

Work to retirement: A snapshot of psychological health in a multicultural Australian population

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Key Words:

psychological well being, workers, retirees, Australia born, overseas born, mental health

Research aim:

The specific aim of this study was to explore psychological well-being in workers and retirees and compare responses from people who came from an overseas-born population and those from an Australian born.

Results/Conclusion:

In terms of adjustment to retirement the findings indicate no significant differences in psychological symptoms during the retirement transition phase between populations.

Implications:

Further research needs to be carried out to consider the role of possible explanatory factors that may contribute to the psychological transition to retirement.

Cultural Group(s):

Overseas born, Australia born

Location of study:

Australia

Age group:

50+

Number included in study:

286

Type of participants:

Participants were self-selected, voluntary, informed research participants aged 50 years and older. One hundred and ninety-five people born in Australia and retiring in Australia and 91 people born overseas retiring in Australia

Research approach:

Quantitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Depression, Anxiety and Stress Scale, the PTSD Checklist, the Satisfaction with Life Scale and the Duke Social Support Index

Implications/ Recommendations:

Notes: