Comparison of mental health and power structure in family and marital conflicts between male employees and male retirees

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BACKGROUND

Each of our days is organized in relation to our job. If our working hours change, our daily schedule will change (Mishara, Raydel, 1986/1988). By the retirement of all the equilibrium obtained, somewhat collapses. And it takes some time for someone to adapt to new conditions and usually there are negative consequences in the transitional period. Usually, men are more likely to experience these problems than women (Mousaei, 2005). Retirement does not only affect the retired person but also affects other family members (Dorfman, 2003). Existing research on retirement has often focused on mental health or marital satisfaction. They have not investigated the Power structure in family. In addition, these studies have reported different results. Therefore, the purpose of this study was to comparison of mental health and power structure in family and marital conflicts between male employees and male retiree.

OBJECTIVES

The aim of this research was the comparison of mental health, power structure in family and marital conflicts between male employees and male retirees.

MATERIALS & METHODS

This research was a descriptive cross-sectional study. This study had two statistical populations. The first population includes male employees aged 40_50 years in Alborz's Province education (4155 individuals). Inclusion criteria for this population include of age (40 to 50 years old), sex (men). Exclusion criteria were marital status (be married and not divorced) and at least 5 years have passed since their marriage. 351 individuals from the first population randomly selected clusters. The second population includes male retirees in Alborz's Province education (6612 individuals). Determining sample size was based on Krejcie and Morgan's table. Inclusion criteria for this population include sex (men), Can read and write, and Retired. Exclusion criteria were marital status (be married and not divorced), at least 5 years have passed since their marriage, they are not under the age of 55 years old and Have no serious physical or psychological illness. 351 individuals from the first population randomly selected clusters. 361 individuals from the second population available sampling selected. The number of subjects under the age of 55 was 20 individuals, which eventually reached 341 samples. The subjects responded to three questionnaires of General health (GHQ_28), the Power structure in family and Marital conflicts. For data analysis, we used from statistical indicators of mean, standard deviation and independent t_test.

RESULTS

Table1. Means and Standard Deviations, by employment situation

	Mean retirees	Mean employees	S.D. retirees	S.D. employees
Duration of marriage	34.59	15.12	8.52	5.54
Age	62.56	43.66	7.208	5.116
Mental health*	25.543	22.989	16.182	17.454
Somatic symptoms	6.438	5.721	4.505	4.749
Anxiety and insomnia	6.626	6.484	4.900	5.090
Social dysfunction	7.601	6.667	4.384	4.572
Depression	4.878	4.117	4.732	5.082
Power structure in family **	170.839	180.328	33.266	37.579
Jurisdiction in family	88.842	91.675	21.823	21.082
Family relationship patterns	58.269	62.396	10.959	12.912
Style of power exercise in couples	23.729	26.256	6.532	6.978
Marital conflicts	108.609	99.296	30.218	19.347
Decrease in cooperation	9.501	8.761	3.648	2.612
Decrease in sexual intercourse	8.194	7	3.446	2.792
Increased emotional reactions	16.366	15.595	4.880	3.697
Increase in attracting children's supporting	10.108	9.749	3.149	2.826
Increased personal relations with his own family	10.407	8.932	4.567	2.941
Decrease in family relationship with spouse's relatives or friends	10.482	9.749	4.688	3.422
Separate finances from each other	15.161	13.51	4.600	3.925
Decreased effective relations	28.845	26.607	7.234	5.478

*Higher scores in mental health indicating mental health is lower.
**Higher scores in the power structure in family indicating power structure is more egalitarianism

Means and standard deviations for all variables employed in the analysis are shown in Table 1, separately for retirees and employees.

Table2. Differences between retirees and employees in mental health, power structure in family and marital conflicts, by t-test

	Levene's Test for Equality of Variances F	P	Mean Difference	t	df	P
Mental health	2.039	0.154	-2.554	-2.026	710	0.043
Somatic symptoms	0.120	0.729	-0.717	-2.067	710	0.039
Anxiety and insomnia	1.304	0.254	-0.142	-0.378	710	0.705
Social dysfunction	0.565	0.453	-0.934	-2.784	710	0.006
Depression	0.224	0.636	-0.761	-2.069	710	0.039
Power structure in family	1.646	0.200	9.488	3.570	710	0.000
Jurisdiction in family	0.884	0.347	2.833	1.761	710	0.079
Family relationship patterns	4.208	0.041	4.127	4.592	685.18	0.000
Style of power exercise in couples	0.760	0.384	2.528	4.992	710	0.000
Marital conflicts	51.940	0.000	-9.313	-4.911	615.08	0.000
Decrease in cooperation	37.132	0.000	-0.741	-3.122	653.01	0.002
Decrease in sexual intercourse	5.592	0.018	-1.194	-5.086	687.75	0.000
Increased emotional reactions	18.454	0.000	-0.770	-2.378	670.22	0.018
Increase in attracting children's supporting	4.008	0.046	-0.359	-1.601	705.54	0.110
Increased personal relations with his own family	56.127	0.000	-1.476	-5.140	617.04	0.000
Decrease in family relationship with spouse's relatives or friends	26.816	0.000	-0.733	-2.387	659.06	0.017
Separate finances from each other	8.217	0.004	-1.651	-5.156	698.28	0.000
Decreased effective relations	20.249	0.000	-2.238	-4.662	670.14	0.000

The table 2 shows, There are significant differences between male employees and male retirees in mental health (t=-2.026, P=0.043), Somatic symptoms (t=-2.067, P=0.039), Social dysfunction (t=-2.784, P=0.006), and Depression (t=-2.069, P=0.039). There are not significant differences between male employees and male retirees in anxiety and insomnia (t=-0.378, P=0.705). There are significant differences between male employees and male retirees in Power structure in family (t=3.570, P=0.000), Family relationship patterns (t=4.592, P=0.000), and Style of power exercise in couples (t=4.992, P=0.000). There are not significant differences between male employees and male retirees in Jurisdiction in family (t=1.761, P=0.079). There are significant differences between male employees and male retirees in Marital conflicts (t=-4.911, P=0.000), Decrease in cooperation (t=-3.122, P=0.002), Decreased in sexual intercourse (t=-5.086, P=0.000), Increased emotional reactions (t=-2.378, P=0.018), Increased personal relations with his own family (t=-5.140, P=0.000), Decrease in family relationship with spouse's relatives or friends (t=-2.387, P=0.017), Separate finances from each other (t=-5.156, P=0.000), and Decreased effective relations (t=-4.662, P=0.000). There are not significant differences between male employees and male retirees in Increase in attracting children's supporting (t=-1.601, 0.110). Since the variances of the two groups were significantly unequal for Family relationship patterns, Marital conflicts, and its subscales (P<0.05) used of t_test of unequal variances.

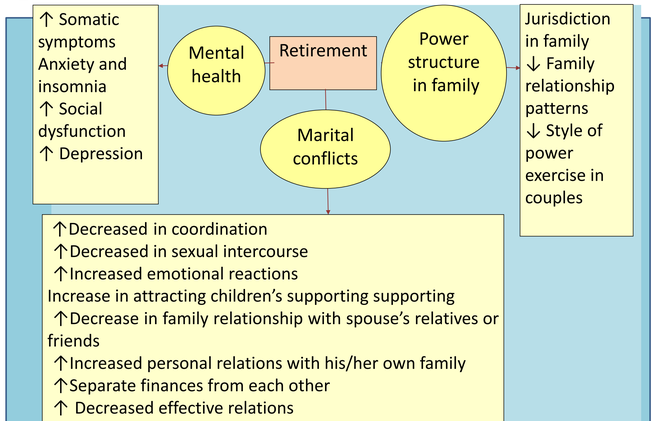


Figure 1 :Effects of retirement on the mental health, power structure in family, and marital conflicts: (↑Increase or enhancement; ↓ Decrease or deterioration).

SAMMARY

Job role is one of the most important roles people play. Losing job role is an unexpected disconnection that occurs in the lives of the elderly. Retirement does not only affect the retired but also affects other family members. Usually, men are more likely to experience these problems than women. Purpose of this study was to comparison of mental health and power structure in family and marital conflicts between male employees and male retiree. Methodology & Theoretical Orientation: This research was a descriptive cross-sectional study. The subjects respond to three questionnaires of General health (GHQ_28), Power structure in family and marital conflicts. For data analysis we used from statistical indicators of mean, standard deviation and independent t-test. Crisis theory was utilized to focus on the difference Between Mental Health, power structure in family and marital conflicts between male employees and male retirees. Findings: This research showed that there are significant differences between male employees and male retirees in mental health, power structure in family and marital conflicts. Conclusion & Significance: The results of this study, shows that retiring employees reduce their general health and affect in power structure in family and marital conflicts.

CONCLUSIONS

The results of hypothetical analysis showed that there are significant differences between male employees and male retirees in mental health. This result is supported by the findings of Kianpoor Ghahfarokhie & Zandian (2010), Golparvar, Bozorgmehri & Kazemi (2011), and Clouston & Denier (2017). Retiring whenever possible is an important and traumatic experience. It is difficult for many retirees to adapt to life without job, because they feel that they have lost their base. Retirement for many means the lack of regular relationship with others; Leisure activities and retirement entertainment for some individuals are so low that they feel boring and meaningless (Gibson & Mitchell, 2003/2010). The results of hypothetical analysis showed that there are significant differences between male employees and male retirees in power structure in family. This result is supported by the finding of Roebuck & Bulanda (2011). Retirement can make a lot of changes in normal marriage relationships. Retirement changes in roles that cause significant changes in family relationships (Mishara, Raydel, 1986/1988). The results of hypothetical analysis showed that there are significant differences between male employees and male retirees in marital conflicts. This result is supported by the findings of Lee and Shehan (1989), Myers & Booth (1996), and Chalmers & Milan (2005). Because many couples spend much more time together than they did prior to retirement, both the strengths and weaknesses of their relationship may become more apparent. Couples may become more sensitive to particular aspects of their relationship and look anew at their individual goals and their goals as a couple (Dorfman, 2003). The rise in marital interaction resulting from retirement can be viewed as an invasion of privacy that results in tension and disruption (Myers & Booth, 1996).

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