
The Nightmare of Retirement: An Investigation into the Experience of Getting Retired in Iran

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Summary

Some may consider retirement as a period in which they would have an opportunity to pursue the activities they were interested, but did not have enough time to do so during their employment. However, retirement for some people, regardless of their socioeconomic status, is more likely to be associated with some negative social, cultural, and psychological issues. The author has comprehensively addressed the issues and pointed out that the negative aspects of retirement, in particular in developing countries (due to economic problems) would make this period turn into a nightmare. It has also mentioned that the retired persons face some crises, such as *Identity Crisis*, *Stigmatization Crisis*, and *Alienation Crisis*. Accordingly, holding an analytical position, attempts have been made to address the crises and some solutions have been proposed to cope with them, especially taking account of the context of Iran.