A Study on Social Intelligence for Effective Optimization of Retirement and Successful Ageing

Mr. A. Prasanth[1] and Fathim Ridha Rasheed[2]

Professor, Department of Management Sciences[1]

Student II MBA, Department of Management Sciences[2]

Hindusthan College of Engineering and Technology, Coimbatore, India

Abstract: *This study aims to investigate the role of social intelligence in optimizing retirement and achieving successful ageing. As the global population continues to age, understanding the factors that contribute to a fulfilling and productive retirement becomes increasingly important. The study adopts a mixed-methods approach, combining qualitative interviews and quantitative surveys to gather comprehensive data. Furthermore, the findings may inform the development of interventions and programs aimed at enhancing social intelligence and facilitating successful transitions into retirement, ultimately promoting a higher quality of life and improved overall well-being during the ageing process.*

Keywords: social intelligence, retirement, successful ageing, social engagement, well-being, transition.

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