

DESPERATION IN RETIREMENT

Ass. Prof. Ali BAYRAM¹

Mesut Cevdet YAVUZ²

ABSTRACT

The purpose of this study is to examine the despair levels of retired individuals. The sample of the study constitutes a total of 246 retirees living in Istanbul province randomly selected. The Beck Hopelessness Scale was used in the study. In the analysis of the data, t-test technique was used. As a result of the analysis of the data, it is found that the Hopelessness levels of female retired individuals are found to be high according to the gender variable. In addition, the retirees living in the home are more hopeful than the retirees in the nursing homes. Those who are not satisfied with their income are found to have a high hopelessness score. It is thought that the findings obtained will give a light to the work to be done for retirement.

Keywords: Hope, Retiree, Desperation, Hopelessness, Positive Psychology

EMEKLİLERDE UMUTSUZLUK

ÖZET

Bu arařtırmanın amacı, emekli bireylerin umutsuzluk düzeylerini incelemektir. Arařtırmanın örneklemini, tesadüfi olarak seçilen İstanbul ilinde yaşayan toplam 246 emekli oluşturmaktadır. Arařtırmada Beck umutsuzluk Ölçeđi kullanılmıştır. Verilerin analizinde ise t testi teknikliđinden yararlanılmıştır. Verilerin analizi sonucunda cinsiyet deđişkenine göre kadın emekli bireylerin umutsuzluk düzeyleri yüksek olduđu bulunmuştur. Ayrıca evde yaşamını sürdüren emekliler, huzur evlerinde kalan emeklilere göre daha fazla umutlu oldukları sonucuna ulařılmıştır. Gelirinden memnun olmayan emeklilerin umutsuzluk puanlarının yüksek olduđu bulunmuştur. Elde edilen bulguların emeklilere yönelik yapılacak çalışmalara ışık tutacağı düşünülmektedir.

Anahtar Kelimeler: Umut, Emekli, Çaresizlik, Umutsuzluk, Pozitif Psikoloji

¹ Hitit University, Faculty of Economics and Administrative Sciences, alibayram@hitit.edu.tr

² Southern University (IMBL), Institute of Social Sciences, Rostov on Don, Russia,
mesutcevdetyavuz@gmail.com

INTRODUCTION

Retirement has emerged as a new concept in societies, as the working life has been regulated under certain circumstances. At the same time, improvements in science and technology, such as improving living conditions, expanding health services, increasing nutrition, educational opportunities and the retirement period becomes a long period of life. Thus, retirement has become a life-cycle that concerns a large population.

Retirement can also be viewed as the beginning of the process of adapting to a new life style, as well as being viewed as a social right and security to be earned by the separation of an individual who has reached a certain age. Individuals are known to have encountered many different problems when they move from work to retirement. In particular, the separation of the individual into retirement due to his / her age is accompanied by a certain psychological problem (Başar and Ulutaş, 2015). These are generally listed under headings such as health problems, diminished social relations, deterioration of family relations and economic inadequacy.

The retirement age should not be perceived as a problem for every individual. Because retirement, as a period of isolation and loneliness for some individuals, provides an environment in which some individuals can establish new social relationships and fulfill their dreams that they can not fulfill in business life. This environment is a rich social interaction environment in which people can participate in social activities. In this sense, the retirement period is also viewed as a reflection of the social situation of individuals in their working life. From this point of view, the retirement period presents the potential for a negative environment to those who have weak social relationships in business life, while offering a positive environment potential to those with strong social relationships. However, it will be possible to recognize the strengths of retired individuals (Baltacı and Selvitopu, 2012).

On the one hand, the retirement period has the potential to contain the problems faced by individuals who complete their working life. On the other hand, the elderly person has a potential that makes him stronger with his experience and knowledge.

The retired individual is the individual who faces old age in terms of all areas of development. Aging process is shaped by bio-psycho-social dimension factors. Aging is the period in which the structural and functional deficiencies in the organism are subject to changes (WHO, 2011). Definitions about old age are noteworthy, while definitions of old age gains are mentioned. According to Erikson (1968), he emphasizes the possibility of achieving self-completeness at the end of successful past life periods. The level of happiness of the individual who achieves self-completeness increases. In old age, if the individual is the product of unsuccessful experiences, it may be the cause of despair (Corey, 2008).

While hope allows one to believe in the future, hopelessness makes person lose the thought of seeing the vision of image and his/her the foresight about what will happen in the future. Internal factors influencing the hope of the individual: threats to autonomy, self-esteem, independence, strength and integrity. Besides, it affects external factors such as the existence of the individuals to support it and the perception of them by the individual. Apart from this, external factors such as the existence of the individuals to support him/her and the perception of them by the individual are also influential on this issue. The duration of life depends on the hopes and hopelessness of the person. In retirement, hope is observed in various forms. While hopeful people strive to survive, to treat diseases, to live more comfortably, hopeless people are in the opposite direction (Sullivan 2003).

Inferences about a particular adverse situation increase the possibility of developing despair. Thus, when an individual develops despair, he/she can inevitably develop depression due to despair. As a consequence, individuals may exhibit negative symptoms in their psychological and physical states. For example, individuals who develop depression due to despair and hopelessness may exhibit symptoms such as reluctance, weakness, lack of motivation, pessimism, lack of attention and irregularities in their lives (Abela and Seligman, 2000).

METHOD

Model of the research

In this study, Psychological Needs in Retired Individuals were examined in terms of some variables. The relational search model was used in this study. Relational search models are research models which aim at determining the presence and / or extent of change between two or more variables (Crano and Brewer, 2002).

Research Universe and Sampling

The universe of the research consists of retired individuals residing in the province of Istanbul. The research was conducted on 246 retrospective research scales determined by random sampling method.

Data Collecting Tools

Beck Hopelessness Scale

The Beck Hopelessness Scale is a measure developed by Beck et al. (1974) that aims to measure the future expectations and pessimism of individuals. The Beck Hopelessness Scale consists of expressions that express feelings and thoughts toward the future consisting of 20 items. The individual asks: "right" for the expressions that are appropriate to him, and "false" for the expressions that are not appropriate for him. These expressions have 11 correct, 9 incorrect answer keys. If the answer to questions 2, 4, 7, 9, 11, 12, 14, 16, 17, 18, 20 were yes, 1 point, 1, 2, 5, 6, 8, 10, 13, If the answers are no, 1 point is given. Otherwise, "0" points are given. The items forming the scale are examined in three sub-dimensions. Emotions about the future in the scale; 1, 6, 13, 15, 19 items related to loss of motivation; 2, 3, 9, 11, 12, 16, 17, 20 and the future expectations are composed of 4, 7, 8, 14 and 18 items. The total score obtained is a score of "hopelessness" (Seber, 1991).

Scores that can be taken from the scale range from 0-20 (Seber, 1993; Öner, 1997). The high score on the score indicates that the hopelessness in the individual is high (Savaşır and Şahin, 1997).

The Beck Hopelessness scale was first developed by Beck et al. (1974). However, Cronbach alpha reliability coefficient .93, item-total score correlations were found to vary between .39 and .76.

The validity and reliability study of the Turkish version of the scale was performed by Seber (1991) and Durak (1993). Stop (1993) found that the Cronbach alpha reliability coefficient was .85 for the validity and reliability of the scale and the item-test correlations were over the whole sample. The lowest correlation coefficient was $r = .31$ and the highest correlation coefficient was $r = .67$.

Seber and colleagues (1993) Cronbach's alpha coefficient with studies on the reliability of the Turkish form of the despair scale. .86, item-total score correlations ranged between .07 and .72, and test-retest reliability was .74 (Seber, 1991, Durak, 1993).

RESULTS

Table 1. Results of gender t test on hopelessness levels of the retirees

Dimensions	Gender	N	X	Ss	t	p
Hopelessness	Man	147	15,49	5,78927	-,366	,000
	Woman	99	15,72	6,28129		

When the retirees' Hopelessness Scale was examined by gender, the arithmetic mean of male retirees ($X = 15,49$) and the arithmetic average of female pensions ($X = 15,72$) were found. A significant difference was found between the averages ($t = -, 366 p > .05$).

Table 2. Results of t test on despair levels of retirees according to whether they are satisfied with their income

Dimensions	Satisfied with income	N	X	Ss	t	p
Hopelessness	Dissatisfied	91	15,47	6,16	-,448	,000
	with income	155	15,74	5,76		

The Hopelessness Scale of the pensioners was examined by whether they were satisfied with income or not. The arithmetic mean of the pensioners who are satisfied with the income is ($X = 15,47$), the arithmetic average of the pensioners who are not satisfied with the

income is ($X = 15,74$). A significant difference was found between the averages ($t = -, 448 p > .05$).

Table 3. The t test results of despair level of retirees according to place they live in

Dimensions	Place	N	X	Ss	t	p
Hopelessness	House	139	15,86	5,84	1,230	,000
	Nursing House	107	15,04	6,25		

When the retirees' hopelessness scale was examined according to the place they lived, the arithmetic average of the pensions living in the home was $X = 15,86$, the arithmetic average of the pensions living in the pension house was $X = 15,04$. A significant difference was found between the averages ($t = 1,230 p > .05$).

DISCUSSION AND CONCLUSION

As a result of the research, there were significant differences in favor of women's retirement between the sexes and despair levels of retired individuals. Salami (2010) found that voluntary retirement decisions were related to high levels of life satisfaction in a survey of retired teachers. Gender differences in socialization differ from goals and values. While men are socializing through their professional careers to gain autonomy and self-sufficiency, women are socialized through roles in marital life, raising children, doing housework and taking care of their families (Pinquart and Sörensen, 2000). It can be argued that the role of care provided by women gives the person more warm, sensitive and problem-sharing communication features which make it easier for the individual to use social support resources more easily. The research was partially supported by findings.

When the literature is examined, it is seen that the importance of preparing for retirement is frequently mentioned (Kim, Kwon and Anderson, 2005). However, the meaning of retirement is largely influenced by cultural structure. In the society, even if women work, other things besides this are expected. Even more important, women are expected to be involved in home-related work, child care and care for older parents. Because of this, the woman who ends the business life is not falling into the empty space, the housewife continues her role. It can be argued that women who continue to play their role in the home and thus are unable to feel useless may not be affected by the readiness to retirement.

According to the findings of the research, retirees who are not satisfied with their retirement income have reached the conclusion that they are more desperate than those who

are satisfied with their income. According to Alexandre, Cordeiro and Ramos (2009); the freedom to choose the activities that can be done in their free time, the opportunity to get a good service, and the convenience of meeting people, especially family members, who they are related with. It is also thought that the research findings can also be owing to the fact that the level of income of the retirees makes it difficult to participate in leisure activities (cinema, theater, sports, etc.).

According to the findings of the research, retirees surviving at home are more hopeful than retirees in nursing houses. Ponizovsky and Ritsner (2004) examined the relationship between loneliness, psychological distress, and social support in the Soviet Union's work with 386 adults who migrated to Israel. In the analysis of the correlations in the findings of the study, positive relationship between psychological distress and loneliness and negative relationship between level of social support and loneliness were described. Having close and secure social relationships is considered important for happiness. Compared to less happy people, it is seen that happy people are better in terms of friendship relationships and family support (Biswas-Diener, Diener and Tamir, 2004).

REFERENCES

- Abela, J. R.Z. & Seligman, M. E.P. (2000). The Hopelessness Theory of Depression: A Test of the Diathesis-Stress Component in the Inter-Personal and Achievement Domains. *Cognitive Therapy and Research* 24 (4), (361-378).
- Alexandre, T. S., Cordeiro, R. C., & Ramos, L.R. (2009). Factors associated to quality of life in active elderly. *Rev Saude Publica*, 43 (4): 613-621.
- Baltacı, H. ve Selvitopu, A. (2012). The opinions of teachers on the retirement period and preparation for retirement education, *Primary Education Online*, 11 (3), 800-812.
- Beck AT., Weissman, A., Lester, D. & Trexler, L. (1974). The Measurement of Hopelessness: The Hopelessness Scale. *Journal of Consulting and Clinical Psychology*, 42(6): 861-865.
- Biswas-Diener, R., Diener, E., ve Tamir, M. (2004). The psychology of subjective well-being. *Daedalus*, 133(2), 18-26.
- Crano, W. D. & Brewer, M. B. (2002). *Principles and methods of social research*. New Jersey, Lawrence Erlbaum Associates Publishers.
- Corey, G. (2008). *Psychological counseling theories and practices*. (Translated by Ergene, T.) Ankara: Metis publications.

- Kim, J., Kwon, J., & Anderson, E. (2005). Factors related to retirement confidence: Retirement preparation and workplace financial education. *Financial Counseling and Planning*, 12 (2): 77- 89.
- Öner, N. (1994). *A Reference for Psychological tests that are used in Turkey*, Istanbul: Bogazici University Press.
- Pinquart, M., & Sörensen, S. (2000). Influences of socioeconomic status, social network and competence on subjective well-being in later life: A meta analyses. *Psychology and Aging*, 15 (2), 187-224.
- Ponizovski, A. M., & Ritsner, M. S. (2004). Patterns of Loneliness in A immigrant Population. *Comprehensive Psychiatry*, 45(5), 408-414.
- Salami, S. O. (2010). Retirement context and psychological factors as predictors of well-being among retired teachers. *Europe's Journal of Psychology*, 2, 47-64.
- Savaşır, I., Şahin, N. (1997). *Evaluation in Cognitive-Behavioral Therapies: Frequently Used Scales*, 1st Edition, Ankara: Turkish Psychological Association Publications.
- Sullivan M D (2003). Hope and Hopelessness. *Am J Geriatr Psychiatry*, 11(4): 393-405.
- World Health Organization. (2011). *Information needs for research, policy and action on ageing and older adults*. [http://www.who.int/healthinfo/survey/ageing_mds_report_en_harare.pdf].