

Abstract

Retirement is a period that is associated with many challenges ranging from physical, psychological to socio-economic ones. This study sought to find out how retired teachers in Makueni County adjusted in their retirement despite of the challenges associated with this period. The study was guided by the following theories: Social Construction Theory by Berger (1966), Disengagement Theory by Cumming and Henry (1961) and Life Cycle Perspective by Elder Jr (1960). The research sample consisted of 249 respondents (173 males and 76 females) who were selected through purposive and snow ball sampling techniques. Data was collected using questionnaires, face to face interviews and focus group discussions. Qualitative data was thematically analysed and reported through narratives and verbatim quotes while Statistical Package for the Social Science (SPSS) was used to analyse quantitative data and presented through simple tables and percentages. The research found that retirees cope with retirement by engaging in economic, social and leisure activities. Therefore, the study concluded that retirement is a time of freedom when retirees can constructively invest their time, wealth and energy in ways that bring prosperity to themselves and the society. The study recommends that employers need to continually train workers in preparation for retirement, and pension should be paid in time.