

Understanding Psychological and Physical Changes in Retirement

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RETIREMENT

“Who Retires?”

Retirement (change of office)

- ❖ The total person retires. This means that retirement is an intellectual, physical, psychological and spiritual process.
 - ❖ The whole person is involved and proper adjustment to the changing process depends wholly on how the individual PERCIEVES and REACTCTS to the idea/act.
- NB Failure to cope leads to stress.

A: MID . LIFE TRANSITION

This is a long process of psychological AND physical change that occurs in every human being somewhere between the ages thirty-five and fifty years of age.

GENERAL CHARACTERISTIC FEATURES OF MID-LIFE TRANSITION IN MEN/WOMEN

1. There are often persistent moods of lassitude (tiredness of the mind or body) and depression.

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2. The feeling of disillusionment and disappointment either in life generally or in specific persons who have been formally idealized.

3. Youths dreams of happiness and fulfillment melt away or are rudely shattered

Conto

4. Death anxiety leads to feelings that time will run out before one can get down to ~~really~~ really living+

Conto

5. Physically, a person begins to show some physical/biological changes of ageing and so an earlier self-image is cracking or changing.

6. A time too when parents are either dying or becoming dependant on their children.

NB In Africa especially this concept of parent dependency on their children in old age is still a cherished value.

7. A person's own children may be achieving a measure of independence and separation from the family %empty nest syndrome+

THE DEVELOPMENTAL CHANGES EXPERIENCED IN MEN

Signs and Symptoms of
ANROPOUAE

Physical

1. Muscular changes which leads to reduced strength.
2. Reality of failing vitality and health as age advances

Cont..

” 3. Sexually, he takes longer to achieve erections and ejaculations are less strongly felt. Needs a longer

- refractory period after sexual intimacy (this means that it takes time for the man to be able to get energy for another act of intimacy).

NB 1; The desire, pleasure and fertility are not affected by this crisis because the brain is the primary sexual organ and a man is fertile most of his life because sperm production is a life long process in men.

- Some men may start doubting their capability (sexual) due to the above inevitable limitations, hence try to go out of wed-lock to prove their vitality with younger women Thus endangering themselves.
- This may precipitate the problem of mistrust and infidelity in marriage and couples may find it very hard to cope with each other.

WOMEN

PROCESS TOWARDS
MENOPAUSE



Cont..

- ❖ In life after puberty, a woman passes through four stages of productive mature years.

a) PRE-MENOPAUSE

This is the period of regular menstrual cycle. This is the period of pregnancies, giving birth, lactation and mothering.

b) CLIMACTERIC

- ❖ This is the period of life when physical powers begin to decline and biological changes occur.
- ❖ In women, ovaries start to produce less oestrogen around 35 years of age. As time goes on she may start having menopausal signs

c) PERI-MENOPAUSE

This is the period when a woman's menstrual periods become irregular (on and off)
May fail to have menstrual flow for a whole year

d) MENO-PAUSE

This is the period when a woman has not menstruated for a full year.

This signals the end of productive years (fifty and over)

Signs And Symptoms Of Approaching Menopause

1. Less vaginal discharge and general loss of vaginal elasticity.
2. Decreased libido or sexual desire (can be enhanced).
3. General tingling sensations in the body.

4. More frequent urinary tract infections (UTI)

5. Less strength muscular

6. Insomnia

7. Hot flashes.

” Contõ

8.unprovoked Mood changes

9. Itching under skin

Cont..

” 10. Psychological symptoms
e.g. sense of worthlessness,
depression, anxiety,
inappropriate emotional
responses etc.

COUPLE IN MID-LIFE RETIRING OR RETIRED

They say %REAL Life begins at fifty+.

If the couple is blessed to be together at that age, a couple can live together happily and find fulfillment in the company of each other.

This is possible by working on
a few areas of life together
namely:

a) Understand yourself and accept
what is going on in yourselves.

b) Understand your spouse
and accept him/her just as
his/her situation may
happen to be.

c) Play your roles well
towards each other

HAVE A WONDERFUL LIFE IN
RETIREMENT/CHANGE OF
OFFICE.

GOD
BLESS
YOU

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