

The impact of retirement on the Egyptian elderly

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The aims of this study were to design suitable tools to assess the concept and the effects of retirement process among the Egyptian elderly as well as applying those tools on a sample of the Egyptian community to assess the effect of retirement on them and finally to suggest retirement preparatory measures suitable for the Egyptian employees. This study was applied on two groups ; the first one was active employees (group A) and the second was retirees (group B), each group consisted of 50 persons. The sample was subjected to retirement anxiety scale and retirement assessment questionnaire.

In group A, 58% were happy they are going to retire and 38% were worried that they are going to retire.

58% were not satisfied about health insurance measure and 86% were not satisfied about social insurance measure available.

Finally, there was statistically significant relation between absence of depression, comfortable work circumstances, job achievement, absence of difficulties and working after retirement and life style.

By interviewing the family members of group B, 38.2% reported changes in their relationships after the retirement of the participant of group B when they were asked about if they noticed any changes in the behavior of the retirees, 57.1% reported changes and the majority of them said that they became more nervous.