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ABSTRACT

This is an exploratory-descriptive study of the life satisfaction of retired senior army officers, specifically in the areas of self-esteem, family and social relations, economic status and health. It also intended to study the problems encountered by these retirees and how they adjust to them. Six senior military officers who have been retired from eight to ten years participated in the study. The research was done using the interview method. It was conducted for an average of one and a half hours.

Findings revealed that, in general, retired senior army officers have high self-esteem, declining social relations, good family relations especially with their wives, and a high level of satisfaction in life. They do not suffer from serious health problems which is why they are more or less satisfied with their physiological conditions. They are also satisfied with their financial state. The retirees were able to adjust to their financial problems by saving and getting support from some of their children. As for their health, they observed strict diet and regular consultations with their physicians. The gap with their children were resolved by proper



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communication. With regards to adjustment to civilian life, they took efforts in changing and improving their attitudes toward relating with other people and their working behavior.

