

The Health Enhancement of the Retirement Age based on Buddhism

^[1]Supakorn Napikul

^[2]Phramaha Phongprabhakorn Visuddhimedhi

^[1]Mahachulalongkornrajavidyalaya University, Chiang Rai Buddhist College, Thailand.

^[2]Mahachulalongkornrajavidyalaya University, Phayao Campus, Thailand

E-mail: Kiatkhajorn.napikul@gmail.com

ABSTRACT

Most people's working lives begin between the ages of 18 and 59 and reach retirement at the age of 60. The retirement causes problems as many seniors after retirement experiencing changes whether it is a disease and a mental disease. Therefore, the preparation after retirement is an important issue that must be taken into account for the well-being of life after retirement. One of the ways that most seniors choose to practice is applying Buddhist principles for mind management. The Buddhist principles are as follows: 1) Three marks of existence, 2) Brahmavihara, 3) The world of drama, 4) Anapanasati and 5) Pratityasamutpada. The consequences of adhering to the principles of Buddhism leading to life will make the mind calmer and result in the elderly being healthier and be able to live happily in the society.

Keywords

Well-Being, Buddhist Well-Being, Elderly

INTRODUCTION

Thailand currently has a higher rate of population growth every year. There is also the migration of people in the provinces to work in Bangkok. As a result, the population of working age has increased from the past and increased employment. Therefore, when these working-age populations reach retirement age this means a predetermined amount of time that no more work is required. As a result, the income that was received regularly will cease. Make life after retirement for each person will be different. It depends on how well the person is prepared to support life after retirement. The most certain situation that every population will inevitably encounter is Life after retirement will be a life of loneliness. Because the daily routine that had been carried out had ended. Therefore, when it comes to retirement age, you don't have to work. Causing many peoples to find hobbies to do to solve loneliness because retirement is something that has to happen to working people. In any era, human beings have to work for a living. Even if they differ in terms of compensation. At present, humans work in exchange for "money". It is Intermediate to bring in exchange for the necessities that must be consumed. Working life generally starts from the ages of 18 to 59. While it is possible to continue working, the retirement age that begins at the age of 60 means having to stop working is one of the most important life changes in your life. When the right time and age come, it is something that must be accepted and adjusted. Many people have difficulty living after retirement. While many people are able to adapt because of the proper planning in advance and the understanding that with increasing age performance will be reduced. It is important to understand the reality of the situation. That will be able to help prepare for retirement better because retirement age is like aging. In the present, advances in technology, manufacturing, and medicine have led to the progress of society in various dimensions. Importantly, these innovations have prolonged the life of our people. As a result, many countries around the

world tend to have more elderly people every year. Thailand is another country with an increasing number of elderly people. In 2020, Thailand has a total population of 68.02 million people that the elderly population over the age of 60 will increase to 20.42 million in 2040 . This situation has made Thailand a stepping stone to an aging society. This situation has made Thailand step into an aging society fully.

Therefore, preparing for life after retirement is an important issue that must be taken into account. Due to the regular income that was once received, it may be lost or less. While some people may have pensions received from organizations that used to work each month. It is not much, and now more advancement in medicine and public health has been made. It makes the population live longer with the retirement age of 60. The population has to live longer after retirement. There are many forms of life after retirement. Varies with the person's status and factors such as accumulated income, mood, health and care from family members. By living after retirement, there are many forms, such as wanting to work to earn more for the family, plant trees or raise animals inside the house. Moreover, they want to go out to benefit the community such as teaching or as a lecturer or want to study Dharma and participate in religious activities. This lifestyle depends on the factors that determine the different spend life after retirement.

In addition, another issue that can be encountered at retirement is if people have retired from work but those peoples still have the potential to work. Some people, despite being old but the health of the body can still work. Health that wanes over time with the law of the trinity in Buddhism conditional age bring on sickness. In Buddhism, it is called kayikrok, it means a disease caused by the body. There are two types of diseases in Buddhism: 1. kayikrok is physical disease, and 2. cetaska is mental disease. The cause of mental illness is impossible to accept changes in Worldly conditions, that is, to have wealth, deterioration, rank, and disgrace, happiness and suffering. The problem that can be seen from the fact that some people have depression after

retirement is to feel that they are worthless. It is the burden of family and children.

While some people after retirement with increasing age. They have a congenital disease causing the family to bear the burden of care. It makes suffering such as suffering caused by physical and mental diseases; these are diseases that come with age. Physical illnesses can be treated medically, but a mental illness is an abstract disease. The teachings in Buddhism, this is the teachings that the Lord Buddha emphasized in solving suffering, as Phra Brahmakunaphorn (P.A. Payutto) gave his view on the Buddhist method of giving advice as follows: Buddhism is a religion of guidance. It is a religion that wants to help people starting from the mental aspect. Therefore, advice must be given. Guiding instruction this involves guidance to enable individuals to help themselves. People are not fully self-reliant or have an immature level of self-reliance and need counseling when they are unable to help themselves. There must be a self-reliant helper using language and activities.

THE MEANING OF WELL-BEING

The term wellness or health means the state of human beings that are complete physically, mentally, intellectual and social. Connected together as a whole in balance as the Dharma Pitaka has meant that happiness is something that everyone seeks and desires to receive happiness that comes from oneself or happiness that arises from knowing the truth of things. This is spiritual happiness another kind of heart and happiness is social happiness that comes from having a good relationship with the people around you. Occupation is the basis, having a position that is accepted in society, having friends and family and having a good family life.

The Tripitaka There is two that refer to the condition of being in good physical health. "Appapatho" means having few diseases or Appatangko, such as, "This monk in this Dharma and Discipline is less sick and has mild disease." any and he will have fewer diseases." 1. A person in this world is not a human being in any place. They will be less sick. 2. "The monks who are five kinds of cultivators: after death If not to be born in heaven, come back to be human in any place. They will be a person with less pain and a mild disease." 3. Conditions of physical health and good mental health. Even if there is a physical disease can develop mentally because it focuses on special psychological importance. As the Buddhist proverb said that "Mind is the leader of all things" 4. "Health" World Health Organization defines the meaning that perfect health both physically, socially and mentally. It does not mean only the absence of disease or disabilities. The Buddha said about the importance of physical health. There is no disease that persecutes. This was the perfect time to meditate. If the body is sick, it cannot be healed. He will focus primarily on spiritual healing. He said, "Even if the body is severely hurt, it can still develop towards the attainment of enlightenment." One view of sickness expressed by the Buddha is that "the body is a basic of diseases". Inevitably one will suffer more or less sickness. Another word is the word "arokya" meaning no disease. As the Buddha proverb said, "Arokyaparama Lapa" means that the absence of disease is a great fortune. This happiness is related to life. Every human being desires a happier life. But

before we can understand happiness, we must first know the Buddhist view of human beings. To create an understanding of human nature as a whole, this is fundamental to the understanding of human happiness.

WHAT IS WORKING RETIREMENT AGE?

Retirement and Seniors

The Elderly refers to a person over 60 years of age with a change in to development as well as physically, emotionally and socially especially in the elderly who had worked and had to retire from full-time work. This is the loss of status and social roles, directly affecting the minds of the elderly. The word "retirement" in the Cambridge Dictionary means quitting or stopping work due to increasing age. Retirement means "to stop or end work. But it seems that retirement also results in the loss of both mentally and physically, or as a means of ending self-worth. If during work there is a principle to hold on to even when retirement comes there should also be principles of dharma to hold on as well.

Type of Retirement

Civil Service System Act Retirement has been divided into two types: 1) fixed retirement, this is forced retirement at the age of 60, and 2) flexible retirement, it means that the retirement age is not set at any age. You can retire at any time with agreement. But most are between the ages of 60-65. This type 2 includes early retirement, but most retires before the age of 60 years

The step of Working Retirement

Robert C. Atchley Sociologists have developed six stages of retirement, each of step identifies how a person after retirement will feel:

1. (Pre-Retirement) is the process of considering the possibility of retirement, starting to let go of the job responsibilities or let go of stressful thoughts. It's the stage of planning and thinking about retirement. Some people are excited and want to retire as soon as day.

2. (Retirement Event) called "retirement date" events today are mainly party and it is considered the last day of work.

3. Honeymoon, the post-retirement phase is a feeling of liberation, happy, doesn't have to go to work or have to take on many responsibilities anymore. This feeling lasts for about 2 or 3 months or 1 year. It is a time when retirees feel relaxed and free.

4. Disenchantment or called the end of promotion at this stage, some retirees will feel disappointed and discouraged because retirement is not as expected. This feeling can be particularly intense in those who do not have a plan for physical adaptation and are not prepared for other activities after retirement.

5. Reorientation It's a new direction. After going through a period of disappointment and discouragement, retirees often ask themselves the question: "What do you want to do or how do you want to spend the rest of your life?" This question mostly arises in the second year after retirement. Especially for those who do not plan retirement in advance. This year will begin planning. Find some ideas for events to follow their own preferences. However if you have planned ahead before retirement would be better to wait for the retirement

date arrives, as planned, to get good results, it can take time to prepare a fairly long.

6. Retirement Routine this stage is adaptive to the environment and can be adjusted to various events after retirement. It is depending on advance preparation. Some people may be able to adapt immediately after retirement, while others will take years.

PREPARATION FOR RETIREMENT

Retirement is signs of rest and freedom from heavy responsibilities, along with the risks of boredom and loneliness. The retirees have to abandon schedules that used to be routine obligations, good retirement planning can be a useful way to live after retirement by managing upcoming expense. Retirees can be free from the stress and discomfort that can result from losing the joy of their work life to face problems with their income. Managing social isolation includes the reorganization of life in this working retirees must be most prepared. In particular, financial preparation, in this article, can be divided into 3 types of savings strategies as follows:

1. Traditional Retirement is a normal retirement in general. Working people wait for the period when they no longer have to work and don't think about going back to work. This type of retirement is planned to finance as much as it is very likely to be enough to make a living due to a reduction of income.

2. Semi-Retirement, half-retirement people who choose this method tend to be those who do not work full-time but divide their time to work in a more flexible way of working, allowing them to spend time traveling or doing their favorite activities at the same time. This can help you increase your retirement savings, where after retirement from a full-time job. You can also earn money, so you don't have to worry about running out of money as there are ways to earn money after retirement.

3. Temporary Retirement This is a way to stop work for a short time, also known as Mini-Retirement. It is work for a period of time and then a short break to rest. A short period of time means taking months to a year and then returning to work. Retirement requires careful financial planning as retirement savings will not be much because they were spent during that short vacation.

These 3 preparations will help confirm the stability of working life of retirees so that they can live happily and ready to enter the transition of life to be an elderly person in the future. Retiree will enter another status, "elderly", the World Health Organization has divided into 3 categories: "elderly" aged between 60-74 years old, "old people" aged 75-79 years, and "very old people", aged over 90 years. In 2040 Thailand will have 32% of the elderly. The population of 10 peoples will be up to 3 elderly people. "Retirees or the elderly" such changes include changes in the body, organs and systems that have deteriorated. Mental changes include thinking, intelligence, and memory, and perceptions of things begin to decline. There has also been a social change from the former social gathering outside home to social events to become a home society that spends. Most of their time at home. Interacting with people is no longer a colleague, but that is, a family member, such as a child, sibling or relative.

THE EFFECTS ON THE ELDERLY

Retirement affects retirees in many ways, all of which affect retiree's life satisfaction and many lives. These impacts are as follows:

1. Physically, retirees are also elderly people. Therefore, it must meet with the deterioration of various organs, such as the deterioration of the bone system. Causing problems in walking or deterioration of the nervous system, making the elderly unable to accept body changes. Disappointed with life and if the elderly lack knowledge of care as well. It will cause the health to deteriorate rapidly.

2. Psychologically, retirement causes retirees to be seen as incompetent. Especially some people who used to have all the power. These things, if retirees can't adapt, can be frustrating. Discouraged, depressed they think they are meaningless, have no value, and lack satisfaction with their current life conditions.

3. Social retirement is the withdrawal of external social roles. Retirees have a home society lack of meeting with coworkers, all the power they once had, causing retirees to think they are worthless. Lack of respect cause mental problems with loneliness. If there is no new role to replace, it will cause no satisfaction in life.

4. In the economy, when they leave work, the income is reduced. At the same time, the expenditure increases. There must be more deterioration in health care expenditures than before cause economic problems.

The impact of retirement will be related to the conceptual framework of research in personal interest Income level, physical health and mental health, because of living in retirement depends on the interests of the individual. This will look at the income received and their own health combined.

THE HEALTH OF THE ELDERLY IN BUDDHISM

Phra Brahmakunaphorn (P.A. Payutto) said that the specialty of human beings is must be trained and sublime by training. It's called "training or education" means learning, practicing, learning and developing. Therefore, "practice" is a way to improve our lives and that requires the practitioner to have time. Taking into the material (physical) aspects of man and the non-material (mental, emotional, experience, consciousness, intellectual, psychosocial) aspects of human beings, as well as taking into account the surrounding environment such as light, freedom, cleanliness, peace, it's called safe. These things related to the aspect of well-being will have the aspect of "body 1 mind 1 and environment 1".

Well-being is a holistic life balance. This is due to the development of oneself with 4 principles of meditation are as follows:

1. Physical development refers to the development of the body to be well-being and happiness in harmony with nature, to appreciate, take care of, and be happy when living with nature. Consumption four factor as well as technology equipment to be of the highest value. Eat with moderation, Consciousness is not obsessed and treats things consciously without causing any harm. Especially to know, look, listen consciously and learn how to use wisdom, take care of your physical health.

2. Moral development; Social development means the development of behavior, body, speech to be appropriate in society. Have good behavior in living with others and social environment. Moreover, they know how to help each other not encroach or cause trouble or damage to others. Honesty in working, respecting rules, ethics and laws.

3. Emotional development, psychological development means the development of the mind to grow with virtue, have good mental health, be kind, compassionate generous, have faith and belief with wisdom, respect, and gentle, honest, grateful, have a strong and stable mind, diligent, patient, responsible, mindful, and peaceful.

4. Cognitive development, Intellectual development means develop to know how to think through training, enhance knowledge, thoughts, and understanding to know how to think, consider, judge, reflect, solve problems, act with wisdom, see things as they are truthful, without prejudice. In addition, they know their professional duties, have the knowledge needed to live have the wisdom to keep up with the world and life with the conditions free mind.

Thus, the balance of life in terms of physical (physical meditation), behavior (sila-bhavana), mental (mind-bhavana) and brain or intellect (panya-bhavana) in all four sides are an important factor in life that contributes to the well-being of human beings all ages especially the elderly.

BUDDHIST PRINCIPLES AND THE DEVELOPMENT OF MENTAL HEALTH OF THE ELDERLY

The development of mental health of the elderly has to learning and developing to cover all dimensions. The important part that will help to enhance the most complete is the principles that can be applied in the development of the mental health of the elderly, consisting of:

1. Trinity principle is the emergence, existence and extinction of everything in this world. The absolute truth of everything in this world Whether it is a living or non-living thing, which everything, when it happens will change Both for better and for worse and eventually fall apart. According to natural principles, there are 3 characteristics:

1) Anicca; means "uncertainty".

2) Dukkha means "state of unable to keep the same", so you can plausibly say that state of unable to keep happiness/unsatisfaction/ suffering is one part in dukka.,

3). Anatta means "no-existence" but that existence is in the meaning of subjective perspective.

2. Four sublime states of mind principle is the principle of forgiveness and gives mercy to self and others.

3. Worldly conditions are Dhammas that are common in the world. The creatures of the world must conform to these eight normalities, which consist of the worldly virtues namely, love, and desire, namely:

1) Having wealth, meaning gaining benefits acquiring property

2) Having a rank means having a higher status power was great,

3) Praise is heard praise and satisfactory

4) Being happy means having physical comfort, and having fun

5) Losing wealth means losing one's fortune and not being able to survive.

6) To gossip means to be criticized for being bad and being slandered by being insulted.

7) Suffering is suffering from physical and mental

4. The principle of Anapanasati is awareness of the in-and-out breath.

5. The principle of Paccasamuppada describes the emergence of all Dhammas, that is, when this exists because of the occurrence of and it goes off. This principle can be applied in solving suffering, alleviating suffering, knowing the cause of suffering.

CONCLUSION

Retirement is designed to allow workers to rest after working for a long time. But because of the habit of working before retirement, you may have the thought that you want to retire quickly. So that you do not have to take responsibility for many things and thinking that they are worthless due to lack of income causes discouragement and despair. However, if you look at retirement as a challenge. It is like being assigned a new job that gives you the opportunity to show your full potential from self-management. It's including time management based on moral principles as a management tool.

If the elderly are able to integrate Buddhist principles in their lives to achieve proper health They Use Buddhist principles as a guideline for their lives together with the understanding of the true principles of Buddhist teachings, namely: 1. the Trinity principle is to understand the absolute truth of everything in this world. Whether living or non-living things. Everything when it happens will change, for better, worse, and eventually break down with natural principles. 2. Four sublime states of mind principle are to live with compassion with others and all things have a desire for others to be happy. Know how to admire in things and know how to ignore situations that arise, 3. Worldly conditions are to understand the truth of life's ups and downs. You have to adjust your mind to be normal to get the condition. Solitude knows the content of life and do not engage in things that are more than enough. 4. The principle of Anapanasati, this is knowing how to set the breath in and out with conscious awareness. Being aware all the time and, 5. the principle of Paccasamuppada practice are to know the cause of the occurrence and the consequences of a systematic incident. This will make the mind more calm and result in the elderly being healthier until finally them able to live happily in this world.

REFERENCES

- Cambridge Dictionary. 2021. Retirement. Retrieved August 19th, 2021, from <https://dictionary.cambridge.org/dictionary/english/retirement>
- Elevage partners. 2020. Three types of retirement and how to plan for each. Retrieved August 19th, 2021, from <https://elevagepartners.com/threetypes-of-retirement-and-how-to-plan-for-each/>
- National Statistical Office. 2020. Household Basics. The National Statistical Office. [online]. Source <https://bit.ly/3BwdcT3> [22 August 2024].

- Penprapha Benjawan. Preparation for retirement. Narathiwat Rajanagarindra University Journal, Humanities and Social Sciences. 2 (1: January-June, 2012). 84.
- Pisamai Chanthawimol. Definition of health promotion term. Revised edition. Second Edition. (Bangkok: Institute of Health Systems Research, 1998).
- Phra Brahmakunaphorn (P.A. Payutto). Buddhism and guidance. 7th Edition, (Bangkok: Education and Meditation Fund, 2002). Page 6.
- Phra Dhammapitaka (P.A. Payutto). Buddhism and guidance. (Bangkok: Teachers Council of Thailand Printing House, Ladprao, 2001).
- Redfield, Robert, and Milton B. Singer. 1954. The Cultural Role of Cities. Economic Development and Cultural Change. 3(1): 53-73.
- Wanwisa Chaiyo. Perspectives on happiness in the elderly: a case study Wai Thong Niwet. (Chiang Mai: Chiang Mai University. 2004).