

# Participation of Government Retirees in the Family and Society

Smt. Prakashini Shukla (Tiwari)  
*Government Arts & Commerce Indore (M.P.).*

Dr. Meenakshi Swami,  
*Professor Government Maharani Laxmibai College Indore (M.P.).*

Dr. Vikas Jain,  
*Associate Professor & Principal, Compfeeders Aisect College of Professional Studies Indore*

## SUMMARY

There is no denying the fact that in India the increasing number of people towards senior status (Varishthawastha) makes a need to study the above mentioned topics in the future. The retire men and women feel themselves alone and ignored in the family and society.

How do they utilise the remaining time of their life (the rest of their life) and gained experiences from their work/profession and serve the society by their services? How they help the youth by providing the new directions towards creativity and make their experienced for contribution to overcome the economic and intense social inequality which has been occupied in the society.

Who is aware towards the problems of the society and the government retirees and is any plans that our national policy is preparing regarding increasing population and the upcoming problems?

Society and family has taking a wonderful benefit profit from their experiences by creating a proper consistency with them. The family responsibilities and liability of person are being persist on despite of retirement too, although they get a permanent rid from their job but not from their other responsibilities. They will also survive to deal and suffer with family and social problems

## INTRODUCTION

Undoubtedly, there is a great change in the last century but the maximum change in nature of human relations. Today family relations do not have that enthusiasm that would happen till a few decades ago. The feeling of doing something for another is almost finishes. People are not even trying to preserve the feeling of true relations nor willing to do anything for it.

You have done everything for someone but they do not do anything for you. Loyalty and affection in the family relations are gradually towards the end due to the most important factor that under the pressure of the surroundings and circumstances of the traditional life value is removed from the origin. There is no life values have been created so social fastening is going to worst situation and continuous development of unarrangements.

Many developed countries provided facilities of social security but most of the countries are not able to success for it because they fulfil the requirements like the meals, cloth and house but no possibility of the hunger of mind.

Now no feeling & emotions between the people for each other therefore they are not eager to do something for each other. The temporary arrangements would always have lack of these and law cannot do such a facility which can bind the relations with the feeling of emotions.

Family is the only institution in which one facilitates to another, where affection, security and different mind can be present together.

In India, among the social problems in most of the cases this is only the reason behind the change in the traditional form of the relations & feeling. Due to ignorance of retirees and seniors the kids and grand children are keeping away from the love, affection and embrace of their paternal and maternal grandparents.

It is an expression of social tension in the village, town or township due to social pressure people feel free but sometimes his freeness changed to the opposite symptoms. The split of joint family remains the same present situation due to changing nature of the causes of un-socialism of man convert him to self-centered for the process of getting more by working.

He analyzes the situation by keeping himself a centre therefore the spread of social chaos continues to grow. The family has played the most important role in our form of centuries.

Traditional families had a facility for all those who were disabled to work in a physical way and to get the affectionate care of the family with safe hands, which were learning to read the book of life.

The family also binds them all who used to fly and settle their habitat elsewhere, But in current, there is a trend of nuclear families only, the younger's could not bear their elders nor obey their opinions, due to they have feel backwardness in life style.

It is shameful that those who grown up their children throughout the life, they have a insecure status in the society so we say that senior status of people is in danger.

Today's youth does not have time to consult with their elderly parents or to know their wishes and their opinions. This situation makes them troubled because to understand this era as per youth's mind not have a piece of cake for them. Thereafter all the time they had do try to make it possible by the best of their efforts. It is panic that all their efforts become useless when someone said that they do not try to understand the present generation nor they will.

According to HELPAGE INDIA SURVEY the number of senior citizens with the age of 60 years will be 7 crores and from 1960 to 2060, which means in 100 years, this counting will increase by 13 times with their growing association, and their problems are also increasing at the same pace. The problems of the welfare of the elders are becoming increasingly complicated day by day. Somewhere after being with all the luxuries they are completely alone so they physically as well as mentally and socially isolated and ignored.

### **Indore City and Retired People**

Prosperity comes with industrialization that makes changes with thinking and opinions of every age group of people which also leads in different paths and way to the dimensions of life. Indore city has been a cause of growing globalization as a society, cultural, religious, political party. The effect of which is clearly visible on the strength of the children, youth class, female, men and the people of senior status. The concept of a nuclear family is going on in the present so separate families are increasing. As a result, there is a continuous decrease in the family members of the senior citizens in the society, by which SENIOR CITIZENS are unexpectedly bound to lead a neglected, low and lonely life.

The above mentioned factor shows their negative and adverse effects on children and society. The experiences and the skills of seniors after retirement must help to develop our life skills; there is a need to look after it with a positive and great eye.

## **RESEARCH WORK**

In this research study, the research work has been done in accordance with lottery method. Firstly, it is been collected the number of pension receiver members along with their name and address from divisional office treasury account and Madhya Pradesh government (Maharaja Complex, Indore). Then there have been selection by serving the lottery method of dev direction system. Among that there was selection of retirees for research.

### **Research Tools**

Researchers have used questionnaire test to successfully obtain verified hypotheses for successful submission of research.

## **HYPOTHESIS**

The hypothesis correctly directs the research study. The hypothesis of the research study presented is as follows:-

1. After retirement the person has a negative change in social and family status.
2. After retirement, men feel more lonely and neglected than women.
3. After retirement, there is adverse effect on the physical and mental health of individuals.
4. After retirement, they spend their time in their leisure activities and social activities.
5. Men have to face greater trouble than women in establishing harmony in the family and society after the retirement.

### **Verification of hypothesis according to the conclusion of research studies**

1. **After retirement the person has a negative change in social and family status.**

The research presented has been found in Negative Studies of Family and Social status is that percentage of male respondents has been found more than female respondents. Thus the truth has been proved in the case of male respondents and the female respondents have partial truth. It has been reported that after retirement the social and the familiar status of men got negative changed 45.5% and 22% of women got this negative change.

Their opinion is that they are not able to manage with the present family status nor they cope up with the circumstances around and According to him, the long time period of life has spent all the attention and responsibilities. Now the time has come to rest, even then the untold work of some other intense is there.

They work in all the stress and have tension without a smooth work. Even the family members do not understand their inner status. They also find themselves alone and neglected, due to concerned by the minors and at the same time, health does not accompany age. Changes in ecology and ideas had changed in their thinking.

After retirement, they should be happy and persuaded by changing their own loneliness and negative thinking. In this age of life, they are combined mixture of the experience, knowledge, affection, service, and humanity. By mixing them all, using this time in a pleasant manner they can benefit the family and the society from these mix experiences.

## **2. After retirement, men feel more lonely and neglected than women**

Research studies have found that male respondent's feel lonelier compared to female respondents. The above hypothesis proves to be true in relation to male respondents and partially true in relation to female respondents. Researchers have found that 59% of men and 22% of female respondents feel lonely.

Among these, the percentage of male respondents is more than female respondents. The reason for this is that it is difficult to spend time after retirement. What to do? This question arises every time. Changes in daily activities can not be reconciled with the family and the society. After retirement the change in place and the separation of the colleagues, also make them feel alone. There is a problem in adjusting yourself to new atmosphere. The separation of partner has given the problem even more serious in the continuous increase in the number of nuclear families. Due to not receiving the same respect, affection and love from the family makes them more troubled, irritated and disturbed.

They do not find their real existence and value, which makes them feel lonelier. They do not share their problems; they start living separately from family. Do not find even their hobbies interesting. By which a sense of negativity and despair begins in life. And they find themselves surrounded by different troubles. Such frustration is not well for health too. The frustrating attitude of life is also not fine for family and also for themselves. Therefore, working with happiness and positivity fills up the new power and the energy to live which can also reduce loneliness.

## **3) After retirement, there is adverse effect on the physical and mental health of individuals**

Research studies have found that women and male respondents have been seen to see the adverse effects to their health. So the hypothesis here is true in relation to both the respondents. It has been found in the study that 55% of men and 75% women after retirement have been found to be affected by illness like blood pressure, diabetes, substandard, joint pain, gas, cough and cold, fever.

As the age increases, the functions of the body cells are affected as well as the ability to work is also low. Memory decrease, weakness of the eye and ear, changes in the nature. It is found that before retirement the life used to be very busy in certain responsibilities and work, due to which individual could not give a proper attention to the health. The increasing age does not allow to live the past life now. There is existence of other nose, eyes, ear and memory problems too.

In the absence of excessive work in this period, they start thinking more about their disease, which lost their mental peace and confidence but if we inspire them to do the activities of their interest, there will be enthusiasm for life and they will also maintain their Confidence.

## **4) After retirement, they spend their time in their leisure activities and social activities:-**

Research has found that women and male respondents try to keep them self busy in the work of interest as much as possible and also try to be a part of social activities. Here the hypothesis has proved to be true for both men and women.

Research studies have found that 72% of men and 89.5% of female respondents regularly do their work of interests. Among which letter, magazines, reading religious texts, listening to music, watching T.V. and gardening are important. Some percent of respondents read newspapers and religious literature too.

It helps to get the information from them, also religious literature make us in touch of worship by the remembrance of god. Some percent of respondents listen to music, because they have trouble viewing them, they listen to music and entertain themselves. Some percent of them like to watch news, movie, drama, academic programs on TV. A few percent of the respondents want to stay near gardening. Our believe that hobbies and entertainment tools play an important role in keeping themselves busy. The remaining percent of the respondents are not regular but sometimes do the tasks of their interests. Entertainment operates a positive energy within us. Hobbies can be of any kind like reading, writing, viewing, listening etc. Spending the leisure time in hobbies can reduce your loneliness and negativity.

### 5) Men have to face greater judgment than women in establishing harmony in the family and society after the retirement family,

Research studies have shown that after retirement, male respondents are less capable to create consistency as compared to female respondents. They believe that the ladies coordinate well with the responsibilities of the family as well as in the job. That's why they do not have to face trouble to create consistency between the society and the family. Thus the above hypothesis proves true in the research study of male respondents.

The research study found that **44.5%** of men and 32% of female respondents are facing problems to manage coordination in the family, after retirement. The main reason for these is the stress from the negligible matters. The senior people do take decision by comparing the things from their time and they do create ideological differences due to the influence of traditionalist, ideological and conservative thinking because of which they do find trouble in harmony. Till they come to this age, they have already passed through many physical and mental changes. As a result there are a lot of differences in nature too. Many times due to not completing the desired work on time and not receiving enough respect, this type of situation is created and hence it does not make coordination.

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