

Thesis Title            Adjustment of the Retired Primary School Teachers in  
                                 Ubonratchatani Province

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Degree                    Master of Education (Population Education)

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#### ABSTRACT

The purposes of this research were to study the adjustment and how the retired primary school teachers adjust themselves.

This research was composed of 7 parts : The adjustment of physical health, mental health, economic status, social status, marital status, educational experience and residence.

The samples were 90 retired primary school teachers in Ubonratchathani. The questionnaires were used and collected by the researcher. The findings were as follows :

1. Physical health. Fifty-one point one per cent of these teachers had the problem of physical health. It could be observed that 100% of them were often faint, 91.3% of them could not sleep well, 80.4% of them were high blood pressure. Seventy-six point zero of these persons solved their problems by looking for hobbies, 73.9% of them bought and took medicine without physician's prescription, and 54.3% of them spent their time by rest.

2. Mental health. Eleven point two per cent of them had abnormal mental health. Evidently 40.0% of them were moody persons, 30.0% felt lonely, 30.0% of these people solved their problems by attending the sermon, exercise and by rest. Forty per cent of them by taking coping potion

3. Economic Status. Twenty-five point five per cent of them had faced economic burdent, 51.2% had did not get any other money except the pension, 13.3% faced economic problem, 34.7% had to afford their children's educational expenses, 30.4% had problem on their housings. Fifty-six point five per cent solved their financial problems by selling their properties, and 43.4% by finding another work to make more money.

4. Marrital Status. These persons did not have any problems about their marrital status, 75.5% of them were still with their couples.

5. Social status. They could adjust themselves with their friends, families and relatives. They were still respected as they used to be formerly.

6. Educational experience. These persons were useful to their community. Evidently 30.0% of them were counselors in the community, and 28.8% were educational committee members.

7. Residence. Five point six per cent of these teachers had the resident problems, These problems were : The residence was too small and inconvenient. They solved these problems by paying visit to relatives, make themselves contentedly, and improving their houses.

It is recommended that an organization should be set up to take care and solve the retired teachers' problems such as to have a special room in the hospital for the retired teachers, the advisory service and to have the fund foundation for retired teachers.