Empowering Self-disclosure: The Active Post-retiree Life Accounts of Malaysian and Singaporean Senior Citizens

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1 Introduction

The elderly have become a major voice in many countries today. Health, mobility, living conditions and family support are important considerations for the elderly. Many of their peers have passed on and the elderly struggle to remain active in society. While self-disclosure discourse might be seen as strategies of support building (Eigsti 1996, 131, Pearse 1999) where the elderly disclose in a way of sharing out of 'elderly' because A sake elderly present's way of telling compassionate because what they have been through, how much they have suffered and what they are now experiencing. Doing so enables them to achieve a sense of integrity and establish an intimate connection with the listener. Such discourse has been termed 'Painful Self-Discovery' (Kincheloe, 1991) and Boneventure and Hamerst (1982) describe PSE as an elderly phenomenon. They mention that PSE can be disempowering to the elderly as such discourse emphasizes the negative aspects of growing older. PSE in turn as negative discourse, and reflects the point of aging (Mannheim 2000) alone which will mean the women's unhappy personal situation, such as ill health, loneliness, sadness and also self-dispair.