

Interview two retirees

Psychology



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Interview" Introduction Aging is a physiological phenomenon and as one ages the brain accrues the morals which were laid down in the formative years of life and were followed all through the life encompassing the temperament of financial preparedness for retirement, psychological impetus and incidence(s) that proved to be the turning point. All these are imperative in mental strength as one approaches retirement. Later stages of life is the inception of an analytical phase to review what is procured out of life. Psychoanalysis embrace an absolute association of reminiscences that replicate on noteworthy accomplishments and developmental landmarks that characterized ones life. Such review paves the way for an appropriate understanding about self and also about the surroundings, and provides a new dimension and motive to life as one retires.

Subject

An adult aged 65 years of age, named Ronny, an electrical engineer by profession, staying in a nuclear family with wife and two sons, was interviewed to get an in-depth understanding about the thinking behavior of people belonging to this age group.

His sister, 62 years of age, named Rita, a physician by profession, staying in a nuclear family with husband, a son and a daughter, was also interviewed to understand the psychological diversities between the two genders during the phase of retirement.

Interview summary

The personalities of Ronny and Rita were shaped by their parents, both of them were brought up as individuals with patience, cool-headed temperament, endurance, punctuality for every actions, sincerity in studies. These temperaments motivated them to be good scholars, their mother was <https://assignbuster.com/interview-two-retirees/>

a home maker but she was well aware of circumstances, therefore, motivated them to participate in all the extracurricular activities, and at the same time inculcated deep moral values which were passed on to their children too. Since both of them were working so finances were never a problem for them (Children, Adolescents and the Media: Issues and Solutions).

Childhood discipline enabled them to perform their best in their professions. Every month they had been depositing 10% of their salaries as a saving amount for retirement, 10- 10% for their children education, marriage and further settlements. They were managing with the remaining 70% of the earned money which they used to pay off their house loans, vehicle loans and other expenses. After reaching the age of 40 years both of them started contributing 25% of their salaries as their retirement amount. They never wanted to be a burden on their children so as soon as they got the jobs, both insured their lives through Life Insurance, Health Insurance and Retirement Secure deposits. They enhanced the % as then their house loan and vehicle loans were completed.

As they had planned their lives in a meticulous manner, and were psychologically as well as emotionally very strong, moreover they gradually became financially strong too so the thoughts of retirement never scared them. Moreover their spouses were also earning members so there was never financial crunch in their lives.

Both of them were highly sincerity for everything, their meticulous nature to preserve things and taking care of every one brought many rewards for the organization where Ronny was working and to fame to the hospital where Rita was working. Every new project was taken as a new challenge by Ronny

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while every new case was a challenge for Rita. With their diverse reading habit and kind-heartedness they are admired amongst their relatives and respected by people in their societies. People approached them to seek advice and their opinion and hence they possess a very good social network which was enough to keep themselves busy, their good reputation and congenial public relationship is rewarding them even after their retirement. Discipline in life, healthy the eating habits, timings of meals and also the quantity, to this regular morning walk along with the spouse and children were enough to keep themselves fit and away from age related ailments. Ronny and Rita were highly foresighted individuals and they discussed every issue with their spouses and family thereby enriching the knowledge of the family and children which helped them to develop good oral language skills earlier than their stipulated ages.

They have been judgmental all through their lives and were highly practical therefore retirement was never a botheration for them.

At this age they feel highly contented in every aspect of their lives. They now think that are now like a "ripe mango" who are through with all the responsibilities both personally and professionally and now enjoying the old age with grand children and inculcating the values of life and discipline in them and think whenever death happens they will die with peace.

Evaluation

Ronny and Rita were fulfilled with the sense of integrity as per the Erikson's and Peck's theories of life stages of late adulthood. They accepted the impedes and commemorated successes and always instituted meanings with every event of life. They are mature enough and have gained wisdom to resolve the issues and share thoughts with others. A constructive attitude on <https://assignbuster.com/interview-two-retirees/>

life enables inhabitants analyze their old age more satisfactorily and positively. Their cool temperament always brought admiration from everyone. They are remembered for advice and hence they stood as an ideal for many of his connections (Social and Personality Development in Late Adulthood; Late Adulthood).

The busy ethic of Ekerdts article somewhere relates to the lives of Ronny and Rita as they have managed with their lives and pursuits in the most efficient manner. they have planned their retirement right ahead of the time and hence they are the most idealist retired individuals (Ekerdt, 1986).

References

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