

Nachberufliche Tätigkeiten - Robert Merker

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'Wie gestalte ich meinen Lebensabend?'; 'Welchen Aktivitäten gehe ich in dieser Zeit nach?'; 'Kann ich Hobbys, die ich jetzt betreibe auch noch im höheren Alter ausüben?'; 'Zur Zeit ist mein Job für mich der Sinn meines Lebens; wer oder was soll dieser Sinn im Ruhestand sein?' Dies sind alles Fragen, die die über 50-Jährigen in Deutschland beschäftigten bzw. beschäftigen sollten, da sie rein statistisch gesehen noch zwischen 19,7 und 23,8 Jahre leben werden, sobald sie das 60. Lebensjahr erreicht haben. Somit kann man wohl feststellen, dass die Phase des Ruhestandes im Leben, neben der Phase Kindheit/Jugend die meiste frei verfügbare Zeit bietet. Zudem kann man einem Spektrum an potentiellen Freizeitbetätigungen nachgehen. Da die absolute und auch relative Zahl der über 60-Jährigen in Deutschland in den nächsten Jahren zunehmend sein wird, gewinnt die Problematik einer effektiven und sinnvollen Freizeitgestaltung im Alter immer mehr an Bedeutung. Deshalb werde ich zunächst die drei bekanntesten Modelle des Alterns kurz vorstellen um dann die Übergangsphase von dem Erwerbs- in das Ruhestandsleben darzustellen. Danach werde ich, basierend auf dem Werk 'Bildung und Freizeit im Alter' von Fred Karl und Walter Tokarski, verschiedene Möglichkeiten von nachberuflichen Aktivitäten darlegen.

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