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

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Each of our days is organized in relation to our job. If our working hours change, our daily schedule will change. 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. Retirement does not only affect the retired person but also affects other family members. 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.

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.

Biography

Maryam Soleimani graduated with a master's degree in Family Counseling. This article has been extracted from M.S. Thesis. Dr. Ali Mohammad Nazari was her advisor. He has a Ph.D. in Family Counseling. Dr. Kiyanosh Zaharakar was her consulting advisor. He has a Ph.D. in Counseling. This article is about retirement and its psychological effects on themselves and their family. Crisis theory was utilized to focus on the difference between family and individual aspects in male employees and male retirees. Maryam is interested in research on retirement and aging. She has several studies in this field.

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