



Perception of retired women about life in general

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ABSTRACT

Most of the working women spend their time in such a hectic way that they don't plan and prepare themselves for their retirement life and suddenly retirement come to them. They then feel the life is totally different and their perception towards their daily work, their family and life has changed. In this context, the present study was undertaken which revealed medium level of perception about life in general, greater clarity of concept with maturity and making of leisure time more interesting and remunerative by the retired women.

INTRODUCTION

Indian society is predominantly a Hindu society, based on vedic customs practices in which various system of modern social organizations and social institutions have roots. Retirement from active life, particularly in organized sectors of gainful activity, is an element of this systemic continuum. Service in Government and various Public sector undertaking and Enterprise is one of the organized sector activities.

Given the equal status for men and women as prescribed by the constitution of independent India and in Vedic tradition, both men and women retire from service at an age called the age of superannuation.

During the post-retirement phase, the accumulated burden of worries and anxieties either relating to daughter's marriage or the son's education and employment do not get the facility of the workplace for easy offloading of associated mental tension, and this accelerates the aging process. Thus in this the context of the environment of retirement women's immediate community and more particularly their family ambience plays an important role in fulfilling to their minimum satisfaction, as

reflected in their post-retirement life-style, society may expect something from them for social benefits. It is in this context, a study was conducted to study the perception of retired women about the life in general, so that they can be linked with the development or welfare activities in the community.

Perception varies from individual to individual. In this context perception of life in general of retired women will not be the same as perceived by other categories of people in our society. Thus to study such perception, few statements were administered to the respondents in order to get their response in a three point scale. The perception scores so obtained are classified into various level with the help of mean score and standard deviation. The percentage of retired women at different level of perception in relation to life is general is presented in the Table 1.

It is inferred from the Table 1 that majority of the respondents *i.e.* 54 per cent were at medium level of perception about life in general followed by 24 per cent and 22 per cent of the respondents were at high and low level of perception, respectively. This is because women in nature are dependent on their male counterpart in our society which limits the opportunities to take independent decisions about different

Sr. No.	Level of perception	F	%
1.	High	12	24
2.	Medium	27	54
3.	Low	11	22

Sr. No.	Statement	Mean perception	Rank
1.	As I grow older, things seem better than I thought they would be	2.32	1 st
2.	I had got more of luck in my life than most of the people I know	2.00	9 th
3.	This is the bad time in my life	1.62	14 th
4.	I am just as happy as when I was young	1.88	13 th
5.	My life could be happier than it is now	1.94	11 th
6.	These are the best year of my life	1.84	14 th
7.	Most of the things I do are boring or monotonous	1.84	14 th
8.	The things I do are as interesting to me as they ever were	2.18	5 th
9.	I expect some interesting and pleasant things to happen to me in the future	2.12	6 th
10.	I feel old and some what tired	2.26	3 th
11.	I feel my age, but it does not bother me	2.24	4 th
12.	As I look back on my life I am fairly satisfied	2.02	8 th
13.	I would not change my post life even if I could	2.30	2 th
14.	Compared to other people of my age I have made a lot of foolish decision in my life	1.60	15 th
15.	Compared to other people of my age I make a good appearance	1.94	11 th
16.	I have made plans for things I will be doing a month of a year from now	2.04	7 th
17.	When I think back over my life I did not get most of the important things I wanted	1.56	16 th
18.	Compared to other people I get into low spirits too often	1.90	12 th
19.	I have got too much of what I expected out my life	1.96	10 th
20.	In spite of what people say the lot of the average man is getting worse not better	1.94	11 th

Sr. No.	Statement	Nature of statement	F					
			Agree		Disagree		Neutral	
			F	%	F	%	F	%
1.	As I grow older things seems better than I thought they would be	Statement with highest perception score	30	60	16	32	4	8
2.	When I think back over my life I did not get most of the important things I wanted	Statement with lowest perception score	12	24	27	54	11	22

Sr. No.	Statements	Yes		No	
		F	%	F	%
1.	Availability of leisure	33	66	17	34
2.	Planning for leisure	30	60	20	40
3.	Feeling of leisure time	30	60	20	40
4.	Making of leisure time				
	– Interesting	20	40	30	60
	– Remunerative	25	50	25	50

facets of life requiring least indepth knowledge about life in general.

While analysing the response of the sample respondents during studying their perception level, several statements were administered in the form of structured scheduled which is presented in the following table along with their obtained perception score from the sample respondents.

From the Table 2 it is observed that the statement “as I grow older things seems better than thought they would be” received maximum perception scores. Similarly the statement which received minimum perception score is “when I think back over my life I did not get most of the impartment thing I wanted”

On making further analysis of above two highly favoured and highly unfavoured statements in relation to the pattern of response received from the sample respondents gives lot of interesting information for the reinforcement of the behavior of the retired women as reflected through the perception of the sample respondents.

The response pattern for both the statement is presented in the Table 3.

It is evident from the above table that as many as 60 per cent of the respondents agreed to the statement No. 1 which indicates as positive relationship between the age with that of the positive attitude of retired women towards things around them. However only 32 per cent did not agree to this statement and only 8 per cent unable to express their exact feelings. This is because of the fact that working women in addition to their household activities get ample opportunities to see the other side of the coin *i.e.* the life which helped in developing better understanding about the life. In work place, where the very work culture demands fairly a positive attitude on the part of the employees to become more effective to discharge his duties and responsibilities. In the process this situation trained those employees to behave in the same precise manner even though they retire from public service. Similarly the response pattern to the statement No.2 indicates that as many as 64 per cent of the respondents did not agree with the statement followed by 24 per cent who agreed with the statement and 12 per cent unable to comment. The information as depicted through the data was very much compatible with the data obtained in case of statement No.1. In other words both the statements were not contradicting the views of the respondents as expressed through these two statements, rather reinforces each other's view.

Thus, we may conclude that if a person is having a positive attitude towards the thing around him or her then the probability of her success of achieving most of the things she wants will be more and hence help in leading a tension free, happy peaceful, post retired life and this makes his or her general life more descent.

Spending leisure on the part of retired women was also

studied and the information obtained are presented below in tabular form.

From the Table 4 it is inferred that majority of the respondents *i.e.*, upto 66 per cent expressed that they have leisure time after completion of their normal day to day activities. Similarly 60 per cent of the respondents expressed that they generally plan to spend their leisure effectively. However on asking about their feeling on leisure time activities they were of the opinion that these leisure time activities were very much interesting as well as remunerative for 60 per cent and 50 per cent, respectively. It may further be concluded that those who have leisure time they planned for it properly try to make it more interesting but all of them could not make those activities a profitable or remunerative one.

Thus, the study on the whole reflects the perception of retired women to contribute significantly in the development of family, the first training group of human race and home the fundamental unit of human civilization to the best of their capacity. These retired women with different thinking towards their retired life if could have planned their retirement would spend their life in a better way with full of satisfaction and their perception towards their life will be wonderful and joyful. Similar work related to the present topic was also done by Asha (1990); Machinov and Fernandez (2012); Bhatnagar and Randhawa (1987); Buys (2001).

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