



24-12-2009

Retirement causes stress

Professional stress is highest among the age groups of 35-44 and 55 to 69 years old. The moment one retires is a crucial one in life, leaving people with a lot of spare time. For physical and mental reasons, social interaction is important to lead a long and healthy life.

These results are based on secondary research conducted on the InSites Health Study and an analysis of different types of online social media targeted on 55+ individuals. In a second phase, a quantitative study and qualitative study were conducted amongst 55+ individuals, using user created brainstorming, online in-depth and duo interviews.

Social interaction is key

55+ individuals try to lose weight more than any other age group. They know a lot about nutrition in food products and keep an eye on their intake of sugars, fat, salt, cholesterol, tobacco and alcohol. But research shows that there is still a part of this population who is less aware.

Tom De Ruyck, Senior Consultant InSites Consulting explains “The main difference is the fact that the last group has fewer social contacts to make them aware of the relevance of it. Participants indicate that having enough social contact is key to living a long and healthy life. In our interviews with 55+ individuals it was mentioned frequently that the moment you retire is a crucial one. Especially the years before are determinant in the sense that your career needs to have a happy end.”

Retirement causes professional and private stress

Professional stress is highest among the age groups of 35-44 and 55 to 69 years old. The moment one retires is a crucial one in life and a determining phase towards the years to come, causing private stress to be the highest too for the 55+ age group.

At the end of their career, people feel alone within the company: old friends and colleagues are gone, younger people manage the company in a different style. The contrast between work life and being retired comes as a shock. All of a sudden they have a lot of spare time that needs to be filled-up with meaningful things.

Co-creating solutions

The InSites Consulting study gave 55+ individuals the chance to suggest solutions to these issues. This is an overview of the most appealing possibilities to take action upon:

- Make it possible for employees to work fewer hours at the end of their career to make the transition to the increased spare time easier.
- Make employees aware of the problem by organizing workshops within or outside the company. During the workshop options can be shown to spend extra spare time. Former employees could share their experiences.
- The skills of people who had higher functions could be of great value within charity organizations. This particular group of people has the hardest time adjusting to the increased spare time.
- Organize social activities for retired people that are sufficiently diverse so different types of people can find something for them in the offer.

Press release - 24-12-2009

- Create awareness of healthy lifestyle for people with fewer social contacts, e.g. brands in the food industry and companies in the pharmaceutical sector could use their different communication channels to inform people of what they should and should not eat

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InSites Consulting

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