

**Social support and Well-being among Retired people**

**M.Phil Thesis**

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# **Social support and Well-being among Retired people**



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## DECLARATION

I, Ms Areeba Azhar, Student ID 15001261027. Student of M.Phil Sociology, session 2015-2017. The work reported in this thesis was carried out by me under the supervision of **Dr. Wasif Ali Waseer**, Department of Sociology, University of Management and Technology Lahore, Pakistan.

I hereby declare that the title of thesis “Social Support and Wellbeing among Retired people” and the content of the product of my own research and no part has been copied from any published source (except the reference, standard statistical models/equation/formulas etc).

Dated: Jun 05, 2017

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Signature of Declarer

## **COMPLETION CERTIFICATE**

Certified that this thesis titled, “Social Support and Well-being among Retired people” has been carried out and completed by Ms. Areeba Azhar, Student ID. 15001261027, Student of the M.phil Sociology, Session 2015-17, under Dr. Wasif Ali Waseer’s supervision is a record of original and independent research work carried out under given instructions and consideration.

Dated: June 05, 2017

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## **ABSTRACT**

This research concerned with social support and well-being (health) among retired people. Where social support is an independent variable while well-being is dependent variable. After the age of the retirement, there is no proper system, how they can busy themselves and how can avail their time. This study highlights the problems of retired people after retirement. It explores whether social setting/support affects their mental or physical health or other things. This study also sees the social attachment and emotional response of retired people and their activities after retirement. Respondents were selected from the banks who came there for pension. Respondents also selected from the government schools and collage's retired persons records. Pearson Product Moment Correlation analysis used for analyze the relationship between variables. Multiple linear Regression analysis also used for prediction of variables. After the analysis it is concluded that there is a positive relation between social support and health. It is also concluded that engage with different activities, keep us become physically as well as mentally active.

**Key Words:-** Social support, Retired people, Well-being (health).

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**AREEBA AZHAR**

## **Chapter No. 1**

### **INTRODUCTION**

The present research concern with social support and well-being (health) among retired people. Where social support is an independent variable while well-being is dependent variable. After the age of the retirement, there is no proper system, how they can busy themselves and how can avail their time? Because before few days (in job days) they were busy and their links with society were well but after retirement everything (set up) become change. Young generation busy in study, jobs and modern technology like mobile, laptop. Only a few recent studies have investigated the causal relationship between social support and medical well-being. Researcher observed that they (seniors) feel, now they are also retired mentally and physically. Society and also family members consider them that they are now objectless. This thing disturb their health. So there should be proper system for them. Not like an old house. This study investigated the social support and medical well-being among retired citizen.