



DIFFERENCE AMONG MIDLIFE CRISES BETWEEN A MAN AND A WOMAN

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ABSTRACT:

As we know that anxiety and midlife crisis is related with each other and has some impact on each other, and affect the daily routine of the midlife aged people in different setting. A midlife crisis could be caused by aging itself or aging in combination with changes, problems, or regrets over: work and lack of career, lack of them. To see the differences among midlife crises between men and women. The present study investigated the effect of anxiety on midlife crisis of man and women. For this research 60 participants between the age range of 30-60 were selected by the simple random sampling method and ex-post facto research design is used. For testing this research null hypothesis were used. For inclusive method, researcher have included middle aged subjects of age group 30-60 years, man and women are included, where as in exclusive method researcher excluded 60+ peoples and also old age, because the researcher wants to study in middle aged. For collecting the data, researcher applied Sinha's comprehensive anxiety test and t-test is used for statistical analysis. Results shows that there is not significant difference between the level of anxiety man and women. Thus, the null hypothesis has been not rejected. Results also reveal that is anxiety level high in men have more anxiety than women as their growing age, inevitable morality, and lack of accomplishment in life.

KEYWORDS:

MIDLIFE CRISES, ANXIETY.

INTRODUCTION

According to the APA, 2007 Midlife is a feeling of fear, dread and uneasiness. It might cause you to sweat, feel restless and tense and rapid heartbeat. It can be a normal reaction to stress. Emotional crisis is evident from "clear and abrupt change in behavior." Examples of behavioural change can include: Neglect of personal hygiene, dramatic changes in sleep habits, weight loss or gain, pronounced changes in mood, irritability, sadness or anxiety. The term "midlife crisis" is familiar as a description of experiences thought to be prevalent in midlife. This term connotes personal turmoil and sudden changes in personal goals and lifestyle, brought about by the realization of aging, physical decline or entrapment in unwelcome, restrictive roles. Intensive studies of self-perceived personality change in adult have suggested that the term midlife crisis is used by many American men as a metaphor for the physical and psychological changes they perceive taking place as they age. **The journal psychology, 2010** A characteristic the differing midlife crises perspective share is that they assume the passage through person in contrast to other periods of life. Midlife is apt to be both eventful and stressful. Another characteristic is they seek to define the predictable crisis or expected stress that midlife poses to an average person in contrast to other periods of life. **According to the WHO** Anxiety is a natural human reaction to stressful situations, but becomes a condition when it frequently occurs without a trigger. **According to**

the APA, 2022 Anxiety is a feeling of fear, dread and rapid heartbeat. Anxiety is an emotion characterized by feelings of worried thoughts and physical changes like increased blood pressure. People with anxiety disorder usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. Anxiety is the total response of a human being to threat or danger. Thoughts about harm and a process of physiological alarm and activation.

Research shows that women displayed higher levels of overall midlife concerns and problems and fear of aging than men did. (Shek D. T. (1996) Personal and social resources and the absence of anxiety and depression are of crucial importance for the maintenance of life satisfaction in ageing men. There is also evidence for a crisis around midlife manifested by health concerns, anxiety and reduced resilience. (Beutel, M. E., J., Marian, H. et.al. (2010). Middle aged men and women began to reevaluate their hopes and dreams, reassess their relationship and seek new forms of identification and fresh pathways to self-satisfaction and increased life expectancy, changing family structure patterns of work and the rise of individualism (Jackson, M. (2021). There is much research in proliferated due to extended lockdown and its after effects. There is much research in sentiment analysis, which shows us the impact of covid-19 in recent days. Surprisingly, recognizing symptoms of the midlife crisis in the pandemic situation of COVID-19 is yet achieve. (Das, B.,

Chatterjee, A, Das, A. (2022). Midlife crisis do more than merely comment on already existing understandings of aging and should in fact be understood as important components in the ongoing medicalization of midlife-aged masculinities. (Erikson, Erleend loe, 2022) The Midlife Death Concerns, Demographics, and Intensity of Crisis and found that Gender and education level, as well as crisis intensity, also correlation significantly with death concerns. Temperament type characteristics that may have relevancy to the findings are discussed. Strategies to the

boost self-efficacy should be utilized, and family support constitutes the best means of coping.

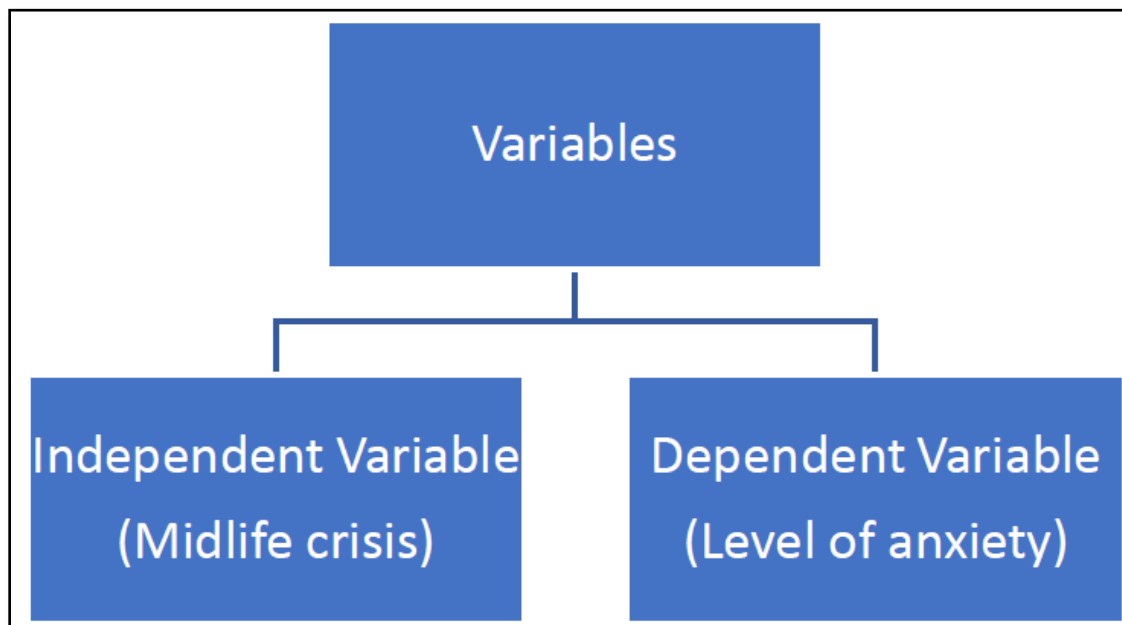
RESEARCH PROBLEM FOR THIS RESEARCH WORK:

"Is there any significant difference among midlife crises between a man and a woman?"

AIM & OBJECTIVE:

To see the differences among midlife crises between men and women.

DESCRIPTIONS OF VARIABLES:



RESEARCHER FORMULATED FOLLOWING NULL HYPOTHESIS:

There is no significant difference between anxiety of man and women.

SAMPLE & SAMPLING TECHNIQUE:

The sample was collected with the help of simple random sampling techniques and the subject age range between 30 to 60 years. 60 samples were collected in total, 30 sample from man and 30 sample from women were selected as the final sample for the research. Researcher applied SCAT questionnaire to evaluate the anxiety level in men and women and Ex-post facto research design was used in this present investigation.

INCLUSION CRITERIA:

In this research, researchers have included midlife aged subjects of age group 30-60 years, midlife aged women and man are included.

EXCLUSION CRITERIA:

In this research, researcher excluded 60+ peoples and also old aged, because the researcher wants to study in middle aged.

PROCEDURE OF DATA COLLECTION:

- Researcher has used SCAT scale for man and women and 30-60 years of scores can be collected to measure anxiety.
- Questionnaires are created on Google forms and circulated via online platform
- Simple random sampling is used but the age range lie between 30-60 years.
- After data collection, scoring has been done through concerned manual.

RESEARCH TOOLS:

Researcher applied SCAT scale constructed by A. K. P. Sinha and L. N. K. Sinha. A total number of 90 items and any responses indicated by 'YES' and 'NO' the tests should be awarded the score of one and zero for 'NO' the sum of all the positive or 'YES' responses would be the total anxiety score of the individual. The questionnaire based on the age norm with reliability – 0.85 & validity – 0.6.

STATISTICAL ANALYSIS:

In this, researcher did a study over a variable i.e., midlife crises and anxiety. Researcher used t-test for statistical analysis.

RESULTS & INTERPRETATION:

Collected data through above mentioned inventories were analyzed in terms of men, standard deviation & t-test method. The results have been presented in the tables.

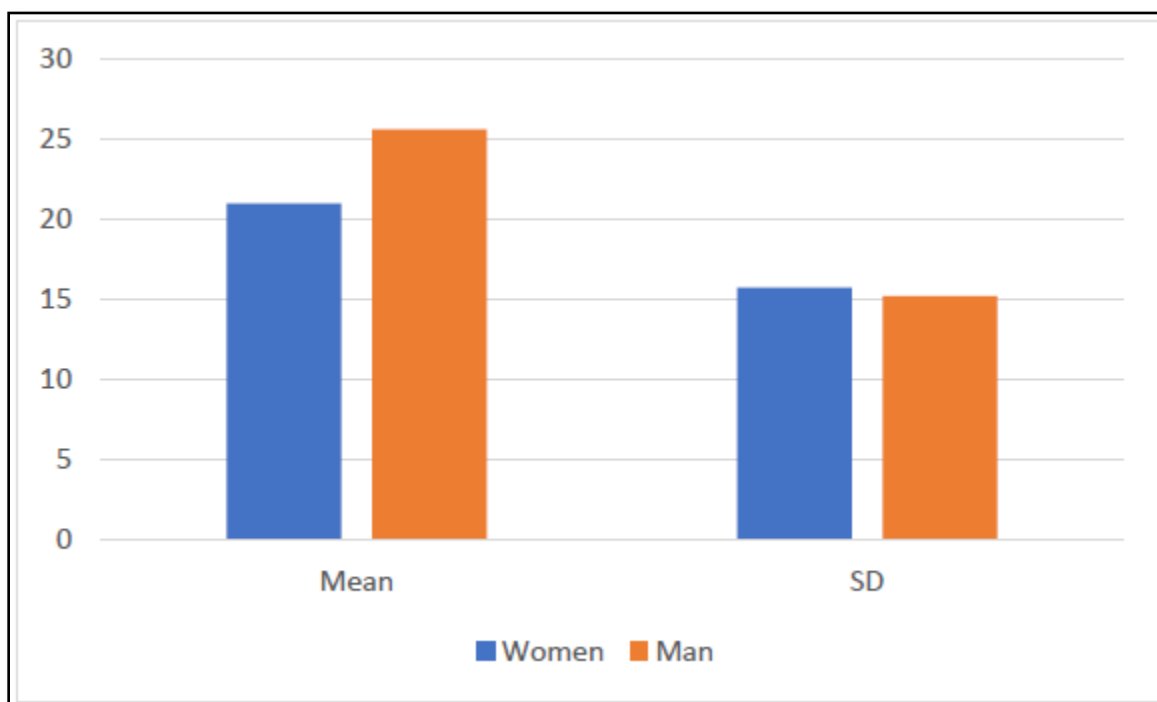
Ho: There is no significant difference between anxiety of man and women.

Ha: There is significant difference between anxiety of man and woman.

COMPARING THE LEVEL OF MIDLIFE CRISIS ON ANXIETY:

Groups	Anxiety Score				SE _D	t-score	Significance Level
	n	Mean	SD	SE _M			
Women	30	20.96	15.72	2.87	3.99	1.16	Not significant at both the level
Man	30	25.6	15.21	2.78			

df=58



The objective of the study was to measure the level of anxiety of midlife crises between men and women. To attain the objective and verify the hypothesis the data were analysed using Mean SD and t-test were calculated. From the above result and graphical representation, it is interpreted that there is no significant difference between the level of anxiety between midlife crisis of men and women. The null hypothesis has not been rejected.

As we know that midlife is the central period of the person's life, spanning from age of middle. it can be a stressful time, as many people to feel disconnected and restless as the struggle with aging, morality and holding into a sense of purpose. The reasons for midlife crises could be less motivation, dissatisfaction, fatigue, highly anxiety, declining happiness. The above scores show that men have more anxiety than women as their growing age, inevitable morality, and lack of accomplishment in life.

DISCUSSION:

The main aim of the study to see the differences midlife crisis between man and women. The sample include 30

man and 30 women. After the data collection, analysis was done with the help of t-test and result were formulated which shows that the men's have more anxiety that women as their growing aging, feeling of sadness, worthlessness, irritability and anger, thoughts of death or self-harm, aches pains without an identifiable cause, including muscle pain, digestive problems and headaches.

Research that shows that women were as likely as a man to report having had a midlife crisis and man's have a more anxiety that women. In addition, crisis occurring well before age 40 and age 50 were frequently nominated as midlife crisis. Most participants did not attribute their self-reported midlife crisis to aging, but rather to major life events that posed a severe threat and challenge during a very broadly defined period of "Midlife". (Wethington, 2000)

CONCLUSION:

The main aim of the study is to see the differences among midlife crises between men and women. The researcher study includes the male and female of midlife. The sample includes 30 men and 30 women. After the data collection,

analysis was done with the help of t-test and result were formulated which shows that the men have more anxiety than women.

LIMITATION & SUGGESTION:

- As the sample size is small for this research, a researcher could increase the size of the sample of generalization of the research
- As the sampling is done via Google form, if the researcher could do research directly to the subject than it could be nice.
- Takes time and energy, but it can help you find greater satisfaction and pleasure in life. To effectively cope with crisis requires identifying the source of the particular crisis we are facing or going through.

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