

ABSTRACT: SILVER STORIES INTERNATIONAL CONFERENCE

Gender Influence in the Transition to Retirement: A qualitative study

Ana Teresa Pedreiro¹

¹Unidade de Investigação em Ciências da Saúde: Enfermagem, Escola Superior de Enfermagem de Coimbra, Portugal

Citation: Pedreiro, Ana T. (2015). Gender Influence in the Transition to Retirement: A qualitative study. *Res Net Health* 1, ss12.

Received: 15th February 2015

Accepted: 9th March 2015

Corresponding Author:
apedreiro@esenfc.pt

Abstract

Introduction: Retirement is one of the major transitions in a person life. The work identity is, many times, the only identity the person has and so a loss of identity can be felt after retirement. It can also lead to different vulnerabilities, including health vulnerabilities. Gender differences during active life originate different experiences for men and women that influence the identification of personal goals and resources for reaching those goals, after retirement.

Objective: To know the perceptions of Portuguese retirees about their transition to retirement, according to gender.

Methodology: We conducted a descriptive study of a qualitative nature. The target population was retirees (retired for less than five years) registered in health care providers in Primary Health Care of the Regional Health Administration Center. The selected participants were subjected to an approach by focus group, after signing informed consent, and the information was gathered by digital audio recording and subjected to thematic analysis using the NVivo10® program.

Results: The following themes emerged: before retirement, after retirement, the retirement moment and the future perspective.

Conclusion: Individuals perceive retirement depending on their personal characteristics, including gender. It was also perceived that retirement interfered with their usual routines and with their family. Is highlighted the interference that retirement had on the marital relationship.

Keywords: Aging; Retirement; Gender; Conjugality



SILVER STORIES
DIGITAL STORYTELLING INTERNATIONAL CONFERENCE
Escola Superior de Saúde. Instituto Politécnico de Leiria

