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DEPRESSION, ANXIETY, AND ATTITUDE TOWARD RETIREMENT AS
PREDICTORS OF WELLNESS FOR WORKERS NEARING RETIREMENT (104 pp.)

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The current study examined the predictive value depression, anxiety, and attitude

toward retirement have on wellness for workers nearing the time of retirement.

Participants ($N = 168$) were sampled from the community through local businesses,

churches, mailing lists, and schools. Participants had to still be working within their

primary career and had to be planning to retire within the next five years to qualify for

this study. Hierarchical multiple regression analysis was used to determine the predictive

relationships between the above variables and wellness. Specifically, the Beck

Depression Inventory-II, Beck Anxiety Inventory, Attitude Toward Retirement Scale, and

Perceived Wellness Survey were used to measure these variables.

Results indicated that depression, anxiety, attitude toward retirement, and

wellness were all significantly related. Results also showed that depression was the

largest predictor of wellness, with attitude toward retirement being the second largest

predictor. Overall, depression and attitude accounted for 38% of the variance of wellness

scores. Additionally, income level was found to be related to the predictor and criterion

variables; however, income only accounted for 1% of the variance.

Factor analysis was conducted on the Perceived Wellness Survey to determine the

discreteness of the subscales. Results indicated that only two subscales loaded perfectly

on specific factors, whereas the remaining four subscales did not load on any specific

factor.