



Life Satisfaction in Retirement: The Direct Influence of Gender, Self-esteem and Health Locus of Control in Southwestern Parts of Nigeria

Abiodun Musbau Lawal^{1,2*} and Erhabor Sunday Idemudia¹

*¹Faculty of Human and Social Sciences, North-West University,
Mafikeng Campus, South Africa*

²Department of Psychology, Federal University Oye-Ekiti, Ekiti State, Nigeria

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ABSTRACT The study investigates the direct influence of gender, self-esteem and health locus of control on life satisfaction among retirees in two states in the South-western part of Nigeria. Using ex-post facto research design, 592 retirees conveniently completed copies of a questionnaire that comprised demographics and measures of variables of interest. Three hypotheses were tested by t-test for independent groups. Self-esteem significantly influenced life satisfaction $t(590) = 3.39, p < .05$. Similarly, health locus of control significantly influenced life satisfaction $t(590) = 3.87, p < .05$. However, no significant influence of gender on life satisfaction $t(590) = 0.08, p > .05$. Living a more satisfied life in retirement is a function of having positive self-regards or being responsible for health-related behaviour. Harnessing the influencing variables may help in the provision of self-development programmes, therefore ensuring care and support for retirees to enjoy and live a fulfilled life after selfless service to their nation.