed down the process of psychological and cognitive ageing. In addition, group work promotes retired workers' participation in community affairs, enhances their sense of social responsibility and sense of belonging, and further enhances their overall sense of acquisition.

6.2. Reflection on the application of life review theory

When applying this theory, it is important to uphold a high degree of sensitivity and empathy and to carry out careful assessment and intervention strategy design to ensure that the review process can

not only promote the awakening of positive emotions, but also effectively avoid the risk of secondary damage to the elderly's psyche; in addition, it is necessary to pay attention to empathy and counter-transference in the process of life review, when the social worker brings this identity, there is a possibility of irrationality, affecting the independent and accurate judgement, and it is difficult to remove themselves from this situation. It is difficult to detach themselves from such situations. Therefore, social workers need to have a high level of self-awareness, maintain professional boundaries, and manage emotions at the right time, to ensure that the life review process becomes a positive force for self-awareness and emotional release.

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