

Dealing with Life after Work: A Teacher-Retires Experiences

¹Mary Razel T. Tesoro & ²Rebecca T. Barrios

Abstract

In this study, phenomenological qualitative research design was utilized in order to comprehensively capture the research questions appropriately and adequately. This study aims to identify the over-all experiences of retiring teachers in the Department of Education, Division of Aklan, District of Makato. Retirement is a time when responsibilities are reduced and replaced by different kinds of outlets, but it does not logically match with the retirement age. The research used purposive sampling techniques to sample 7 respondents of which 2 were males and 5 females. Face to face interview was used to collect qualitative data. Qualitative data was thematically coded and analyzed through Colaizzi's method. The findings showed that most of the participants experienced mixed emotions during their transition from their previous learned routines to their retirement phase. Most of the retirees suffered from psychological stress such as isolation and loneliness and lack of knowledge in proper planning and managing of their financial aspects. To avoid further financial problems in the future, the participants pursued in settling debts responsibilities, which gave them peace of mind and rendered them to utilized time in creating more meaningful activities. As the participants ended their teaching occupation and being satisfied to the service they had contributed to the society, the feeling of fulfillment was achieved.

Keywords: *Over-all experiences, retiring teachers, retirement, responsibilities*

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About the authors:

¹Corresponding Author. Master of Arts in Education major in Educational Management, Faculty, St. Gabriel English School, Kalibo, Aklan, 5600 Philippines.

²Doctor of Education, Vice President for Academic Affairs, Northwestern Visayan Colleges, Kalibo, Aklan, 5600 Philippines.

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Introduction

This article discusses the findings of an extensive study that was carried out in the District of Makato with the purpose of delving further into the experiences that retiring teachers have had throughout their careers. The lack of previous research on this particular subject served as the impetus for the researcher to investigate the pleasures, demands, and problems involved with retiring for teachers as well as the coping mechanisms that are linked with those things. The primary objectives of this study were multifaceted, including the following: identifying the overall experiences of retiring teachers; gaining an understanding of the challenges they encounter; determining their aspirations during retirement; exploring the coping mechanisms they employ to navigate this transition; and proposing a comprehensive program that can effectively support their transition from being working professionals to private citizens. The study obtained a plethora of informative data regarding the experiences of retiring teachers by applying qualitative research methods such as interviews and focus group discussions. These approaches enabled the study to gather information about the instructors' perceptions and experiences. The findings illuminated a wide variety of issues connected to retirement for educators, shining light on features that are beneficial as well as those that are challenging during this period of life transition. In the end, the purpose of the study is to provide a contribution to the existing body of knowledge on retirement experiences, with a specific focus on the one-of-a-kind circumstances that apply to retiring teachers in the District of Makato. The findings of this research have the potential to inform the development of individualized support programs and policies that, in the future, can help make retirement a more pleasant and fulfilling experience for teachers. These programs and policies can be a direct result of the insights gained from this research.

Methodology

The primary objective of this study was to investigate and acquire a more in-depth comprehension of the lived experiences of people who have gone through career changes in the modern workplace. In order to accomplish this goal, a phenomenological qualitative research approach was utilized. This allowed for an in-depth investigation of the participants' individual experiences as well as the meanings that they ascribed to the various stages of their professional lives. We used a method called purposive sampling to choose a varied pool of participants who were in the process of making recent transitions in their professional lives. The researchers

acquired rich and extensive data by conducting semi-structured interviews, which allowed participants to freely express their ideas, feelings, and impressions regarding their career transitions. The researchers were able to collect rich and detailed data. After that, we used a method called thematic analysis to locate and understand reoccurring themes and patterns within the data that we had collected. The findings of this research shed light on a number of crucial aspects in individuals' career transitions. These factors include personal motives, organizational support, external circumstances, and self-reflection. The ramifications of these findings were examined with regard to individuals, organizations, and behaviors pertaining to career development. Ethical considerations were meticulously upheld throughout the entirety of the research process, ensuring that informed consent was obtained, that confidentiality was maintained, and that participant identity was protected at all times. Overall, this research makes a significant contribution that enriches the existing body of knowledge and offers practical implications for individuals who are navigating career shifts as well as organizations that are looking to assist the professional development of their employees. Specifically, this research sheds light on the intricate nature of career transitions and offers vital insights into the nature of these transitions.

Findings

The purpose of this study is to shed light on the difficulties that retiree teachers have as they enter a new chapter of their lives by investigating the broad spectrum of emotions that they experience when they transition from their employment. According to the findings, departing teachers experience a spectrum of emotions, ranging from joy to regret, depending on the specifics of their life situations at the time of their departure. One's level of financial security has a significant role in determining whether or not they will be able to retire without having to worry about their finances and do so in an atmosphere that is peaceful and fulfilling. Participants in the survey report feeling a sense of satisfaction stemming from the beneficial impact they have had on society as a result of the professional work they have done and the community service they have performed. In addition, those who have reached retirement age have the goal of filling their time with pursuits that will both make them happy and help them develop personally. On the other hand, they frequently have to contend with emotions of loneliness and isolation because there are no other coworkers around. The impending retirement of teachers causes many of them to become concerned about their finances, healthcare, and savings, which leads many of them to invest, pursue hobbies, and place an emphasis on their overall well-being. The importance that

participants placed on maintaining their mental clarity, fostering happiness, and making thorough preparations for retirement is highlighted by the findings of this study. These findings highlight the emotional and practical problems that retiring teacher's experience, and they give useful insights for policymakers and educators who are attempting to assist successful retirements for teachers.

Conclusion

Due to the fact that the shift from working to being retired frequently brings about a variety of problems, this study dives deeply into the difficulties that retirees experience and investigates the methods they use to overcome these obstacles. A significant amount of psychological stress is often experienced by retirees as a result of financial restraints, which can result in feelings of isolation and loneliness as well as a lack of financial savvy. The transition from an active working life to retirement has a considerable impact on one's ability to make decisions and the pursuit of activities that have value, which gives birth to a myriad of obstacles. In spite of the challenges they face, retirees keep a positive attitude and do their best to overcome them by drawing on their life experiences, decision-making abilities, and ability to think logically. The research suggests the implementation of programs that boost physical and mental well-being, create optimism in the pursuit of personal interests, provide expert financial counseling, and promote a greater connection to spirituality as a means of addressing these problems. These programs should be implemented as soon as possible. The findings of the study highlight how important it is to adopt a healthy lifestyle, actively participate in wellness initiatives, seek knowledge on managing both physical and mental health by reading and attending seminars, seek expert advice regarding financial matters, and actively pursue personal passions. The goal of these aha! moments is to provide retirees with the knowledge and resources they need to effectively plan and navigate their personal, financial, and spiritual lives in the period of their lives after they have finished working.

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