

The purpose of this study was to find the relationships between retirement preparation and adjustment to retirement. The subjects were 130 retirees who retired during 1985-1990 and get pensions from the treasury which are located at Muang, Sikeaw and Boayai districts of Nakornrajasima province. All of them were resided in this province at least six months up to the period of study.

The data were collected by individual interviewing and were analyzed by using statistical methods : percentage, Chi-Square test and Pearson's Product-Moment correlation.

The major findings were as follows :

1. The retirement preparation level of retirees was at low level and their adjustment was at moderate level.
2. There was significantly positive correlation between retirement preparation and adjustment to retirement at 0.05 level ($r = 0.1863$)

Preparation for time spending and psychological acceptance for retirement, as well as the retirees' marital status and their family relationships were found statistically significance related to the adjustment to retirement.

The preparation for financial, housing and physical health, as well as period after retirement, types of previous work, previous working position, their hobbies and their social activities after retirement were found no statistically significance related to the adjustment to retirement.

3. There were found internal correlation of the adjustment to retirement : self-concepts especially self-esteem, role function and interdependent relations at 0.05 level of statistically significance.

This research finding provided suggestion to the government officers or employees to have retirement preparation especially preparation for time spending and psychological acceptance for retirement. Public Health Nurses should provide services for promotion the retirees' adjustment such as to promote their family relationships and should be cooperated with government organization in aranging pre-retirement preparation programs. Further study with larger population and in other group of retirees or in other area of the country should be recommended.