

ATTITUDE CHANGE FOR PROGRESS AND DEVELOPMENT

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1. Positive attitude

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

NB; Positive attitude – produces optimism, hope, determination, motivation, innovation and proactivity in whatever circumstance

2. Negative Attitude

❖ 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; Negative attitude- produces pessimism, hopelessness, demotivation and bankruptcy of ideas

Manifestations of a positive attitude

1. **Holistic** Creative thinking in all your areas of operation- *personal, family, social, financial, investment, health etc.*
2. **Enhanced Optimism**- irrespective of previous outcomes you will give up succeeding
3. **Motivation to accomplish goals**- one is propelled forwards through self drive
4. **Inspired by personal and other's progress**- however small the progress/growth, you get encouraged by it
5. **Choosing happiness in spite of circumstances**- forgiveness of self and others and maintenance of **hope**

Cont...

- 6. Increase of self esteem-** you acknowledge the positive attributes you have, remain humble, treat yourself with dignity, appreciation and acceptance
- 7. confidence-** you are bold and courageous to seek to know the best strategies to employ as you try out things which will enhance your holistic progress and improvement
- 8. Looking at failure and problems as a blessing in disguise-** learn from the mistakes and **move on!**
- 9. Believing in self and your abilities/capabilities-** Good did not create a mediocre person in you, you have what it takes to succeed
- 10. Looking for solutions and seeing opportunities**

Manifestations of a negative attitude

1. **Worry about things you can not control-** This causes you to develop fear which clouds your thinking
2. **Rushing into judgment before careful thought and consultation-** this may lead you to make serious mistake which may retard your growth
3. **Pessimism on even small problems perceived or real-** this makes you to become bankrupt of ideas and docile in improving self
4. **Overreacting and exaggerating issues-** you become a fault finder, antagonistic poor problem solver
5. **Giving up-** you throw in the towel and stagnate
6. **Bankruptcy of ideas-** you stop trying, dependent and become bitter with all

PSYCHOLOGICAL ISSUES IN RETIREMENT AND THEIR RESOLVES

FACTS IN AGING PROCESS

Ageing is a natural process of physical, psychological, social and spiritual change which takes place over time (***a must for all***).

- ❖ *Every stage in life (more so retirement stage) is a time to re-tire...by thinking out of the box...or you perish!!!!!!!!!!!!
Otherwise you may become frustrated and develop a negative attitude with ultimate self destruction*
- *of*

Many changes characterize aging

1. Before middle life (before 45 years);

- ❖ You have a lot of additional/activity to help you succeed social-economically- you have the energy and intelligence to try out different things
- ❖ Men are more aggressive and are naturally gathering out
- ❖ Women are aggressive but with caution as they hold the ladder for others like siblings, children and/spouses to climb higher!- **they generally consider themselves last**

2. In middle adulthood (45 to 64 years)

NB;- This is a period of self evaluations and reflection for both men and women;-

1. Men become warm and **may slow down** and expect to be received warmly at home

❖ What to do;-

- Readjust your social contacts to avoid destructive traps and wastage
- Think of ways to utilize time wisely and constructively to avoid frustrations and destructive habits
- Be more consultative within the family set up

NB- Women, take note and accommodate them

Cont...

2. Women become more **aggressive and have a great need to achieve/acquire** something for themselves
 - One may become quite **preoccupied** with acquisition

❖ **What to do;**

- ❑ **women**, learn to balance your occupations/ engagements to avoid disintegration of your family or isolation and loneliness as you enter old age

NB; Men- listen to them understandably and encourage them wisely

NB;- Serious disagreements may occur within the family due to the above if not well managed

General psycho-social Changes

3. One's intelligence is good But they process things a little slower – this may cause one to lose their confidence and become irritable
 4. The children MAY be leaving home and the empty nest syndrome may set in
 5. You may have too much time to yourself which may make you idle or bored
 6. Fear of the unknown e.g. loss of regular income, recognition, death
- ❖ Remain Spiritually sound (continued growth in God)

PLEASE NOTE!!!!!!!!!!

**NB; you are NOT your children's
retirement plan**

SO

HAVE YOUR OWN PLAN NOW!!!!!!!!!!

Concerns for older age (above 65 years)

This is a change in life which may evoke various feelings;-

- ❖ Fear of segregation/isolation
- ❖ Fear of Loss of social meaningfulness AND relevance, Dependence/complete reliance on others
- ❖ Fear of poor health, Loss of constant income and fridge benefits or inadequacy
- ❖ Fear of negative societal evaluations – seen and feels they are no longer productive
- ❖ Fear of death- a general belief that people retire, then die soon after

Positive attitudes towards older age levels

- Please know older age level will come, **have proactive plans** to continue saving, cultivate on meaningful sound relationships and modestly remain economically sound
- **Accept yourself** the way you have become and appreciate others around you – this will result in a feeling of personal fulfillment and satisfaction
- Recognize that older age level 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 you as community's resource persons, boosting their outlook on life

Positive outlook on retirement

- ❖ It is important to accept the past AND achieve satisfaction with self-as a more experienced and wise person by positively affirming yourself by meditating upon positive statements e.g.
- ❖ New age level WILL improve me and my family
- ❖ New age level WILL improve my spiritual life
- ❖ New age level WILL improve my insight and pro-activity
- ❖ New age level WILL improve my life style as I choose what to do and when to do it with knowledge and wisdom

Benefits of positive attitude to older age

- High self esteem and enthusiasm to effect objective plans through continued productivity
- Older age level becomes an adventure- no one is lording over you except the Lord of all creation
- Time to re discover new opportunities for possible investment (be cautious)
- Happily strengthen ties with family

Cont...

- Enables you to be a role model and mentor to others
- Gives you time to take meaningful rest
- Gives you time to continue growing in God
- Enables one to continue living a fulfilling life full of positivity and new achievements!

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

SUMMARY

Change is inevitable as you age!

Ensure you cultivate self acceptance,

Acknowledge what is happening to you at whatever age level

Cultivate a positive attitude towards self and others

Trust in God almighty who has brought you this far and is faithful to take you furthest

THANK YOU

GOD

BLESS

YOU