

## **LIFE AFTER THE SELFLESS SERVICE: THE LIVED EXPERIENCES OF RETIRED PUBLIC TEACHERS**

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### **ABSTRACT**

This study was conducted in the Municipality of Makilala of Cotabato Division in the School Year 2021-2022 and participated by 15 retired public teachers who responded to a validated interview question. Qualitative is a research methodology which aims to dig deeper into the experiences of the people. Results show that they adjusted on their daily routines, they faced anxiety and stress, and financial problems. They coped through venturing to business, hooking up to new hobbies, reaching out other retired teachers, and spending time with loved ones. It was shared that one has to have proper financial management. On the other hand, one thing for sure, retirement is a new beginning to have an ample rest and enjoy the days without being surrounded by the bulk of paper works. The study gives the windows of opportunities to look into the challenges and coping strategies of people who undergoing transitions in their career.

**KEYWORDS:** Selfless Service, Retirement, Experiences & Transitions