



RESILIENCE, REJECTION SENSITIVITY AND ANGER AMONG ADULTS WITH MIDLIFE CRISIS

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ABSTRACT

BACKGROUND: The midlife period can be considered an important phase of transition in a person's life course. This phase is characterized by an identifiable change in personal circumstances. The midlife period has an important preparatory role in the transition to the next stage of development, that is, to old age. The midlife period is characterized by losses and readjustments. This period covers a large portion of an individual's life span. A woman may go through multiple social, psychological, and biological challenges during this midlife transition. Effective management of these challenges is essential for a healthy midlife period among women. **OBJECTIVES:** The objectives of the study were to assess the resilience, rejection sensitivity and anger among adults with Midlife Crisis in selected community areas in Malappuram District, Kerala. **METHODS:** A descriptive study was conducted among 61 female adults with Mid Life Crisis in different community areas at Malappuram district, Kerala. The data collection was done in January 2021. The Resilience In Midlife scale, the Rejection Sensitivity Questionnaire-Adult version (A-RSQ), and the Clinical Anger Scale were used for the data collection. Using descriptive statistics, the collected data was analyzed. **RESULTS:** The results of the study showed that the mean Resilience score among the sample was 46.67, the mean Rejection Sensitivity score was 20.05, and the mean Anger score was 39.51. **CONCLUSION:** Resilience building, rejection sensitivity management, and anger management are essential in the management of Mid Life Crisis among women.

KEYWORDS : Resilience, Rejection Sensitivity, Anger, Middle age

INTRODUCTION:

Midlife is considered an important phase of transition in a person's life course, which is characterized by a notable change in personal circumstances (Brett, BR 2010). Midlife plays an important preparatory role in the transition to the next stage of development, that is, old age (Lachman, ME 2004).

During midlife transition, a woman may experience multiple social, psychological, and biological challenges, and the investigators are focusing on women between the ages of 40 and 65 years (Thomas AJ 2018). Midlife is the least studied period of human development. The focus of researchers in the past was on other developmental stages like childhood, adolescence, or old age. It was also noted that unvalidated information had given a wrong idea about the changes in midlife. In comparison with males, women may experience more stress in relation to their work and family. As a result of midlife transition, women may experience anxiety, depression, or a feeling of emptiness in their lives (Malhotra J 2019).

Various literatures enlighten about the importance given to the studies on various life stages like childhood, adolescence etc. While reviewing the existing literature, it was clear that there were many studies conducted abroad, but at the same time, there was a scarcity of studies about middle-aged women in India. Because there have been few studies on the middle-aged in India, there is a significant gap in understanding the mode of frustration, degree of social adjustment, and needs patterns of the middle-aged in the country. When discussing the general life situations of middle-aged women, they are neglected by themselves, their families, and society in many situations. Psychosocial factors can be important determinants of the well-being of middle-aged women. The middle-aged population needs special attention because this period can be considered as a bridge between adulthood and old age. Addressing the problems and well-being of middle-aged women will help to reduce the number of old age-related psychological and social issues in the future. Middle adulthood may be characterized by a midlife crisis, which typically begins in the early or mid-40s. The crisis begins as middle-aged adults realize that they have not accomplished all of their desired goals and wishes in life (Hussain S, 2018).

A crisis that may be experienced in middle age is called as Midlife crisis. During this period there may be frustration, panic, and a feeling of meaninglessness, and it may result in radical and even devastating changes in lifestyle (KV Anoop Kumar 2015). There was research towards teaching and research on the topic of midlife crisis. Moreover, there is a deficiency of mid-life crisis research within the Indian context (KV Anoop Kumar 2016).

Statement Of The Problem

A study to assess the Resilience, Rejection sensitivity and Anger among adults with Midlife Crisis in selected community areas at Malappuram District, Kerala.

OBJECTIVES

- 1) Assess the resilience among adults with Midlife Crisis in selected community areas at Malappuram District, Kerala.
- 2) Assess the rejection sensitivity among adults with Midlife Crisis in selected community areas at Malappuram District, Kerala.
- 3) Assess the anger among adults with Midlife Crisis in selected community areas at Malappuram District, Kerala.

MATERIALS AND METHODS

A descriptive research design was used in the present study. The ethical clearance was obtained from the Institutional Ethical Committee. Permission to conduct the study was obtained from the authorities of a Self-Help Group (SHG). The data was collected during January 2021 from different community areas in Malappuram district (n = 61) in Kerala. The investigator provided detailed information to the participants about the study. An informed consent was obtained from each subject and confidentiality of the information was assured. The sample included in the study were middle aged women between the age group of 40-65 years and those who are married and working. Those who met the inclusion criteria were screened for Midlife Crisis. Those women with midlife crisis were included in the present study. The resilience, Rejection sensitivity and Anger were assessed using standardized questionnaires. The tools used for the data collection were the Resilience In Midlife scale, the Rejection Sensitivity Questionnaire-Adult version (A-RSQ), and the Clinical Anger Scale.

Data Analysis And Findings

The data analysis and interpretation were done using the descriptive statistics. The major findings of the study are presented as follows.

Section 1: Analysis Of The Socio Demographic Data:

This section includes the frequencies and percentages of adults with Midlife Crisis based on age, educational status, occupation, religion, type of family, support system available, number of children, associated physical illness, monthly family income, and history of recent job change. Results showed that 70.5% of the sample were between 40-49 years, 21.3% had higher secondary education, 47.5% were private employees, 41% were from joint families, 54.1% had more than one supporting system, 50.8% had two children, 54.0% had some associated physical illnesses, and 91.8% had no history of recent job change. Low salary was the most common reason for job change among the sample.

Table 1: Distribution Of Sample Based On The Type Of Physical Illness Present
n=33

| Type of Illness | Frequency | Percentage |
|-------------------------------|-----------|------------|
| (1) Diabetes Mellitus | 08 | 24.24% |
| (2) Hypertension | 05 | 15.21% |
| (3) Joint pain/problem | 08 | 24.24% |
| (4) Increased cholesterol | 02 | 06.10% |
| (5) Cardiac problems | 03 | 09.10% |
| (6) Multiple physical illness | 07 | 21.21% |

The data depicted in table 1 clearly shows that among the total sample (n = 33) with physical illness, most of the sample (24.24%) had diabetes mellitus and joint problems. Multiple physical illnesses were present among 21.21% of the sample.

Section 2: Analysis Of Resilience Among Adults With Mid Life Crisis:

The resilience score ranged from 0 to 100. In the present study, the mean resilience score was 46.67, which showed that there was low resilience among adult women with Midlife crisis.

Section 3: Analysis Of Rejection Sensitivity Among Adults With Mid Life Crisis:

The rejection sensitivity score for each item in the questionnaire was calculated by multiplying the level of rejection concern by the level of rejection expectancy (rejection sensitivity = rejection concern * rejection expectancy) and the total rejection sensitivity score ranged from 1–36.

In the present study, the mean rejection sensitivity score was 20.05. With regard to the mean rejection sensitivity score for each item in the questionnaire, a high rejection sensitivity score was obtained for items like rejection sensitivity about the financial support from the parents or family members during a difficult financial time (22.70), rejection sensitivity about the willingness of a friend to listen to a disturbing issue (22.33) and rejection sensitivity while trying to make up after a bitter argument with the significant other (21.80).

Section 4: Analysis Of Anger Among Adults With Mid Life Crisis:

The mean anger score was 39.51. The following section deals with the distribution of sample based on the degree of anger. The details are presented in the following figure.

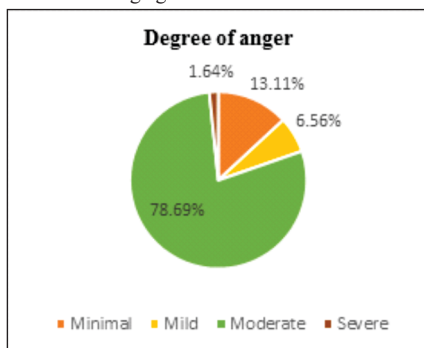


Figure 1: Distribution of sample based on the degree of anger

From Figure 1, it is clear that 78.69% of the sample had moderate anger, 13.11% of the sample had minimal anger, and 1.64% of the sample reported having severe anger. Most of the sample experienced anger, which occasionally undermines the ability to make decisions, intense anger about the future, anger making the person more tired and also angry about the failure.

DISCUSSION

In the present study, the mean resilience score was 46.67. Nair JP (2014) conducted a study among middle aged women between the age groups of 40-60 years and the results showed that there was a significant negative correlation between resilience, anxiety, and depression. A study was conducted in Turkey using the Resilience In Midlife scale, and the mean resilience score among middle adults was 67.98 (Tagay, O, 2015). A study conducted among menopausal women aged 40-65 years using the Connor-Davidson Resilience Scale showed that there was a low mean resilience score (67.86). (Hiwatig LG 2020). On the other hand, a study conducted to assess the rejection, resilience, and well-being of Indian working and non-working women showed that the working Indian women were more resilient than the non-

working Indian women (Bhambri S, 2015).

The mean rejection sensitivity score in the present study was 20.05. In a study conducted to assess the rejection, resilience and well-being of Indian working and non-working women, the adult rejection sensitivity questionnaire (A-RSQ) was used, and the result revealed the relationship between rejection and resilience on the well-being of Indian women. (Bhambri S, 2015).

In the present study, 13.11% of the sample had minimal anger and 78.69% of the sample had moderate anger. In a study conducted in Uttarakhand (Dhasmana P, 2018) to assess the anger and psychological well-being of working adults, 76% had minimal anger. In a qualitative study conducted in Kerala (KV Anoop Kumar, 2015) to understand the dynamics of Midlife Crisis in the Indian context, the researcher concluded that dissatisfaction with life results in anger.

CONCLUSION

The physical and mental health of women in India is often neglected. Middle-aged women experience multiple problems and challenges in their lives. Some of these will be easily identifiable, whereas some others may only be identified at a later period. A high resilience score, low rejection sensitivity score, and low anger score will essentially help a woman pass through midlife in a healthy and positive way. Timely mid-life crisis management is essential to ensure a healthy midlife period. Healthy Midlife is an inevitable component in a woman's life for the safe entry into a healthy old age.

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