

Effects that Arise in Connection with the Retirement of Older Workers: A Sociological Analysis in Global Context

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During the last few decades, there has been a marked upsurge of interest in studying the problems of aging due to the increasing elderly population of the world. Today, a number of people are bound to lead a retired life due to an increasingly elderly population. Therefore, retirement has been identified as one of the major social issues of old age since they have to change suddenly the lifetime pattern as well as usual habits which may give rise to stress or traumatic experiences. This study mainly intends to understand and address the issues of post-retirement life based on the secondary data analysis within a sociological framework. According to the literature review of this study, the mainstream literature views that retirement as a potentially stressful life event for the old age workers. But, the empirical evidence of the effect of retirement is largely mixed because some studies have revealed several beneficial effects of retirement while a number of others empirical findings have shown that some negative effects. According to that, this study was able to find multiple negative and positive effects of retirement. But negative effects are predominant among them. For instance loss of status, lowering of income and reorganization of life activities, social isolation and changing individual's social recognition were major negative effects of retirement transition. Some evidence has reported that the first year or two following retirement have a high risk of sickness, depression, heart attack and even mortality and some authors argue that retirement may cause to decrease social relationships and increase loneliness and isolation. Thus, some studies have shown that withdrawal from work is a beneficial life change and it increases the leisure time available to the retiree. According to that, retirement may cause for preserving emotional health because a job may be very stressful and dissatisfied to the individual. The key findings of the study explain that negative effects are predominant of retirement transition when comparing favorable impact. According to the conclusion of this study, lack of pre-retirement planning is the major reason for the difficulty in adjusting to the post-retirement life.

Keywords: aging; retirement; retirement issues; negative effects; positive effects