

Absaract

People used to think that retirement is the beginning of their senior life; however, recent youth movement within corporate environment has resulted some early retirement for people at their age of 50's, or even 40's. If the retirees could actively participate in leisure activities, with appropriate leisure attitude, the quality of life would be well adjusted.

This research focuses on the residents living in the Greater Metropolitan Taipei area; questionnaires were distributed to explore the retirees' leisure attitude and their condition in life adjustment after retirement.

The surveys were conducted applying "snowball sampling", sample population is 433, and 416 were replied, among them, 361 were valid, the ratio is at 83.37%. Four instruments were used: "leisure attitude scale", "life adjustment scale", "leisure activity participation scale" and "personal background questionnaire". The samples data were analyzed by descriptive statistic, t-test, one-way ANOVA, and Pearson product-moment correlation. The results were as follows:

1. The retirees living in the Greater Metropolitan Taipei area possess good leisure attitude, and they generally adjust well for their life after retirement.
2. There were significant differences in the most frequent participated leisure activity with different backgrounds – genders, age, religion, age of retirement and education levels.
3. There were significant differences in the frequency in participating in leisure activity with different backgrounds – education levels and health status.

4. There were significant differences in the change of frequency in participating in leisure activity with different backgrounds –years of retirement.

5. There were significant differences in the most willing leisure activity to take part in with different backgrounds –age, religion and education levels.

6. There were significant differences in leisure attitude with different backgrounds –education levels and religion.

7. Those retirees living in the Greater Metropolitan Taipei area who most frequently participate in outdoor activities possess better leisure attitude when compared to those who prefer to follow mass-media.

8. There were significant differences in life adjustment with different backgrounds –education levels, religion, health status, age of retirement and profession before retirement.

9. Those retirees living in the Greater Metropolitan Taipei area who are more frequent and increase their frequency in participating leisure activities possess significant better leisure attitude and adjust life better.

10. There was a significant positive correlation between leisure attitude and life adjustment.

The conclusive findings in this research could provide validated recommendations to retirees, and authorities.

Key Words : Retirees, Leisure attitude, Life adjustment