

Doctoral dissertation

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Title: RETIREMENT, HEALTH AND SOCIO-PSYCHOLOGICAL CONDITIONS. A longitudinal study of 116 municipally employed women in Malmö, Sweden.

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### **Abstract**

A longitudinal study was performed in 116 employed women concerning the effects of retirement on health and socio-psychological conditions. Examinations were performed six months prior to and five months after retirement. They concerned subjective health, earlier and present disease, medication, calls to physicians, smoking and sleeping habits and physician activity. The women were interviewed about their work situation, contact frequency with relatives, neighbours, friends and workmates, leisure activities and attitudes towards retirement. The prevalence of post-menopausal bone fractures was studied and bone mass was measured. Oral health, meal habits and intake of energy were examined. The majority (94 %) were healthy before retirement. After retirement subjective health improved in 22 % and deteriorated in 9 %. Blood pressure decreased. The number of calls to physicians diminished. Medication, smoking, sleeping habits and physical activity changed little. In women with one definable disease (35 %) subjective health improved. Attitude towards retirement became more positive afterwards, particularly among those with jobs in subordinate positions. Contact frequency and leisure activities increased. Oral health did not change. Postmenopausal bone fractures occurred in 26 %; these women had lower bone mass than women without fractures. Intake of energy diminished after retirement.

Retirement from work due to age was associated with a mostly positive influence on health. Most women seemed to accept retirement as a natural part of their life cycle. Occupational retirement in women seemed to be important in friendship matters and leisure activities.