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Impact of retirement on quality of life of third age people across gender

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Abstract
The aim of the present investigation was to study the impact of retirement on the quality of life of retired third age people. The study was conducted on a purposive random sampling of 120 respondents were selected from Lucknow city in the age ranging from 60 to more than 75 years of which 60 women and 60 men. (OPQOL-35) "Older People's Quality of Life" Questionnaire which are prepared by A Bowling, Was used to measure the quality of life, the questionnaire was administered. The data was coded, tabulated and analyzed. The data obtained was subjected to statistical analyzed using mean, frequency percentage, $\chi 2$ Test by using SPSS (version 20). The finding of the study revealed that though male respondents were having good quality of life in comparison to female respondents after retirement still results also revealed that there was no significant difference between gender of third age people and their quality of life after retirement.

Keywords: Third age people, quality of life, ageing, impact of retirement

Introduction

The Third Age, in which to develop our potential for creative self-realization, purposeful living, more meaningful relationship, and social contribution, until now has meant basically an era of retirement. (Sadler 2012). Third Age as the period during which people are free from work and family constraints and have time to pursue a good quality of life.

In the third period of life, being involved in the variety of activities in leisure time is significantly more affected by subjective than objective factors because old age itself the desire to be engaged in leisure time activity, family situation, vicinity of home and financial situation are great importance (Fox 1992) states that self-confidence also plays an important role as it is an indicator of psychological wellbeing and engage in leisure time activities.

The act of ending work or professional career is known as retirement. A useful way to view retirement is as a complex process by which people withdraw from full-time participation in an occupation.

Retirement may be voluntary or compulsory, regular or early. Some elderly retire voluntarily, often before the age of compulsory retirement. Thus they do because health or desire to spend the remaining year of their lives doing things that are more meaningful to them than there.

Quality of life of elderly

The quality of life is prescribed by the "person or group reaches beyond physical health, necessitating a broad and complex analysis considering factor such as-socio economic level, emotional status, social interaction, intellectual activity, cultural value, life style, employment or daily activities satisfactions and the living environment".

Definitions vary widely in their conceptualization of quality of life; some are very broad accounting for many indicators, others focus on more specific indicators. In Canada, the Ontario Social Development Council defines quality of life as the "product of the interplay among the social, health, economic and environmental conditions which affect human and social development"

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Literature review

Charles (2004), Coe Zamaro (2011), Insler (2014) *et al*. has conducted a study as representative paper, to identify the effect of retirement on health. Most of the studies apply unique identification strategies such as-instrumental variable method, regression discontinuity or fixed effect method. There, is however, no unifying view about the impact of retirement on health.

Dionne, C.E, Leclerc. A, Caton. M, Mediouni. Z. *et al* (2016) has conducted the study to investigate whether the impacts of severe shoulder/arm and knee/leg pain on the quality of life of retired workers follow a socio-economic gradient. Methods: Data from the French GAZEL cohort study (n = 14,249) were used to compare the impacts of severe shoulder/arm and knee/leg pain separately on the SF-36, Nottingham Health Profile and limitations in activities of daily living measured in 2006 and 2007, between four groups of social position (measured in 1989). Analyses were made in 2014 with multiple linear and logistic regressions and stratified by sex. For both pain sites, in men and women, there was a strong general tendency for the impacts of severe pain to be smaller among participants in higher social positions. Most important differences were related to pain and physical limitations. These results were suggested inequalities in the impacts of severe joint pain by socio-economic status. The source of these inequalities is still speculative and merits the scientific attention.

Present study

The present study concentrates on quality of life of both male female retired person and their impact on male female both. Study also checks on 120 elderly. It also revealed wheather there was no significance difference between quality of life and gender.

Objective

To study the impact of retirement on quality of life of respondents across gender.

Hypothesis

There exist no significant association between gender and quality of life of respondents.

Method of study

The research design was descriptive in nature. The sample were selected by using purposive random sampling techniques and total 120 sample were selected from Lucknow city of which 60 were women and 60 were men. (OPQOL-35) "Older People's Quality of Life" Questionnaire which are prepared by A Bowling, was used to measure the quality of life along with self constructed interview schedule questionnaire. The data was coded, tabulated and analyzed. The data obtained was subjected to statistical analyzed using mean, frequency percentage, $\chi 2$ Test by using SPSS (version 20).

Data analysis and interpretation-

Table 1: Distribution of respondents according to age

Age of the respondents in years	Gender of respondent		Total N=120
	Male 60 (N)%	Female 60 (N)%	
60-65yr	13 (21.6)	29 (48.5)	42(35)
60-70yr	23 (38.3)	12 (20)	35 (29. 1)
71-75yr	13 (21.6)	11(18.3)	24 (20)
more than 75yr	11(18.3)	8 (13.5)	19 (15.8)

The above table showed that 21.6%male and 48.5% female respondents, total 35% respondents were belonging to age groups 60- 65 years whereas 38.3% male and 20% female, total 29.1 respondent were belonged to age group of 60-70 years and 21.6% male and 18.3% female respondents, total 24% respondents were belonging to age group of 71-75 years, as well as respondents of more than 75 years were belonging 18.3% male and 13.5% female, total respondents are 15.8%.

Table 2: Distribution of respondents on the basis of score obtained on quality of life of questionnaire according to gender

S. No.	Quality of life score according to gender	Male N=60 (%)	Female N=60 (%)
1	35-63 (Very bad)	11(18.3)	10 (16.6)
2	64-90 (Bad)	3 (5)	12 (20)
3	91 -117 (Alright)	8 (13.3)	14 (23.3)
4	118- 144 (Good)	22 (36.6)	13 (21.6)
5	145- 175 (Very Good)	16 (26.6)	11 (18.3)

The above table showed that 18.3 percent male respondents were having very bad quality of life and 16.6 percent female were having very bad quality of life, 5 percent male and 20 percent female having bad quality of life after retirement, 13.3 percent male and 23.3 percent female were having alright quality of life, 36.6 percent male and 21.6 percent female respondents were having good quality of life,26.6 percent male and 18.3 percent female respondents were having very good quality of life.
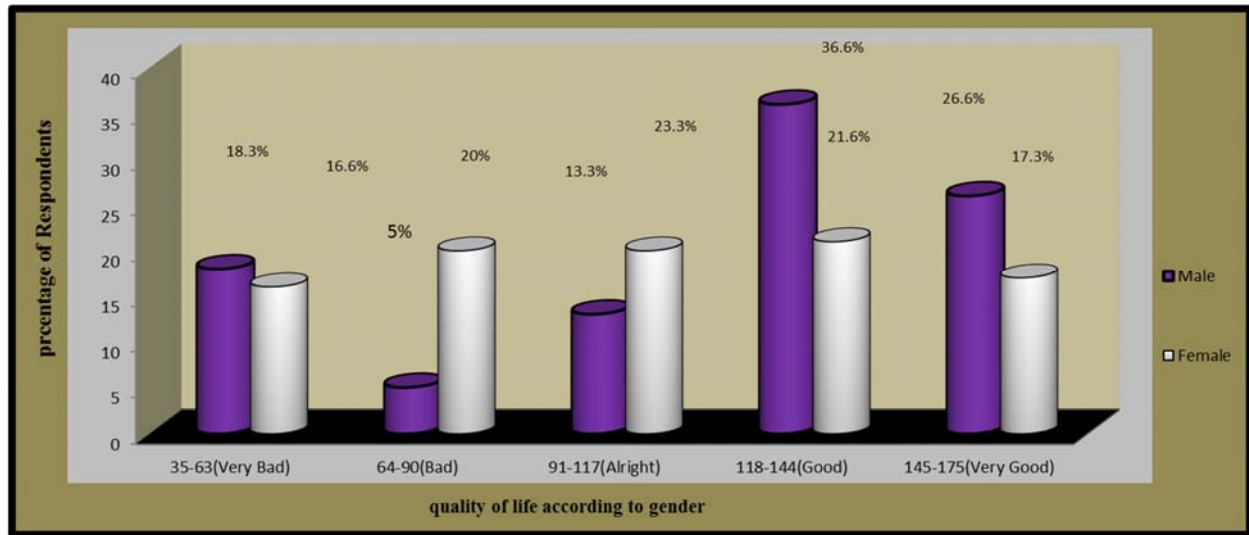
Fig 1: Distribution of respondents according to gender

Table 3: 2 value between gender and quality of life

Variable	d. f.	χ2 Value	Level Of Significance	Conclusion
Gender Quality of life	30	28.75	.530	NS

The data table no.3 showed that x2 value (28.75) found no significant at 0.05 level of significant, thus the null hypothesis was accepted. This means that there is no difference between gender and quality of life. Individual of gender can have varied quality of life.

Conclusion
Definitions vary widely in their conceptualization of quality of life; some are very broad accounting for many indicators, others focus on more specific indicators. In Canada, the Ontario Social Development Council defines quality of life as the "product of the interplay among the social, health, economic and environmental conditions which affect human and social development". Mostly quality of life start to decrease in older age, the result revealed that in this research male having good quality of life in comparision to female because many factors affected to female after retirement.

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