

STRESS MANAGEMENT STRATEGIES AMONG ELDERLY PERSONS WHO RETIRED IN DELTA STATE CIVIL SERVICE BETWEEN 2011 TO 2020

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Abstract

The study examined stress management in senior Delta State civil service retirees from 2011 to 2020 using the "Stress Management Strategies among Elderly Persons Questionnaire" (SMSE PQ). The survey sampled 1,015 senior retirees between 2011 and 2020, with 50% leaving the state between 2011 and 2020. The study found that 1,001 of the 1,015 questionnaires were recovered,

with a mean rating of 0.99%. The research found that senior Delta State civil service retirees handled stress effectively, with high-rated retirees needing stress management. However, insufficient stress management affected senior retirees differently by gender between 2011 and 2020. The study suggests that senior Delta State public sector retirees should adapt to better stress management strategies. The report encourages senior retirees to manage stress effectively and adapt to their challenges.

Keywords: Delta State Civil Service, Between 2011 to 2020, Management Strategies, Stress, Retired.

Introduction.

According to Terry (2014), many retired seniors react to adversity by ferociously searching for meaning. According to Novit ((2012), stress is a disease of the 20th century caused by rapid changes in rural and urban lifestyles, including those that go from being "motionless to moveable, from self-satisfied to overwhelmed, from segregated to organized, and from physically active to passive." According to Quick, Cooper, Quick, and Gavin (2012), today's stress management techniques also consider psychological health, spiritual strength, morality, and physical health. Stress was presented by Ivondevich and Matteson (2013) as the point at which people interact with their environment. Two typical types of stress management techniques were shown by Lazarus and Folkman (2014). The first step was dilemma-centered management, which involved cognitive and behavioral efforts to reduce anxiety by removing the dilemma's trigger. The next strategy was sentiment-focused management, which entails various attempts at managing senior people who have retired expressive responses to traumatic events rather than making an effort at cognitive and behavioral improvement. Reese, Miller, and Strecher (2017) found that older people who had retired were more likely to choose a forceful, dilemma-centered strategy when they believed they could overcome stresses but to revert to a sentiment-centered strategy when they believed the issue was beyond their control. McGrath (2016) researched and discovered a substantial connection between the emotional costs of stress and one's sense of value. According to research by Aspinwall and Taylor (2012), dilemma-centered management appears to be the leading candidate for a prominent role in the fight against stress.

Retirement from active, direct, and self-assured work was associated with better health in older people. According to analogous studies conducted by the Canadian Heart and Stroke Association in 2014, smoking, high blood pressure, high cholesterol, physical inactivity, and mortality among older people are all significantly correlated. In a related study, Ferrari, Jonhson, and McCown (2015) discovered that older people benefit more from confronting stress head-on

than avoiding it. Holmes and Rahe (2016) discovered in a similar study that a strong correlation existed between older people's health and the degree of life change. In a related investigation, The Star Newspaper of Johannesburg (2014) established that male older adults's hopelessness remains hidden because they see doctors less frequently than female older adults, have fewer opportunities to complain about their harm and are less able to express emotional anxiety. In a separate study, Hill and Zautra (2019) found that characterological self-guilt and mental health problems among senior people were significantly correlated. According to research by the New York Times (2013), senior people's ability to control their anger and ego has a significant role in determining whether they would feel the kind of stress that can lead to heart attacks, high blood pressure, and other health problems. In a study, Light and Obrist (2010) showed that dealing with and managing situations is better than trying to avoid them. In a similar study, Burger, Brown, and Allen (2013) discovered that older people who exert control must remain careful, vigilant, and aggressively busy, which is physically taxing.

Additionally, management adds the burden of obligation and the fear that these efforts won't succeed. In a related study, Carey (2017) discovered that older people should stop stagnating, acting, and trying to influence change. In a similar study, Burger et al. (2013) discovered that a management strategy might be harmful if it encourages older people to build excessive stress-stimulation tolerance. Solomon et al. (2018) conducted an analysis and found that older people's stress was managed by blaming them for their actions. In a related investigation, Janoff-Bulman (2019) discovered that senior citizens can modify their behavior and behavioral self-guilt to accommodate stress management to mitigate or avoid impending pressures. Frazier and Schauben (2014) established that characterological self-mistake well rear acceptance and negativity towards the future in their research. Mistakes in behavior should be both adaptive and maladaptive. However, according to research by Anderson, Miller, Riger, Dilt, and Sedikides (2014), behavioral self-guilt may have numerous benefits for stress management among retired adults with less alternative-focused management. In a related study, Mai and Kahn (2012) discovered that older people had a far lower risk of stress-related illness, defined as feeling under pressure, facing conflict, and feeling in control. According to a similar study by Lazarus and Folkman (2014), older people can use dilemma-centered management methods and emotion-focused solutions to reduce health-related problems. Self-assured beliefs about how to interact with others in social situations may, in turn, support interacting with people in a pro-social way and by offering assistance.

Everson (2015) studied 2428 senior males in comparable research in Finland. According to the extent to which they agreed with the statements, "the future appeared unachievable, and I cannot believe that things are shifting better again" and "I sense that it is not conceivable to accomplish the desire I would want to try for." Initially, it was determined that the older men either had a high, moderate, or low logic of depression. When the researchers verified the death account about six years later, they found that, even when the older men were associated with their maturity and prior health status, the more demoralizing, the older men were at the beginning, the more likely it was that they would have died of different diseases.

Attribution Theory of Kelly (1967)

This inquiry used Kelly's Attribution Theory as its primary theoretical framework (1967). The idea of attribution describes how people assign causes and consequences for their actions and

interactions. Kelly first presented the notion in a paper (1967); Kelly (1967) devised an attribution model in his original formulation, which he dubbed the Analysis of Variance structure (named after a statistical method known as Analysis of Variance (ANOVA)). This model proposes that people often explain behavior in terms of three likely reasons. They are people, things, and circumstances. He declared that the major basis for these three attributions is their factual sources. They are agreement—do other people behave similarly to the same circumstances—distinctiveness—do different situations produce comparable behavior—and constancy—does the same thing constantly happen? People assume the reasons behind the behaviors around them automatically or according to common sense. Even when there is no informal link, they analyze humanity as a collection of cause-and-effect relationships in an anthropomorphic manner. In our cognitive framework, the placement of acts into cause-and-effect relationships constitutes a causal arrangement. A crucial question is which activities should be considered causes and which should have effects. It was a rough description of the attribution process. Heider argued that we are likely to perceive a cause and its consequence as a perceptual component. When a human performance is the cause and a social behavior is the result or occurrence, some behaviors combine more easily than others to generate an informal component. The goal of attribution theory was to serve as an expressive model of daily life while also serving as a normative assumption of decisions and an ideological assumption of how the population should behave.

Description of the issue. One of the common problems affecting senior people in Delta state is stress. Due to retirement, family responsibilities, and health issues, retired teachers nowadays endure traumatizing conditions. Many senior people who left the Delta State government service between 2011 and 2020 did not have a plan for what they would do when they retired. They don't take any further action to resolve the issue, let other things fall a little, look for something positive to do, turn to careers to distract themselves from the problem, try to make the problem more positive, learn to live with positive problems, ask God for help, acknowledge that some problems have already occurred and cannot be changed, try to find solace in their religion, talk to someone about how they feel, and give up the fight.

Research Questions

1. What are the contributing elements in the stress management of senior people who retired from the Delta State Civil Service between 2011 and 2020?
2. How does poor stress management affect senior people who resigned from the Delta State Civil Service between 2011 and 2020?
3. What stress-reduction techniques can be used by senior people who retired from the Delta State public service between 2011 and 2020?

Hypotheses

- (i) There is no significant difference between male and female respondents on factors responsible for managing stress among elderly persons who retired from Delta State Civil Service between 2011 and 2020.
- (ii) There is no significant difference between male and female respondents on the consequences of inadequate stress management among elderly persons who retired from Delta State Civil Service between 2011 and 2020.

- (iii) There is no significant difference between male and female respondents on stress management strategies among elderly persons who retired from Delta state civil service between 2011 and 2020.

Purpose of the Study

This study examines stress management strategies among elderly persons who retired from Delta state civil service between 2011 and 2020. Principally, the investigator examined:

- (i) The factors responsible for stress management among elderly persons who retired in Delta state civil service between 2011 and 2020.
- (ii) Consequences of inadequate stress management among elderly persons who retired in Delta State Civil Service between 2011 and 2020. Stress management strategies can be employed among elderly persons who retired from Delta State Civil Service between 2011 and 2020.
- (iii) The difference between factors responsible for managing stress among elderly persons who retired in Delta state civil service between 2011 and 2020.
- (iv) The difference between elderly persons who retired in Delta state civil service between 2011 and 2020 on consequences of inadequate management of stress.
- (v) The difference in stress management strategies among elderly persons who retired in Delta state civil service between 2011 and 2020.

Method

A descriptive survey design was used for the inquiry. Two thousand thirty-one older adults who retired from the Delta State government service between 2011 and 2020 made up the population. To conduct the study, the researcher used a sample of 1,0465 people or 50% of older people, who retired from the Delta State government service between 2011 and 2020. The "Stress Management Strategies among Elderly Persons Questionnaire" (SMSEPO) was the tool utilized in the experiment. Through the decision of the authorities, the mechanism was verified. Using the split-half approach, the investigator utilized the piloting testing to examine the mechanism's consistency. Fifty elderly people who were retired teachers under the contributory pension scheme in public primary schools in Delta state were administered the mechanism used for determining the reliability of the mechanism by Carver and others (2019) in their multidimensional questionnaire titled "dealing with stress" With the use of the Pearson Product Moment Correlational Coefficient, the mechanism's dependability was determined (r). Among senior people who resigned from the Delta State Civil Service between 2011 and 2020, the significance of Pearson Product Moment Correlational Coefficient (r) for factors responsible for managing stress was 0.79. The Pearson Product Moment Correlational Coefficient (r) was significant at 0.81 for the effects of poor stress management on senior people who resigned from the Delta State Civil Service between 2011 and 2020. When looking at senior people who retired from the Delta State public service between 2011 and 2020, the Pearson Product Moment Correlational Coefficient (r) significance for stress management measures was 0.87. The investigator employed a wide range of participants in the investigation to deliver the mechanism to senior people and instruct them on how the mechanism was filled-up. Competent study assistants supported the investigator. Strongly Agree (4 points), Agree (3 points), Disagree (2 points), and Strongly Disagree (1 point) were the four score categories used to evaluate the

mechanism's contents. One thousand copies, or 0.99 percent, of the 1.0465 administered mechanism copies were recovered. Five hundred thirty-six older male employees retired from the Delta State civil service between 2011 and 2020, and 465 older female employees. The three study topics were addressed using the mean rating and standard deviation. A mean rating of less than 2.50 was considered insignificant, whereas a mean rating of 2.50 or more was considered noteworthy. The two null hypotheses developed to direct the inquiry were put to the test using the z-test at significance levels of 0.05.

Presentation of Results.

Research Question 1

What are the contributing elements in the stress management of senior people who retired from the Delta State Civil Service between 2011 and 2020?

Table 2: Mean Rating of Respondents on the Factors Responsible for Management of Stress among Elderly persons who retired in Delta state civil service between 2011 to 2020.

S/N	Factors Responsible for Management of Stress among Elderly Persons who Retired in Delta State Civil Service between 2011 and 2020?	Male Elderly persons				Female Elderly persons			
		N	\bar{X}	SD	Decision	N	\bar{X}	SD	Decision
1	Over Drinking	536	4.13	1.07	+	465	4.05	0.79	+
2	Over Smoking	536	4.03	1.13	+	465	3.97	1.19	+
3	Drug Abuse	536	3.95	0.75	+	465	3.95	0.81	+
4	Domestic violence	536	3.91	1.21	+	465	3.91	1.07	+
5	Marital crisis	536	3.85	1.15	+	465	3.87	0.87	+
6	Bullying	536	3.81	0.77	+	465	3.83	1.15	+
7	The negative feeling of unfair treatment.	536	3.76	0.84	+	465	3.79	0.83	+
8	Neurophysiologic adjustment	536	3.71	1.07	+	465	3.67	1.05	+
9	Rebellion	536	3.65	0.83	+	465	3.63	0.79	+
10	Low self-worth	536	3.54	1.04	+	465	3.61	1.12	+
	Total		38.34	9.86			38.28	9.67	
	Grand Mean		3.83	0.97			3.82	0.97	

+ = Agreed, - = Disagreed

The information in Table 1 demonstrates how senior citizens who retired from the Delta State Civil Service between 2011 and 2020 rated the elements responsible for managing their stress on a scale of 1 to 6. The respondents were in agreement across the board on all 10 points, citing excessive drinking, excessive smoking, drug use, domestic violence, marital problems, bullying, a sense of injustice in treatment, neurophysiological adjustment, disobedience, and low self-worth as the causes of stress management in elderly people who retired from the Delta State Civil Service between 2011 and 2020. After applying the information in table 1 and the mean rating from items 1 to 6, the following were observed. Male old subjects included 536 of the sample, with a mean

rating of 3.83 and a standard deviation of 0.97. In contrast, female senior subjects comprised 465 of the sample, with a mean rating of 3.82 and a standard deviation of 0.97. The evaluations of older men and women were higher than the significant level of acceptance when 2.50 was used as the study's significant level of acceptance. This indicates that the stress management variables among senior people who resigned from the Delta State Civil Service between 2011 and 2020 were significant due to high ratings.

Research Question 2:

How does poor stress management affect senior people who resigned from the Delta State Civil Service between 2011 and 2020?

Table 2: Mean Rating of Respondents on the consequences of inadequate stress management among Elderly persons who retired from Delta State Civil Service between 2011 and 2020.

S/N	Consequences of non-management of stress among Elderly persons who retired in Delta state civil service between 2011 and 2020.	Male Elderly persons				Female Elderly persons			
		N	\bar{X}	SD	Decision	N	\bar{X}	SD	Decision
1	Suicide	536	4.07	1.09	+	465	4.13	1.15	+
2	High Blood Pressure.	536	3.95	0.83	+	465	4.07	0.85	+
3	Trauma	536	3.93	1.13	+	465	4.01	1.12	+
4	Procrastination	536	3.85	0.71	+	465	3.93	0.69	+
5	Self-guilt	536	3.81	1.05	+	465	3.89	1.09	+
6	Anxiety	536	3.79	0.81	+	465	3.81	0.75	+
7	Less Eating	536	3.71	1.13	+	465	3.75	1.06	+
8	Frequent Accident	536	3.68	0.79	+	465	3.68	0.81	+
9	Fear about the future.	536	3.63	1.13	+	465	3.61	1.11	+
10	Loneliness	536	3.55	1.07	+	465	3.55	0.83	+
	Total	536	37.97	9.74	+	465	38.43	9.46	+
	Grand Mean		3.80	0.97			3.84	0.95	

+ = Agreed, - = Disagreed

Table 3 discussed poor stress management's effects on older people who resigned from the Delta State Civil Service between 2011 and 2020. The respondents agreed on all 10 points, including that elderly people who retired from the Delta State civil service between 2011 and 2020 were more likely to suffer from loneliness, high blood pressure, trauma, procrastination, self-guilt, anxiety, less eating, frequent accidents, and non-management of stress. The following were noticed after applying the information in table 3 and the mean rating from items 1 to 10. The sample for old males consisted of 536 individuals with a mean rating of 3.80 and a standard deviation of 0.97. In contrast, the sample for elderly female individuals consisted of 465 individuals with a mean rating of 3.84 and a standard deviation of 0.95. The elderly's evaluations exceeded the criteria level of acceptance while using the significant level of acceptance for the investigation of 2.50. This indicates that because the ratings were high, the effects of poor stress management on senior people who resigned from the Delta State Civil Service between 2011 and 2020 were severe.

Research Question 3

What stress-reduction techniques may be used by senior individuals who resigned from the Delta State public service between 2011 and 2020?

Table 3: Mean Rating of Respondents on the Stress Management Strategies that can be employed among elderly persons who retired from Delta State civil service between 2011 and 2020.

S/N	Stress Management Strategies can be Employed among Elderly persons who retired in Delta state civil service between 2011 and 2020.	Male Elderly persons				Female Elderly persons			
		N	\bar{X}	SD	Decision	N	\bar{X}	SD	Decision
1	Looking for Social Support Behavioral disconnection.	536	4.05	0.75	+	465	4.11	1.17	+
2	self-control management refutation	536	4.01	1.09	+	465	4.07	0.86	+
3	Planning active management control of opposing actions.	536	3.97	0.83	+	465	3.97	1.13	+
4	Centering on stopping sentiment	536	3.93	1.13	+	465	3.91	0.85	+
5	Constructive reinterpretation psychological disconnection.	536	3.87	1.07	+	465	3.85	1.11	+
6	Acknowledge turning to religious conviction.	536	3.81	0.85	+	465	3.79	0.77	+
	Total		23.64	5.72			23.7	5.89	
	Grand Mean		3.94	0.95			3.95	0.98	

+ = Agreed, - = Disagree

The information in Table 3 demonstrates that older people who resigned from the Delta State Civil Service between 2011 and 2020 may use stress management measures with a mean rating of 2.50. The respondents agreed upon all ten items. They included seeking social support, behavioral disconnection, self-control management refutation, planning active management control of opposing actions, focusing on stopping sentiment, constructive reinterpretation, psychological disconnection, and acknowledging reliance on religious conviction as stress management techniques that could be used by elderly people who retired from the Delta State civil service between 2011 and 2020.

The following were identified after applying the information in table 3 and the mean rating from items 1 through 8. Male old subjects included 536 of the sample, with a mean rating of 3.94 and a standard deviation of 0.95. In contrast, female senior subjects comprised 465 of the sample, with a mean rating of 3.95 and a standard deviation of 0.98. The evaluations of senior people exceeded the acceptance threshold using the significant level of acceptance for the inquiry of 2.50. As a result of the excellent ratings, it can be concluded that older people who resigned from the Delta State Civil Service between 2011 and 2020 can effectively manage their stress.

Hypothesis 1: There is no significant difference between male and female respondents on factors responsible for managing stress among elderly persons who retired from Delta state civil service between 2011 and 2020.

Table 4: z test of Significant difference between male and female Respondents on Factors Responsible for the Management of Stress among Elderly Persons Retired from Delta state Civil Service between 201 and 2020.

States	N	\bar{X}	SD	Df	Level of Significance	Calculated z-Value	Critical z-Value	Decisions
Male Elderly Persons	536	52.54	5.46					
Female Elderly Persons	465	51.23	7.17	999	0.05	4.45	1.96	Not Significant Accept H_0

Significant at $0.05 < P$ level

Table 4 signified that the calculated z value of 4.45 was greater than the critical z value of 1.96. As a result, the null hypothesis was approved. This means there was no significant difference between male and female respondents on factors responsible for stress management among elderly persons who retired from Delta State civil service between 2011 and 2020.

Hypothesis 2: There is no significant difference between male and female respondents on the consequences of inadequate stress management among elderly persons who retired from Delta state civil service between 2011 and 2020.

Table 5: z test of Significant difference between Male and Female respondents on Consequences of Inadequate Management of Stress among Elderly Persons who Retired in Delta State Civil Service between 2011 and 2020.

States	N	\bar{X}	SD	Df	Level of Significance	Calculated z-Value	Critical z-Value	Decisions
Male Elderly Persons	536	34.33	25.10					
Female Elderly Persons	465	34.63	25.20	999	0.05	-0.42	1.96	Not Significant Accept H_0

Significant at $0.05 < P$ level

Table 5 indicated that the calculated z value of -0.42 was greater than the critical z value of 1.96. Consequently, the null hypothesis was approved. This implies a significant difference between male and female respondents on the consequences of inadequate stress management among elderly persons who retired from Delta State Civil Service between 2011 and 2020.

Hypothesis 3: There is no significant difference between male and female respondents on stress management strategies among elderly persons who retired from Delta State Civil Service between 2011 and 2020.

Table 6: z test of Significant difference between male and female respondents on Stress Management Strategies among elderly persons who retired in Delta state civil service between 2011 and 2020.

States	N	\bar{X}	SD	Df	Level of Significance	Calculated z-Value	Critical z-Value	Decisions
Male Elderly Persons	536	52.26	6.65	999	0.05	5.45	1.96	Not Significant Accept Ho3
Female Elderly Persons	465	50.61	7.07					

Significant at 0.05 < P level

Table 6 indicated that the calculated z-value of 5.45 was greater than the critical z-value of 1.96. Consequently, the null hypothesis was approved. This implies a significant difference between male and female respondents on stress management strategies among elderly persons who retired from Delta State Civil Service between 2011 and 2020.

Findings

- (i) As a result of high ratings, several elements go into managing stress among older people who resigned from the Delta State government service between 2011 and 2020.
- (ii) Senior citizens who departed from the Delta State Civil Service between 2011 and 2020 suffered severe repercussions due to insufficient stress management.
- (iii) Senior citizens who resigned from the Delta State Civil Service between 2011 and 2020 were likely to use stress management techniques.
- (iv) There was no statistically significant difference between male and female respondents when it came to the variables in charge of stress management for older people who resigned from the Delta State government service between 2011 and 2020.
- (v) There was a substantial difference between male and female respondents regarding the effects of insufficient stress management on older people who resigned from the Delta State Civil Service between 2011 and 2020.
- (vi) When it came to stress management techniques, there was a substantial difference between male and female responders among older people who retired from the Delta State government service between 2011 and 2020.

Conclusion

- (i) High levels of stress-management characteristics were present among senior people who resigned from the Delta State Civil Service between 2011 and 2020.
- (ii) Elderly people who resigned from the Delta State government service between 2011 and 2020 suffered severe repercussions from insufficient stress management.
- (iii) The percentage of senior people who resigned from the Delta State government service between 2011 and 2020 who could use stress management techniques was high.

- (iv) Elderly people who resigned from the Delta State government service between 2011 and 2020 did not substantially differ regarding the factors that affect stress management.
- (v) Elderly people who resigned from the Delta State Civil Service between 2011 and 2020 had similar consequences of poor stress management.
- (vi) There were no discernible differences in the stress management techniques used by senior people who resigned from the Delta State government sector between 2011 and 2020.

Discussion

This study examined the stress reduction techniques used by senior people who left the Delta State public service between 2011 and 2020. The results shed light on several crucial factors relating to stress management in this demographic. First, the excellent ratings attained in this study imply that several factors are involved in stress management among older people who have left the Delta State government service. These results are consistent with earlier studies that emphasized stress management's significance for enhancing well-being and general quality of life in older persons (cite previous studies). Effective stress management techniques show that these retirees are aware of stress's negative effects on their lives and have taken proactive steps to deal with it.

The fact that senior people who left the Delta State Civil Service between 2011 and 2020 suffered grave consequences because of inadequate stress management, on the other hand, is alarming. This result highlights the potentially harmful effects of inadequate stress management in this group. It implies that retirement may be a considerable source of stress in and of itself, and if not well handled, it can negatively affect retirees. To address this problem and encourage appropriate stress management techniques among retirees, interventions and support mechanisms should be implemented (Isa et al., 2019; Nwozichi & Ojewole, 2015).

Positively, it was discovered that many of the retirees in this study used stress-reduction strategies. This conclusion is positive since it shows that a sizable percentage of senior people who left the Delta State Civil Service regularly employ stress-reduction and -management techniques. Retirees can improve their psychological resilience, preserve their well-being, and deal with retirement difficulties more successfully by using stress management practices.

Furthermore, the lack of a statistically significant difference in the factors impacting stress management between male and female respondents implies that gender does not significantly influence the stress management techniques used by retired people in this community. This result contrasts with other studies that claimed gender differences in stress management techniques existed (Costa et al., 2021; Zerach & Solomon, 2017; Seo et al., 2016). It is crucial to keep in mind, nevertheless, that the results may have been impacted by cultural and contextual variables unique to the retirees from the civil service of Delta State. It is necessary to do more study to examine possible gender disparities in stress management techniques among retired people in various cultural situations.

Furthermore, the stark disparity between male and female respondents considering the negative impacts of inadequate stress management emphasizes the need to address retirees' gender-specific stress management requirements. It implies that poor stress management may have varied effects on the well-being and health of retirees, men and women. Appropriate treatments and support networks should be created to meet these gender-specific demands and encourage efficient stress management techniques among both male and female retirees (Seo et al., 2016).

Finally, the fact that there were no observable variations in the stress management strategies employed by retired people in the Delta State government sector between 2011 and 2020 suggests some degree of homogeneity in this population's stress management strategies. This data raises the possibility that retirees may use comparable tools and methods to manage their stress successfully. Understanding these typical strategies can help create focused interventions and programs that meet the particular requirements of retired people in Delta State.

This study sheds important light on the stress reduction techniques used by senior citizens who left the Delta State government service between 2011 and 2020. The results underline the significance of good stress management among retirees and the possible drawbacks of inadequate stress management. The outcomes further highlight the necessity of gender-specific strategies. Although this study adds to our knowledge of stress management techniques used by retired Delta State civil service members, several limitations must be acknowledged to comprehend the results fully.

First, between 2011 and 2020, the study's primary emphasis was on retirees from the Delta State government service. As a result, there may be some limitations on how broadly the findings may be applied to different populations or historical periods. Results may vary depending on cultural environment, employment background, and retirement experiences. To increase the findings' external validity, future study should think about involving a wider spectrum of people. Second, the study evaluated the efficacy of stress management techniques using self-report measures. Recall bias and social desirability bias can impair the accuracy and reliability of the data produced when using self-report measures. A deeper knowledge of stress management practices among retirees may be obtained by including objective measurements or observational data. Thirdly, because the study was cross-sectional, we could not demonstrate a causal link or ascertain the long-term benefits of stress reduction techniques. Studies that follow people over time and collect data longitudinally would be very helpful in understanding the viability and efficacy of stress reduction strategies among seniors.

Implications of the findings

1. The results of this study have various significant ramifications for practice, policy, and research.
2. The study emphasizes the need for specialized treatments and assistance programs to encourage retired people to use efficient stress management techniques. These programs must consider gender-specific disparities in stress management techniques and the unique requirements and difficulties experienced by Delta State public sector retirees.
3. The results highlight the need to educate and train retirees on stress management strategies. Programs for pre-retirement planning should incorporate stress management elements to provide participants with the knowledge and tools they need to deal with the pressures of retirement.
4. According to the report, policy actions that support healthy aging and stress management among retirees are essential. The establishment of supportive workplace policies and procedures that ease the transition to retirement and promote the use of efficient stress management techniques should be taken into consideration by organizations and legislators.

5. The study emphasizes the necessity for more investigation into the underlying mechanisms affecting stress management among retirees. Future research should examine the effects of social support networks, retirement planning programs, and cultural variables on stress management results. Additionally, longitudinal study approaches would shed light on the long-term impacts of stress management techniques on retirees' quality of life and general well-being.
6. It is important to encourage elderly persons who left the Delta State Civil Service between 2011 and 2020 to practice good behaviours as a strategy to handle stress constantly. The risks of inadequate stress management on their health should be clarified.
7. Through a campaign, elderly persons who left the Delta State Civil Service between 2011 and 2020 should be informed about the dangers of stress to their health.

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