

Innovations

Productive Activity Habits of Retired Educators (A Study of College Teachers of Punjab)

Dr. Sewa Singh Bajwa (Professor)

Dr. Amit Sangwan (Associate professor)

Department of Journalism and Mass Communication, Ch. Devi Lal University, Sirsa
(India)

Abstract: *This study explores the past-time habits of retired college teachers, aiming to understand how these individuals navigate the transition from active professional careers to retirement. The study seeks to identify the most common hobbies, activities, and interests pursued by this demographic once they leave the academic sphere. The findings reveal that retired college teachers often engage in a mix of intellectually stimulating and leisurely activities that reflect their lifelong passion for learning and teaching. Our data indicates that the most frequently reported past-time habits include reading, traveling, volunteering, participating in continuing education courses, and engaging in creative pursuits such as writing, painting, and music. Additionally, many retired educators take up physical activities like walking, yoga, and meditation to maintain their health and well-being. These not only provide a sense of fulfillment and purpose but also foster social connections and community involvement, significantly contribute to their overall quality of life. The study also highlights the role of technology in facilitating these pursuits, with many retirees using digital platforms for learning, socializing, and entertainment. Volunteering emerged as a particularly meaningful activity, allowing retired teachers to apply their skills and experience in new contexts, thereby continuing their legacy of contributing to society. Traveling offers retirees opportunities for cultural enrichment and lifelong learning, broadening their perspectives and enriching their post-retirement lives. This study contributes to the broader understanding of retirement as a dynamic and evolving stage of life, offering practical implications for retirement planning and policy development focused on the well-being of retired educators.*

Key Words: *Yoga, Reading, Traveling, Volunteering, Meditation, Educators, Community Involvement*

Introduction:

Life after retirement is a multidimensional experience, offering individuals the chance to rediscover themselves, engage in favorite activities, and build meaningful relationships. Retirement signifies the liberation from the daily grind of work routines and the stress associated with meeting professional expectations. For many individuals, this newfound freedom offers an opportunity to pursue passions that were previously sidelined due to work commitments. Activities such as gardening, painting, writing, and playing musical instruments become central to their daily routines. These hobbies not only bring joy and a sense of accomplishment but also help keep the mind active and engaged. For instance, a retired executive who once found solace in writing may now have the luxury of penning novels or poetry, thus deriving immense satisfaction from creative expression. Engaging in such activities offers a sense of continuity and connection to one's past, fostering a feeling of fulfillment. Physical well-being takes on renewed importance as individuals' transition into retirement. Regular exercise becomes a key aspect of daily life, as maintaining physical health is crucial for enjoying the golden years to the fullest.

Many retirees embrace activities like walking, swimming, golfing, and yoga. These physical pursuits not only improve their cardiovascular health, mobility, and strength but also contribute to mental well-being. Moreover, participating in group activities such as fitness classes or sports clubs provides opportunities for social interaction, reinforcing the importance of community and companionship in this stage of life. Volunteering and community engagement stand out as fulfilling ways for retirees to contribute to society and stay actively involved. Many retirees choose to volunteer at schools, hospitals, libraries, and non-profit organizations. This sense of service allows them to leverage their skills and experiences to make a positive impact on their communities. For instance, a retired teacher might volunteer to tutor children, while a retired nurse may offer her services at a local clinic. Volunteering not only benefits the recipients but also instills a sense of rationale and satisfaction in the retirees, providing them with a meaningful way to spend their time. Travel often becomes a favored pastime for retirees who relish the freedom to explore new horizons without the constraints of a work schedule. Whether it's embarking on international adventures, cruising to exotic destinations, or embarking on road trips, travel broadens retirees' perspectives and enriches their lives. The opportunity to experience different cultures, cuisines, and landscapes fosters personal growth and lifelong learning. Additionally, travel offers retirees the chance to create cherished memories and share meaningful experiences with loved ones. Continued education is another hallmark of life after retirement. The desire to learn and grow doesn't wane with age; in fact, many retirees find themselves eager to explore new subjects and acquire new skills.

Retirement marks a significant transition in an individual's life, heralding a shift away from the demands of a routine work schedule to a period of leisure, self-discovery, and relaxation. For many, retirement is a time to revisit old hobbies and cultivate new interests. The pastimes that retired people engage in are as diverse as the individuals themselves, reflecting a rich tapestry of experiences, preferences, and life stories. Engaging in these activities not only contributes to their overall well-being but also fosters social connections and provides a sense of rationale and fulfillment. One of the most defining aspects of retirement is the prospect to revisit hobbies and passions that may have been marginalized during the working years. Many retirees find joy in returning to activities such as gardening, painting, writing, or playing musical instruments. Engaging in these hobbies offers a sense of nostalgia and continuity, linking past and present. For example, a retired teacher who once found solace in painting might now have the luxury of spending hours creating art without the constraints of time. Similarly, someone who enjoyed writing poetry in their youth might rediscover the pleasure of expressing their thoughts through verse. These hobbies not only provide a creative outlet but also offer a sense of accomplishment and personal growth. Physical activity is another cornerstone of past-time habits among retirees. With more free time, many retired individuals embrace activities like walking, swimming, golfing, or joining fitness classes. Such physical activities are not only enjoyable but also vital for maintaining health and vitality. Regular exercise has wonderful benefits, including improved cardiovascular health, increased mobility, and enhanced mental well-being. Social sports, such as golfing or joining a local walking group, also generate prospects for social interaction, combating feelings of isolation that some retirees might experience.

Volunteering and community involvement are common past-time habits among retirees seeking to give back to society. Many retirees choose to volunteer at local schools, hospitals, libraries, or non-profit organizations. This sense of service provides a meaningful way to stay engaged and contribute positively to the community. For instance, a retired nurse might volunteer at a local clinic, offering her expertise and compassion to those in need. Similarly, a retiree with a background in education might tutor children or assist in adult literacy programs. These activities enrich the lives of others and foster a sense of intention and fulfillment for the volunteers themselves. The freedom to travel and explore new places is a cherished aspect of retirement for many. With fewer responsibilities, retirees often embark on adventures, whether it's exploring different countries, visiting historical sites, or simply taking road trips to nearby destinations. Traveling allows retirees to experience new cultures, cuisines, and landscapes, broadening their horizons and enriching their life experiences. It also provides prospects for erudition and personal growth, as retirees engage with new environments and

people. The memories and stories gathered from these travels become cherished parts of their life narrative. The pursuit of information and knowledge does not end with a career; for many retirees, it intensifies. Lifelong learning is a gratifying way to stay mentally active and engaged. Retirees often enroll in courses at local community colleges, participate in online classes, or join book clubs and discussion groups. Whether learning a new language, mastering a new skill, or delving deep into a subject of interest, the quest for knowledge keeps the mind sharp and active. It also provides a structured way to spend time, adding routine and purpose to daily life. Educational activities that focus on personal growth and intellectual stimulation contribute significantly to a fulfilling retirement. Social connections play an essential role in the welfare and well-being of retirees. Engaging in social activities, such as joining clubs, attending social gatherings, or simply spending time with family members and friends, helps maintain strong interpersonal relationships. Retirement often brings more opportunities to connect with others with similar interests. Joining clubs—whether related to hobbies, fitness, or intellectual pursuits—provides regular interaction and fosters a sense of community. These social relations are imperative for emotional well-being and can prevent feelings of loneliness and isolation.

Creative and artistic pursuits are popular past-time habits among retirees. Activities such as painting, crafting, knitting, or playing music offers outlets for expression and relaxation. Engaging in creative work can be both therapeutic and fulfilling, providing a sense of achievement and joy. Retirees may take up new artistic hobbies or develop existing ones, creating works that reflect their experiences and emotions. These activities often lead to participation in community art shows, music groups, or craft fairs, further enriching their social lives and sense of community involvement. In the digital age, many retirees embrace technology to stay connected and engaged. This can include using social media to be in touch with family and friends, participating in online forums and groups, to exploring digital photography or blogging. Technology provides a gateway to explore a plethora of interests and hobbies from the comfort of home. It offers endless possibilities for learning, social interaction, and even starting a new entrepreneurial venture. Adopting and mastering new technologies can be empowering, fostering a sense of confidence and modernity. Retirement is often viewed as the golden age of personal freedom, providing the time and opportunity to explore a variety of past-time habits. From revisiting old hobbies and engaging in physical activities to volunteering, traveling, continuing education, and embracing technology, retirees find myriad ways to enrich their lives. These activities offer pleasure and engagement as well as helping to promote physical and mental health, foster social connections, and offer a sense of purpose and fulfillment. By immersing themselves in past-time habits, retirees can enjoy a vibrant, active, and meaningful retirement, making the most of

this well-deserved phase of life. The diverse past-time activities undertaken by retirees highlight the endless possibilities for growth, exploration, and connection in the golden years.

Review of Literature:

Ekerdt, David & Koss Catheryn (2005) in their research work **The Task of Time in Retirement** write that social scientists have been intrigued by how retirees manage their time, especially given the open-ended nature of retirement. Building on theories suggesting that daily activities help shape one's self-identity, this study investigated how retirees perceive and represent their use of time cohesively. The research is based on interviews with 30 retirees from the Midwestern United States, who were asked to discuss their daily activities and routines. The retirees emphasized the importance of having control over their time and provided detailed accounts of their daily schedules. Their days were not portrayed as spontaneous but rather organized into routines. These repetitive behaviors were influenced by various factors, such as personal care and living arrangements. When asked about their activities on the previous day, participants often described what they usually do, indicating a focus on routine. These narratives about daily routines also indirectly defined their identities by highlighting what they are not. The study's findings suggest three main points: first, daily routines help retirees streamline their thoughts and actions; second, maintaining a routine provides a sense of order and purpose in their lives; and third, routines can demonstrate adherence to the ideals of active aging.

Dosman, Dona et al (2006) in their research work **Retirement and Productive Activity in Later Life** write that many believe that as individuals age and exit the workforce, they become less involved in productive activities and more reliant on others. This belief aligns with the traditional economic definition of productive work but clashes with modern perspectives that value unpaid activities—such as domestic tasks, volunteer work, and care giving—equally in economic terms. In our study, we investigate how people distribute their time between productive and other activities before and after retirement. The findings reveal that individuals continue to engage in productive tasks even after leaving their jobs, often replacing remunerated work with voluntary work. Only those who live significantly beyond the average life expectancy show a large reduction in productive activity. The evidence indicates a need to reexamine the assumptions that shape policy discussions about an aging population.

Vigezzi, Giacomo Pietro et al (2021) in their research work **Transition to Retirement Impact on Health Lifestyle Habits: Analysis from a Nationwide Italian Cohort** write

that retirement marks a noteworthy life evolution that can manipulate behavioral risk factors and health outcomes through various mechanisms. The study assessed how transitioning to retirement impacts lifestyle habits and perceived health status in a nationwide cohort of Italian adults. We analyzed data from a large cohort of Italian adults aged 55–70, collected from six waves of the Participation, Labour, and Unemployment Survey (PLUS) conducted between 2010 and 2018. This national survey is representative of the Italian workforce. They estimated the relative-risk ratios (RRR) of transitioning to retirement for selected behavioral risk factors and health outcomes, using multivariable logistic regression models with 95% confidence intervals (CIs). The study included 5169 participants, with 1653 individuals retiring between 2010 and 2018 (32% of the cohort). Retirement was associated with a 36% higher likelihood of engaging in sports activities. There were no significant changes in smoking habits or body mass index. Overall, retirement was linked to an improvement in self-rated health status. Linking individual data from multiple waves of the PLUS survey provides valuable insights for crafting healthy aging policies in Italy and Europe. The transition to retirement independently affects perceived health status, physical activity, and certain behavioral risk factors.

Marques, Jacqueline & Teixeira, Monica (2022) in their research work *The Elderly and Leisure Activities: A Case Study* write that research on the aging population is growing, aiming to identify strategies that enhance the quality of life during this stage. Engaging in and promoting leisure activities are crucial for a better state of mind. For aged adults, these activities can help lessen the impacts of aging. However, some researches indicate that many elderly individuals don't prioritize leisure, often due to life circumstances that previously limited their opportunities for such activities. Even those without established leisure habits can find these activities becoming essential to their daily lives as they age. This study seeks to explore the types and intensity of leisure and free-time activities that elderly individuals engage in, and how the pandemic has affected these activities. Using a descriptive research approach, data were collected through a questionnaire divided into four parts. The first part gathered socio-demographic information; the second, based on the "Leisure Activities Index" by Rosa Martins (2016), included nine questions about leisure activities; the third part asked about the elderly's perception of their leisure time; and the fourth part addressed the impact of the pandemic on their leisure activities. The sample consisted of 33 older individuals receiving services from a Day Care Centre and Home Support Service in central Portugal, selected through non-probability convenience sampling.

Klabarczyk, Malgorzata & Lopaciuk-Gonczaryk, Beata (2022) in '**Social and private activity after retirement-substitutes or complements,**' write that most people maintain the same level of involvement in various activities after retirement. For those who do experience changes, the general trend is an increase in activity. Our findings indicate that engaging in one type of activity after retirement does not hinder participation in others; rather, being active in one area often accompanies activity in another. There is evidence of social network mechanisms that bolster this complementary effect. Maintaining social relationships is linked to participation in both socially-oriented activities and sociable private pastimes. Generally, being active, except in solitary recreational pursuits, provides opportunities to build relationships with others, who in turn encourage participation in new activities. The minimal change in activity levels post-retirement highlights the importance of promoting non-work activities earlier in life. Since different post-retirement activities complement each other, the most active older adults are the most likely to engage in social activities and volunteering. Conversely, the least active individuals require the most support to get involved in any activities.

Hutchinson, Susan & Kleiber, Douglas (2023) in their research work **On Time, Leisure, and health in Retirement: Implications for Public Health Services** write that facing various life challenges like widowhood, poor health, or heavy care-giving duties can make deciding how to spend time in retirement seem overwhelming. However, planning can help individuals feel more assured and ready for this life stage. This paper reviews research on three main areas: first, the life factors that influence worries about and adjustments to retirement; second, the resources and strategies people use to adapt during this transition; and third, the role of leisure and leisure education in supporting both individual adaptation and public health service providers in aiding those struggling with retirement. The review concludes with recommendations for public health practices e.g. Emphasize leisure and leisure education in service provisions, Foster collaborations between public health organizations and recreation-focused entities and Develop and offer both group and individual leisure education programs.

Agarwal, Arunika et al (2023) in their research work **Time Use among Older Adults in India** write that in their paper presents new estimates on how older adults in India allocate their time and how these allocations relate to their life satisfaction. Using data from the 2017-2019 baseline wave of the Longitudinal Aging Study in India, the study calculates the proportion of people engaged in personal care, leisure, and productive activities, as well as the time they spend on these activities daily for those aged 50 and above. The results show that although participation in paid work declines with age, older adults still spend a significant amount of time on productive

market activities. The study also highlights pronounced gender and socioeconomic differences in engagement in paid work, exercise, and social activities. A positive correlation between engagement in social activities and life satisfaction was found, while a negative correlation was observed with instrumental care giving. These findings point to key areas that need attention in India's approach to population aging and reveal gaps in promoting healthy aging.

Research Objectives:

This study is based on the following objectives:

General Objective:

To study the Productive Activity Habits of Retired Educators of the state of Punjab

Specific Objectives:

- To study the media habits of retired educators.
- To learn the social life of retired educators.
- To fathom the routine life activities of retired educators.

Hypotheses:

This study is based on following hypotheses:

- Retired educators depend heavily on Social Media for being in touch with their old colleagues and relatives.
- Retired educators watch News and devotional Television Channels the most.
- Retired teachers keep themselves engaged in one or the other activities throughout the day.
- Retired teachers perform yoga, Medication and do gardening to spend their free time.
- Hilly tourist places are their favorite tourism destinations.

Research Methodology:

This research problem is by and large a virgin field of research in India. As India is a thickly populated country so doing census study is simply out of question. In order to conduct this research the most fertile state of the country, Punjab, has been selected for the study. From amongst 22 districts in the state, retired educators from thickly populated and richly educated districts of Patiala, Ludhiana and Jalandhar have been selected for this study. As college teachers draw handsome salaries so it was though prudent to study the past-time habits of retired College Educators. Survey has been conducted on a sample of 50 retired college educators with the help of a 20-point questionnaire comprising of multiple choice questions. All

the respondents are retired educators from Government Colleges and they are all male urbanites.

Data interpretation and analysis:

1. For how many years have you retired from your job?

	0-2 Years	2-4 Years	4-6Years	6-8Years	8-10Years
Respondents	09	08	12	16	05
Percentage	18%	16%	24%	32%	10%

Table-I

As shown in above table a majority of 32% respondents have retired 6-8 years ago while 24% respondents have retired 4-6 years ago. Just 18% have retired in recent years.

2. What has been the length of your service?

	20-24 Years	24-28 Years	28-32Years	32-36	Total
Respondents	07	24	11	08	50
Percentage	14%	48%	22%	16%	100%

Table-II

A majority of 48% respondents served in various Government Colleges for 24-28 years while there are 22% respondents who have served 28-32 years in Government Colleges. Those who served in government Colleges constitute 14% of the respondents.

3. Which of the following used to be your favorite Past Time habit when you were in service?

	TV/Film/ Newspapers /radio	Social Media	Gardening	Yoga/Meditation/ Walking	Creative Writing
Respondents	19	18	03	07	03
Percentage	38%	36%	06%	14%	06%

Table-III

Watching Television and Films, Reading Newspapers and Listening to Radio have been favorite Past Time habit of 38% respondents when they were in service. 36% respondents said that Social Media usage was their favorite past Time habit when they were in service. Respondents with the habits of gardening and creative writing along with their jobs were very few.

4. How much time do you spend on the followings:

	Up to 15 minutes	15-30 minutes	30-45 minutes	45-60 minutes	More than 1 hour
Newspaper Reading	12	14	23	01	00
Watching Television	00	09	06	13	22
Radio Listening	00	18	21	07	04
Yoga/Meditation	08	23	07	08	04
Walking	03	08	23	14	02
Social Media	00	00	03	09	38
Creative Writing	21	16	05	08	00
Gardening	15	23	07	05	00

Table-IV

Above cross-table shows that a majority of 23/50 (46%) retired educator-respondents spend 30-45 minutes on News paper reading, more than one hour in watching Television (44%), 30-45 minutes in listening to Radio (42%), 15-30 minutes on Yoga/Meditation (46%), 30-45 minutes for walking (46%), more than one hour on Social Media (76%), up to 15 minutes in Creative Writing (42%) and 15-30 minutes in gardening (46%). It needs to be mentioned that respondents include sending messages on Social Media in Creative Writing.

5. What type of TV Channel do you like most?

(Multi-response)

	News Channels	Serials	Films	Sports	Devotional
Respondents	47	34	18	18	34
Percentage	94%	68%	36%	26%	68%

Table-V

In response to this multi-response question 94% respondents opined that they like watching News channels, 68% watch Serials and yet another 68% respondents watch Devotional Television Channels the most. Sports Channels are least watched by the respondents.

6. Kindly name your favorite TV Serial Till date.

	Mahabhartar	Ramayana	Balika Vadhu	Paramveer Chakra	Others
Respondents	19	17	07	03	04
Percentage	38%	34%	14%	06%	08%

Table-VI

Blockbuster Serials Mahabhartar (38%) and Ramayana (34%) have been the all time favorite Television Serials of majority of the respondents. Social issues based Balika Vadhu has been the numero uno choice of 14% respondents.

7. How often do you remain in touch with your old colleagues?

	Never	Seldom	Regularly	Depends	Total
Respondents	00	03	28	19	50
Percentage	00%	06%	56%	38%	100%

Table-VII

56% respondents admitted that they remain in contact with their old colleagues through mobile telephony on regular basis while for 38% respondents it is need based affair.

8. How often do you write letters to you near and dear ones?

	Never	Seldom	Regularly	Depends	Total
Respondents	43	04	00	03	50
Percentage	86%	08%	00%	06%	100%

Table-VIII

Social Media seems to have taken place of traditional modes of communication even among the retired educators. A whooping majority of 86% respondents said they never write letters to their near and dear ones. Just 6% respondents said they seldom do so.

9. Apart from Conventional Media which is your favorite past time habit.

	Yoga/Meditation	Walking	Social Media	Gardening	Total
Respondents	16	04	26	04	50
Percentage	32%	08%	52%	08%	100%

Table-IX

A majority of 52% respondents said that Social Media is their favorite past Time habit while 32% like to spend their quality time on Yoga and meditation. Walking and gardening are no more on their priority list.

10. What do you do when you are all alone in your house?

	Yoga	Gardening	Social Media	TV Watching	Creative Writing
Respondents	00	08	28	13	02
Percentage	00%	14%	56%	26%	04%

Table-X

56% respondents opined that they engage themselves on Social Media whenever they are all alone in their house. While 26% watch Television and 14% indulge in gardening when they are all alone.

11. What is your reaction when you receive a phone call from your old colleagues?

	Elated	Very Happy	Indifferent	Can't say	Total
Respondents	10	18	19	03	50
Percentage	20%	36%	38%	06%	100%

Table-XI

While 20% respondents feel elated receiving the phone call from old colleagues, 36% feel very happy. A majority of 38% feel indifferent.

12. How often do you make a phone call to your old colleagues?

	Never	Seldom	Regularly	Depends	Total
Respondents	02	06	11	31	50
Percentage	04%	12%	22%	62%	100%

Table-XII

As time passes by retired teachers seem to lose touch with their old colleagues. While 22% respondents say that they make calls regularly to remain in touch with their old colleagues, 62% do it on need basis while 4% respondents never make a call to their old colleagues.

13. What has been your biggest grudge with your life?

	Nothing	Unfulfilled Expectations	Children are abroad	Infidel Friends	Total
Respondents	16	12	18	04	50
Percentage	32%	24%	36%	08%	100%

Table-XIII

While 32% respondents have no grudge with their lives, 36% say that their children are settled abroad and they are alone in old age. 24% respondents say they have unfulfilled expectations. Another 08% are unhappy because of the infidelity of friends.

14. How would you rate your performance when you were in service?

	Satisfactory	Good	Average	Excellent	Total
Respondents	18	14	10	08	50
Percentage	36%	28%	20%	16%	100%

Table-XIV

A majority of 36% respondents say that they look back at their years in service with satisfaction, 16% recall their performance service years as excellent. 20% respondents regard their performance in job as good.

15. Have you ever planned for visiting/settling down abroad? If yes, kindly mention the country.

	Yes	No
Respondents	16	34

	USA	Canada	Australia	England	Total
Respondents	04	07	02	03	16
Percentage	25%	43.75%	12.50%	18.75%	100%

Table-XV

Contrary to the prevalent notion, 68% respondents say that they have never thought of setting abroad after their retirement. Among those who wish to settle abroad a majority of 43.75% want to settle in Canada, 25% in the USA and 18% in England.

16. Kindly name your most visited tourism destination.

	Amritsar	Shimla	Manali	Goa	Total
Respondents	14	21	09	06	50
Percentage	28%	42%	18%	12%	100%

Table-XVI

Shimla is the most sought after tourism destination of a majority of 42% respondents followed by Amritsar (28%), Manali (18%) and Goa (12%). Respondents are interested in visiting Amritsar owing to devotional inclinations.

17. How much time do you spend with your pets?

	I keep no pets	Up to 1 hour	1-2 hours	More than 2 hours	Total
Respondents	08	17	18	07	50
Percentage	16%	34%	36%	14%	100%

Table-XVII

Above table shows that 84% respondents keep pets and 70% respondents like to spend up to 2 hours with their pets. While 14% respondents spend more than 2 hours with their pets, there are 16% respondents who don't keep pets.

18. How often do you engage yourself in Social Service activities?

	Never	Seldom	Regularly	Occasionally	Total
Respondents	07	10	12	21	50
Percentage	14%	20%	24%	42%	100%

Table-XVIII

Majority of respondents engage themselves in Social Service activities. 24% do it on regular basis, 42% occasionally and 20 % seldom basis. 14% respondents have little interest in social Service activities.

19. Do you think you could have performed better when you were in service?

	Yes	No	Maybe	Total
Respondents	14	02	34	50
Percentage	28%	04%	68%	100%

Table-XIX

28% respondents think that they could have performed better while in job while 4% respondents don't think so. A majority of 68% respondents are undecided about it.

20. How would you rate your level of satisfaction in life after retirement?

	Highly Satisfied	Moderately Satisfied	Comparatively Satisfied	Satisfied	Total
Respondents	17	14	11	08	50
Percentage	34%	28%	22%	16%	100%

Table-XX

A majority of 34% respondents are highly satisfied in their life after retirement. While the degree may vary, there is no one who is not satisfied with his years of retirement.

Findings and Conclusion:

In conclusion, the study on the pastime habits of retired educators sheds light on the diverse ways in which individuals in this demographic chose to spend their time post-retirement. The findings underscore the significance of engaging in meaningful actions that encourage cerebral, corporeal, and poignant well-being during this phase of life. From hobbies and travel to community involvement and lifelong learning, retired educators demonstrate a continued commitment to personal growth and contribution to society. As society continues to age, understanding and supporting the leisure pursuits of retired individuals becomes increasingly significant. This research serves as a precious contribution to the field, offering insights that can inform programs and policies aimed at enhancing the excellence of life for retirees, particularly those who have dedicated their careers to education.

Retired educators of Punjab are of the opinion that they used to be active users of industrial as well as Social Media and majority of them continue to be users of social Media even after their retirement. For 98% retired educators Social Media is still their most favorite past-time habit followed by Radio Listening (78%), Gardening(76%)News Paper Reading, Walking and Yoga (46%) each along with watching Television. On Television majority of them like to watch News Channels, Soap Operas/Serials and Devotional TV Channels. Doordarshan sensations Mahabharta and Ramayan have been their most favorite TV Serials till date. It underlines that they don't like melodramas of the present era. 56% of respondents say that they remain regularly in touch with their old colleagues. This generation of educators was born and spend most of their lives when Letters used to be the most common way of communicating with near and dear ones but it is astonishing to learn that 86% retired educators don't write letters these days. They have changed with the changing times and Social Media has become their favorite media for remaining in touch with people around them. It also indicates less social life which is evident from the fact that 76% respondents never or occasionally engage in social activities and they are not active members of any Social Service Organization. Remaining confined to the four-walls of their houses 76% percent of them spend 0-2 hours with their pets daily on regular basis. If all alone at home they prefer Social Media, Watching Television and Meditation but they never pay a visit to their neighbors or go for a stroll. 625 retired educators make calls only when it is immensely needed and 38% of them remain indifferent while receiving calls from their old colleagues. It

underlines a remarkable shift in the attitude of people of Punjab where Love used to reign supreme and affection was the essence of life in the 'Land of Five Rivers.' While 64% consider their job performance as good or varied degree of satisfaction, 16% regard it as excellent.

As majority of them have superannuated in past 4-8 years they still exhibit energy and enthusiasm to travel hills of Shimla and Manali for spending some time there. 12% of the respondents regard Goa as their favorite tourist destination. Settling abroad has long been the greatest yearning of the people of Punjab. Perhaps that's why 32% of retired educators want to settle abroad. The USA, Canada and England are their favorite destinations abroad. Succinctly speaking, retired educators of Punjab spend most of their time inside their sprawling houses and they are all satisfied with their life after retirement. Most of them don't have any grudge in life but there are those who are remorseful that their children are abroad and certain ambitions have remained unfulfilled. This study unveils certain landmark findings about the productive activity habits of retired educators which will definitely guide researchers to tread smoothly on this topic of research in future.

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