

Social Activities in Improving the Quality of Post-Retirement Life

Suparmi¹, Bunga Dwi Wulan^{2*}, Anisa Dian Artikasari³

^{1,2,3}Department of Educational Technology, Sebelas Maret University

Abstract

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Humans in their lives face events that show transition processes, which vary from childhood to old age. Retirement is three things that are lost, namely routine activities, coworkers, and lost time interacting with coworkers. The retirement period experiences a change in routine, namely going to work in the morning and returning home in the afternoon or evening. These activities change and tend to have a lot of free time because they have entered retirement. The happiness of the elderly hopes to live happily and prosperously in old age, spending the rest of their lives with their beloved family. This research aims to find out what activities can improve the overall quality of life of elderly people. This research method is a Literature Review, which is carried out by searching for articles online using Publish and Perish then involves reading and reviewing existing literature to find related research. The results of this research are that social activities such as religion, agriculture, social gatherings, arts and culture, and the use of social media can improve a person's quality of life.

Keywords: Retirement, Social activity, Quality of life

(*) Corresponding Author:

bungadwiwulan@student.uns.ac.id

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INTRODUCTION

Humans in their lives always experience events that indicate a transition process, such as puberty which is a transition period from childhood to adolescence, and early adulthood to late adulthood. Retirement is usually associated with the end of a person's work period at an institution. KBBI, 2023 defines retirement as the condition of no longer working because the working period has ended.

Retirement is faced by all individuals in the world with various national backgrounds. In Iran, personality traits, stress coping strategies, and religious attitudes influence improving the quality of life in retirement (Moatamedy et al., 2020). According to Sarabia-Cobo et al., 2020, retirees who have been inactive for many years show lower cognitive performance in assessing attention, memory, problem-solving ability and satisfaction in their current life and work, meanwhile, active retirees perform better. When compared with the beginning of retirement, life satisfaction and freedom to do what one wants decreases after two years of retirement (Sohier et al., 2021).

The retirement period experiences changes such as changes in economic income, daily activities and social environment (Aldriani & Widyastuti, 2021). Three things are lost when someone retires. First, the usual routine habits, such as going to work in the morning and coming home in the afternoon or evening, change and people tend to have a lot of free time because they have entered

retirement. Second, losing interaction with colleagues, both superiors and subordinates. People entering retirement will not have the time to interact with colleagues like when they were still working (Sasongko & Nurtjahjanti, 2017 in Novendra et al., 2021).

Humans generally hope to live happily and prosperously in their old age, spending the rest of their lives with their beloved family. If someone wants their life to have meaning, they will be enthusiastic and optimistic about achieving it. As a test that must be passed, problems and challenges will be faced calmly and optimistically. On the other hand, people who feel that their life has no meaning will feel unenthusiastic, frustrated and pessimistic (Pratiwy, 2020).

It is natural that as the initial retirement age approaches, prospective retirees begin to worry about their future (Saputra, 2020). According to Seangpraw et al. (2019) in Destriande et al., 2021, a good quality of life will encourage elderly people to become productive, prosperous, independent and healthier. Happiness results in a better life with higher efficiency. According to research by Moeini et al, 2018 in Andriani & Sugiharto, 2022, it shows that elderly people depend on a number of factors, including income, education, gender, health status and social activities.

According to Gerungan W.A in Saputra, 2020 social activities have a huge impact on the health of the elderly, people who continue to have social connections have a lower death rate compared to people who socialize less or stop participating in personal activities. Therefore, the aim of this research is to identify social activities to improve the quality of life in retirement. Based on the above, the formulation of this research problem includes (1) What are Social Activities, Quality of Life and Retirement? (2) What activities can improve the overall quality of life of elderly people?

RESEARCH METHOD

The research method used is Literature Review. Research by collecting data from various sources, including journals, scientific articles, and other relevant sources. The articles use publications from 2020-2024 which can be accessed using the database from Publish or Perish with the keyword "Social Activities in Improving the Quality of Life in Retirement" there are 200 articles and in accordance with the research theme there are 7 articles. This data collection process involves reading and reviewing existing literature to find related research. After the data is collected, the data processing is carried out to analyze and draw conclusions in accordance with the research objectives.

RESULTS AND DISCUSSION

Retirement is faced with new problems, one of which is maintaining quality of life and social and psychological well-being. A retiree's life can be influenced by many things, one of which is their involvement in social activities that can have a positive impact. Many studies have tried to understand how social activities affect the quality of life of retirees, both in terms of their mental health, social well-being and life satisfaction. Therefore, it is important to dig deeper into what activities can improve the quality of life satisfaction of the elderly.

In the process of searching for articles online, the author managed to find 7 articles that were relevant to this research topic, namely Social Activities in Improving the Quality of Life in Retirement, which were published between 2020 and 2024. The following is a list of the articles found:

Table 1. Findings from Previous Research

No	Judul Dan Tahun	Penulis	Hasil Pembahasan
1.	Aktivitas Sosial Lansia Pasca Pensiun Pns Di Desa Kedung Urang Kecamatan Gumelar Kabupaten Banyumas (2020)	Saputra, S. A.	Elderly health is influenced by social activities. People who continue to socialize have a lower death rate compared to people who socialize less or stop socializing.
2.	Studi Fenomenologi: Pengalaman Adaptasi Diripada Lansia Di Masa Pensiun (2020)	Wianti, S., & Muchlisin, U. O.	This research emphasizes the importance of maintaining social relationships. Social interaction for the elderly is useful for supporting their mental and emotional health.
3.	Analisis Program Pembekalan Menghadapi Masa Pensiun Di Lingkungan Mabes Polri (2022)	Waluyo, S. H., & Hamka, H.	This research emphasizes the importance of paying attention to social aspects in retirement provision programs, so that employees can live their retirement better and not experience difficulties in social interactions.
4.	Pengaruh Self-Efficacy, Kecerdasan Spiritual, Dan Dukungan Sosial Terhadap Kecemasan Menghadapi Masa Pensiun (2020)	Blandina, D. N.	Social activities significantly improve an individual's quality of life by providing emotional support, expanding social networks, and increasing a sense of connectedness.
5.	Pengembangan Diri Pensiunan Perantau Jawa Melalui Pelatihan Seni Gamelan Di Lombok Timur (2023)	Murcahyanto H., Murni, R. K., & Mirah, S. R. S.	Gamelan training in social activities improves psychological well-being and cultural identity in retired Javanese migrants in East Lombok.
6.	Perilaku Lansia Pensiunan Di Kota Padang Menggunakan Media Sosial (2021)	Veby, A.	Retired seniors use social media to maintain communication with family and friends and reduce boredom, which contributes to their social and emotional well-being.
7.	Sikap Terhadap Pensiun, Perencanaan Pensiun, Dan Kualitas Hidup Pada Karyawan Dalam Masa Persiapan Pensiun (2020)	Iskandarsyah, A., & Setyowibowo, H.	A person's quality of life during the retirement preparation period is influenced by their retirement planning, both physically, psychologically and environmentally.

The transition to retirement often results in major changes in an individual's lifestyle, social relationships, and overall well-being. Social activity, defined as interaction and participation with other individuals in a community, has been considered a crucial element in reducing the possible negative effects of

retirement and improving the quality of life. Social activities, both community and individual, play an important role in maintaining the physical and mental health of retirees and provide opportunities for active participation in social life. To gain a better understanding of how social activities affect the quality of life of a retiree, it is necessary to examine several relevant theories and research results. In this section, we will discuss the theories underlying the importance of social activities and the results of research showing how involvement in social activities can influence the overall well-being of retirees.

Social Activities

According to Tabi'in, 2017 in Anisa et al., 2021 social activities are any activities carried out by the general public, both individuals and groups in everyday life. Social activities are social activities carried out with other people in the surrounding environment (Rhamdani, 2021). Some social activities include participation in activities that clearly encourage social interaction, such as volunteering, attending courses or training, belonging to a sports club, attending religious, political, or other social events (Christelis, Dimitris, & Dobrescu, & Loretti I, 2012 in Yuniartika et al., 2023).

Social changes that occur in the elderly according to Veby, 2021:

- a. Role changes that occur after power syndrome, single women and children
- b. who do not have a partner
- c. Feelings of death arise when a parent dies.
- d. The presence of dementia can interfere with social interactions
- e. His emotions can change quickly, he is often angry and irritable.

Quality of Life

Quality of life is defined as a person's perception of their own life, which is based on daily life and the value system in which they live, and is related to their standard of living, hopes, pleasures and concerns (Yuliati, 2014 in Putri, 2021).

Factors that influence the quality of life retirement in Iskandarsyah & Setyowibowo, 2020:

1. Physical and mental health: A healthy mind and body are critical to surviving retirement. Chronic illnesses, disabilities, and mental health problems can reduce quality of life.
2. Social support: Strong relationships with family, friends, and community provide a sense of security and happiness.
3. Financial security: A stable financial situation allows individuals to meet life's needs and enjoy various activities.
4. Social role: Feeling useful and having a role in society can increase self-satisfaction and quality of life.
5. Physical environment: A comfortable and safe living environment can make a positive contribution to well-being.
6. Retirement preparation: Careful planning before retirement can help individuals adjust to changing roles and lifestyles.

Pension

Retirement has several meanings depending on the person doing it. For employees, this may mean stopping work because they have reached retirement age. Meanwhile, for anyone, including self-employed workers, professionals, traders, farmers, fishermen, service workers, and others, this could mean stopping work because they are tired. It can also be described as unproductive time periods and productive time periods. Another example of "retirement" also means time spent enjoying a free life after work (Purnama et al., 2021). According to Novendra et al., 2021, mandatory retirement is when someone has to quit their job because their company sets a certain age to stop working, without considering whether they like it or not.

Retirement requires a reorganization of social contacts and daily routines, which allows the emergence of psychological problems, both mild and requiring professional help. There is a correlation between retirement and poorer health status, decreased activity, and chronic health conditions in several European countries (Hessel, 2016 in Iskandarsyah & Setyowibowo, 2020).

The general retirement goals according to Anggraini & Adeyani, 2021 are as follows:

1. For employers:
 - a. Appreciate employees who have served the company.
 - b. So that companies can enjoy the results they earn when they retire.
 - c. Provides a sense of inner security to employees, in order to reduce overhead.
 - d. Increase employee motivation to complete their tasks.
 - e. Improve the company's reputation in the eyes of the public and government.
2. For employees:
 - a. Confidence in earning income in the future.
 - b. Provides a sense of security and work motivation.

Social Activities That Can Improve the Quality of Life

1. Social preparation program

Waluyo & Hamka, 2022 stated that social preparation programs are very important for employees approaching retirement because changes in social situations can influence their interactions and behavior. With the right insight, employees can more easily adapt to changes after retirement. This is confirmed by research by Iskandarsyah & Setyowibowo, 2020, that it is very important for someone to pass retirement successfully. There are policies, procedures, and programs designed that can help companies or institutions reduce employee anxiety and confusion about the transition to retirement.

2. Gamelan Training

Gamelan training in social activities improves psychological well-being and cultural identity in retired Javanese migrants in East Lombok. Participants learn gamelan playing techniques and musical notation and variations of traditional songs through this training. Retirees gain important emotional support, reduce the risk of social isolation, and build strong social networks by actively participating in these activities. This activity also serves

as a platform for learning and self-development, helping participants become more proficient in arts and culture. Structured coaching helps retirees stay productive and enjoy their free time in a meaningful way which is very important for their mental well-being (Murcahyanto et al., 2023).

3. RT Regular Meeting

The results of Saputra, 2020, show that elderly people in Kedung Urang Village who have retired as civil servants are involved in various profitable social activities to fill their free time. These activities include religious activities such as tahlilan and yasinan, and joining the dhikr congregation which can strengthen their spiritual and social relationships. Apart from that, the elderly are also actively involved in agricultural activities, such as growing rice and vegetables, which not only fills their time but also helps increase family income. They benefit from participating in local community activities, such as neighborhood social gatherings, community service, and regular neighborhood meetings, which help them stay connected to the community. This study found that social activities are very important to help older people enjoy their retirement well and remain active in social circles.

4. Use of Social Media

The use of social media by retired seniors has several positive impacts. First, social media such as WhatsApp and Facebook make it easier for them to communicate with friends and family even over long distances. In retirement, this helps reduce feelings of loneliness and supports more active social interactions. Apart from that, they can enjoy entertainment that can help them learn new things and reduce boredom by watching YouTube content. Social media also contributes to the emotional well-being of older adults by offering a platform to re-establish old relationships and strengthen social ties (Veby, 2021).

5. Social Interaction

According to Wianti & Muchlisin, 2020, social interaction is very important in the lives of older people, especially after they retire. Major changes in their daily routine can lead to loneliness, loneliness, and even depression. Maintaining relationships with family and friends, participating in social activities, and participating in the community can help them adapt to the changes that occur in their lives. With social activities, seniors can improve their mental and emotional health, which in turn contributes to a better overall quality of life.

6. Following the Community

Social activities significantly improve an individual's quality of life by providing emotional support, expanding social networks, and increasing a sense of connectedness. Participating in social activities, such as joining a community, joining a hobby group, or interacting with friends, can provide much-needed emotional support to reduce feelings of loneliness and increase happiness, which contributes to better mental and physical health (Blandina, 2020).

Based on the various social activities that have been discussed, involvement in social activities has an important role in improving the quality of life of retirees. They can take advantage of social preparation programs, such as gamelan, regular RT meetings, and use of social media, to stay connected to their social environment and reduce feelings of loneliness. Maintained social interaction also contributes to the emotional well-being, mental and physical health of retirees. Retirees can enjoy a more meaningful and fulfilling life by more easily adapting to the changes that occur during the transition to retirement by actively participating in community or other social activities.

CONCLUSION

Social activities, such as participating in the community and maintaining relationships with family, are critical to retirees' mental and emotional health. These activities not only reduce loneliness but also improve the quality of life. Retirees who are involved in social activities such as religion, agriculture, social gatherings, and cultural arts, such as gamelan, can maintain mental well-being, strengthen social relationships, and reduce the risk of loneliness. The use of social media also helps strengthen social interactions and reduce boredom. Additionally, emotional and spiritual support from social activities helps them stay connected to the community and increases happiness. Overall, social activities and structured support in the community contribute significantly to improving the quality of life for retirees to enjoy their retirement while remaining productive and feeling connected to their social environment.

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About the Author(s):

Suparmi

A lecturer in Educational Technology at Sebelas Maret University. Has a great interest in article writing, with sharp writing skills and in-depth research abilities to produce content that is informative, engaging, and beneficial for readers.

Bunga Dwi Wulan

Second year student majoring in Educational Technology, Sebelas Maret University. Has a hobby of exercising and is actively involved in championships.

Anisa Dian Artikasari

Second year student majoring in Educational Technology, Sebelas Maret University. Has a hobby of exploring natural places and culinary delights.