

ABSTRACT

Title : **LIFE AFTER TEACHING: LIFE SATISFACTION AND LIVED EXPERIENCES OF RETIRED TEACHERS AT GENERAL EMILIO AGUINALDO**

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Life's adjustment of retirees usually are not given attention. While retirement may reflect an initial loss of the worker role and typically involve with family, friends, religious and voluntary association roles that can provide opportunities to recognize their field and to improve their life after retirement. It is a big adjustment, a transition from employment to retirement. This study was conducted to describe the lived experiences and life satisfaction of retired teacher after retirement.

A combination of quantitative and qualitative methods of research or mixed method was used in this study. For the quantitative data, 50 selected retired teachers in Gen. E. Aguinaldo answered the survey questionnaire. For the qualitative data, there are 5 retired teachers participated in the interviews. The major tool used in data gathering was researchers made questionnaire which was divided into 2 parts. Statistical treatments such as frequency and percentage distribution, weighted mean and pearson correlation were used to analyze the quantitative data. Moustakas method was utilized to analyze qualitative data and described the lived experiences of retired teachers after retirement. From the data gathered, it was revealed that the retired teachers were satisfied regarding on their life after retirement. All experiences proved that their life was better than

they are working. The experiences of retired teachers can be described as a blessing. They have enough strength to continue in life. Most of the retired teachers are actively serving with God. Even though, some of them are too old and not in a good health condition they are blessed because they surrounded by their love ones and contented as a faithful servant of God. The findings of the study confirmed that there is no significant difference between the level of satisfaction of retired teachers towards their life after retirement when grouped according to age and number of years retired.

Finally, the researchers conclude that retirement brought a time for themselves, family, friends and the things they wanted to do. This paper recommended programs and activities to improve the retired teachers' life after retirement. The researchers also made to use of related sources from studies to support the results.