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Impact of retirement on quality of life of third age people

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Abstract

The aim of the present investigation was to study the impact of retirement on the quality of life of retired third age people. The study was conducted on a purposive random sampling of 120 respondents were selected from Lucknow city in the age ranging from 60 to more than 75 years of which 60 women and 60 men. (OPQOL-35) "Older People's Quality of Life" Questionnaire which are prepared by A Bowling, Was used to measure the quality of life, the questionnaire was administered. The data was coded, tabulated and analyzed. The data obtained was subjected to statistical analyzed using mean, frequency percentage, F test & χ^2 Test by using SPSS (version 20). The finding of the study revealed that elderly or third age people who belonged to 66- 70 years having very good quality of life in comparison to 60- 65 years and 71- 75 years and more than 75 years. The result also revealed that there is a no significant difference between age group of third age people and their quality of life after retirement.

Keywords: Third age people, quality of life, ageing, impact of retirement

1. Introduction

Third age people has become historic term, It was Dr. Huet in France who invented it in the 60's, when we were becoming aware at one and the same time of the same time of aging of the population and discovering. In no uncertain terms, the difficult social ritual situation of a number of retired people, a situation all the more difficult to accept because in other respects, the economy was becoming once again overheated. Third age is the closing period in the life span. It is period when people "move away" from previous, more desirable period –or times of 'usefulness' people move away from the earlier period of their lives, the often look back on them usually regret fully, and tend to live in the present ignoring the future as much as possible.

Third age the last stage in the life span is frequently subdivided in to 'early old age', which extends from age "sixty to seventy" and 'advanced old age', which begins at "seventy and extends to the end of life".

People during the sixties are usually referred to as "elderly" – meaning somewhat old or advanced beyond middle age – and "old" after they reach the age of seventy – meaning, according to standard dictionaries advanced for in year of life and having last the vigor of youth.

The act of ending work or professional career is known as retirement. A useful way to view retirement is as a complex process by which people withdraw from full-time participation in an occupation.

Retirement is a process that progress in stages. Adapting successfully to this significant event depends on a variety of factor such as-

- Loss of finance
- Loss of self –esteem
- Loss of work-related social contacts
- Loss of meaningful task
- Loss of reference group

Retirement may be voluntary or compulsory, regular or early. Some elderly retire voluntarily, often before the age of compulsory retirement. Thus they do because health or desire to spend the remaining year of their lives doing things that are more meaningful to them than there.

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2. Quality of life of elderly

The term quality of life references the general well-being of individual and societies. The term is used in a wide range of contexts, including the fields of international development, healthcare, and politics. Quality of life should not confuse with the concept of standard of living, which is based primarily on income. Instead, standard indicators of the quality of life include not only wealth and employment, but also the built environment, physical and mental health, education, recreation and leisure time, and social belonging.

WHO (2004) reported that quality of life is broad ranging concept incorporating an individual's:

- Physical health
- Psychological state
- Level of independents
- Social relationships
- Personal believes
- Relationship to salient features of the environment.

Aim

The aim of the study was to assess the impact of retirement on

quality of life of retired third age people.

Method

The research design was descriptive in nature. The sample were selected by using purposive random sampling techniques and total 120 sample were selected from Lucknow city of which 60 were women and 60 were men.

Tools

(OPQOL-35) "Older People's Quality of Life" Questionnaire which are prepared by A Bowling, was used to measure the quality of life along with self-constructed interview schedule questionnaire. The data was coded, tabulated and analyzed. The data obtained was subjected to statistical analyzed using mean, frequency percentage, F test & χ^2 Test by using SPSS (version 20).

3. Result and discussion

The finding of present study on distribution of respondents on age, gender, place of living and retirement sector as well as quality of life of third age people after retirement.

Table 1: Gives the distribution of respondents on the basis of quality of life questionnaire.

S. No.	Statements	Frequency														
		Male 60 N (%)				Female 60 N (%)					Total 120 N (%)					
		SA	A	N	D	SD	SA	A	N	D	SD	SA	A	N	D	SD
1.	Life overall Enjoy life overall	12 (2)	2 (3.3)	10 (17)	35 (58)	1 (1.6)	18 (30)	12 (20)	18 (30)	12 (20)	0	30 (25)	14 (11.6)	28 (23.3)	47 (39)	1 (0.8)
2.	Happy much of time	0	17 (28)	13 (22)	29 (17)	1 (1.6)	18 (13)	23 (38)	13 (2.6)	11 (18)	5 (8)	8 (6.6)	40 (33)	26 (22)	40 (33)	6 (5)
3.	Look forward to things	0	12 (20)	10 (17)	36 (60)	3 (3.3)	3 (5)	11 (18.3)	28 (47)	16 (26)	2 (3.3)	3 (2.5)	23 (19)	38 (31.6)	52 (43)	4 (3.3)
4.	Health Have lots of energy	7 (12)	13 (22)	12 (20)	27 (37)	6 (10)	7 (12)	22 (36.6)	13 (21.6)	15 (25)	3 (5)	14 (12)	35 (29)	25 (21)	37 (39)	9 (7.5)
5.	Healthy enough to get out and about	3 (5)	26 (43)	7 (12)	21 (35)	3 (5)	5 (8.3)	12 (20)	13 (21.6)	27 (3)	3 (5)	8 (6.6)	38 (45.6)	20 (17)	48 (40)	6 (5)
6.	Social relationship Family, friends or Neighbour would help	10 (17)	16 (25)	9 (15)	22 (37)	3 (5)	7 (11.6)	16 (26.6)	8 (13)	18 (30)	11 (18)	17 (14)	32 (2.6)	17 (14)	40 (33)	14 (11.6)
7.	Have someone who gives love and affection	7 (12)	14 (23)	9 (15)	16 (27)	14 (23)	3 (5)	13 (21.6)	8 (13)	16 (27)	26 (43)	10 (8.3)	27 (22.5)	17 (14)	26 (31)	40 (33)
8.	Have children around which is important	0	2 (3)	4 (7)	39 (65)	15 (25)	1 (1.6)	10 (17)	3 (5)	36 (60)	10 (17)	1 (0.8)	12 (10)	7 (5.8)	75 (62.5)	25 (20.8)
9.	Independence, control over life freedom Healthy enough hand independence	3 (5)	15 (25)	6 (10)	29 (48)	7 (12)	11 (18.3)	14 (23)	8 (13)	25 (41.6)	2 (3.3)	14 (11.6)	29 (24)	14 (11.6)	54 (45)	9 (7.5)
10.	Can Please My Self What I Do	0	5 (8)	9 (15)	34 (57)	12 (20)	10 (16.6)	8 (13)	5 (8)	34 (57)	3 (5)	10 (8.3)	13 (10.8)	14 (11.6)	68 (56.6)	15 (12.5)
11.	Have a Lot Of Control Over The Imp. Things in my life	0	6 (10)	8 (13)	36 (60)	10 (17)	14 (23.3)	12 (20)	15 (25)	18 (30)	1 (1.6)	14 (11.6)	18 (15)	23 (27.6)	54 (54)	11 (9)
12.	Home And Neighborhood Feel safe where live	20 (12)	29 (48)	5 (8)	1 (8)	1 (1.6)	20 (35)	19 (32)	7 (11.6)	14 (23)	0	40 (33)	48 (40)	12 (10)	19 (15.8)	1 (0.8)
13.	Local shops service and facilities are good overall	6 (10)	14 (23)	12 (20)	22 (36.6)	6 (10)	3 (5)	19 (31.6)	3 (5)	32 (53)	3 (5)	9 (7.5)	33 (27.5)	15 (18)	54 (45)	9 (7.5)
14.	Get pleasure from home	10 (16.6)	26 (43)	3 (5)	20 (33)	1 (1.6)	8 (13)	18 (30)	8 (13)	23 (38)	3 (5)	18 (15)	44 (36.6)	11 (9)	43 (35)	4 (3.3)
15.	Find neighborhood friendly	1 (1.6)	8 (13)	0	23 (38)	28 (47)	7 (11)	17 (28)	7 (11)	22 (37)	7 (11)	8 (6.6)	25 (20.8)	7 (5.8)	45 (37.5)	35 (29)
16.	Psychological and emotional well being Take life it comes make best of things	7 (11.6)	2 (3.3)	11 (18)	21 (12.6)	1 (1.6)	5 (8)	27 (45)	10 (16.6)	18 (30)	0	12 (10)	47 (39)	21 (17.5)	39 (32.5)	1 (0.8)
17.	Feel lucky compared to most people	23 (38)	15 (25)	6 (10)	15 (25)	1 (1.6)	12 (20)	14 (28)	7 (11)	26 (43)	1 (1.6)	35 (29)	29 (24)	13 (10.8)	41 (34)	2 (1.6)
18.	Tend to look on the bright side	4 (2.4)	14 (23)	18 (30)	24 (40)	0	5 (8.3)	32 (53)	15 (25)	8 (13)	0	9 (7.5)	46 (38)	35 (27.5)	22 (18)	0
19.	If health limit social activity then will compensate and find something else can do	8 (13)	21 (12.6)	7 (11.6)	24 (40)	0	5 (8.3)	14 (28)	33 (55)	7 (11)	1 (1.6)	13 (11.8)	35 (29)	40 (33)	31 (25.8)	1 (0.8)
20.	Financial circumstances Enough money to pay for household bills	9 (15)	22 (36.6)	8 (13)	17 (28)	4 (2.4)	7 (11)	12 (20)	10 (16.6)	20 (33)	11 (18)	16 (13)	34 (28)	18 (15)	37 (30.8)	15 (12.5)
21.	Have enough money to pay for household repair if need	2 (3)	27 (45)	8 (13)	28 (30)	5 (8.3)	5 (8.3)	12 (20)	10 (16.6)	26 (43)	7 (11)	7 (11)	39 (32.5)	15 (15)	44 (36.6)	12 (10)
22.	Can afford to buy what want	0	10 (16.6)	8 (13)	27 (45)	9 (15)	0	10 (16.6)	4 (2.4)	28 (46.6)	18 (30)	0	26 (21.6)	12 (10)	55 (45.8)	27 (22.5)
23.	Leisure and activities Have social or leisure activities that enjoys	0	5 (8)	10 (16.6)	24 (40)	21 (35)	1 (1.6)	24 (40)	0	25 (41.6)	10 (16.6)	1 (0.8)	29 (24)	10 (8.3)	49 (40.8)	31 (26)

24.	Paid or unpaid work that gives a role in life	2 (3.3)	26 (43)	9 (15)	21 (35)	2 (3)	10 (16.6)	17 (28)	9 (15)	24 (40)	0	12 (10)	43 (36)	18 (15)	45 (37.5)	2 (1.6)
25	Religion believe or philosophy is important to quality of life	11 (18)	22 (36.6)	11 (15)	5 (8)	11 (18)	7 (11.6)	13 (27.6)	5 (8.3)	23 (38)	12 (20)	18 (15)	35 (29)	16 (13)	28 (23)	23 (19)
26.	Culture religion events festivals are important to quality of life	9 (15)	19 (31.6)	14 (23)	7 (11)	11 (18)	9 (15)	11 (18)	6 (10)	21 (35)	13 (21.6)	18 (15)	30 (25)	20 (16.6)	28 (23)	24 (20)

SA-Strongly agree, A-Agree, N- Neither agree or disagree, SD=Strongly Disagree

Data shown in table no-1 describe of quality of life across gender. Result showed that 58.0 percent male disagree which 30 percent female agree with the statement that they enjoy life overall, 28.0 and 38.0 males females agreed and said that they remain happy much of the time.

Regarding health that 37.0% male respondents agreed with statements of “I have lots of energy” and 36.6% female respondents agreed and said that they remain have lots of energy, 43% male respondents agreed and 21.6% female respondents were nighters’ agreed or disagreed with the statement of “healthy enough to get out and about”.

Regarding social relationship 37.0% male respondents were agreed and 30% female respondents also agreed with the statements of “family, friends or neighbors would help me if needed, 65% male respondents disagreed with the statements of have someone who give me love and affection and 60% female respondents were also disagreed and said that they have someone who gives me love and affection. And 65% male respondents who disagreed with the statements of have my children around which is important and 60% female respondents were disagreed and said that they have children which is important.

Regarding independents control over life freedom 48% male and 46.6%female were disagreed with the statements of health enough to have my independence, 57% male respondents 57% female respondents both were disagreed with the statements of can please mu self what I Do, 60% male respondents and 30% female respondents who were disagreed with the statement of have lots of control over the important things in my life.

Regarding home and neighborhood, 48% male respondents and 32% female respondents both were agreed and said that they remain I feel safe where I live, 36.6% male and 53% female respondents were disagreed with the statement of local shops, services and facilities are good overall.43% male and 38% female respondents both were disagreed with the statements of get pleasure from my home, 47% male and 37%

female respondents disagreed with the statements of find my neighbor friendly.

Regarding psychological and emotional well-being 33% male and 45% female respondents agreed and said that remain take life as it comes and make the best of things, 38% male respondents agreed 43% female respondents disagreed with the statements of feel lucky compared to most people,40% male respondents disagreed with the statements of tend to look on the bright side, 53% female respondents who agreed with the statements and said that they remain tend to look on the bright side, 40% male respondents disagreed and 55% female respondents agreed with the statements of health limits social/leisure activities, then I will compensate and find something else can do.

Regarding finical circumstances 36.6% male respondents agreed and 33% female respondents who were disagreed with the statements of have enough money and pay for household bills, 45% male respondents agreed and 43% female respondents who were disagreed with the statements of have enough money to pay household. Repairs of help needed in the house, 45% male respondents and 46.% female respondents were disagreed with the statements of can afford to buy what I want to.

Regarding leisure and activities 40% male respondents and 41.6% female respondents were disagreed with the statement of have social and leisure actives/hobbies that enjoy doing, 43% male respondents agreed and 40% female respondents disagreed with the statement of do paid or unpaid work or activities that give me a role in life.

Regarding religion 33.6% male agreed with the statement of religion, believes or philosophy is important to my quality of life.

Regarding cultural religious 31.6% male respondents agreed and 35% female respondents who disagreed with the statements of cultural religious, events/festivals are important to my quality of life.

Table 2: Gives the distribution of respondent’s basis of score obtained on quality of life according to age.

S. No.	Scoring of quality of life	60-65 years N=42 (%)	66-70 years N=35 (%)	71-75 years N =23 (%)	More than 75 years N =20 (%)
1	35-63 (Very bad)	10 (23.8)	6 (17.1)	5 (21.7)	5 (26.3)
2	64-90 (Bad)	4 (9.5)	2 (5.7)	2 (8.6)	1 (5.2)
3	91 -117(Alright)	9 (21.4)	7 (20)	2(8.6)	5(26.3)
4	118- 144 (Good)	10 (23.8)	9 (25.7)	9 (39.1)	6 (31.5)
5	145- 175 (Very Good)	9 (21.4.)	11 (31.4)	5 (21.7)	2 (10.5)

The above table showed that 23.8 percent respondents belonging to 60- 65 years of age were having very bad quality of life, 17.1 percent respondents belonging to 66- 70 years age group were having very bad, and 20.8 percent respondents belonging to 70- 75 years of age group, 26.3 percent respondents belonging to more than 75 years of age group who having very bad quality of life after retirement. 9.5 percent, belonging to age group of 60 -65 years and 5.7 percent respondents belonging to age group of 66-70 years, 8.3 percent respondents belonging to age group of 71- 75 years, and more than 75 years age of group of respondents were 5.7 percent who having bad quality of life, 21.4 percent respondents

belonging to age group of 60-65 years, 20 percent respondents belonging to 66 – 70 years of age group, 8.3 percent respondents belonging to age group of 71 – 75 years and 26 percent respondents belonging to more than 75 years of age group who having alright quality of life. 24 percent respondents were belonging to 60-65 years of age group, 25.7 percent respondents belonging to 66-70 years of age group, and 37.5 percent respondents belonging to 71- 75 years of age group, 31.5 percent respondents were belonging to more than 75 years of age group who having good quality of life after retirement. 21.4 percent of respondents belonging to 60-65 years of age group, 31.4 percent of respondents belonging to the

66-70 years of age group, 20.8 percent respondents belonging to 71- 75 years of age group and 10.5 percent respondents were belonging to more than 75 years of age group who having the very good quality of life.

Table 3: F value between age and quality of life.

Quality of life and age	Mean	S.D	d.f	f	p	Conclusion
60-65 years	97.14	42.5	3	2.33	.033	NS
66-70years	120.0	36.1				
71-75 years	117.04	42.0				
More than 75 yrs	107.6	43.9				

Data in table showed that the F value (2.33) was found non-significant at 0.05 level of significant, thus null hypothesis was accepted which means that there is no significant difference between age group and quality of life, mean values also showed no significant difference between different age group and quality of life after retirement.

4. Conclusion

The quality of life which each individual possess is very important in all aspects be it physical, psychological, social, emotional, financial, and environmental. If they have fulfillment in all these aspects in life they have high quality of life. The QOL was found good even after retirement also and no significant difference was found according to the age group.

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