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Two fifths of Brits are concerned they'll be bored in retirement. And the same number are concerned they'll be lonely

- 2 in 5 (42%) are concerned they will be bored in retirement and another 42% of Britons are worried they'll be lonely
- Over half (55%) of young adults worry about boredom when they stop working, but this drops to 30% by the time people reach the age of 55
- One in five (18%) of Brits say that they will continue to work past the state pension age to keep mentally active
- 1 in 4 (23%) said many Britons are concerned that spending additional time with their partner in retirement could lead to separation or divorce

Retiring, after a lifetime of work, is a future many can't wait to begin. However, M&G Wealth's [Retirement Revisited](#) research shows that some are deeply apprehensive of what's to come: a change in pace and purpose, and more free time on their hands has led to some worrying over new-found pressures on relationships with home - and on one's mental health.

According to the latest research from M&G Wealth, as many as 2 in 5 (42%) are concerned that they will be bored in retirement, with a separate 42% saying that they are worried that they'll be lonely. Compared to other countries surveyed, Britain was revealed to be the most worried about this followed by Spain (36%), France (34%), Italy (27%), and Germany (25%).

Even within Britain there seems to be a split in how different ages worry about boredom when they stop working. Over half (55%) of 18- to 34-year-olds admitted they were worried, but this drops to just 30% by the time they reach 55 years old. Similarly, 54% of young adults worry about loneliness when retire but this once again falls to 28% at 55 years old.

In terms of people's attitudes to retiring, 1 in 5 (18%) of those surveyed say that they will continue to work past the state pension to keep them mentally active. Another 1 in 10 (8%) say that they will continue because they like socialising.

Aside from fears of being bored and lonely, many Britons are concerned that spending additional time with their partner in retirement could lead to a separation or divorce. Unfortunately, as many as 1 in 4 (23%) said that this was a real concern, with men (26%) voicing this more loudly than

women (19%). Brits and the French (23%) were the most worried compared to their European counterparts in Germany (17%), Italy (18%), and Spain (22%).

Kirsty Anderson, pensions expert at M&G Wealth, comments: “Retirement is a new chapter and with that often comes feelings of anxiety over the prospect of how to fill your days. For some, switching to part time work can help alleviate those nerves, for others committing to a hobby or pastime can be a perfect outlet. Whatever you choose, it is important to see your retirement as an exciting time where you can focus on your family, friends, partner, and most importantly, yourself. Don’t let the uncertainty scare you, and instead embrace the wealth of possibilities.

“The best way to ensure that you can enjoy your retirement is to make sure you’re as financially prepared as you can be. Speaking to a financial adviser can help align your pension with your retirement goals and ensure that you spend less time being stressed and more time on doing what you want to do. Or what your partner wants to do. After all, it’s likely you’ll be spending more time with your significant other.”

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Notes to editors

Methodology

Research was carried by Opinium among 900 UK adults (18+) with 500 of them planning on retiring in the next 12 months

About M&G Wealth

M&G Wealth is part of M&G plc. It has four main parts, M&G Wealth Advice, M&G Wealth Platform, M&G Wealth Investments and a retail investment funds business, M&G Direct.

M&G Wealth launched a HYBRID advice business - ‘MAP your future’ - in late 2021, initially to a part of its existing customer base, where clients, often with modest wealth and a simpler set of financial needs, are able to get access to the advice that they currently find difficult to obtain – either because of the costs involved or the commercials commonly associated with an advice business (making it impractical to offer services to lower sums invested).

M&G plc is a company incorporated and with its principal place of business in England, and its affiliated companies constitute a leading savings and investments business. M&G plc is the direct parent company of The Prudential Assurance Company Limited. The Prudential Assurance Company Limited is not affiliated in any manner with Prudential Financial, Inc, a company whose principal place of business is in the United States of America or Prudential plc, an international group incorporated in the United Kingdom.

At the start of 2022 M&G plc also completed the acquisition of Sandringham Partners – an independent financial advice arm of M&G Wealth.

In January 2022 M&G plc announced a partnership agreement with Moneyfarm, a leading digital investment specialist, to provide direct investment services to UK consumers. M&G Wealth will use Moneyfarm’s existing technology, digital capabilities, and investment guidance journeys to back its own branded proposition.

In February 2022 M&G plc acquired TCF Investments to provide model portfolio services (MPS) and in April 2022 added a new range of six model portfolios focused on investing globally and incorporating ESG factors in its investment process.

In August 2022 month M&G announced that it was taking an initial 49.9% stake in National IFA Continuum Financial Services with a scheduled agreement in place to acquire the remainder over the following two years.