

The Analysis of the Mental Health of the Elderly After Retirement

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Abstract: Aging is an inevitable part of all individuals' journeys. Many of these elderly people experience problems, especially elderly people who previously spent time working. In fact, there are many cases among the elderly who experience problems, especially for the elderly in the Purbalingga area, there are elderly people who fall ill due to economic problems and social changes that put pressure on the elderly after retirement, making them psychologically weakened. The aim of this research is to identify the mental health of the elderly after retirement. This research uses a qualitative case study approach. The data analysis technique used is triangulation techniques carried out using interviews, observation and documentation using the Miles and Huberman model. The results of this research found that cases of mental health in the elderly after retirement felt pressure due to the absence of strong social relationships between family and retirees and co-workers. So the feeling of loneliness, not being recognized, and the readiness to live a life of economic problems, and the feeling of anxiety during retirement have not been prepared. This has an impact on weakening the welfare and meaning of life of the elderly after retirement.

Keywords: Elderly; Mental health; Retirement

Introduction

The aging process is a series of biological changes that occur in all humans (Husna, 2021). Regardless of specific age or time, old age refers to the final phase of the aging process itself. Every living entity has its own cycle of aging, starting from birth, growth, reproduction, aging, and finally death. During 2000, the elderly population throughout the world experienced rapid growth. This shows that there is an addition of more than 795,000 elderly people every month. Estimates also suggest that this number is likely to more than double by 2025 (Judge, 2020). So it is estimated that there will be more than 900 million people aged over 60 years, and around two thirds of this number are in developing countries, including Indonesia (Nurhidayah & Puspitosari, 2023).

The elderly are often considered a group that has limitations in carrying out many activities in the twilight years of their lives (Princess, 2022). Because of this

perception, society often develops stereotyped views, which depict old age as a period that is less enjoyable and causes more hassle. As a result, many older people feel lonely and feel like their lives have lost meaning. This loss of meaning often causes them to withdraw from social interactions. Elderly people also often experience social problems, such as feeling isolated from society due to reduced physical abilities, such as decreased hearing and difficulty speaking which makes communication difficult to understand (Hasanuddin et al., 2023).

The elderly also face psychological challenges, such as anxiety about facing death in old age (Jamalludin, 2020). Many of these elderly people experience problems, especially elderly people who previously spent time working (Alfiyansah et al., 2023). Retirement, the result of years of work, brings changes in activity and well-being (Harun et al., 2023). When entering retirement, a person can lose many things, such as social roles, prestige, social contacts, economic

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stability, and self-esteem. This situation can trigger stress or even depression which can have an impact on decreasing quality of life (Ardhani & Kurniawan, 2020). Therefore, the researcher, as someone who concentrates in the field of guidance and counseling, sees several of these problems, the researcher intends to explore and analyze them to find further new meanings. One of them is how academics and society in general look further into the needs of the elderly, especially retirement, which is related to understanding the new meaning of the psychological condition of the elderly themselves, so that guarantees of psychological well-being can also be fulfilled for the elderly in addition to providing adequate infrastructure by central government to the regions.

Purbalingga City is one of the cities that has experienced a significant increase in the distribution of the elderly population. According to the Secretary of the Purbalingga Health Service (Dinkes), dr. Teguh Wibowo at the Senior Citizens Association gathering event, Monday (20/6), Purbalingga Regency Life Expectancy (UHH) has increased from 71 years to 73 years. So that the number of elderly people will increase by 2022, the city of Purbalingga will have reached around 15% of its total population. This shows that a significant elderly phenomenon has occurred in Purbalingga, with the percentage continuing to increase to 25% in 2025.

In the case of an elderly person in Purbalingga Regency, an elderly person who had worked all his life at a foundation until he retired, finally fell ill and experienced ineligibility by the foundation where he worked. Although he had contributed for many years, after his retirement, the foundation did not provide adequate attention or support regarding retirement benefits and humanitarian causes until he fell ill. The psychological impact can include feelings of being unappreciated and marginalized. Seniors may experience financial stress and struggle to cope with health problems (Teguh et al., 2023). The impact is to undermine the sense of dignity and affect the meaning of the elderly's life after retirement, creating uncertainty and worry about the future (Rinita et al., 2023).

This case illustrates the lack of attention or fulfillment of social obligations towards the elderly after retirement, which can have an impact on their well-being and meaning in life after retirement. So this case needs to be explored more deeply to find out the main factors that cause the decline in the quality of mental health of the elderly in Purbalingga.

Among the examples of decreased mental health quality in the elderly are cognitive process disorders characterized by forgetfulness, dementia, confusion and suspicion; Emotional disturbances include fatigue, indifference, irritability; Behavioral disorders are characterized by reluctance to relate to others, and an

inability to care for oneself (Mulyaningrat et al., 2022). One aspect of mental health that is very important is gratitude. Gratitude can be defined as a general tendency to recognize and respond with grateful emotions to the goodness of others in positive experiences and what is own it and accept its current situation. This will ultimately improve the quality of the elderly's mental health

Bastaman (2007) said that elderly people who have a purpose in life and give meaning to life are described as people who accept and have a positive attitude towards the age they are experiencing and will live it calmly. They are also willing to share useful experiences and have the hope of continuing to improve themselves. This kind of elderly also shows a drive to make positive contributions to the surrounding environment and strengthen their spiritual connection with God (Damayanti et al., 2015). Even though you have clear life goals, that doesn't mean you don't have to face obstacles and tests. Therefore, meaning in life does not only come from pleasant and joyful experiences (Setiawati et al., 2022).

This view is in line with Wiley Blackwell in the book *The Wiley Blackwell Handbook of Existential Therapy* (2019). Existential Therapy is a psychotherapy approach that focuses on exploring the meaning of life, existence and human experience. This therapy is based on existentialist thinking, which emphasizes individual freedom, personal responsibility, and self-development. The goal is to help individuals confront existential issues and achieve greater personal growth. Frankl (2004) expresses the meaning of life as a situation that shows the extent to which a person experiences and lives the interests of his life from his own perspective. A person who has meaningful life will be responsible for directing his life, have an optimistic attitude, continue to exist, and be able to realize his potential and shortcomings. According to Maknunah et al. (2022) defines the meaning of life as an individual's appreciation for finding something valuable or important for the individual, which can give the individual a reason to live.

In this view, it is concluded that acceptance of change, a positive attitude, and having clear life goals are the keys to living old age with psychological well-being. Engaging in self-development, contributing positively to the surrounding environment, and strengthening spiritual connections can be a driving force for optimal quality of life in the aging stage (Jamilah et al., 2020). The meaning of life plays a crucial role in shaping a person's attitudes and quality of life, especially when facing changes and challenges in old age (Setiawati et al., 2022). Therefore, it is important for seniors to maintain a positive attitude, continue to have

a purpose in life, and gain meaning in every phase of their aging journey.

These elderly cases are often faced with social stigmatization and stereotypical views which cause isolation and loss of meaning in life. However, the psychological challenges in this case, such as anxiety about death and the impact of retirement, can trigger stress and depression. A case study in Purbalingga Regency shows that a lack of attention and support from the foundation where you work can have a negative impact on the psychological well-being of the elderly, creating financial stress and uncertainty about the future.

Research on the psychological well-being of the elderly, especially related to retirement and the meaning of life in the aging stage, is essential in responding to the global phenomenon of demographic change. The rapid growth of the elderly population, as is happening in Purbalingga, indicates an urgent need to understand more deeply the challenges faced by this group. In this context, this study is important because it explores the roots of problems that affect the quality of life of the elderly after retirement. This research can provide a better understanding of the contribution of social factors, such as lack of attention from the institutions where they work, to the psychological well-being of older people. Thus, this research will not only provide deeper insight into this issue at the local level, but can also provide a basis for discussing more effective policies to improve the psychological well-being of older people more broadly.

Method

This data collection method uses a qualitative approach with a case study method. Creswell (2015) states that case study research aims to reveal the specificity or unique characteristics contained in the cases studied. Case studies are also conducted in natural, holistic and in-depth settings. Natural means that data acquisition activities are carried out in real-life contexts (real-life events).

Data sources were obtained from 4 research respondents. This data collection process was strengthened by the author's observations in looking at cases that occurred in the elderly regarding their mental health after retirement. Data collection techniques are interviews, observation and documentation. The validity of the data used is using triangulation techniques. Data analysis using the Miles and Huberman model includes selecting data collection, data reduction, data presentation, and drawing conclusions or verification. The flow of this research is carried out by researchers as follows.

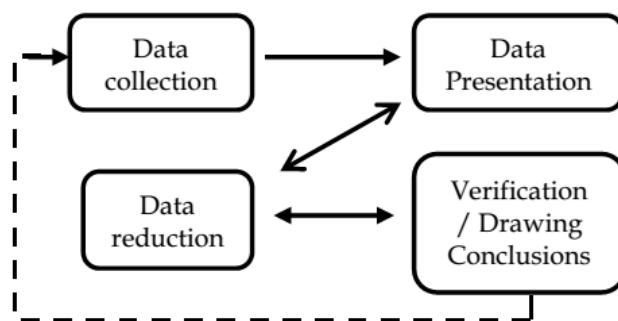


Figure 1. Model analysis Miles Huberman

Result and Discussion

Based on the results of the discussion in this research, the research flow above can be explained from the results of data collection, data reduction, data presentation, to verification of the conclusions below.

Data collection.

Of the four elderly people who were research subjects, two of them stated that retirement was the saddest thing. This was obtained based on the results of respondent interviews as follows.

WS stated that "I feel sad, anxious, and confused about what I should do after retirement. Because I no longer earn any income, while my children are still at school. This makes me stressed thinking about my children and family, not to mention thinking about my home needs".

ND stated that "during retirement, I feel like I am a burden on my wife. I often feel short of breath, dizzy, have a fever, and feel anxious which makes my mind disturbed. Because I no longer earn money. With the illness I have been suffering from all this time, I don't think I'm ready to accept the policies of the foundation I used to work for. I felt disappointed that there was no sense of humanity from the head of the Foundation that was given to me. This makes me often fall ill, and feel that my life has no enthusiasm for my wife and children".

The other two respondents stated that during retirement they were only grateful and accepted the conditions they had to endure in the future. This was obtained based on the results of respondent interviews as follows.

AG stated that "every day I just pray and give thanks for the blessings that Allah SWT has given me in the situation I am in now." Sometimes there is a fear that the economy is unstable, but I only believe that Allah SWT will make things easier for me in the future even though I no longer have the income I used to work".

LK stated that "I only interpret my life during retirement by surrendering to Allah SWT. Because I believe that a life that is no longer the same as when I work is definitely enough to support my wife and I.

However, I feel more distant from my environment, like colleagues who used to work in the same job”.

Data Reduction and Presentation

From the results of the data collection above, the data reduction and presentation below was obtained.

Table 1. Data Reduction and Presentation

No.	Respondent	Retirement Experience	Feelings and Responses to Retirement
1.	WS	Sad	Feeling sad, anxious, confused, stressed thinking about children and family, feeling worried about housing needs because they don't have any more income after retirement.
2.	ND	Sad	Feeling like a burden to his wife, experiencing physical difficulties and stress, disappointed with the Foundation's policy regarding retirement benefits, often experiencing illness, feeling less enthusiastic about his family.
3.	AG	Give thanks	Pray and be grateful for the blessings given by Allah SWT, sometimes feel anxious about economic stability, but believe that Allah will make all matters easier in the future.
4.	LK	Give thanks	Making sense of life by surrendering to Allah, believing that post-retirement life will be sufficient, even though he feels further away from his previous work environment.

Verify Data Conclusions

Of the four elderly people who were research subjects, there were differences in their attitudes and experiences regarding retirement. WS and ND stated that retirement is a period full of challenges and anxiety. WS experienced stress due to loss of income and was worried about the needs of his family, especially children who were still at school. ND, on the other hand, felt like he was a burden on his wife and experienced significant mental and physical stress, feeling disappointed with the policies of the foundation where he worked. Meanwhile, AG and LK have a more positive view of retirement. AG expresses his gratitude every day and believes that Allah SWT will make his affairs easier even though the economic situation is unstable. LK, while surrendering to Allah SWT, looks for meaning in his retired life and is confident that his life will be enough to meet his needs, even though he feels distance from his previously familiar work environment.

From the results of this interview, it can be concluded that perceptions of retirement vary greatly. Some seniors face significant financial and emotional challenges, while others accept the situation with gratitude and faith in fate. Factors such as family support, health conditions, and company policies can influence how a person faces and perceives retirement.

Retirement period, where an individual is forced to stop working because the organization where the individual works sets a certain age as the age limit for someone to stop working without considering whether the individual likes it or not (Princess, 2022). When you retire, three things are lost, namely, first, routine activities that are usually done, such as going to work in the morning and coming home in the afternoon or evening (Rinita et al., 2023). However, these activities change and they tend to have a lot of free time because they have entered retirement. Second is the loss of

colleagues, starting from superiors and subordinates. Individuals entering retirement will lose time interacting with co-workers like when they were still working (Amaliah et al., 2023). Third is the loss or reduction of income and status obtained while still working (Sari & Azizah, 2022).

Elderly people who have meaning in life will certainly realize their existence as creatures created by God who must continue to strive to make their lives more meaningful before returning to face their Creator (Muna & Adyani, 2021). According to Princess (2022) Happiness is one of the criteria that can be used to assess the type of adjustment made by elderly individuals, whether the adjustment is going well or not. This means that if older people in the past were able to make good adjustments within reason and they were able to maintain a high level of ego integrity, they have far less chance of feeling happy now than they did in the past. So based on case studies of elderly people in Purbalingga, one aspect of mental health that is quite significant in giving meaning to life during retirement is the aspect of gratitude. Then the low carrying capacity of the elderly can encourage the elderly to cause mental disorders in the elderly, such as feelings of anxiety, loneliness, and confusion about the retirement phase that must be faced, so that more in-depth intervention is needed for supporting facilities for the elderly to survive and be able to live life with meaning.

Conclusion

Based on the research results and discussion, it can be concluded that the analysis of the mental health of the elderly after retirement has varying views, with two respondents feeling significant emotional and financial challenges, with loss of income and feeling like a burden on their families. Meanwhile, two other

respondents saw retirement as a time to be grateful and search for new meaning, with high life satisfaction. These differences highlight the complexity of the retirement experience, influenced by family support, health, and environment. These differences in attitudes highlight the complexity of the retirement experience, which is influenced by factors such as family support, health conditions and environmental conditions. So mental health emphasizes the need to pay attention to the mental health aspects of the elderly, especially in managing feelings of loss and searching for the meaning of life during retirement. Family support and a positive environment also have an important role in helping elderly people face challenges and find happiness in this new phase of life.

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Author Contributions

Author contributions include R.R.W.; collecting data, analyzing data, writing original drafts, and so on; S.; focus on methodology and review writing.

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Conflicts of Interest

The authors declare no conflict of interest.

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