



A Study on Depression and Anxiety Among Retired Persons

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ABSTRACT

Retirement is the beginning of a new stage of life. Work is only part of what they do as a person. When a person retire from working, whether fully or partially, they have more time for the other interests in their life. Retirement stage is influenced by various factors namely stress, Depression, fatigue, regression and Anxiety etc. the present study concludes that high level of anxiety and depression was found among the respondents. It is also concluded that gender does not influence the level of anxiety and depression of the respondents. It is concluded that level of anxiety and level of depression are significantly related. Higher the level of anxiety higher is the level of depression.

KEYWORDS : anxiety, depression, retirement, old age

INTRODUCTION

The word for many people evokes images of lazing around the house, maybe occasionally putting around in the garden or in the workshop, long afternoons fishing or travelling to exciting new places; a tranquil, peaceful existence that is only interrupted by occasional trips to the mailbox to pick up what is hopefully a sizeable pension check. For other people however, the prospect of retirement may fill them with a certain degree of apprehension or in some cases even full-blown anxiety. Retirement is the beginning of a new stage of life. Work is only part of what they do as a person. When a person retire from working, whether fully or partially, they have more time for the other interests in their life. Retirement stage is influenced by various factors namely stress, Depression, fatigue, regression and Anxiety etc.

Nowadays most developed countries have systems to provide pensions on retirement in old age, which may be sponsored by employers and/or the state. In many poorer countries, support for the old is still mainly provided through the family. Today, retirement with a pension is considered a right of the worker in many societies, and hard ideological, social, cultural and political battles have been fought over whether this is a right. In many western countries this right is mentioned in national constitutions.

According to the American Heritage Dictionary (2000), Retirement is the withdrawal from one's occupation, business or office, having finished one's active working life. Retirement can also be a new role to play, such as collecting money without having a position of responsibility in the workplace. It can also be a phase in the latter part of our lives that comes after many years of retirement (Atchley, 1976). This study is an attempt to describe the influencing factors of retirement namely anxiety and depression.

REVIEW OF LITERATURE:

Will Mainaris, et.al. suggests that working beyond traditional retirement ages may be beneficial for mental health in some populations. The mechanisms by which this occurs are complex but are likely to be mediated by the maintenance of productive societal roles, continued income and social support. The benefits of post-retirement employment are unlikely to be universal as such factors will have varying effects depending on individual lifestyle, self-esteem and socioeconomic status. Although research shows that allowing older people free access to the employment market may have important health benefits, flexible retirement strategies are needed to ensure that any national policy to increase statutory retirement age does not increase health and social inequalities in the elderly.

Diane M. Spokus, (2002), stated that individuals contemplating retirement to design a retirement plan that includes strategies that combine the financial as well as the physical and psychosocial adjustments to retirement. Since the largest percentage of baby boomers are nearing retirement age, this may provide important knowledge because retirees' experiences may affect areas other than income. Under certain circumstances, it may affect the quality of a person's life

and subsequent well-being. Consequently, research that focuses on the experiences of retirement on the baby boomers has been gaining interest, in part because of the tremendous growth in the population that is growing old.

BBC News (2013) The study, published by the Institute of Economic Affairs (IEA), a think tank, found that retirement results in a "drastic decline in health" in the medium and long term. The IEA said the study suggests people should work for longer for health as well as economic reasons.

OBJECTIVES:

- To study the demographic profile of the retire person
- To assess the level of anxiety and depression among the retire persons
- To study the relationship between demographic and psychological problems of the retire person.

HYPOTHESIS:

H0: There is no significant difference among male and female in the level of depression.

H0: There is no significant difference among male and female in the level of anxiety.

H0: There is no significant relationship between level of anxiety and level of depression.

METHODOLOGY

Descriptive design was adopted in the present study. The retired persons who were residing in Pollachi constituted the universe of the study. A sample of 48 respondents was selected by means of relay sampling technique. Interview schedule was used to collect data. It consists of three parts namely 1. Demographic profile, 2. Anxiety scale (5 point scale) and depression scale (5 point scale). The responses were categorized into two namely high and low based on the mean score. The data were analyzed using percentage analysis, mean, standard deviation and Chi-Square.

ANALYSIS AND INTERPRETATION

Table: 1 DEMOGRAPHIC PROFILE

S.NO	VARIABLE	PARTICULAR	FREQUENCY	PERCENTAGE
1	Age	58-60	6	9
		61-65	24	35.8
		66-69	15	22.4
		70& above	3	6.3
2	Gender	Male	23	34.3
		Female	25	37.3

3	Education	Primary	6	9.0
		SSLC	27	40.3
		HSC	12	17.9
		Degree	3	4.5
4	Nativity	Semi urban	11	16.4
		Rural	37	52.5
5	Years passed from retirement	1-5	19	28.4
		6-10	24	35.8
		11& above	5	7.5
6	Sector	Govt	28	41.8
		Private	16	23.9
		Aided	4	6.0
7	Occupation	Teacher	15	22.4
		Employee	24	35.8
		Bank employee	6	9.0
		EB	3	4.5
8	Types of family	Join family	25	37.3
		Nuclear family	23	34.3

The table 1 shows that 35% of the retire person belong to the age group between 61-65 years and 37% respondents were female and 40% of the respondents have completed their SSLC education. Most of the respondents were staying in rural areas and 35% of the respondent's years after retirement were 6-10 years and 41% of the respondents had worked in government sector and 35% of the respondent was working as an employee and 37% of the respondents were living in join family.

Table: 2 LEVEL OF DEPRESSION

S.no	Depression	Frequency	Percentage
1	High	24	50
2	Low	24	50
	Total	48	100.0

The table 2 depicts that 50 percent of the respondents had high level of depression and 50 percent of the respondents had low level of depression. From this it is understood that high level of depression was found among the respondents after their retirement period.

Table 3: LEVEL OF ANXIETY

S.no	Anxiety	Frequency	Percentage
1	High	23	47.9
2	Low	25	52.1
	Total	48	100.0

The table 3 depicts that 47.9 percent of the respondents had high level of anxiety and 52.1 percent of the respondents had low level of depression. It is understood that anxiety prevails after the retirement due to fear of future and security.

TABLE 4: RELATIONSHIP BETWEEN ANXIETY AND DEPRESSION

	Anxiety	Depression
Pearson correlation	1.000	.541
Sig(2tailed)	0	.000
N	48	48

The coefficient of correlation value shows that there is a significant relationship between anxiety and depression among the retired persons. It is interpreted that higher the level of anxiety higher is the level of depression and vice versa.

Table: 5 DIFFERENCE BETWEEN GENDER AND LEVEL OF DEPRESSION

T	df	Sig
-1.006	46	.320

The t-test value shows that there is no significant difference in the level of depression among the male and female respondents at 0.05 level. It is concluded that gender does not influence the level of depression of the retired persons.

Table 6: DIFFERENCE BETWEEN GENDER AND LEVEL OF ANXIETY:

T	df	Sig(2 tailed)
.372	46	.712

The t-test value shows that there is no significant difference in the level of anxiety among the male and female respondents at 0.05 level. It is concluded that gender does not influence the level of anxiety of the retired persons.

TESTING OF HYPOTHESIS:

H0: There is no significant different in the level of depression among male and female

H1: There is a significant difference between male and female in the level of depression.

The T-test value (-1.006) shows that there is no significant difference in the level of depression among male and female. Hence the null hypothesis is accepted and research hypothesis is rejected.

H0: There is no significant difference in the level of anxiety among male and female

H1: There is a significant difference in the level of anxiety among male and female

The T-test value (-1.372) shows that there is no significant difference in the level of anxiety among male and female. Hence the null hypothesis is accepted and research hypothesis is rejected.

H0: There is no significant relationship between level of anxiety and level of depression.

H1: There is a significant relationship between level of anxiety and level of depression.

The coefficient of correlation value (0.541) shows that there is a significant relationship between level of anxiety and level of depression. Hence the research hypothesis is accepted and null hypothesis is rejected.

CONCLUSION:

The study concludes that high level of anxiety and depression was found among the respondents. It is also concluded that gender does not influence the level of anxiety and depression of the respondents. It is concluded that level of anxiety and level of depression are significantly related. Higher the level of anxiety higher is the level of depression.

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