



JOURNEY TOWARDS ACTIVE LIFESTYLE AND SUCCESSFUL AGEING AMONG PENSIONERS IN IBADAN METROPOLIS

OLALEYE, Yemisi Lydia^a and AGEH Immaculata Mary^b

ABSTRACT

The study examined the journey towards lifestyle and successful ageing among pensioners. Successful ageing is largely determined by individual lifestyle choices. The population was selected from the local government in Ibadan Metropolis. 296 pensioners were selected for the study. In order to test the hypothesis for the study, a descriptive survey research design was adopted. A research instrument tagged 'Active Lifestyle and Successful Ageing among Pensioners' (ALASAAP) was the main instrument used for the research. Data was analysed using Pearson product correlation moment and multiple regression. The results of the study revealed active lifestyle as a strong positive relationship with successful ageing among pensioners in Ibadan metropolis with beta which was (B=0.876 (87.6%), 0.012), next was graceful ageing, where beta was (B=0.481 (48.1%), 0.030). The result also revealed that there was a significant effect of active lifestyle on pensioners ($r=0.482$, $df=295$, $p < 0.05$), and a significant effect of graceful ageing on pensioners ($r=0.277$, $df=295$, $p < 0.05$). Based on the findings, it was recommended that, parents should be constantly educated on the importance of active lifestyle and its effect on successful ageing which can still be achieved despite the socio economic situation. The government should ensure that pensioners entitlements are given them as and at when due, since socio economic status of an individual has a great role to play in ageing gracefully. Non-governmental organisations and social workers should also complement the government by sensitising the public on the importance of maintaining an active lifestyle to ensure successful ageing.

KEY TERMS: active lifestyle, ageing, pensioners, Ibadan

Author details: ^aPhD, department of Social Work, University of Ibadan, Nigeria, E-mail: yemisi1957@yahoo.co.uk, Yl.laleye@mail.ui.edu.ng, Mobile no: +2348037139098

^b Department of Social Work, University of Ibadan, Nigeria.

INTRODUCTION AND BACKGROUND

Ageing in human is a multi-dimensional process of physical, psychological and social changes growth and physical maturation continue throughout life but the age of 40 – 45 years there is said to be a slow-down in growth and development which is seen as the beginning of degenerative process in human. There are significant bodily changes at this stage and these changes may include changes in vision and hearing, loss or graying of hair and wrinkling skin. It is at this time many people know the reality of old age. Human ageing is associated with a wide range of physiological change that does not make us more susceptible to death but also limit our normal function and make us more susceptible to a number of diseases realistically. Old age is accomplished by sensory losses which affects hearing, visual, tactile (touch) and the sense of taste. These changes do not occur at any specific age, nor do they affect all individuals to the same extent. Therefore, the older person's social interaction and ability to live a normal fulfilling life is not affected unless the sensory losses are profound. There are changes that occur internally which includes the reduction in the capacity and functionality of the heart, the lungs, the kidney and the bladder. There is a remarkable loss of brain weight, there is a significant loss of muscle and other hormonal changes occurs at this stage. For most people these physical and internal changes could be cushioned by a change in diet, regular exercise, therapeutic drug regimen, surgical procedures or the combination of some of these (Stuart-Hamilton, 2006).

Active living on the other hand is a way of life that integrates physical activity into an individual's everyday routine such as walking, running, jogging, among others. There are many health related benefits to being physically active and living an active life. Active living can help reduce the risk of chronic diseases, improve an individual's overall health and wellbeing, reduce stress levels, minimize health related medical costs, help maintain healthy weight, assist in proper balance and posture and helps in the maintenance of healthy bones and strong muscles. It can also improve sleeping patterns and aid in the prevention of risk factors for heart disease such as blood cholesterol levels, diabetes and hypertension (Bowling, 2006).

Lifestyle is the typical way of life of an individual, group, or culture, with encompassing differences in age, sex, marital status, family income, race and influences on daily routines. It is the combination of determining tangible and intangible factors (Bowling, 2007). An individual's expected social roles and social position influence their personal lifestyle patterns, and contribute to the individual's decision to engage in certain activities. According to Cox (2012), successful ageing is one's ability to successfully adapt to their physical and social surroundings, a satisfaction which can be all encompassing contributing to an overall sense of a purposeful life. Active or graceful ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups (Campbell, 1996). Regardless of how liberated we've become, many women and men still experience ageing as a threat to their sense of self-worth and quality of life. Ageing is natural but can become intensified by habits and some environmental factors which attack the body and thus accelerate the ageing process.

Pension constitutes an important tool in the hands of management for boosting employee morale which may lead to efficiency and increased productivity of employees in particular and the organization as a whole. Besides pension is a device which employers use to meet their social responsibilities and thereby attract goodwill. Over the years the management of pension scheme in Nigeria has been inundated by multiple and diverse problems arising from which retirement became dreaded by workers especially in the public service (Fapohunda, 2013). The failures of pension schemes in the country have been attributed to poor pension fund administration, outright corruption; embezzlement of pension fund; inadequate build-up of funds and poor supervision, which has left pensioners with no option than struggling with their lifestyle after retirement.

Pensioners are people seen to withdraw from active work who stop employment completely, and depend on smaller pay check (Gutsmann et al, 2003). Many people choose to retire when they are eligible for private or public pension benefits. Retirement can be achieved when sources of income are not earned by working. This might coincide with important life changes; a retired worker might move to a new location, thereby having less frequent contact with their previous social context and adopting a new lifestyle. (Cox, 2012).

Retirement in Nigeria is an unfortunate situation quite unlike what is obtainable in many other countries beyond the shores of Nigeria. It is favourable for persons that are up the ladder such as directors, permanent secretaries, etc. According to this group of people up the ladder, retirement is a wonderful thing and it's something to look forward to because not everybody in the civil service stays till their retirement. Some

people die, some resign along the way or willingly leave the service because of one problem or the other etc. Such is not the case for people down the ladder as they go through lots of unjust treatment when their entitlements are not paid. This makes them subjected to all sorts of situations that could affect them mentally, psychologically, socially, emotionally and physically. When this happens, their lifestyle pattern can become altered and in majority of cases, ageing becomes a struggle rather than a source of joy and happiness, an experience that can affect the idea of younger generations about ageing. Pensioners especially down the ladder are dying because they do not have the money to afford hospital bills. Most of them suffer from the various diseases associated with the aged such as hypertension, diabetes, depression and still work on the street without adequate care. Some of the time, there is inequality in distribution of resources if at all it is available, which results from preferential treatment from senior officials directing that preferred candidates should be paid (Fapohunda, 2013).

Unfortunately, pensioners who have served their State meritoriously queue under the sun and in the rain to receive the paltry sum they get as pension and in the process of waiting, some of them have slumped and carried to the hospitals where they are abandoned due to lack of fund to pay their hospital bill, while the rest go home empty handed. Today, thousands of pensioners protest against the nonpayment of pensions and gratuities for several months by the government. Most of these pensioners look weak and unkempt due to these circumstances because majority of pensioners depend on pension to take care of their families (Chavies, Camozzato and Kaye, 2009). This also determines the kind of lifestyle adopted by the pensioners themselves in terms of diet, health care, exercise, etc. Due to the lack of consideration given pensioners by the public and the inadequate preparation by the government, people in the working class look forward to retirement with fear. This has led to a good number of people in civil service falsifying their age a situation that leaves the older ones in office longer than expected thereby preventing younger ones from occupying their spaces. Factors such as health, economic, social support have influence an individual's lifestyle and ageing process (Hardy, 2006).

When proper care and attention are given priority, then people would tend to live longer, and as further advances are made against various diseases, that maximum age could significantly increase in the near future. At every age, the human body is incredibly resilient and thoroughly programmed for self-preservation and self-repair. When ageing sets in, the physical and emotional powers gradually decline, and the body proceeds to play out its genetic potential. As far as ageing is concerned, neglect or abuse of the body can sometimes hasten or aggravate unwanted change. Fortunately, however, there are also some concrete steps that can be taken to enhance the body's natural resilience. Physical deterioration and reduction of health problems that are usually confused with ageing can be slowed down. Change is the essence of ageing. Throughout life, an individual have experienced many changes, some are welcome and some are not, and have probably dealt with most of them successfully (Richard, 2006).

One of the common threads that have been found to correlate with successful ageing is the individual's socio-economic status, particularly education and income levels (Meeks & Murrell, 2001). Therefore, a situation where by a pensioner is in a state of poverty, such an individual may tend to see ageing as a struggle. The effect of poverty on the elderly is profound and perhaps more tragic than the effects of poverty on any other group of people. Poverty affects the health of the elderly in significant ways (Hardy, 2006). The aged are unable to afford simple dental care, eyeglasses or hearing aids. Not only do these problems affect their health, but also their social activities. They begin to isolate themselves and feel cut off from the life around them. Many cannot afford simple, nutritious food. Either they live in areas where fresh food is often unavailable or they try to stretch their food money, buying the cheapest, most filling food they can for the cost (McCargar et al, 1996). While fresh fruit and vegetables are not always expensive, they can sometimes be hard to find in inner city and rural grocery stores.

The elderly, especially those who have only a meager social security check as their sole income, live in constant fear. They are physically unable to work and supplement their income if they need something extra. They cannot afford to even the simple pleasures of social interaction or entertainment. Combine this with physical limitations, health problems and unsafe neighborhoods and the picture is pretty bleak. If they don't have access to public transportation or cannot afford the cost of using it, they are truly trapped. While all poor people suffer in numerous ways, the elderly poor face the bleakest existence that simply depletes their hope (Sana et al, 2008). The process of ageing can be slowed down with targeted nutrients. Focus on proven natural therapies to prevent and minimize age-related diseases, including targeted nutritional supplements, exercise and

customized diet plans. While ageing isn't caused by any one factor, free radical damage is the dominant theory of why we age. The focus of this study is to determine the perception of public to journey of community services initiative towards successful ageing.

STATEMENT OF THE PROBLEM AND OBJECTIVES

Retirement which generally should be embraced with joy has become a source of sorrow, frustration, panic and agony. Ironically, the public servants having put all his/her life into active service would naturally expect to be rewarded. Whose immediate returns are by ways of salaries and wages, while the long-term rewards are by ways of pensions and gratuities, but this is not the case in Nigeria.

How an individual has aged, whether successfully or not, would be prominent and significant at retirement which when not adequately planned for could pose a challenge to survival. This goes a long way to determine some very essential part of old age such as their state of mind, health status, patterns of feeding among others. Older adults may have very little motivation in becoming engaged in physical activities that would enhance their health and social well-being when they are not in the right state of mind. Such persons may prefer resorting to sedentary lifestyle which could result into other conditions leading to early death. It then becomes necessary that lifestyle of older adults should be looked into to see that successful ageing is enhanced. It is on this background that this study therefore tries to examine the relationship between active lifestyle and graceful ageing among pensioners.

The main objective of this study were to examine the relationship between active lifestyle and graceful ageing among pensioners, while the specific objectives are as follows:

- i. To investigate the relationship between physical activities and graceful ageing of pensioners
- ii. To investigate the relationship between healthy living and graceful ageing of pensioners
- iii. To examine the joint relative effect of physical activities and healthy living on active lifestyle and graceful ageing of pensioners.

THEORETICAL FRAMEWORK

Activity theory

The activity theory, introduced by Havighurst in 1961, also known as implicit theory of ageing, normal theory of ageing and lay theory of ageing, is one of the three major psychosocial theories which describe how people develop in old age (Prescillia, 2005). It proposes that successful ageing occur when older adults stay active and maintain social interaction (Sana et al, 2008). It is of the view that ageing process is delayed and the quality of life is enhanced when old people remain socially active (Richard, 2006). Though in recent years, the acceptance of the theory has diminished but still, it is used as a standard to compare observed activity and life satisfaction patterns. According to the activity theory of ageing, there is a positive relationship between a person's level of activity and life satisfaction, which in turn increases how positively a person views him or herself and improves adjustment later in life. The activity theory rose in opposing response to the disengagement theory (Vern et al, 2009).

It describes social disengagement as an adaptive response to ageing in which elderly persons relinquish roles while maintaining a sense of self-worth. This voluntary surrender of activities is thought to permit the orderly transfer of power from older adults to younger generations and is beneficial for both the ageing individual and the society. In 1964, Bernice Neugarten asserted that satisfaction in old age depended on active maintenance of personal relationships and endeavors (Vern et al, 2009). The theory assumes that there is a positive relationship between activity and life satisfaction as this enables older adults adjust to retirement (Sana et al, 2008). The common-sense idea behind many programs and services for older adults rests on the proposition that activities in and of themselves have important benefits and that they contribute to increased life satisfaction for everyone. Activity theory holds that people construct ideas about themselves from two major sources: the things that they do and the roles that they fill in life.

According to activity theory people give up many roles as they age—they retire from work, become widows or widowers, drop out of profession and other organizations, leave clubs and unions, and so on. These changes challenge the ideas that people hold about themselves; they may create a reduced sense of identity; and they sap the strength of one's inner "self." For this reason people need to, and most actually do, engage in activities that develop substitute roles for those that have been abandoned. Hence, activities in late life are essential to restore one's self and boost one's sense of well-being. Research developed to test activity theory has shown that most people do indeed benefit from a high level of activity in age.

The critics of the activity theory state that it overlooks inequalities in health and economics that hinders the ability for older people to engage in such activities (Vern et al, 2009). The theory reflects the functionalist perspective that the equilibrium that an individual develops in middle age should be maintained in later years (Richard, 2006). The activity theory helps social workers to understand that ageing can be graceful when older adults maintain good social interaction and stay active, knowing that activity improves the self-worth of an individual and life satisfaction. It also helps social workers to know how better an active life can be lived.

METHODOLOGY

Hypotheses

H01 There will be no significant relationship between physical activities and successful ageing of pensioners.

H02 There will be no significant relationship between healthy living and successful ageing of pensioners.

H03 There will be no joint or relative effect of physical activities and healthy living on active lifestyle and successful ageing of pensioners.

Research Design

In order to test the hypotheses that were concerned with the topic under study, a descriptive survey research design was adopted, which involves the use of questionnaires required to retrieve data from the respondents.

Population of the Study

The population of the study consisted of pensioners in Ibadan Metropolis.

Sampling and Sampling Technique

A Purposive Sampling Technique was used to select 300 respondents from the six local governments that made up Ibadan Metropolis. 50 copies of Questionnaire were administered at each of the six Local governments under Ibadan Metropolis, during the course of meeting with the pensioners.

Research Instrument

A research instrument tagged 'Active Lifestyle and Graceful Ageing among Pensioners' (ALASAAP) was the main instrument used for the research. The instrument has two sections. Section A and section B, with section B having six sub sections. While section A measured Demographic data, section B measured active lifestyle and graceful ageing. Its sub Sections are grouped into physical activity, Active living, sedentary living, Graceful ageing, healthy living and Ageing. The questions were adapted to suit the peculiar situation of pensioners in Ibadan Oyo state. Section A contained 9 items measuring demographic characteristics of the respondents

Section B consisted 7 items that measured active lifestyle factors. The items were drawn from the active lifestyle module which contained 17 items developed by (Tobias Kalisch, Julia Richter, Melanie Lenz, Jan-Christoph, Kattenstroth, Izabela Kolankowska, Martin Tegenthoff, Hubert R. Dinse, 2011), covering housekeeping, leisure activities, sports, daily routines etc. The instrument had subsections grouped into physical activity, active living, and sedentary living, Graceful ageing and ageing. It includes questions that helped in collecting data from 300 respondents on the basis of their lifestyle. The participants were asked to respond to a 5 point rating scale ranging from strongly disagree (5) to strongly agree (1).

Validity and reliability of the research instrument

The instruments were given to experts in psychology, sociology, social work and my supervisor for possible corrections to ensure their content validity. The process of content validity was also subjected to cross examination and verification of information. The corrections of my supervisor were also integrated before the questionnaire was administered. The Instrument was initially tested on 20 pensioners outside the sampling area used for the study. After the initial test the instrument was scrutinized and necessary modifications made before they were finally administered to obtain the reliability coefficient which was obtained at cronbach alpha 0.52.

Data analysis

Pearson Correlation Product Moment and Multiple Regression were used to analyze data collected, while simple percentage was used for demographic data collected.

Table 1: Analysis of respondent's characteristics

Variables	Frequency (N = 296)	Percentage (%)
Age (years)		
45-55	7	2.4
56-60	127	42.9
61-65	28	9.5
66-70	91	30.7
71-75	15	5.1
76 years and above	28	9.5
Sex		
Male	126	42.6
Female	170	57.4
Marital Status		
Single	37	12.5
Married	174	58.8
Separated	34	11.5
Divorced	24	8.1
Widowed	27	9.1
Educational qualification		
O' Level	27	9.1
Diploma	113	38.2
Bachelor Science	62	20.9
Master of Science	94	31.8

The result in the above table 1 reveals that 7(2.4%) were within the age range of 45-55 years, 127(42.9%) were within the age range of 56-60, 28(9.5%) were within the age range of 61-70, 15(5.1%) were within the age range of 71-75% and 28(9.5%) were 76 years and above. Based on the result in the above table, it was revealed that 126(42.6%) were male and 170 (57.4%) were females. This shows that the population of male pensioners are less than the population of the female pensioners.

The table above reveals that 37(12.5%) of the respondents were separated, 24(8.1%) were divorced, and 27(9.1%) were widowed. This result indicates that there were more married people among pensioners. It was revealed in the table above that Christian respondent had a higher population. The result in the table above showed 27(9.1%) had secondary school certificate (O'level), 113 (38.2%) had Diploma, 62 (20.9%) were first degree holders while 94(31.8%) had master's degree. This means that the percentage of respondents with diploma was higher than the others.

Testing of hypotheses

Table 2: Pearson Product Moment Correlation showing the relationship between physical activity and successful ageing of pensioners

		Active lifestyle	Pensioners
Active lifestyle	Pearson Correlation	1	.482**
	Sig. (2-tailed)		.000
	N	296	296
Pensioners	Pearson Correlation	.482**	1
	Sig. (2-tailed)	.000	
	N	296	296

**** Correlation is significant at the 0.05 level (2-tailed).**

The table above revealed that, ($r=0.482$, $df=295$, $P<0.05$) which indicates a significant positive relationship between physical activities and successful ageing of pensioners in Ibadan metropolis. The result of the statistical test shows that there is a statistical significant correlation ($P=0.0000$); which is less than 0.05 (i.e. $P<0.05$) and the result indicated that the correlation/relationship is significant at the 0.01 and 0.05 level of significant. This indicated that, the slope is significantly different from zero. In order word, there is a significant relationship between physical activity and successful ageing of pensioners in Ibadan metropolis. Hence, the null hypothesis was rejected and the alternate hypothesis was accepted which states that, there is a significant relationship between physical activities and successful ageing of pensioners in Ibadan metropolis.

Table 3: Pearson Product Moment Correlation showing the relationship between successful ageing and pensioners

		Successful ageing	Pensioners
Successful ageing	Pearson Correlation	1	.277**
	Sig. (2-tailed)		.003
	N	296	296
Pensioners	Pearson Correlation	.277**	1
	Sig. (2-tailed)	.003	
	N	296	296

**** Correlation is significant at the 0.05 level (2-tailed).**

The table above revealed that, there was a significant relationship between healthy living and successful ageing of pensioners. ($r=0.277$, $df=295$, $P<0.05$). The result does not give support to the null hypothesis. Hence, the null hypothesis was rejected and the alternate hypothesis was accepted which states that, there is a significant relationship between healthy living and successful ageing of pensioners in Ibadan metropolis. The above hypothesis was analyzed based on the scores obtained from the items used to measure successful ageing on the questionnaire. The result in the table above showed that ($r=0.277$, $df= 295$, $P< 0.05$) there was a significant relationship between healthy living and successful ageing of pensioners. This therefore rejects the null hypothesis and accepts the alternate hypothesis.

Table 4: Beta Coefficients and t Ratio for relative contribution of physical activities and healthy living to the prediction of active lifestyle and successful ageing of pensioners

Variables	Un standardized Coefficients		Standardized Coefficients	Sig.	R	R ²	Adjusted R Square	Standard Error of the estimate
	B	Std. Error						
Constant	11.987	2.207		0.012	.339	.115	.115	13.8994
Physical activities	0.876	0.521	0.418	0.030				
Healthy living	0.481	0.214	0.233	0.009				

P<0.05.

The result above indicated that physical activities and healthy living jointly determine the active lifestyle and successful ageing of pensioners in Ibadan metropolis. A coefficient of multiple regression of (R) 0.339 and adjusted multiple regression square (R²) of 0.115 were observed, which indicated that 11.5% of the variance of pensioners' active lifestyle and successful ageing is accounted for by physical activities and healthy living.

It is equally observed from table that both the physical activities and healthy living made significant relative contribution to the prediction of active lifestyle and successful ageing of pensioners in Ibadan metropolis. However, physical activities made the highest contribution (B = .418, P = <0.05) compared to the healthy living (B = .233, P = <.05). Hence, the result of the hypothesis reveals that joint effect of independent variables (physical activities and healthy living) on active lifestyle and successful ageing of pensioners was significant.

DISCUSSION OF FINDINGS

The outcome of first hypothesis revealed that a significant positive relationship between physical activities and successful ageing of pensioners in Ibadan metropolis. The implication of this finding is that adequate physical activities will bring about physical wellness, which could be seen as the ability to maintain a healthy quality of life that allows us to get the most out of our daily activities without undue fatigue or physical stress. This means living responsibly and taking care of one's body, and recognising that our daily habits and behaviours have a significant impact on successful ageing that equally influence overall health, wellness and quality of life. This is in line with the findings of Prescillia (2005), who discovered that lifestyle typically reflects an individual's expected social roles, and social position, influence their personal lifestyle patterns, and contribute to the individual's decision, to engage in certain activities.

The results of the relationship between healthy living and successful ageing of pensioners revealed a significant positive relationship. It could be deduced that since individual healthy living could revolve so many which have been implicated to influence health behaviour and wellness. These include personal characteristics and social support, and when these are positively achieved they have great influence on successful ageing of pensioners. The result is in consonance with the findings of Sana et al (2008) that were of the opinion that successful ageing is one's ability to faithfully adapt to their physical and social environment, a satisfaction which is all encompassing contributing to an overall sense of purposeful life.

The results of the multiple regression analysis revealed that 11.5% of the variance of pensioners' active lifestyle and successful ageing is accounted for by physical activities and healthy living. However, physical activities made the highest contribution and followed by the healthy living. Giving the enormous number of variables that are involved in determining how well an individual will age, it is impossible to point to one factor as being the most important, but safe to say that one's ability to successfully age is determined to a great extent by the attitudes towards ageing and growing old. These positive and negative attitudes will be the result of how effectively an individual is able to adapt to the physical psychological and social changes that will take place throughout adulthood. According to Fullagar et al, (2013), developing a healthy habit is critical to ageing well. The findings is corroborated with the study of Meeks & Murrell, (2001) who assert that an individual's socio economic status, particularly education and income levels as one of the common threads that have been found to correlate with successful ageing.

IMPLICATION OF FINDINGS AND RECOMMENDATIONS

The findings emanating from the study shows the importance of Active Lifestyle and its effect on successful ageing on pensioners since active lifestyle has a significant importance on the ageing process of individuals either physically, socially, psychologically, mentally or otherwise. It is therefore pertinent that utmost attention be given to the self by each individual and society as a whole since the ageing process begins from birth and ends at death. The government also has lots of responsibilities to play in this regard especially in the way its workers are treated and how these workers anticipate retirement. This treatment affects how an individual behaves as he/she looks forward to retirement. The Government should ensure that retired workers looking forward to retirement do so, with the hope of getting a meritorious reward of the services rendered to their country, such that its effect, does not lead to disorientation for others. Based on these implications, the researchers make the following recommendations:

1. The family being the first society and the primary foundation for a good social order is the first school of every child. Considering this fact, parents should be constantly educated through several means available such as the media on the importance of active lifestyle and its effect on ageing which does not include only physical activity and exercises but more importantly, healthy diet, which can be achieved no matter the socio economic status of the individual.
2. The government should ensure that workers entitlement i.e. pension and gratuity are given them as and at when due since socioeconomic status of an individual has a great role to play in ageing successfully. This is not only to ensure that their financial needs are met but also encourages individuals still in the workforce to look up to retirement with hope of a good treatment.
3. Non-governmental organizations and social workers should also complement the government by sensitizing the public on the importance of maintaining an active lifestyle to enhance successful ageing.
4. The effects of active lifestyle and graceful ageing should be emphasized in schools and parents teachers forum since the care of the child begins from the home.
5. Community social workers are to guide citizens in the society by assisting in formulation of social, economic, health, financial and welfare policies that will enable the older population to age actively and successfully. The aged makes up 25% of the population of most societies in the world and they must be encouraged and catered for as they have their process of active ageing continues till death.

CONCLUSION

This study established that successful ageing, it seemed many of the concepts that are applied to earlier developmental stages are equally important in old age. Change, adaptations, personal growth and cognitive function are aspects of development that may be as important in old age as they are in childhood development. The study has provided an insight into the effect of active lifestyle and its effects on ageing among pensioners. Everyone either self-employed or in the cooperate world would someday become retired to keep the self together. The period of retirement is a time every one especially in the work force should hopefully look forward to but in the Nigerian situation, it's not so for everyone. Some view this period with fear because they do not know what it holds. In addition, the extremely busy society does not avail people the opportunity to pay adequate attention to their style of life. The findings of the study indicate a relationship between active lifestyle and successful ageing which shows that what an individual makes of the self especially during the active days would have negative or positive impacts on the ageing process.

REFERENCES

- Blau, D.M. 1998. "Labor Force Dynamics of Older Married Couples." *Journal of LaborEconomics*, Vol. 16, No. 3, pp. 595–629
- Bowling, A. 2006. "Which model of successful aging should be used? Baseline findings from a British Longitudinal Survey of Ageing". *Age and Ageing*, 35, 607-614.
- Bowling, A. 2007. "Aspirations for Older Age in the 21st Century: What is successful aging?" *International Journal of Aging and Human Development*, Vol.64, 263-297.

- Chavies, M. L. Camozzato, A. L. Eizirik, C. L., and Kaye, J. 2009. "Predictors of Normal and Successful Aging among Urban Dwelling Elderly Brazillians". *Journal of Gerontology: Psychological Sciences*. Vol. 48, 183-189.
- Campbell P.R. 1996. Population projections for states by age, sex, race Hispanic origin:1995 to 2025. U.S. Bureau of the Census, Population Division, PPL-47.
- Case, A., Lubotsky D. & Paxson C. 2002. Economic Status and Health in Childhood: The Origins of the Gradient. *The American Economic Review*, Vol. 92, No. 5. Dec., 2002. pp. 1308-1334
- Cox, H. 2012. Work/retirement choices and lifestyle patterns of older Americans. In L. Loepcke (Ed.), *Annual editions: Aging* (24th ed., pp. 74-83). New York, NY: McGraw-Hill.
- Stuart-Hamilton, I. 2006. *The Psychology of Ageing: An introduction*, London Jessica Kinsley Publishers
- Fapohunda, Tinuke. M. 2013. The pension system and retirement planning in Nigeria. *Mediterranean Journal of Social Sciences vol. 2*. pp 25 Published by MCSER-CEMAS-Sapienza University of Rome.
- Flicker, Leon; McCaul, Kieran A.; Hankey, Graeme J.; Jamrozik, Konrad; Brown, Wendy J.; Byles, Julie E.; Almeida, Osvaldo P. 2010. "Body Mass Index and Survival in Men and Women Aged 70 to 75". *Journal of the American Geriatrics Society*, 58 (2): 234–241.
- Fullagar, C. J.; Knight, P. A.; Sovern, H. S. 2013. "Challenge/Skill Balance, Flow, and Performance Anxiety". *Applied Psychology: An International Review* 62 (2): 236–259.
- Gustman, Alan and Thomas Steinmeier 2003. "Retirement Effects of Proposals by the President's Commission to Strengthen Social Security." NBER
- Hardy, M. 2006. Older workers. In R. Binstock & L. George (Eds.), *Handbook of aging and the social sciences* (6th ed., pp. 201-218). Boston, MA: Academic Press.
- Havighurst, R. J. 1961. "Successful aging". *The Gerontologist* 1: 8–13. doi:10.1093/geront/1.1
- McCargar LJ, Sale J, Crawford SM. 1996. Chronic Dieting Does Not Result in a Sustained Reduction in Resting Metabolic Rate in Overweight Women. *J Am Diet Assoc*. 96; 1175-1177.
- Meeks, S., Murrell, S.A., 2001. Contribution of education to health and life satisfaction in older adults mediated by negative affect *Journal of Aging and Health*, 13 (1j), 92-119
- Priscilla Ebersole 2005. *Gerontological nursing and healthy aging*. Elsevier Health Sciences. p. 108. ISBN 978-0-323-03165-3. Retrieved 4 June 2011.
- Richard Schulz 2006. *The Encyclopedia of Aging: A-K*. Springer Publishing Company. pp. 9–13. ISBN 978-0-8261-4843-8.
- Sana Loue; Martha Sajatovic 2008. *Encyclopedia of Aging and Public Health*. Springer. pp. 79–81. ISBN 978-0-387-33753-1.
- Vern L. Bengtson; Norella Putney 2009. *Handbook of theories of aging*. Springer Publishing Company. p. 32. ISBN 978-0-8261-6251-9. Retrieved on 4 June 2011.