Sun Life

Retirement Reimagined:

Asia's Retirement Divide



Retirement Reimagined: Asia's Retirement Divide
Key findings for Malaysia

Prepared versus unprepared: A tale of two retirements

Gold Star Planners

- At least one life and health insurance policy
- Contributing to at least one pension plan
- Saving at least 10% of income toward retirement
- Intend to start planning expenses at least six years in advance before retirement

Stalled Starters

- No insurance or pension plan
- Saving 10% or less of income toward retirement
- Intend to start planning expenses five years or less before retirement

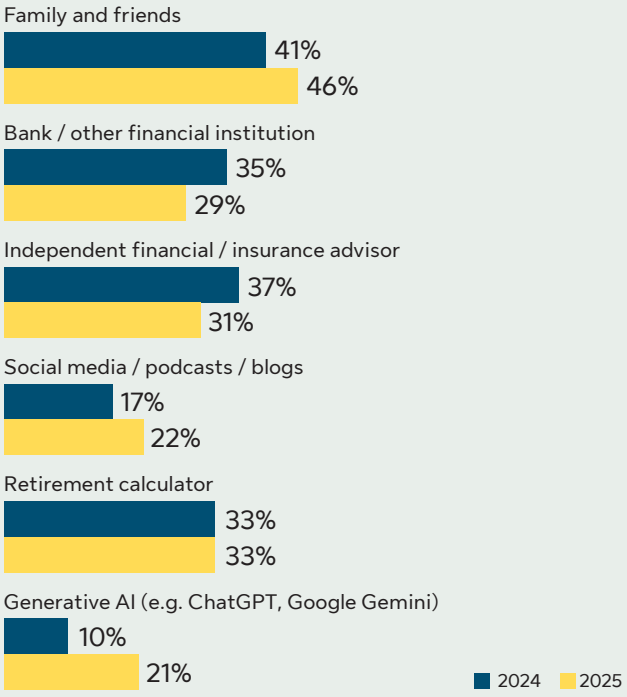
	Gold Star Planners	Stalled Starters
Looking forward to retirement	53%	19%
Seek professional financial or insurance advisors	42%	14%

Reasons for retiring later than planned

	Gold Star Planners	Stalled Starters
Need to save more	31%	67%
Enjoy social aspects of work	44%	22%
Stay physically and mentally active	44%	44%

GenAI use almost doubled as a source for information

Where retirees and pre-retirees turn for financial guidance:



Shifting retirement mindset

64% expect to continue working beyond retirement age.

Reasons for expecting to work beyond official retirement age

63% Financial necessity

58% Health and wellbeing

53% Desire for purpose and fulfilment

52% Maintain social connections

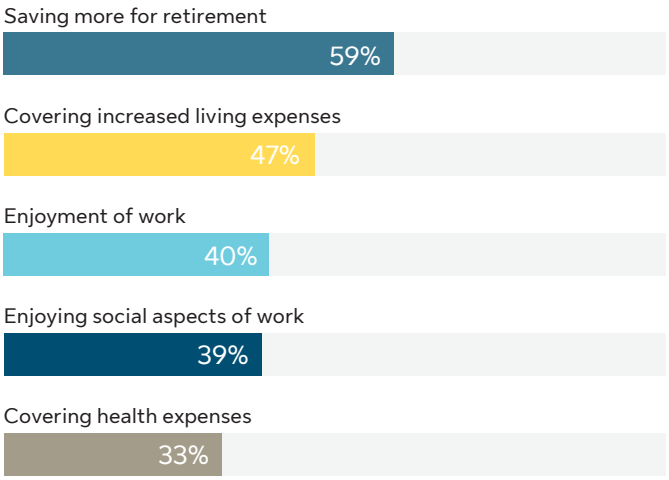
53% Mental stimulation

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Health equals wealth in retirement

57% to stay physically and mentally active in old age.

Reasons for delaying retirement

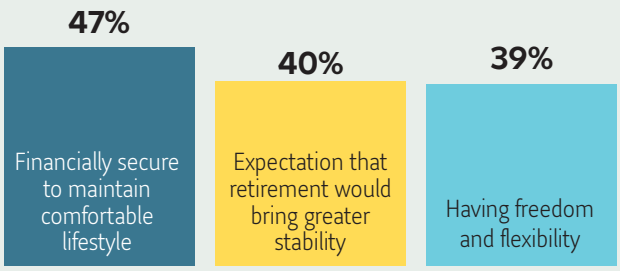


Of those who retired earlier than planned, **27%** cite poor health as a reason.

Financial security correlates with retirement optimism

Only **41%** of non-retirees are looking forward to retirement.

Top reasons behind retirement optimism



71% say financial security is the biggest factor in making them ready to retire.

Aspirations versus planning gaps

Only **15%** feel very confident in their retirement plans.

Caring for older and younger family members has led:



Factors changing views of retirement

79% believe retirement should be a personal choice.

36% of **Gen Z** strongly agree with this compared to **34%** of **Baby Boomers**.

Respondents desire agency over retirement

