Managing retirement plan for healthy wellbeing: A case study among teaching professionals

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ABSTRACT

Introduction: The issue of mental health among the ageing population is becoming increasingly critical in 2025, with several concerning trends emerging globally and particularly in Malaysia. The transition into the late adulthood stage, mainly leading to retirement, requires readiness to face psychological, emotional, and social changes and challenges. The study aimed at understanding the experiences and strategies used among teaching professionals aged 50 years and above in planning and preparing for their retirement plan. **Materials and Methods:** A case study approach among nine teaching professionals aged between 50 and 59 years old was conducted in understanding their retirement plan and preparation. All the informants were female teachers based in Terengganu Darul Iman; a state located on the east coast of Peninsular Malaysia. The location was chosen since Terengganu has made notable achievements in education in recent years. Using thematic analysis, several recurring themes emerged across multiple interview-based case studies. **Results:** Key themes involve career satisfaction and accomplishments, vision and meaning of retirement, holistic retirement planning, anticipated challenges and coping mechanisms. The underlying Continuity theory and biopsychosocial model supported the dynamic process of intentional transition for an active and successful retirement life resulting in optimum mental health and wellbeing. **Conclusion:** Important lessons learned based on the sharing of the informants are reflected. Several recommendations are outlined for relevant authority such as Ministry of Women, Family and Community Development and NGOs should join in a concerted effort to continue establishing programs and activities that can foster healthy ageing via well-structured policymaking.

Keywords: Retirement, challenges, mental health, teaching professionals, case study