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PONGUBOL NGAMBANHARN : SIRIRAJ HOSPITAL NURSES' OPINION
ON THE PRE-RETIREMENT PREPARATION RESEARCH REPORT
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Retirement from job brings about an important change in not only health condition, and social roles, but also economic condition. As a result, an arrangement for retirement is obviously necessary.

The objective of this study was to investigate opinions of nursing personnel at Siriraj Hospital on their pre-retirement preparation. The data collection was conducted from December 1998 to February 1999, through interviews with 30 subjects : 28 females and 2 males, aged 45-59. The data, then, were analyzed, classified and transformed into percentile.

The result of the study shows that the sample group has prepared themselves in five aspects : physical health, psychological state, economic condition, social role and leisure time. Physically, 86.6% of the subjects eat three nutritious meals with five food groups per day. In fact, 83% of the population is aware of weight control. Psychologically, 80% of the subjects are ready to face retirement, which definitely will come in the future, and 36.66 of them find a retreat in some religious activities, such as practicing Buddhist chanting, making merit and giving donations. Financially, they have planned on savings and reserving their money for their health problems and other emergencies (60%). Interestingly, 93% of the population have their own residences and 56.66% will set aside some money for home renovation.

Moreover, the subjects are well-prepared to support their family members (86.66%) and to go out for social gatherings among peers group (73.33%). Some of them (70%) will spend their free time on their hobbies whereas others (23.33) will join support groups for the elderly.

However, very little is seen on exercise and physical check-up. The Department of Nursing, therefore, should encourage the nursing personnel to exercise, especially after work, and to have an annual physical check-up. Finally, it will be greatly beneficial if the department launches a program on pre-retirement preparation for its personnel.