

## Spirituality among Retired Persons

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### ABSTRACT

Rather than a mere withdrawal from paid work, retirement in contemporary social contexts is a complex process inextricably linked with social structures and individual life adjustments. The present study examines the spirituality among retired and working peoples. The study shows that there is high significant difference between retired and working peoples in spirituality. The obtained result suggests that working and retired peoples are highly varied in spirituality values. Retired peoples are high spiritual than working peoples. This is mainly because of that retired peoples are entering in to a relaxed life and their age is also increasing they are entering into the last stage of life this will make them to more spiritual in their believes.

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### INTRODUCTION

Retirement is defined broadly as the departure event in an individual's life course from a phase of the occupational life cycle (Atchely 1993, 1996). Rather than a mere withdrawal from paid work, retirement in contemporary social contexts is a complex process inextricably linked with social structures and individual life adjustments. Retirement involves reliance on pension instead of salary as the primary means of financial support and adapting to new options in later life such as leisure pursuits, voluntary activities, and second careers Szinovacz (2003). Furthermore, many contemporary workers do not make a clear-cut break from full-time jobs one day to complete retirement the next. There are four type of retirement they are: Disability, Early Retirement, Voluntary Retirement, Deferred Retirement. A person may retire at whatever age they please. However, a country's tax laws or state old-age pension rules usually mean that in a given country a certain age is thought of as the "standard" retirement age. The "standard" retirement age varies from country to country but it is generally between 50 and 70 (according to latest statistics, 2011). In some countries this age is different for males and females,

although this has recently been challenged in some countries

Spirituality is one of the most important sources of strength and direction in people's lives. James (1958) and Allport (1950) have considered spirituality as a proper subject for scientific study. Spirituality is a human phenomenon, which exist in almost all persons. The word 'spirituality' originated in Christianity with the Latin adjective spiritualis, or 'spiritual', which translated the Greek adjective pneumatikos as it appears in the New Testament. Importantly, 'the spiritual' was originally not the opposite of 'bodily' or 'physical'. Rather, it was contrasted with 'fleshly', which meant worldly or contrary to God's spirit. Therefore, the distinction was between two approaches to life. Kozier, Erb and Oliveri, (1991) Spirituality is a belief in or relationship with some higher power, creative force, divine being, or infinite source of energy.

Spirituality does not necessarily involve religion. Some people experience their spirituality as a highly personal and private matter, focusing on intangible elements that provide vitality and meaning in their

lives. From an individualistic vantage point of view, spirituality can be defined in terms of the direction or mission of one's life, belief in sacredness, transcendence or transformation, and feeling of love with intimate ones and need for belongingness. Comparing Western and Indian knowledge, Rolland (1960,) described Western knowledge as the "science of facts" and spirituality as "the science of the soul, a peculiarly Indian science." A major difference between philosophy and spirituality, or for that matter religion and spirituality, is that spirituality, as practiced in India, has an action bias over and above cognitive (thinking or thoughts) or value (considering something important) concerns.

### Need and Significance of the Study

The present study examines the spirituality and depression among retired and working peoples. The Journal of Gerontology completed a survey of 4,000 senior citizens in Durham, National council and found that people who prayed or meditated coped better with illness and lived longer than those who did not. A National Institutes of Health funded study, found that individuals who prayed daily were shown to be 40 percent less likely to have high blood pressure than those without a regular prayer practice.

Research at Dartmouth Medical School found that patients with strong religious beliefs who underwent elective heart surgery were three times more likely to recover than those who were less religious. This studies shows that spiritual belief can make a person life healthy and happy especially in retirement life. Spirituality involves the relationship of the individual with what is beyond oneself.

Importance of studies which is done different age group about spirituality is high to know the quality of life of each group. Reaching age 65 no longer, means that it's time to retire to your home and deal with aches and pains, forgetfulness and loneliness; instead, for many this is a time for new beginnings. Elizabeth Moky Horner,(2012) a health services and policy researcher at the University of California, Berkeley, found that male retirees experience high levels of satisfaction directly after retirement, but then it falls sharply a few years later.

### Definition of key terms

#### Retirement

Retirement is defined broadly as the departure event in an individual's life course from a phase of the occupational life cycle (Atchely, 1993, 1996).

#### Working people

The working class is the people employed for wages, especially in manual labor occupations and industrial work (Blackledge, Paul, 2011).

### Spirituality

Spirituality is a belief in or relationship with some higher power, creative force, divine being, or infinite source of energy (Kozier, Erb and Oliveri, 1991).

### Depression

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Moreover, depression often comes with symptoms of anxiety. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities. At its worst, depression can lead to suicide. Almost 1 million lives are lost yearly due to suicide, which translates to 3000 suicide deaths every day. For every person who completes a suicide, 20 or more may attempt to end his or her life (WHO, 2012).

### Objectives

The major objectives of the present study are:

1. To find out whether there is significant differences in spirituality among retired and working people.
2. To find out whether there is significant difference in spirituality among retired people on the basis of gender.

### Hypotheses

1. There will be significant differences in spirituality among retired and working people.
2. There will be significant difference in spirituality among retired people on the basis of gender.

### Sample

The sample for the presented study consisted of fifty retired peoples and fifty working peoples (N=100). The sample selected from the Thrissur district, Kerala state. Working peoples aged from 40 to 60 and retired peoples selected for the study age group between 60 to 80.

### Tools

Only questionnaire measures were used to collect the relevant data. The following tools were used:

#### Personal Data Sheet

The personal data sheet was developed by the investigator to collect details such as age, gender, kind of job they were done, job they are possessing etc.

#### Spirituality Scale

This self – reporting scale was developed and standardized by Sreekumar and Sananda Raj (2002). Spirituality here refers to the personal, subjective side of religious experience. Spirituality includes a broad focus on the immaterial features of life, which are

used to understand material life (Sreekumar, 2005). Spirituality scale, which consists of 26 items, was designed to measure the spirituality of peoples belonging to Hindu, Christian, and Islam religions. However, it is applicable to the followers of other religions also.

### Administration of the Scale

The instructions for administering the scale are follows. "The statements given below are related to spirituality. You are requested to indicate how far you agree or disagree with these, as per the guidelines given below. Five response categories are given for each statement. A – Stands for strongly agree, B – Agree, C<sub>1</sub>

Undecided, D – Disagree and E – Strongly disagree. Read each statement carefully and then give your answer by putting a 'tick' mark against your response. Please do not omit any item. Your responses will be kept confidential and will be used for research purposes only".

### Scoring

For a positive item, a score of 5,4,3,2 or 1 was given for the response A, B, C, D, or E respectively, and for a negative item, the scoring was reserved, i.e., a score of 1,2,3,4 or 5 was given for responses A, B, C, D, or E respectively. 24

### Reliability

The split-half reliability of the scale was determined on a sample of 50 people selected randomly. The scores on the odd items and even items were correlated using product – moment formula, and a correlation coefficient of 0.83 was obtained. The whole test reliability was estimated using Sperman Brown formula and it was found to be 0.91 (significant at 0.01level). The values indicate that the test is a highly reliable measure of spirituality.

### Validity

The Spirituality Scale was correlated with Mathew Materialism – spiritualism Scale (Mathew, 1973) for estimating the criterion related validity of the scale. The two tests were administered to a sample of 50 people selected randomly and their scores were correlated and a correlation coefficient of 0.89 was obtained (significant at 0.01level). The value indicates that the test is a highly valid measure of spirituality.

### Procedure

Permission to conduct the study was obtained personally from concerned authorities of Thrissur district. From the total of 50 working people 25 male and 25 female were selected. From the total of 50 retired people 25 male and 25 female were selected. The researched approached each of the respondents

individually after creating rapport, administered the inventories. The researcher assured the confidentiality of the data collected from the respondent, as there were many doubts from the respondent regarding the researcher identity. The respondents were allowed to complete the inventories at leisure. In certain 27 cases, whether the respondent expressed difficulty in comprehending the questions, the researcher clarified their doubts.

### Analysis

The analysis was done in SPSS version 16, and the statistical methods employed include: t-test.

### t-test

t- test is based on t-distribution and is considered an appropriate test for judging the significance of difference between the means of two samples. It is also known as the student t-test after its inventor who used the pen-name student.

## RESULT AND DISCUSSION

**Result obtained in the study are reported and discussed below**

**Comparison of retired and working peoples in spirituality**

**Table 1 Means, standard deviation and 't' value obtained by the retired peoples and working peoples in spirituality**

JOB	N	Mean	S td. Deviation	T
WORKING	49	90.04	11.986	-6.011
RETIRED	51	103.45	10.288	

Table 1 shows that the means, standard deviation and 't' value obtained by the retired peoples and working peoples in spirituality. From the result it can be seen that there is high significant difference between retired (M=103.45) and working (M=90.04) peoples in spirituality.

Stevens, Geriatr Med (2017) their study investigated the changing nature of spirituality with age. This study was found that ageing was like a catalyst, but somewhat random in outcome. This qualitative study shows that most of peoples believe that aging is a spiritual journey. This result also shows that retired peoples are more spiritual than working people. When a person enter in to retirement life they are more free from their responsibilities and they have no any activities to be engaged like working peoples this make them give importance to spiritual believe in their life. Age is also one important factor for increasing spirituality, when age is increased then their believe system get changed this mainly because of that they are accepting the reality that they are

getting enter in to last stage of life, this make them to increase in spiritual believes than working peoples.

### Gender wise comparison of retired peoples in spirituality

**Table 2 Means, standard deviation and 't' value obtained by males and females of the retired peoples in spirituality**

Gender	N	Mean	S td. Deviation	T
MALE	25	101.72	12.327	-1.183
FEMALE	26	105.12	7.742	

Table 2 shows that the means, standard deviation and 't' value obtained by males and females of the retired peoples in spirituality. From the result it can be seen that there is no significant difference between male (M=101.72) and female (M=105.12) retired peoples in spirituality. Slight mean value difference can be observed.

Spirituality value of females is high than that of males. Women are more soulful than men are. While men may excel in physical prowess, women are far ahead when it comes to spiritual strength. Women are more sensitive to matters of the soul, more receptive to ideas of faith, more drawn to the divine than men are. After retirement, most of men are find out their own way to spend time and they try to enjoy their rest of life. However, most of women's spend time to engage in religious activities.

### Conclusion

The obtained result suggest that working and retired peoples are highly varied in spirituality values. Retired peoples are high spiritual than working peoples. This is mainly because of that retired peoples are entering in to a relaxed life and their age is also increasing they are entering into the last stage of life

this will make them to more spiritual in their believes. Gender differences in spirituality in working and retired peoples are absent.

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