ATTITUDES TO OLDER AGE AND RETIREMENT (Change of office)

TO
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ATTITUDE CHANGE

Facts of Life

- Every individual is **unique** and **singular** due to our biological imprint and socialization.

- Therefore, we perceive, processes, form **opinions** and consequently **attitudes** about ISSUES differently.

**NB; These opinion we make can be negative or positive**

- We then **react/act** accordingly in response to our attitude.

**NB; An attitude is a powerful personal deep psychological feeling which has the power to influence one to act in a corresponding manner**
Types of attitude

1. Positive - This attitude makes one develop **enthusiasm** for harmony, success, unity, performance, achievement, love, care, forgiveness, peace, happiness, growth, development etc. whatever the situation.

2. Negative - This makes one develop **enthusiasm** to destroy, disrupt, cause chaos, hate, gossip, keep grudge and bitterness, neglect, disharmony, sadness, retard, fail, non perform etc.

NB; YOUR ATTITUDE DETERMINES YOUR ATTITUDE
There are several facts you MUST know and internalize:

1. You were created to be a thinker, leader and a success in your own right! Take charge of the situation(s) by:
   - being bold, courageous, positive and proactive

2. Discover yourself by:
   - Reminding yourself of the many other times you conquered a challenge
     - Identify your gifting and abilities
     - Identify your strong points and YOUR PASSION

NB; Stop wasting time being a photocopy, you are unique and singular!
Cont...

3. Define your own success and GO for it!

- you have what it takes to succeed (do not follow a well beaten track of others) **BUT you can borrow ideas**

4. Study successful people- have a role model and mentor
- Ask them questions and get their opinion or advice and think about *them before you implement- (fly with the eagles and not scratch with the chicken)*
5. Excuse your mistakes BUT learn from them

- You do not have to be perfect and no one is!
- Tolerate others opinions and mistakes- we all are different

6. Do not allow a problem to take a toll on you- be proactive and try to solve them- there is always an alternative way;

- Learn from them- opportunities are always around disguised as problems
- Challenges are a step to learn and become better (if you are positive)
NB;- Success does NOT guarantee happiness BUT a success in itself.

To know that one life has breathed easier because of you is to succeed (WALDO)
Negative attitude makes you like this

I HATE TUESDAYS
OR ALWAYS ON EDGE LIKE THIS
POSITIVE ATTITUDE MAKES YOU LIKE THIS (It is OK!)
Ageing Process

- Ageing is a natural process of physical, psychological and social change that takes place over time (a MUST FOR ALL).

- Middle adulthood (45-64 yrs) already is regarded as older age in our setting

- However, it is a time to re-tire...by thinking out of the box...or you perish!!!!!!!!!!
Many changes characterize aging;

- In middle adulthood;
  - Men become warm
  - Women become more aggressive and want to achieve something for themselves
  - The children MAY be leaving home and the empty nest sets in
Late adulthood (65 and above)

- This is a period of evaluations and reflection

It is ANOTHER time to Re- tire
- Think out of the box for alternative occupation to remain economically relevant (IF you HAD NOT DONE SO EARLIER)

- Readjust your social contacts
- Think of ways to utilize time wisely and constructively
  - Deal with death of our aged friends
  - Accepting what we have not been able to do
Issues related to older age

- Cope with adjustment of new occupation
- Cope with physical changes taking place in our bodies
- Deal with possible ill health
- Adapt to society’s view of the aging - Our culture is generally youth oriented
- Be ready and willing to evaluate what you have learnt over the years and see how you can put it into good productive use
Concerns for older age

- Dependence/complete reliance on others affects survival!
  - NB; you are NOT your children’s retirement plan so HAVE YOUR OWN PLAN!

Fears tied to;

- Loss of constant income and fridge benefits tied to it
  - Possible change of health
  - Social isolation
  - Loss of social meaningfulness.relevance
Retirement

- **Retirement** is regarded as the point where a person leaves formal employment when:
  - upon reaching a determined age (As a requirement by the EMPLOYER following many years of service and after attaining the set requirement age
  - when physical conditions don't allow the person to work any more
  - even out of personal choice
Negative Attitudes to retirement

This is a change in life which may evoke various feelings:

- Fear of aging, segregation and becoming irrelevant irrelevance

- Fear of financial loss or inadequacy

- Many view it as a time of forced relaxation, hence the resistance to retirement

- Feel they are negatively subjected to societal evaluations – seen and feels they are no longer productive

- Fear of death- a general belief that people retire, then die soon after
Consequences of a negative attitude

- Despair
- Loss of self worth and stress
- Illnesses leading to premature death
- Poor interpersonal relationship
- Self defeating thoughts
- Self destroying behavior
Positive attitudes to retirement

- Will result in a feeling of personal fulfillment and satisfaction

- Recognize that retirement is not the end of the road - it is a start of a better road - new beginning new business opportunity (become enthusiastic to re-tire in readiness to change office)

- Society may also view them as community’s resource persons, boosting their outlook on life
Positive outlook on retirement

- It is important to accept the past, achieve satisfaction with oneself as a more experienced and wise person by positively affirming yourself by meditating upon positive statements;
- Retirement WILL improve me and my family
- Retirement WILL improve my spiritual life
- Retirement WILL improve my physical life
- Retirement WILL improve my life style as I choose what to do and when to do it
- Retirement WILL give me more leisure time etc
Benefits of positive attitude

- High self esteem
- Retirement becomes an adventure
- Realize new opportunities
- Enables you to plan for the future
- Enable one to continue living a fulfilling life full of positivity and new achievements!
Happy Re-tirement (Change of office)

GOD

BLESS

YOU