

## Abstract

Retirement is a period that is associated with many problems ranging from physical, psychological to socioeconomic ones. While the majority of research in Kenya has focused on the challenges of retirement, little is known about how retirees socially construct their retirement. This study, therefore, sought to examine how retired teachers in Makueni County socially construct their retirement in spite of the challenges associated with this period. The study was guided by the following theories: Social Construction by Berger (1966), Disengagement by Cumming and Henry (1961) and Life Cycle Perspective by Elder Jr (1960). The research used purpose and snow ball sampling techniques to sample 249 respondents of which 173 were males and 76 females. Questionnaires, face to face interviews and focus group discussions were used to collect both qualitative and quantitative data. Qualitative data was thematically coded and analyzed through content narrative analysis while Statistical Package for the Social Science (SPSS) was used to analyze quantitative data. The study found that retirement is both a time to relax and engage in development activities as well as that of suffering and social-ridicule. The study therefore, concludes that retirement is constructed either positively or negatively depending on if the retiree had planned for it and invested for the future. The study recommends that employers need to continually train workers in preparation for retirement. In addition, retirees need maintain good social relations with others that pension should be paid in time.