

A Descriptive Study to Assess the Psychosocial Problems of Retired Employees in Selected Areas of the City

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Abstract: ***Background:** Retiring "May mean different things to different people. The problems in the old age retirees are different from the general population so it should be dealt accordingly. The degree of adaptation to the fact of aging is crucial to man's happiness in the phase of life. **Objectives:** a) To assess the psychosocial problems of retired employees in selected area of the city. b) To associate the psychosocial problems of retired employees with selected demographic variables. **Methodology:** Descriptive research design **Material:** structured interview schedule. **Sample:** Sample consists of 100 retired employees **Result:** 31% of the employees had mild, 59% had moderate and 10% had severe level of psychosocial problems. The association of psychosocial problem scores with age in years of retired employees was calculated at 5% level of significance the value of 'F' is 2.75 the calculated 'p'=0.047 which was much less than the acceptable level of significance i. e. 'p'=0.05. Hence it is interpreted that age in years of retired employees is statistically associated with their psychosocial score. The study shows that there is significant association of psychosocial problems with the age, marital status, monthly income, physical illness and retired at and there is no association found in gender, number of children, family type, religion, retired since (in years).*

Keywords: assess, psychosocial problem, retired employees

1. Introduction

Aging is a natural process. In the words of Seneca; "old age is an incurable disease", but more recently, Sir James sterling Ross commented: "you do not heal old age". You will protect it; you promote it you extend it.¹

Now a days retired people suffered from many health, emotional and socioeconomic and psychological problems more than physical problems. Retires is one the frequent discussion where country and community should take in to consideration.

"Retiring" may mean different things to different people. First, retiring can mean exiting the workforce; when individuals no longer want to or are no longer able to work, they may decide that it is time to leave the workforce. Second, retiring may refer to claiming Social Security benefits.²

2. Background

Retiring" may mean different things to different people. The problems in the old age retirees are different from the general population so it should be dealt accordingly. The degree of adaptation to the fact of aging is crucial to man's happiness in the phase of life. Failure to adapt can result in inner withdrawal, depression, weariness of life, and even suicide.²

The total World retired employees are 154 Million. According to 1991 census, India has 60 million elderly people, this is about 6.7% if the total population. Among these 32 million are retired employees, this is about 3.9% of

the total population. There is an increase in the old people i.e., 5.97% in 1971 and 6.32% in 1981 respectively and in Karnataka, the retired employees are 1.9 Million⁵

Objectives

- 1) To assess the psychosocial problems of retired employees in selected area of the city.
- 2) To associate the psychosocial problems of retired employees with selected demographic variables

Research Design: Descriptive research design.

Sample: Sample consists of 100 retired employees of selected areas of the city

Sample size: Sample consists of 100 retired employees (above 50 years).

The sampling technique: Non probability convenient sampling.

3. Method and Material

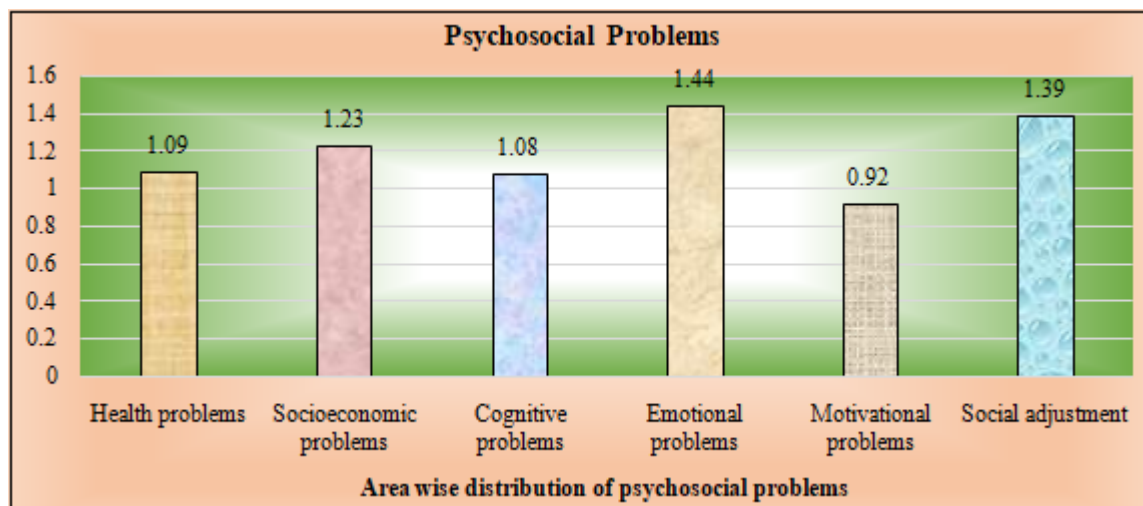
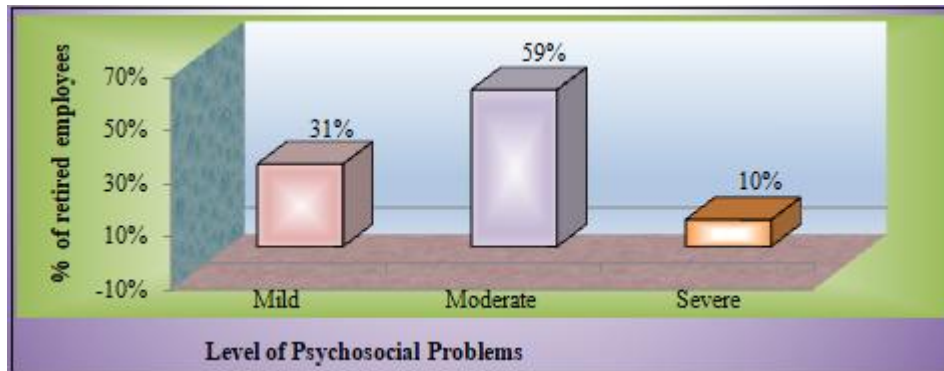
Structured interview schedule to assess the psychosocial problems of the retired employees. It consists of two sections. Section I consists of demographic data such as age, gender, marital status, number of children, family type, religion, monthly income, retired since, physical illness, and retired at. Section II consists of Rating scale on psychosocial problems of retired employees. There were 36 questions to assess the psychosocial problems of retired employees based on interview schedule. In rating scale there were positive questions.

4. Result

31% of the employees had mild, 59% had moderate and 10% had severe level of psychosocial problems. The association of psychosocial problem scores with age in years of retired employees was calculated at 5% level of significance the value of 'F' is 2.75 the calculated 'p'=0.047 which was much less than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that age in

years of retired employees is statistically associated with their psychosocial score.

The study shows that there is significant association of psychosocial problems with the age, marital status, monthly income, physical illness and retired at and there is no association found in gender, number of children, family type, religion, retired since (in years).



5. Discussion

In 2013 a study was conducted on retirement government employs in karnataka. The objectives of the study were to understand type of geriatric problems and level of life satisfaction of retirees. A total 528 respondents were selected for the study. The result of the study shows that highest number of 216 (40.92%) belongs to the age group of 58 - 64 years, while 74 (14.01%) retirees suffer from muscle and joint pain, 62 (11.74%) from heart related disease, 58 (10.98%) from multi disease such as visual & hearing impairments.³

In 2013 a study was conducted on "Midlife work ability and mobility limitation in old age among non - disability and disability retirees - a prospective study" the aim is to study perceived midlife work ability as a determinant of self - reported mobility limitation in old age among municipal employees who transitioned into non - disability and disability retirement. 4329 participants of the Finnish Longitudinal Study of Municipal Employees had retired during January 1985 and July 2000. The results shows that

there is a prevalence of mobility limitation for those who transitioned into non - disability retirement was lower compared to those who retired due to disability. The researcher concluded that sibling rivalry can occur among children of working parents.⁴

6. Conclusion

The above study shows many of the persons 59% of samples were having moderate, 31% were having mild and 10% of samples having severe psychosocial problem. The overall findings of the study revealed that there were moderate psychosocial problem of retired employees. .

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