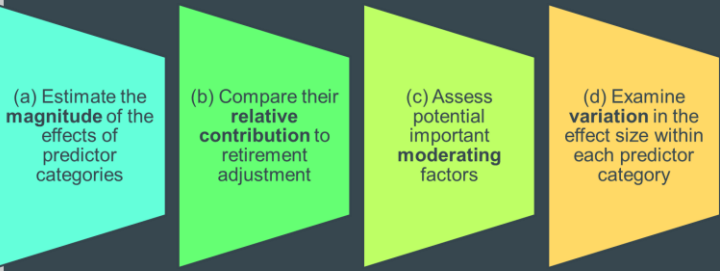


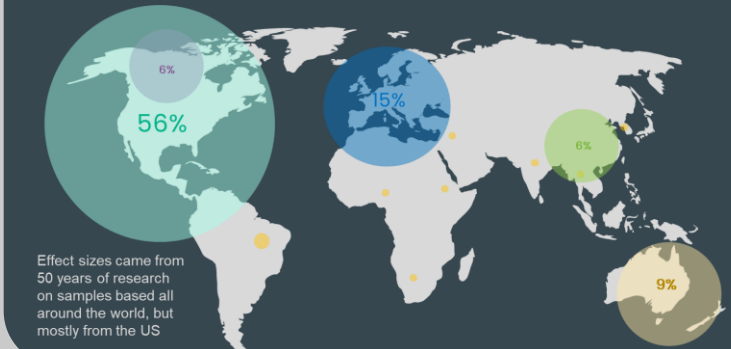
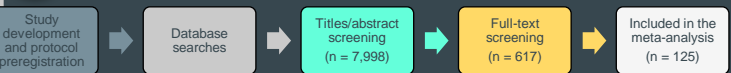
1 Background and aims



- ➔ Given aging populations and subsequent increase of years spent in retirement, it's becoming **increasingly important** to understand the factors that promote successful adjustment
- ➔ Previous research has identified **finances, physical health, marital relationship, wider social participation** and **exit conditions** as important predictors of adjustment
- ➔ The present study addresses an important gap by providing the **first quantitative synthesis** in a meta-analysis, which aims to:



2 Procedure / search strategy



A meta-analysis of retirement adjustment predictors

Crystal J. La Rue, Catherine Haslam, Niklas K. Steffens

3 Results

- ➔ A three-level meta-analysis (based on 915 effect sizes, $k = 139$, $N = 78,632$) found that **all five predictors** were **significantly** and **positively** associated with adjustment

Meta-analytic results for predictors of retirement adjustment.

Predictor	k	ES	N	r	CI 95%	Cred 80%	t	Sig. dif.
Overall model	139 (131)	0.15	78,632	.20	[0.17, 0.22]	[-0.04, 0.41]	14.90***	
Social (S)	36 (36)	0.275	48,201	.23	[0.20, 0.26]	[0.00, 0.43]	13.82***	M, F, E
Health (H)	36 (35)	0.198	66,037	.22	[0.19, 0.24]	[-0.12, 0.42]	13.73***	F, E
Marital (M)	19 (19)	0.106	29,142	.18	[0.14, 0.22]	[-0.17, 0.49]	9.55***	S
Finances (F)	20 (19)	0.124	40,289	.16	[0.13, 0.20]	[-0.07, 0.38]	8.87***	S, H
Exit conds (E)	27 (22)	0.212	17,435	.15	[0.21, 0.19]	[-0.08, 0.37]	9.00***	S, H

Note. k = number of independent samples (number in parenthesis indicates number of dependent samples); ES = number of effect sizes; N = number of participants; r = correlation effect size; CI 95% = confidence intervals for correlations at the 95% level; $Cred$ 80% = credibility intervals for correlations at the 80% level; t = corresponding t -value for correlations; $Sig. dif.$ = predictor categories which are significantly different to predictor indicated in respective row. *** $p < .001$.

- ➔ **Social participation** had the **strongest positive** association with adjustment, followed by health, marital relationship, finances and exit conditions, respectively
- ➔ Moderation analysis comparing effect sizes at the predictor level was **significant**, $F(4, 910) = 5.91$, $p < .001$, providing the first objective evidence of the **relative importance** of predictors of retirement adjustment
- ➔ Follow-up comparisons revealed that the effect size for **social participation** was **significantly stronger** than that of exit conditions, finances, and marital relationships, but not physical health
- ➔ Gender, age, study design, and retirement stage **did not moderate** these effects; though exit condition effect sizes were significantly larger in published data ($r = .15$) compared to unpublished data ($r = .05$), suggesting that **publication bias** might be present for this category

4 Subfactors

- ➔ We explored additional sources of heterogeneity within each predictor by examining **subfactors** within these key predictors, with effects ranging from $r = -.03$ to $.43$
- ➔ Less **physical health symptoms** (e.g., coughing; $r = .43$) and **ease of maintaining social life** ($r = .40$) were identified as the most important subfactors for successful adjustment

Subfactor	k	ES	N	r	CI 95%	Cred 80%	t	Sig. dif.
Subfactors within social								
a. Ease of maintaining social life	2	5	548	.40	[0.19, 0.65]	[0.15, 0.60]	3.56***	b; i
b. Social identification	5	31	11,180	.31	[0.19, 0.42]	[0.08, 0.50]	4.96***	b; i
c. Social interaction quality	8	15	12,552	.28	[0.20, 0.35]	[0.06, 0.47]	6.81***	b
d. Satisfaction with social life	4	17	795	.27	[0.17, 0.37]	[0.05, 0.47]	4.94***	b
e. Social support	26	123	24,448	.25	[0.09, 0.31]	[-0.03, 0.41]	8.97***	b
f. Total/freq of social interaction	27	55	22,909	.24	[0.18, 0.30]	[0.02, 0.44]	7.95***	b
g. Total groups (number-quality)	3	23	10,877	.20	[0.09, 0.31]	[-0.03, 0.41]	3.37***	b
h. Social affiliation	2	3	261	.07	[-0.13, 0.26]	[-0.19, 0.31]	0.52	a; b; c; d
i. Social preparedness	1	3	90	.02	[-0.25, 0.29]	[-0.26, 0.30]	0.12	a; b
Subfactors within health^a								
a. Health symptoms	7	11	3,055	.43	[0.31, 0.54]	[0.17, 0.63]	6.30***	b; c; e; f; g
b. Subjective health	62	125	55,352	.24	[0.19, 0.28]	[-0.03, 0.47]	9.61***	a; f
c. Health influence	8	22	4,955	.23	[0.11, 0.34]	[-0.05, 0.47]	3.79***	a; b
d. Health problem duration	1	2	284	.20	[-0.18, 0.53]	[-0.16, 0.51]	1.05	
e. Cognitive health	3	7	1,832	.14	[-0.08, 0.34]	[-0.16, 0.41]	1.27	a
f. Health illnesses	9	25	3,456	.13	[0.03, 0.22]	[-0.29, 0.50]	2.48*	a; b
g. Physical disability	4	6	579	.08	[-0.11, 0.27]	[-0.21, 0.36]	0.87	a
Subfactors within marital								
a. Marital quality	19	42	7,072	.17	[0.12, 0.22]	[-0.00, 0.33]	6.61***	
b. Marital status	35	57	23,528	.12	[0.08, 0.16]	[-0.05, 0.29]	5.58***	
c. Time with partner	4	6	1,327	.11	[0.00, 0.21]	[-0.08, 0.29]	2.05*	
d. Relationship duration	1	1	458	.04	[-0.15, 0.23]	[-0.17, 0.25]	0.43	
Subfactors within finances								
a. Income	48	87	17,189	.17	[0.13, 0.20]	[0.02, 0.31]	9.71***	c
b. Net worth	5	6	20,588	.13	[0.05, 0.21]	[-0.02, 0.28]	3.23**	
c. Financial preparedness	8	27	2,750	.07	[-0.00, 0.14]	[-0.09, 0.23]	1.88	a
Subfactors within exit conditions								
a. Feelings about retirement	14	41	4,644	.22	[0.15, 0.28]	[-0.02, 0.42]	6.39***	c; d; e
b. Bridge work	6	14	3,348	.13	[0.04, 0.22]	[-0.11, 0.35]	2.78**	a
c. Retirement preparation	24	72	8,375	.11	[0.05, 0.17]	[-0.12, 0.33]	3.84***	a
d. Retirement control	20	75	77,07	.10	[0.06, 0.15]	[-0.13, 0.32]	3.31**	a
e. Type of transition	4	10	3,040	-.03	[-0.18, 0.12]	[-0.27, 0.21]	-0.41	a

^a All subfactors are indicative of better health (e.g., less health symptoms, greater subjective health). * $p < .05$, ** $p < .01$, *** $p < .001$

$r = .40$

$r = .43$

5 Theoretical and practical implications

- ➔ This study provides evidence that some factors – particularly **social participation** and **physical health** – are more important for adjustment than others
- ➔ **GROUPS 4 HEALTH: Retirement** (based on the social identity approach to health) is a promising intervention given its third module trains people to maintain existing social ties in retirement

