

## Attitude towards Retirement among older Sports persons

Sreenivas.M  
Department of Psychology  
Jnanabharathi  
Bangalore University  
Bengaluru-560056

### Abstract

The impact of retirement is tremendous as it results in loss of role, status, power and an occupational identity. Therefore at this stage a major reorganization of one's life activities is required. There can be considerable degree of social isolation of new activities are not found to replace work related activities. The implication that the individual is no longer able to carry out the work related activities and work role is especially problematic. It ultimately leads to problems of ill health, psychological maladjustment, economic hardship disturbed relationship with in family and improper utilization of leisure time etc. Cushing (1952) suggested four essentials of successfully meeting the problems of retirement (1) financial security (2) A time consuming interest (3) A gradual tapering on work (4) Common ship of one's own co-peers. Keeping above points in view present study was under taken to study the Attitude towards retirement among older sports persons. The sample constituted 60 Active sports persons and 60 Retired sports persons and 60 Non sports persons. Sports, physical activity and retirement were the major criteria in the selection of the sample. Only men who were 60 years and above with various socio-economic background were included in the study. Information schedule along with Attitude towards retirement (ATR) scale developed by (Atchley 1974) were used to made comparison among these three groups on attitude towards retirement.

**Key words:** *Attitude towards retirement, Retired sports persons, Active sports persons, Non sports persons.*