

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 in print 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. what ever 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 ALTITUDE

TO BE POSITIVE IS TO SUCCEED

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)***

Cont...

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)**

Cont...



- 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



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!!!!!!!!!!***

Cont...

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 one self-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**