



## RESEARCH ARTICLE

### A COMPARATIVE STUDY OF WORKING AGED AND RETIRED PERSONS

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#### ABSTRACT

Many people in the later years of their lives due to failing health require assistance. On the other hand, many retirees feel restless and suffer from depression as a result of their new situation. They are one of the most vulnerable societal groups when it comes to depression due to confluence of increasing age and deteriorating health status. Studies have shown that healthy elderly and retired people are as happy or happier and have an equal quality of life as they age as compared to younger employed adults. Present study is focused on comparison of working old aged and retired persons in terms of mental health, adjustment capability and physical health.

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## INTRODUCTION

Aging population is increasing rapidly around the world. It's a natural process and everyone should take care of them. Physical and psychological needs of aged persons have become a great challenge. It is observed that people in old age suffer from a lot of problems related to mobility and general activities. In India, Out of every 10 elderly couples more than 6 are forced by their children to leave their homes. With no place to go and all hopes lost, they have to resort, to old age homes, which do not guarantee a good treatment. After a certain age health problems begin to crop up leading to losing control over one's body, even not recognizing own family. Old aged persons have physical health problems as body pain, hypertension, joint pain, eyes, respiration, digestion all systems of body. Inability to movement becomes a big problem they have to depend on others. It is then children began to see their parents as burden. It is these parents who at times wander out of their homes. Some dump their old parents or grandparents in old-age homes and don't even come to visit them anymore. In India, parents do not leave their children on their own after they turn 18, but children find it hard to accept the fact that

there are times when parents want to feel the love that they once shared with them. There are times when parents just want to relax and want their children to reciprocate their care. Every parent wants to see their child grow and be successful but no parent wants their child to treat them like an unnecessary load on their responsibilities. They have to live alone in their old age without their children which brings psychological problems. They have got to face financial problems also. The common psychological problems reported by aged people are anxiety, depression, negligence, isolation, insomnia, frustration etc. Aging is influenced by both genetic and environmental factors including life style, food preference, physical status, family environment and diseases. In some families, old aged persons have affection with their children, grand children but they don't get so much affection from them.

## MATERIALS AND METHODS

As subject 200 old aged persons are selected for study. Out of which 100 were aged working persons having age 55-75 years and 100 were retired with age 65-75 year old persons. In the sample grade-1 to grade-4 working and retired persons in govt. and private sectors were selected randomly for study. Working aged persons were compared with retired aged persons. Selected subjects were tested for their mental health,

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adjustment capability and physical health. Mental health was measured in terms of anxiety, depression, loneliness, and emotional adjustment. Similarly subjects were tested for their physical health. It was measured in terms of lack of concentration, body pain, movement problems and blood pressure. To find adjustment status subjects were tested for working and living adjustment. All data is converted into percentage and comparatively analyzed.

**FINDING AND ANALYSIS**

Research exhibits that working aged persons have low anxiety, depression, loneliness, insecurity feeling rather than retired aged persons. Loneliness is found as main effective factor for retired. Adjustment test result shows that working aged persons have rather high working and living adjustment capability with value of 68% and 72% respectively. Physical health test result indicates that retired aged have high lack of concentration, body pain, movement problem and blood pressure problem.

**Table 1. Comparison of Mental Health of Working aged and Retired aged persons**

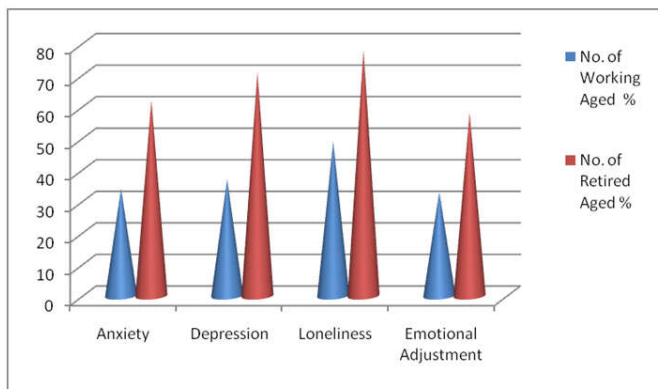
Mental Health	No. of Working Aged %	No. of Retired Aged %
Anxiety	34	62
Depression	37	71
Loneliness	49	78
Emotional Adjustment	33	58

**Table 2. Comparison of Adjustment Status of Working aged and Retired aged persons**

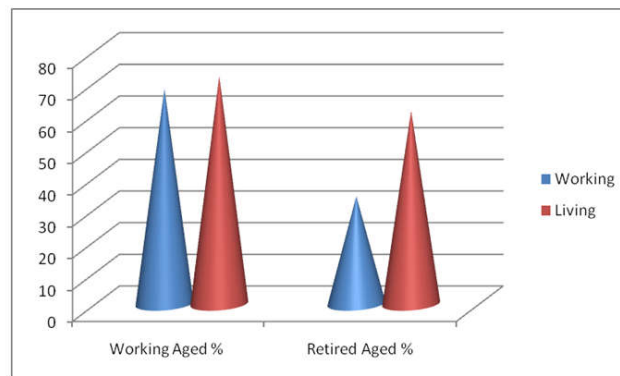
Adjustment	Working Aged %	Retired Aged %
Working	68	34
Living	72	61

**Table 3. Comparison of Physical Health Status of Working aged and Retired aged persons**

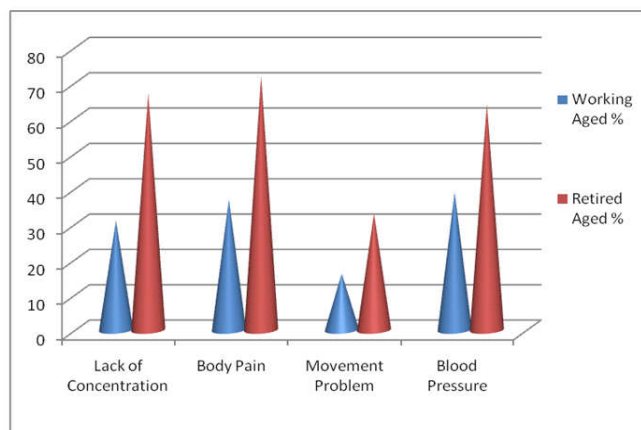
Physical Health	Working Aged %	Retired Aged %
Lack of Concentration	31	67
Body Pain	37	72
Movement Problem	16	33
Blood Pressure	39	64



**Chart 1. Comparison of Mental Health of Working aged and Retired aged persons**



**Chart 2. Comparison of Adjustment Status of Working aged and Retired aged persons**



**Chart 3. Comparison of Physical Health Status of Working aged and Retired aged persons**

**Conclusion**

Mental health, adjustment and physical problems are critics for old aged persons. These problems could be dealt with efficiently. Society should bring awareness for old age person’s care. There should be a feeling that care of old age persons are our primary responsibility, moral duty. We should try to engage them in productive and absorbing activities, taking care of children and fulfillment of their hobbies. It’s family member’s responsibility to realize them that they are not alone. All family members and society are with them, we need their guidance, blessings and affection. We should welcome their suggestions making them important. They should have some responsibilities. Reading of spiritual literature, news paper, magazines, watching TV may inspire them. We should provide those means of recreation, outing, health check up etc. regularly.

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