A COMPARATIVE STUDY ON PSYCHOLOGICAL PROBLEMS AMONG RETIRED PEOPLE IN SELECTED URBAN AND RURAL AREAS OF DISTRICT HOSHIARPUR, PUNJAB.

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ABSTRACT

Mental health problems consistently exist in societies around the world and its incidence is rising globally. Retirement is the point where a person stops employment completely. A person may also semi-retire by reducing work hours. Psychological problems are a concern for older adults, and have been shown to lead to admission to a nursing home, functional decline, and finally, to death. The largely limited availability and accessibility of health professionals and services in rural areas are among the most recognised barriers to appropriate use of health services by the rural people. These and other access barriers, especially, the lack of affordable and available transportation, limited income, and health insurance coverage, are critical for rural elders who face additional problems with physical frailty and the lack of social support.

Key Words: Problem, Retired People, Psychological, Mental Health.

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