

A STUDY ON LIFE STYLE AND PASTIMES OF RETIRED PEOPLE

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Abstract: Retirement is the time in a person's life when he is no longer employed. The retirement age varies and generally lies between 55 to 60 years. This study was conducted to explore the lifestyles of retired people as well as their pastimes. The data was collected through snowball sampling technique from district Chakwal under Union Council Dhudial with the help of semi structured questionnaire by drawing a sample of 103 respondents from different professions from four villages of Union Council Dhudial. The findings suggested that most of retired people were having a lot of health problems and liked to stay home all the time with their families. They had limited social life after retirement and spent most the time with their children and grandchildren. Another factor affecting their psychological health was found to be economic crises. The data was collected over four and half weeks which was then analyzed on SPSS (Statistical Package for Social Sciences).

Key Words: Lifestyle, pastimes, retirement, gerontological health

INTRODUCTION

Retirement is the most important phase in the life of a person. It signifies the end of one stage and the beginning of another era. It often leads to challenges regarding fiscal and later life planning. When retirement was officially institutionalized at the end of the nineteenth century, it referred to a monetary allocation compensating individuals no longer able to work. The age of 65 was arbitrarily chosen as the retirement age at a time when life expectancy was 37 years of age. Since then, longevity has significantly increased, but most people still choose to retire at 65 or even earlier (Malette and Oliver 2006). There exists a diverse range of factors which influence the decision to retire that may include health conditions, occupational requirement, financial situation, age, gender, work satisfaction as well as personal attitudes. Post-retirement issues may be reduced by bridging employment to volunteer work and leisure activities that are all beneficial to retired persons' psychological well-being (Dendinger 2005). Further, when retirees work for generative reasons they are more likely to experience improved psychological well-being. The retired people can face problems of adjustment in the society in terms of anxiety and depression. Though the effects of bridge employment on psychological well-being depend on the type of bridge employment they take, yet they often prove beneficial. In a

developing country like Pakistan as total estimated expenditure on health, Provincial development budgetary allocation for health, Federal non-development budgetary allocation for health, Government's non-development allocation for health as well as machinery used for hospitals are indicators of poor health sector. There are not adequate facilities or funds to completely cover all the problems associated with gerontological health. Depression is a type of psychological disorder that is confirmed by restless condition as less or no rest, deficiency of food, segregation in the society, multiple changes in mood as well as that person attempt suicide in his imaginations (Mohd, et al. 2005; Javed 2014). In Pakistan, there is a large number of aging population that depends upon their families like children and grandchildren for physically, socially as well as financially support. They totally depend on their families for their needs (Taqui, et al. 2007).

In developed countries we observe that due to public pension system there has been an increment in the populace of aging and ratio of dependency. This factor is gradually increasing burden on donors and is influencing a lot on contributors (Bangaarts 2004; OECD 1998). In today's era of inflation the amount of pension is insufficient to fulfill even the basic needs. The expenditures of their routine life are higher than the pension amount which they receive from government due to which they have to

depend on their family for their needs and basic requirements (Rzhanitsyna 2013). Many factors are responsible for making this a particularly complex challenge in our social setting. Despite being a socially cohesive society; the decline of extended family systems is evident (Itrat, et al. 2007).

MATERIALS AND METHODS

The data was collected from four villages; Sahang Khurd, Sahang Kalan, Dhok Bahaal and Main Dhudial under union council Dhudial, district Chakwal. The research sample comprised of 103 respondents both males and females from different professions both government and semi government. The sample included 95 males and 8 females who got retirement from different professions. The data was collected through

snowball sampling technique from four villages under union council Dhudial, district Chakwal. The sample distribution was, 23 respondents from Sahang Khurd, 26 respondents from Shang Kalan, 18 respondents from Dhok Bahaal and 36 respondents from Main Dhudial. A semi-structured questionnaire was developed according to the research requirements. Data was collected with the help of a key informant, a lady health supervisor in RHC (Rural Health Center) Dhudial who further introduced to other lady health workers. The data was collected over a period of four and half weeks and then analyzed on SPSS (Statistical Package for Social Sciences) software using Pearson correlation statistical technique.

RESULTS AND DISCUSSION

Table No. 1

S.#	Variable 1 st	Variable 2 nd	Hypothesis (H ₀ & H ₁)	Sig. Value
1	Age of joining	Age of retirement	H ₀ : late age retirement lease with no further employment opportunities H ₁ : early age retirement lease with promising employment opportunities	0.252
2	Nature of retirement	Work/Job after retirement	H ₀ : nature of retirement does not affect post retirement opportunities H ₁ : post retirement are directly affected by the nature of retirement	0.540
3	Pre retirement leisure time activities	Post retirement activities	H ₀ : pre retirement pastimes were for recreational purpose H ₁ : post retirement pastimes were for monitory purpose	0.932
4	Interest in political affairs	social gathering	H ₀ : wealthy retirees do not engage in social gathering and political affairs H ₁ : wealthy retirees get involve in social gathering and political affairs	0.150
5	Feelings of loneliness	Nature of relations with family	H ₀ : the more the involvement in family affairs greater the feelings of loneliness H ₁ : the more the involvement in family lesser loneliness	0.014

Comparing the age of joining and retirement from the job, it was hypothesized that late retirement leads to no further job opportunities. The significance value was $0.252 > 0.05$. The value of alpha which is 0.05 that is lesser than calculated p value shows that alternate hypothesis H₁ is rejected and null hypothesis H₀ is accepted. The results reflected that 89 people were those who joined their jobs as early as of 16-20 years of age, 12 respondents were those who joined their profession in age of 21-25 year and only two were in age of 26-30 at the time of their first employment. Since majority of the respondents were from armed forces hence fell in the category

of early age employment. However, disability is largely associated with age related senescence (Albert 2004). Those people who had retired at their early age had better opportunities to join other professions after retirement. It was also found that around 30% respondents got retirement at the age 28-39 years, around 38% respondents retired in the age of 40-50 years where as 28% were those who got retirement at the age of 51-60 years. Respondents retiring after completion of full length of their services, became financially dependent as post retirement working opportunities were minimum. It was found that

depression was seen more prevalent in these strata of respondents.

When the nature of the retirement of the respondents was inquired as Pearson correlation of nature of retirement with post retirement opportunities was then calculated the significance value appeared as is 0.540 that is greater than the alpha 0.05 so it demonstrates that our alternate hypothesis H_1 is rejected and null hypothesis H_0 is accepted. It was revealed that either the respondents got retirement naturally, voluntarily or due to medical board. There were 71 respondents who got natural retirement as after completion of their service. 23 were those who got retired voluntarily due to some domestic reasons whereas only 9 were those who got retirement by the decision of medical board as they were retired from forces due to critical health problems. During the research, the researcher also met across those people who participated in the wars of 1965 and 1971 got injured in a missile attack and lost his right leg. He retired as the medical board did not consider him fit for armed the forces. Disabilities may result from other factors for example accidents or hereditary deficits (Ahmed and Hafeez 2011). However, disability is largely associated with age related senescence. After his retirement he started working on shops on daily wages for the subsistence need of his family and their own survival subsistence. They had a very poor background. Disabilities may result from other factors for example accidents or hereditary deficits. Financial satisfaction and its relationship to quality of life have received considerable attention over the last three decades from gerontologists and researchers from other disciplines (Bowling 1995; Liang, et al. 1980; Schieman, et al. 2001). Yet our understanding of the sources of financial satisfaction remains limited. In particular, as researchers tend to focus solely on income, little is known about other monetary sources of financial satisfaction (Danigelis and McIntosh 2001; Hsieh 2001).

According to the results there were 70 respondents who started off within other job for their better survival and it kept them busy as well. An observation was made that since majority of the respondents were from middle and lower economic background, there existed a need for post-retirement financial stability. Only 33 were those who told that they are free all time at their homes with their families and they also told that they like to spend their time with their children and grandchildren. Depression is identified as a

psychological disorder that is confirmed by restless condition, deficiency of food, segregation in the society, mood swings to an extent that the person attempts suicide in his imaginations (Mohd, et al. 2005; Javed 2014). Retired people need to take ample rest for their better psychological health. Majority of retired people engaged in some type of earning activities as well as jobs in government and private sectors, they are struggling for their better survival. Alongside there were retired people who were enjoying their free time and taking rest as a leisure activity in their post retirement life.

Later, pre and post retirement leisure activities were discussed in life. The significant value of this situation is 0.932 which is greater than 0.05. It shows that our alternate hypothesis H_1 is rejected and null hypothesis is accepted. The research findings suggested that 52 respondents answered that they were involved in games before retirement, 10 of them were those who had educational interest as well as reading novels and religious books, 30 of them were those who used to gossip wandering with friends, 8 respondents told that they used to facilitate their families by doing glossary and paying bills for their homes in their free time and only 3 were those who spent their free time with their families before retirement. Above 60 were found busy in income generating activities after retirement and they were now having less or no free time after their to spend it with their families, listening news, watching television, reading books and hence had less or no social life. In fact they liked to stay with their families if when they had any free time and hence avoided social gathering. Pre-retirement pastimes were somewhat based on leisure and recreational activities whereas post retirement pastimes revolved around struggling for survival needs. Having a spouse, participating in community activities, and having friends are strong predictors of well-being in retirement (Hong and Duff 1997; Osborne 2012).

The variables when calculated gave a p value is 0.150 that is greater than the alpha 0.05 so our null hypothesis H_0 is accepted and alternate hypothesis H_1 is rejected. It is usually hypothesized that people get into political affairs and social gatherings after retirement. It is an indicator of a significant relationship between these two variables. According to the results of the survey 42 respondents had a lot of interest in political affairs, 46 were those who were had no interest in political affairs whereas 15 were those who had switching interests. Social gatherings that were defined as

meeting friends, gossiping, sitting at shops and deras. 42 respondents answered that they had interest in social gathering whereas 61 of them were those who had no interest in social gathering rather they liked to spend their free time with their families instead of going out. Those people who had neither being involved in the family nor were much into the social gathering was seemed mostly in solitude.

Later on the results on feelings of loneliness and nature of retirees relationships/position in the family was observed significance value is 0.014 which is less than 0.05 so H_0 is rejected and H_1 is accepted. The p value is significant value. According to my results 99 people had very good terms with their families and only 4 were those who having critical relations with their families.

CONCLUSION

The family institution plays an important role in the lives of retired people. They were living with their families and enjoying a lot the company of their children and grandchildren. Majority of them avoid social gathering. Since majority of the respondents were from middle and lower economic background, there existed a need for post-retirement financial stability. A number of retired people told that they were retired from forces; their average educational level was varying in middle and metric as well.

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