

The elderly activities before and after retirement

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Abstract. The paper presents an inventory of the activities of the elderly before and after retirement. The objectives of this paper are: to identify and analyse the activities of the elderly before retirement; to identify and analyse the activities of the elderly after retirement; to analyse the dynamics of the elderly's roles; to build the intervention plans in relation to the elderly's activities in correlation with the roles played by them. The interview is the method used in data collection and the results are obtained from the qualitative analysis of the data: inventory of answers, their classification into categories, coding of answers and their interpretation. The schedule of activities and the typology of activities have changed radically after retirement and the satisfaction of the elderly in relation to these activities varies depending on the health problems, depending on the financial difficulties and the relationships that the elderly have with the family. Most of the elderly people interviewed say that they try to stay active and satisfy their desires even if it is more difficult for them due to their health condition. They focus on helping and supporting the family, and they feel great satisfaction when it comes to helping them.

1 Introduction

In this paper, we aim to identify the activities carried out by the elderly, before and after retirement, to analyze the dynamics of the roles of the elderly and the satisfaction of the elderly in relation to the activities in which they are involved.

Starting from the hypothesis of retirement stress and the feeling of incapacity [1] experienced by some elderly people at retirement age, the paper highlights the importance of activities such as sports, recreation, culture, household in improving their quality of life. There is clearly a positive relationship between active participation in recreation and the psychological well-being of older people. The results of the studies show how people who participate in recreation, had to gain in terms of quality of life and psychological well-being. However, the most important thing remains the satisfaction of the elderly with the frequency of commitments and participation in a certain type of activity.

Age norms are just assumptions when it comes to a person's abilities, when they are at a certain stage of their life. These rules can be present both formally and informally. An example is the refusal to hire a person over the age of five because it is considered that the person is not able to go through new stages of professional development. This is an

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example of discrimination because employers generally prefer to hire young people. In these situations, the elderly feel pointless, depressed and disappointed [2].

If we refer to role theory, Malcom Payne mentions two types of role theories, namely structurally functional role theory and dramaturgical role theory. In the theory of structurally functional roles, the author talks about the fact that each position is attached to a certain role [3]. In Goffman's theory of dramatic roles, he explains how the performance we have throughout life is influenced by the social expectations of others [3]. Also, in relation to the theory of roles [4]. Considers that in order to carry out an action, people play their roles according to certain patterns. Individuals also adopt certain attitudes and behaviors that are predetermined by society. At the same time, these roles are manifested depending on the personality of each one [5].

If we refer to the theory of activities, "the more active the person is, the more satisfied and adapted he will be to social life" [6]. Older people after retirement, in particular, prefer to reduce social relationships and activities. The author Şoitu, refers to the rights and needs of the elderly. They need to be helped socially to stay active and to integrate into new social circles, to be able to make new friends and to be able to carry out new recreational activities, within the limits of their abilities. Numerous sociological studies in the direction of activity have shown that bringing satisfaction to old age depends largely on the type of activity. The results of the studies showed that the greatest satisfaction comes from informal activities such as spending free time with family, friends, relatives.

2 Data analysis

The paper is part of a larger study that aims to capture the changes that older people face before and after retirement and to capture ways in which older people adapt to these changes. The interview is the method used in data collection and the results are obtained from the qualitative analysis of the data: inventory of answers, their classification into categories, classification of categories, their interpretation. Twenty interviews with the elderly (65-80 years old) were conducted in this study and one of the dimensions of this study was the size of the activities and roles of the elderly. The analysis of the obtained data was done respecting the stages of the content analysis.

3 Research results

The results obtained were grouped into three categories: the activities performed by the elderly, the roles performed by them and the satisfaction in relation to the activities performed and the roles performed.

3.1 The activities of the elderly

In relation to the activities carried out before and after the retirement period in both rural and urban areas, we find the following: one of the interviewees says sadly that "It was better before, I also had the strength ... to be satisfied with a nothing pension, do nothing... hear one.... that you are retired ... well, what's the use ... to have the money of the parliamentarians, you would say ... but if I went to the dentist, I didn't have any money all month, I finished it, look, I'm here and I'm selling very cheaply and I go home and work at home, I'm not in vain" (M.U.80). Equally disappointed with the current times was another interviewee who said that "before it seemed to me that the days were flying, the days were beautiful, but now I have no words to thank God when I go from day to day" (M.M.80). Like them and someone else says "I'm in bed in vain now ... I walk around the garden, in

the yard, I go to the kitchen, I eat, I go to bed, I go to bed, I wait for Maria to come at twelve o'clock and this is my life now, I can't do anything else, until I got sick I did it, I worked in the garden, I loved to do it ... because I still don't sleep ... I stay like this..." (S.V.80).

From the responses of people in rural areas to the activities carried out before and after retirement, we find that these people worked in agriculture and continue to do so even after retirement. Limits are imposed by health problems. Life seemed easier and more pleasant in the past because they felt strong and able to work. Now they are sick and the daily routine has intervened and they do nothing but work to maintain a certain level in order to manage, to feel independent, without resorting to the help of family, friends.

Asked about the activities carried out before and after retirement, most elderly people in rural areas said that "Before they got older they had a work schedule, with housework .. it was a program with many activities, now it was only with housework and less often a walk, which arises at the moment. (P.D.65). The same is the opinion of someone else who says that before retirement he woke up at five o'clock, drank his coffee and went to work. They worked 10-12 hours a day (O.T.66). One person replied that before retirement he went to work, had obligations, now it is harder (R.A.80).

Regarding the activities carried out by them, I noticed that although their health condition no longer allows them to do all the things they once did, they want to be active. An elderly woman says: "My husband and I make our lives active, otherwise life would be useless if we were not active, the husband helps us to stay active" (V.P. 72). There is another person that says "Of course I am active, I have not retired and ready" (D.M.67).

However, we found that older people do not have a fixed schedule for daily or weekly activities. They work constantly to keep fit, spend time with friends, family and pray to God for the days they have left. Someone said "I thank God when I go from day to day" (M.M.80).

Şoitu (2006) explains that adaptation to social life is closely related to maintaining an active life. For example, if a person has become accustomed to a faster pace of life, then they will continue to do so even after retirement. Instead, a person who has become accustomed to a slower pace will continue to maintain this pace even after retirement. In fact, here we find the difference between people in urban areas and people in rural areas. In rural areas, people are much more active in terms of agriculture, household care, viticulture. While in the urban environment the elderly people, retired, take care more of their own person, they are no longer so preoccupied with work, they want to enjoy a freedom that gives them the possibility to choose their own rhythm.

3.2 The roles of the elderly

Regarding the role of the elderly person, we find that these people feel fulfilled: "I have ten grandchildren and six great-grandchildren ... I really like being with them but I see them less often that they are far away (S.V.80); "I have a small shop with my son, we do online trade, crafts, handmade things ... the more he works, I only help him if he needs it" (B.M.65).

These people enjoy the roles they have gained throughout their lives, although they have changed over time. For example, the role of worker has been replaced by the role of associate, the role of single person has been replaced by the role of husband / wife, grandfather and later the role of great-grandfather. However, when it comes to the roles of the elderly, various preconceived ideas have been identified, some promoted by the community or society. On the one hand these people are considered to be active people full of dynamism and on the other hand they are considered to be people unable to solve a certain task [2].

It is important for society to help these people, to eliminate barriers to the integration of the elderly. An elderly person may be active. A person even if he is 65-80-85 years old, he can perform activities if he is in good health. For example, if an elderly person is doing very well in a particular field, he or she can guide new hires, train staff, supervise activities, or volunteer in nonprofits.

3.3 Satisfaction with the activities and roles performed

Regarding the satisfaction of the elderly in relation to their activities, we note that both people in urban areas and people in rural areas have tried to stay active even after retirement.

The interviewees said that they have health problems and financial problems, but they have a very busy schedule and continue to work in agriculture, especially the elderly in rural areas. Retirement has brought them sadness and loneliness and they sometimes face anxiety problems. For example, someone says sadly "if I don't do them who does them to me, my children also help me..but..it's hard" (M.U.80) and someone else says "Of course I'm active .. I didn't retired and ready, we go to the country we do work and there, we go shopping, I am happy that now I can take care more of the house, family, grandchildren (D.M.67).

As for the elderly who suffer from depression or dementia, they are in great need of support. This fact is also highlighted in a study ("The association between depression and dementia and gender differences among older adults"), which investigated the relationship between dementia and depression in a group of 76 participants aged 65 to 94 years, patients of the Constanta emergency hospital. There is a prejudice about depression in the elderly that "sadness is normal from a certain age" and people with dementia are largely marginalized or abandoned, even when they are most in need of loved ones (and/ or treatment). and specific therapies) [7].

Regarding the existence of a desire to carry out a certain activity, but age is an impediment in its realization, we found that opinions are divided.

People from urban areas want to travel, to do something spectacular to please those around them and the elderly from rural areas want to have more power to work to have independence: "I would go to visit more places but I'm afraid of long trips" (B.M.65); "I want to achieve something that everyone likes, to thank everyone" (P.D.65); "I would like to do everything, a lot, my heart is still there, even though it hurts, but I can't help but have the strength ... the strength to be able to do what I want" (M.M.80); "Ooo, I have many wishes .. I would take the hoe and enter the vineyard and the garden, this is my desire, to work because I love it, but I can't... I put some peas and die, I'm afraid, I -it's even worse when I make movements" (S.V. 80).

However, the elderly try to stay active and satisfy their desires even if it is more difficult for them due to their health. In relation to satisfaction in old age, informal activities contribute the most to its achievement [8]. Active ageing includes both the individual process and the social opportunities of health, participation and integration structures [9]. Active ageing aims to eliminate age-based discrimination and raise awareness of the diversity of needs of older people and is a constant process to optimize opportunities for staying healthy, participatory and safe in order to increase the quality of life during ageing [10, 11]. Elderly people enjoy spending their free time with their loved ones, with family, friends, grandchildren and closest friends. Even though they should think more about themselves and their desires in old age, the elderly continue to care for others even at this stage and this makes them feel satisfied and considers that they have a fulfilled life: "I she is very sorry that the times have come and I cannot help her as a mother ... This

is all she does, she does for her children, they represent for her the greatest satisfaction”(M.M.80).

The elderly are very excited to spend more time with their grandchildren: “When I see my grandchildren around me, It feels like an angel from above shows up” (M.80); “I want to spend more time with them. I wasn’t so smart and knowledgeable at their age, they are way clever than us” (S.80). Specific situations and concerns about grandchildren are also shared: “I have a niece but my son is divorced and I haven't seen her in many years and her mother won't let her come to see us. I miss her so much .. someone showed her to me on the internet and I love watching her ... I wish I could see her again”(M.69).

These responses can be analyzed through the prism of the role theory, according to which the roles of the elderly are lost. The solution would be to redirect the elderly towards different other activities. For example, the loss of the roles and responsibilities of an active person on the labor market can be replaced with the gain of the role of grandfather/grandmother [6]. Retirement life is not about losing a job. It means much more than that: finding the joy of spending more time with grandchildren, the joy of thinking more about themselves and doing more for themselves and consider their own preferences and desires.

The satisfaction of the interviewed seniors is related to the feelings they have in relation to the activities carried out. There are elderly people who are dissatisfied with being alone and find it difficult to cope. They have to work in agriculture to support themselves and meet their basic needs. The greatest satisfaction is given to the elderly who can take care of their grandchildren and those who have the opportunity and freedom to travel. All the elderly interviewed say that it is important to stay active and declare that they are satisfied when the activities they do are appreciated.

4 Conclusions

The conclusions of the study are related to the importance of the financial resources of the elderly in relation to the activities carried out, to the involvement in activities that give them satisfaction and for which they are appreciated, to the freedom they acquire after retirement.

If professional activities were financially rewarded, when they retired, the resources of the elderly decreased. When the interviewed seniors talk about their activities, they relate to the socio-economic problems they have.

The daily schedule of the activities they carry out is changed. If they carried out many activities before retirement, they had a busy schedule, after retirement, some of the interviewed seniors talk about the monotony of their life after retirement.

It was highlighted in the description of activities, freedom as a factor that brings satisfaction to the elderly. The freedom to do what they want, after retirement, is one of the reasons for the satisfaction of the interviewees.

Because they do not have a restrictive schedule, it allows retired seniors to spend more time with friends and family. Most say they pray for health and family.

The roles played by the elderly change after retirement. The elderly say that they want to be appreciated for what they do, even if they have gone from being an employee to being a grandparent. The relationship with grandchildren plays an essential role in the process of adapting the elderly after the retirement period.

After retirement, the elderly should have an active life, replacing their roles rather than losing them completely. For example, the role of a single person can be replaced with the role of grandfather, the role of pensioner can be replaced with the role of a volunteer or an associate. By adapting these roles the senior citizen will not feel a sudden transformation, but only a change in their lifestyle.

The satisfaction of the elderly in relation to the activities carried out is related to the freedom they have when doing these activities and to the appreciation they receive.

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