

receive a simple diagnosis for their mental state or resolve issues in relationships with others just as regularly as they would visit the doctor's office for physical checkups. The average human life span is increasing to the point where we should reestablish the general stages of developments. Living healthy and being happy is most important but doing so in the expense of others should never occur. Are "healthy" families and a life after retirement connected in any way? In passing conversations, it is common to hear older generations speak of their life after retirement as solely their own responsibility in which their children will have no role. They are not expecting any support from their children. At times, they even question their children's politeness as a facade to manipulate allocation of their inheritance. It is unfortunate to see these thoughts cross in the minds of older generations and our increasingly corrupt society is to blame. We also hear other opinions from the elders: the only thing that matters is that our children get married and lead a great life, what else would a parent hope for? But what do parents really hope for? Having their children be good to them? Building a good relationship with them? There are still many parents who live only for their children. Is this an instinct? Or does it happen automatically as a parent? Is this child-driven lifestyle only apparent among the Baby Boomer generation? These days, the thought of spending invaluable amounts of time or money to take care of your family is disappearing. Driven by convenience, individuals now tend to rely more on the government or on institutions where they will provide care for seniors, with a fee. Some say seniors are stubborn and you should just let them live the way they always have however; as cells in their bodies are transforming and dying, they also decrease their capability to adapt quickly to change. Nonetheless, everyone has the ability to change as long as they have the will to do so. There are only a few studies that examine how one should prepare for life after retirement but there are many workshops or lectures about living a "healthy" life after retirement. Currently, the focus is mainly on physical health or illness prevention but we need to emphasize the healthy lifestyle that can be achieved by building stronger relationships between family members and neighbours. Since values and priorities have changed in our current society, parents can no longer guarantee that their children will support their life after retirement. Although parents can experience the feeling of fulfillment and pride in continuing the family line through their children, there are many cases where parents in their old age cannot be dependent on their children anymore. Life after retirement, if you accept the fact that we are aging, may lead to an active social life as much as your health allows you, free from illness even though you may be low in energy, and spend time with your family regularly and receive happiness in the comfort of everyday life. But does having all these things necessarily mean you are leading a great life? In this world, it is not about you leading a great life by yourself but about you influencing and connecting with others. The better the life of others around you, the happier you will be. After watching the news of Korea's Sewol ferry tragedy, one can only hope that there will be fewer individuals who are selfish

and more individuals who are willing to make a sacrifice for others. The more we try to help others and build strong communities, the better this world will become. In an immigrant society, families are small and members often experience a generation gap. Many times, only parents and their children are able to form close relationships while there may be very little communication between other generations. However, the average life has been increased to over 100 years and often times three generations, or even four generations may be required to interact. Family roots and ethnic origins help immigrant children to become mentally and emotionally stable in a multicultural society, thus become less lonely and more confident in carrying out a successful life. Is there such a thing as an "Ideal Family" in today's society? We face many challenges in life and it is almost impossible to predict our future so it is impossible to have an ideal family. Instead, we should strive for a healthy family where family members have strong relationships with one another, parents and children trust and communicate with each other, and where they forgive each other so that wounds can be healed in the crisis situations. No matter how broken, complicated, and unstable a home may be, it will remain a nest in which we can grow upright and healthy. A healthy family makes a healthy society and is ultimately becomes the foundation of a healthy world. Therefore, a campaign for healthy families should be sustained. To do so, we need a system to continuously provide counselling and education under any circumstances.

A healthy family and life after retirement can be considered connected and disconnected at the same time. This is because when subsequent generations grow up in a healthy family then move on to thrive and succeed in our society. As a result, we each should also strive to live happily and healthily as we age and this will guaranteed to result in a more stable and well-off life after retirement. There is no standard in deciding whether or not a family is considered healthy. We can only infer and conclude according to our own experiences of family life and apply the lessons we've learned into successfully making our own families in the future. Families can be a perfect place to make many good memories. Friends and colleagues create memories with limited time and space but family can create a movie-like memory that stretches out from your birth to death. Parents may quickly forget about bad memories but children have a tendency to retain the bad memories that have been acquired during early years and replay them throughout their lives. Therefore, it is crucial for the family to create good memories for the children during their early years. What do you need in order for you to live healthier later years? Living a healthy lifestyle and leaving behind everything for the next generation, not just for your own family, can be considered as a healthy and happy life. Nutritious and balanced diet, continuous physical activities, friendship that create endorphin, passion to learn new things, active community involvement, independent choices, beautiful memories, smiles and expressions of affection, love in family, and religious activities are some of the things that you need in order to live a healthier life.



세대 차이란?

이집트의 피라미드에도 "요즘 젊은 것들은 버릇이 없다." 라는 글귀가 적혀있다고 한다. 그만큼 세대 간의 차이는 동서고금을 막론하고 존재해 왔다. 세대 차이(Generation Gap)란 서로 다른 세대들 사이에 있는 감정이나 가치관의 차이를 가리킨다. 즉, 세대간의 의식구조와 가치관의 차이, 문화적 정서적 차이 때문에 빚어진 격차를 말한다. 보다 쉽게 말하면, 젊은 세대와 시니어 세대 간의 세상을 대하는 관념과 그에 반응하는 태도의 차이를 말한다. 부모 세대와 자녀 세대 간의 가치관이 가장 큰 문제로 대두되면서 같은 가정 안에도 나이와 처한 환경에 따라 생각과 가치관이 완전히 별개의 세계로 존재하는 경우를 주위에서 종종 발견하게 된다. 전에는 할아버지, 할머니 세대와 손자 세대 간에 세대차이가 많이 존재하는 것으로 생각했지만, 기실 할아버지, 할머니 세대와 손자 세대는 오히려 세대차이를 뛰어넘을 수 있는 공감대가 형성될 가능성이 더 많기도 하다. 가장 큰 세대 차이는 자녀를 지도하고 인도하는 직접적인 영향력을 행사하는 부모 세대와 자녀 세대의 세대 차이라고 말할 수 있다.

디지털 격차 《Digital Divide》

현재 베이비 부머(Baby boomer) 세대 또한 과거에는 그들의 부모 세대와 세대 차이를 느끼며 고민하고 갈등하던 시절이 있었다. 그러던 베이비 부머 세대가 지금은 자녀들의 생각과 고민을 따라가지 못할 정도로 세상은 너무나 빨리 변하고 있다. 그중의 하나가 바로 정보통신 혁명이다.

세계 제2차 대전 이후 컴퓨터는 인간의 삶의 형태와 사고방식을 완전히 바꿔 놓았다. 이렇게 빠르게 변하는 정보통신 기술 주기를 놓치게 되면 세대 차가 생겨난다. 베이비 부머 세대는 컴퓨터를 구경하지 못한 학창시절을 보내고 직장에서 컴퓨터를 접한 사람들이 상당히 많다. 그래서 대부분은 컴퓨터를 사용하기는 하지만 능숙한 경우는 젊은 세대에 비해 적다. 반면에 베이비 부머의 후손인 지금의 젊은 세대는 많은 사람이 어려서부터 컴퓨터에 친숙한 환경 속에서 자라났

다. 그들은 컴퓨터와 스마트폰이 없는 세상은 상상하기도 힘들다. 모든 것이 손바닥 안의 스마트 폰으로 이루어지는 세상. 바야흐로 유니쿼터스(ubiquitous) 세상의 주인공으로 살아가는 주역이 되는 것이다. 한국 속담에 "10년이면 강산도 변한다" 는데, 30년 정도의 연령 격차를 가진 베이비 부머 세대와 젊은 세대가 공감할 수 있는 부분은 점점 좁아져 가는 것이 현실이다. 컴퓨터에 친숙하지 못함으로 인한 정보활용 미숙은 세대 간 사회적 커뮤니케이션을 단절하기도 한다. "쌍둥이도 세대 차를 느낀다" 고 하는 우스갯소리는 나날이 진화하는 디지털 혁명의 속도를 대변하고 있다.

■생 동기집단(Cohort)

주로 같은 시기에 태어나 같은 경험을 하면서 자라난 연령집단인 코호트(cohort)는 비슷한 욕구와 이상을 공유하기 때문에 이들 그룹 안에 형성되는 가치관과 행동 양식을 공유하게 된다. 군세대로 불리는 요즘의 청년 세대는 문자매체보다는 컴퓨터나 영상매체에 더 익숙하며, 인스타그램을 모방하고 갈망한다. 그들은 휴대폰이나 인터넷으로 서로 연결되어 있으며, 가상공간을 적극적으로 활용할 수 있는 능력을 가진 집단이다. 이들은 연예인의 말과 행동, 옷차림 등을 그대로 모방하고, 연예인처럼 되고 싶다는 욕망에 성형수술도 마다하지 않는다. 지금의 세대 차를 가장 극명하게 분석한다면, 우리가 살고 있는 환경은 21세기인데 19세기의 사고방식을 가진 세대와 21세기의 사고방식을 가진 세대가 공존하는 복잡한 사회구조라고 말할 수 있겠다.

문화 충격(Culture Shock)

이민의 삶을 사는 사람들은 누구나 문화적 충격을 받아들이고 살아야만 한다. 특히 한인 1세대들이 이곳에서 성장한 자녀들과 겪는 문화 충격은 받아들이기 힘들 정도다. 자녀와의 갈등에서 맛당뜨리는 문화 충격에 괴로워하는 부모들이 의외로 많다는 사실은 새삼스러운 일이 아니다. 이는 자녀 세대도 마찬가지이다.

문화 충격을 보여주는 사례를 들어보겠다.

어느 날 학교에서 돌아온 자녀의 외출 옷차림을 본 아빠가 야단친다. "왜 치마를 그렇게 짧게 하고 다니는 거냐?" 이런 말을 들은 딸은 화가 난다. 당연한 주의건만 딸의 반응은 "내가 알아서 하는데 간섭하지 마요. You Man!" 이라고 말한다. 아빠는 "You Man!" 이라는 말을 "이 양반아!" 라는 말로 이해하고 격분한다. 그다음부터는 어떤 상황이 벌어질지 상상이 간다. 격노한 아빠 입에서 거친 폭언이 쏟아지고 사태는 걷잡을 수 없는 상황으로 치닫게 된다. 서구사회의 문화를 바탕으로 만들어진 언어를 동양적 유교방식에 길든 부모 세대가 받아들이긴 쉽지 않다. 반대로, 이곳의 교육을 받고 자라난 자녀 세대가 강압적인 위계질서를 요구하는 부모 세대의 훈육을 받아들이기도 쉽지 않다. 자녀가 부모를 경찰에 고발하고 부모는 자녀를 원수 취급하는 갈등의 원인은 서로 다른 문화의 차이(gap)를 메꾸려고 노력하지도 않고 그런 기회도 주어지지 않은 채 갈등의 골이 깊어만 가기 때문이다.

이민의 삶과 세대 차이

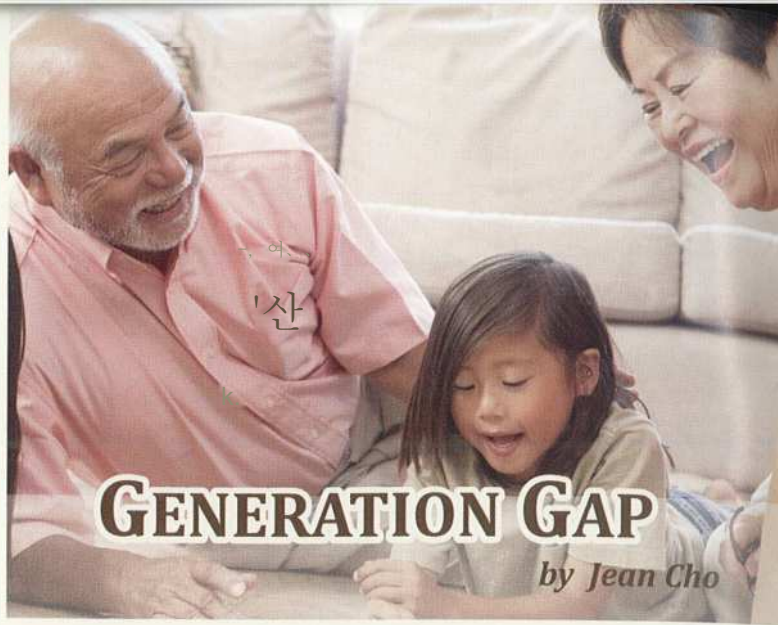
캐나다에서 이민의 삶을 사는 사람들은 새로운 나라의 기준에 따르라는 사회적 압력 속에 삶의 모든 영역에서 압박을 받는다. 그들은 엄청난 스트레스를 견디면서 생존을 위해 필사적으로 발버둥 치는 삶이 될 수밖에 없다. 복합문화의 사회 캐나다에서 한인들은 어쩌면 고독한 섬에 갇혀서 사는 모양인지도 모른다. 거대한 호수 위에 점점이 떠 있는 섬들이 종족별 이민 집단이라고 할 수 있다. 한인 이외의 외국 종족과 어울려 사는 한인들이 과연 얼마나 될지 생각해 보자. 언어장벽과 문화차이를 극복할 자신이 없고 두렵기 때문에 한인들끼리의 폐쇄된 문화에 길들여지고 있는 건 아닌지 성찰해 볼 필요가 있다.

반면에 자녀 세대는 이곳의 복합문화에 익숙해지고 서구식 자유분방한 가치관을 형성하고 있다. 그들은 비록 한인의 피를 이어받았지만 자라온 환경은 완전히 부모 세대와 다른 세상이다. 한 지붕 밑에 살지만 나가서 활동하는 환경은 전혀 이질적이기 때문에 세대 차이의 질과 양은 훨씬 심화될 수밖에 없는 구조를 지니고 있다.

세대 차이를 줄이려면

그 시대에 보편적인 청소년의 생각과 가치관의 흐름을 부정하는 부모 세대는 세대 차이를 느낄 수밖에 없다. 그렇다면 세대 차이를 줄이기 위한 대안은 없는 것일까? 세대 차이를 줄이는 가장 빠른 방법은 컴퓨터 사용문화 습득에 초점을 맞추는 것이다. 이제 문명의 이기인 컴퓨터를 사용해서 통신하는 SNS(Social Network Service) 알지 못하고는 의사소통의 기회마저 줄어들고 있기 때문이다. 이메일, 페이스북이나 카카오톡을 통한 통신이 보편화되어 있는데 언제까지 옛날 이야기만 하고 있을 수는 없는 노릇이다. 그렇다. 부모 세대와 자녀 세대가 적극적으로 대화를 시도해야 한다. 그런데 무슨 공통 주제와 관심사가 있어야 대화를 할 것 아닌가? 그렇다면 공통 주제와 관심사를 찾으면 된다. 자녀가 학생이라면 학교에서 배우는 것이 무엇인지 부모가 관심을 가져보면 될 것이다. 그리고 자녀가 무엇을 추구하고 노는지도 들여다볼 일이다. 게임을 좋아한다면 도대체 무슨 게임이길래 그렇게 재미있는지 한 번 동참해 보면 그들의 세계에 한발 다가가게 된다. 반대로 자녀 세대도 부모 세대의 가치관을 이해하는 노력을 기울이면 좋을 것이다. 그것은 역사적식을 갖는 것과 같다.

이차피 문화와 가치관은 돌고 도는 것이다. 한 시대를 풍미했던 가치관이 구시대적 유품으로 취급받다가 다시 복고풍으로 돌아오고 반복하는 것이 역사적 사실이다. 결국, 보편적인 진리를 가진 가치관은 인류에게 가장 유익한 방향으로 발전해 나가기 때문이다. 세대 차이를 극복하기 위한 노력은 개인적으로 쉽지 않다. 그렇기 때문에 생명의 전화 상담교육센터 같은 단체에서 마련하는 각종 패밀리 힐링 프로그램과 세대 간 대화 프로그램에 적극적으로 참여하는 것이 가장 좋은 방법이 될 것이다.



WHAT IS GENERATION GAP?

It is known that the phrase, "Children these days are impolite/ was written on a Pyramid in Egypt. Accordingly, one can infer that a Generation Gap has been prevalent throughout time. Generation Gap indicates dissimilarity in values and beliefs between different generations. It is influenced by many factors such as intellectual capacity, language use, technological capacity and cultural sensitivity. To put it frankly, it is the difference of attitude and views of society between the young and the old. Even within the same family, the members may have different worldly values based on age and upbringing. Formerly, it was thought that the greatest generation gap was between grandparents and their grandchildren, but in fact, the two generations may have more commonalities and the potential to overcome their differences. It is apparent that the biggest clash of generations exists between parents and their children. As a result of parents having direct influences on the nurture of their children and children having a tendency to rebel, the greatest generational divide is between children and their parents.

DIGITAL DIVIDE

The present Baby Boomer generation is most likely to experience Generation Gap with the strongest cultural impact. The world is rapidly changing with improvements in technology, medical care and quality of life as a whole. Following the Industrial Revolution, the Information Revolution contributes to the prevalent generational divide.

After World War II, the development of computers entirely changed the lifestyle of the human race. The Baby Boomers, who had no experiences with computers during their school years, were expected to make use of computers in their workplace. Despite having this rudimentary knowledge in computers, modern computer experts more commonly exist in younger generations. On the other hand, Generation X which followed the Baby Boomers is brought up in a technologically advanced society. It is difficult to imagine a world

without computers, smart phones and tablets. Everything can be done at the convenience of smart phones and tablets. Echo Boomers will be living as star players in an ubiquitous world. There is a Korean proverb that states, "Even rivers and mountains will be changed in 10 years/ In modern days, the technological advancement that can be achieved within 10 years is tremendous. This leads to the drastic impediment in communication between Baby Boomers and their children. The silly phrase of "Even twins feel generation gap" would also represent the speed of digital revolution.

COHORT

The cohort is a group of individuals of the same age, born in similar times and share analogous experiences. Since they share similar desires and ideals, they have common values and behavior patterns. Today's generation is known as Generation Z. They are more familiar with computers and the mass media than printed books and newspapers. They are also obsessed with popular celebrities and yearn to be like them. They are connected via cell phones and the Internet. Moreover, they imitate celebrities' speech, action and style and they are easily influenced to get plastic surgery to look like them.

By analyzing current generation gaps, one can conclude that it is a complicated social structure with the coexistence of two different generations; the older generation with 19th century ideals and the young generation with 21st century ideals.

CULTURE SHOCK

People living as an immigrant need to overcome culture shock to fit in to the new society. It is especially tough for first generation Koreans to deal with culture shock compared to their children who will grow up in Canada. Their children may also experience culture shock and as a result, their parents can empathize with the feeling of isolation.

Here is an example of culture shock. One day, a father scolds his daughter after seeing the dress she wore to go out. He asks, "Why are you wearing such a short skirt?" and that upset the daughter. She says, "Don't mind my skirt, you man!" After hearing "You man!" he misunderstands it as "you old man!" and got upset. It is easy to imagine what is going to happen next. The father becomes furious with his daughter for using such language. It is hard for the parent generation who were born and raised in Confucianism to accept the language based on the Western society culture. It is also hard for the children who were raised and received education in Canada to respect age rank and disciplines. The cultural difference between the parents and the children may cause conflict. One situation that may arise is when children report their parents to the police. Conversely, the parents may resent their children for not understanding their perspective.

LIFE OF IMMIGRANTS AND GENERATION GAP

Immigrants in Canada undergo certain social pressures living in a new country. They try to live their life under the stress of trying to fit in. Korean immigrants may feel as if they are on an isolated island living in Canada's multicultural society. Their life can be described as many small islands on an enormous lake. We need to consider the diversity of these islands and the cultures they represent. Moreover, it is important to consider whether Canadian-Korean immigrants are getting used to connecting with only Koreans society, since they are afraid of overcome language barriers and culture differences.

While children are different than parents, the children are accustomed to living in a multi-cultural life and western freewheeling life values. Even though their ethnicity is Korean, the environment for their growth is completely different than the parent generation. Although they live under the same roof, the generation gap is intensified since their lifestyle and habits are different.

IN ORDER TO REDUCE GENERATION GAP

Is there any solution to overcome the generation gap? The most effective solution is to focus on 'acquisition of computer use/ Now there are even less opportunities to communicate with people without using computers and the Internet, for example using SNS (Social Network Service). Parents and their children need to make an attempt to communicate with each other. While it is not easy to find common topics and interests to talk about, they both still need to try. If their children are students, parents can ask about their school life and about their interests and dreams. Additionally, parents can pay attention to what their children enjoy doing in their spare time. Instead of scolding them for playing games, they should talk about and play the game together. This would allow them to bond. Also the children need to try to understand the values of the parent generation. It is the same as having historical awareness.

In any case, cultures and values can trend as time passes. For instance, the values dominating an older period can resurface in subsequent generations. It is hard to overcome the effects of generation gap by oneself. Therefore, attending family healing and counseling programs and conversing with each other have positive effects. These services are provided by For You Telecare Family Service.

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