The Intercession of Midlife: Exploring the Idiosyncratic Occurrence of Ageing among Filipino Male Professionals in Qatar

Fredelito Don John A. Vallesteros, PhD [1,2,3], Krishna Marie S. Elaurza[1,2,3], Rowane Alia R. Ibarra[1,2,3],
Jeanne Rose B. Mamangun[1,2,3], Algie Anne M. Rebutazo[1,2,3], Nicholas Justin R. Hernandez[1,2,3],
Clapeyron T. Nilo[1,2,3], Hayden Christensen B. Tuazon[1,2,3], Philip John P. Valerio[1,2,3]

1 Philippine School Doha, Doha, Qatar
2 Research Development, Accreditation and Publication Office, PSD, Doha, Qatar
3 Research Capstone Project, PSD, Doha, Qatar

Abstract:-

Background: **Filipino professionals in Qatar have a variety of problems which includes families and relationships. OFWs work far from home, isolated from the community and having inevitable midlife crisis. This study focuses on achieving a complete understanding on the struggles of male professionals undergoing a midlife crisis while in Qatar.** *Method:* **This paper made use of a phenomenological design to understand the experiences of the participants relative to the central question:** *"What are the fundamental crises of Filipino professionals in Qatar as they experience the occurrence of midlife transition and ageing?"* **Data were gathered through a semi-structured interview, and were analyzed using an inductive approach in theme development.** *Findings:* **The findings describe the relationships between the men experiencing the midlife phenomenon and several facets of their life being affected by the event.** *Conclusion:* **A midlife crisis is an intensive transition into old age that comes with many disadvantages. However going through this midlife crunch can be a bit more bearable with not only acknowledgment of aging but also the several changes in lifestyle and relationships.** *Recommendations:* **To cure the crunch, acknowledgement of the changes in lifestyle patterns can help you find a way to move. You need to figure out your essence, in turn taking time to re-evaluate yourself and your actions.**

Keywords:- Midlife Transition, Midlife Crisis, Stagnation, Immobility, Death And Aging Anxiety, Familial Relations, Neuroticism, Wishful Thinking.

I. INTRODUCTION

"Midlife crisis" is the most common problem that takes attention when we talk about middle adulthood. Papalia et al. states that changes in personality and lifestyle come together to contribute to the crisis, however, whether or not these changes lead to crisis depends on individuals. Hunter and Sundel (1990) speak out that there are some stereotypes about midlife: social problems occur in this period brought about by those people experiencing midlife, especially men. Men at middle age are obsolete at work. They have neither sufficient education nor updated technical training to compete with younger, more educated workers. Men at middle age leave (or at least want to leave) their wives for young women. Hunter and Sundel defend that these stereotypes are just myths about transitional crisis in men. They also came up with theories to prove that some of these statements cannot be said as myths alone. In some of these environments are real cases showing that these misconceptions are true. As with everything in human society there are other factors that can contribute to these myths coming into fruition.

Midlife is not a period of stagnation or stability for most people, but a time when they continue to explore and develop their identities. This search is frequently accompanied by change and uncertainty. (Arnett et al., 2018) Death is the central issue of the midlife crisis. Aging is also a major concern as the process of aging is obviously a part of life and will lead a person to death. Midlife crisis occurs approximately between the ages of 35 and 45. During this period, each person confronts his own death in a very real way. Through introspection and self-inventory, he evaluates how well the outer world he has created meets the needs of the inner self. Health becomes a concern during this period too. Upon resolution of the midlife crisis, the individual views life in terms of time left rather than time since birth. This discussion applies to both men and women. Yet in other aspects of midlife crisis, the sexes differ and must be examined separately (Gaston et al., 1980). According to the study of Момčilo & Чоловић(2017), their literature proposes two classical theories that approach this phenomenon differently. The first one is the Daniel Levinson Theory, which considers inner changes that are typical for midlife crises. In order to successfully continue personal development, middle-aged persons are faced with the task of finding new balance and reconciliation of these opposite categories, which dominated their youth: youth-old age, win-loss (destruction – creation), masculinity-femininity and closeness-separation. These subjects and concepts continue to be challenged as a person goes through aging often due to the fact that human beings and their

behavior is constantly in flux and these changes come into conflict with a person's way of thinking and personality.

This implies person's ability to face the future and new interests, without breaking up with their "young" personality, but only if they successfully resolve the above-mentioned developmental tasks; to fully and realistically perceive the achievements and sacrifices in life; to allow themselves, even for a moment, to act and feel outside the framework of the social standards defining their gender and to be able to be alone with their thoughts and not feel lonely. The other classical theory dealing with midlife crisis, but from the external manifestation aspect is Judd Marmor Theory. As possible ways to overcome the midlife crisis, Marmor suggests four psychological mechanisms. The first two (denial with escape and denial with overcompensation) depict persons trying to deny the existence of the crisis with compulsive work, passionately watching TV, internet and computer, almost compulsively practicing a hobby or through engaging in affairs, extramarital relationships and even attempting to start a new family. Other two show persons fully aware of the crisis and its changes, becoming indifferent, apathetic, depressed, often angry and furious, with numerous somatic disturbances and symptoms that are often referred to as climacteric symptoms (typical for decompensation), or accept changes that come with years as inevitable, perceiving it in bigger picture, as a chance for new ways of integration, productivity and self-realization (typical for creative and successful confrontation with crisis). Some described crises in childhood and some had undergone some stressful life events, but these are problems that are usually studied and researched about while certain pieces of information about midlife crisis on the other hand is a bit unknown. This research paper talks about the intercession of midlife occurring in aging Filipino male professionals living in Qatar. The respondents are men who are aged 40 to 65 who are professionals that are currently working and/or having their career in Qatar. Their experiences are a vital part of the development of this research study, as well as it gives an opportunity for the researchers and the readers to gain more insight about the effects of midlife in the life of a Filipino male professional. The study used a qualitative approach and made use of a phenomenological research design to collect results. The central idea of this research is to find out how the midlife crisis affects men especially those working abroad and their perspective towards approaching old age.

Research Design

This study made use of a qualitative approach with a phenomenological research design. Its main topic was to comprehend the crises experienced by the participants involved in the study. Qualitative research is rooted in the cultural and social sciences such as anthropology and sociology (Umali, 2019; Ren, 2015). Qualitative research was highly significant in understanding subjective experiences and gaining insights about people's motivations and decisions. Here, the researchers aimed to describe the phenomenon as accurately as possible, refraining from any pre-given framework but remaining true to the facts (Umali 2019, Lesler 1997; Groenewald, 2004).

The purpose of the strategy employed was to explore the underlying problems of the phenomenon known as "midlife crisis." The researchers aimed to obtain responses made by the respondents through comprehensive interviews focusing on the participants' life and the experiences brought about by the middle age. The responses made by the participant focused on the experiences that related more to the specific fundamental themes. The data collected was qualitative. The analysis included an attempt to connect responses with specific themes regarding the experiences and views of aging male professionals in Qatar going through the midlife developmental stage.

Figure 1: Location of the country, Qatar. *Cc: Google Images*

Research Locus and Sample

The researchers conducted the study at Philippine School Doha (PSD), a non-stock non-profit community school in Qatar. Since its founding in October 1992, it has been continually serving Filipinos here in Qatar. It showed the Overseas Filipino Workers' pride and legacy that their children could still receive the best quality education that follows K-12 curriculum standards despite the distance from the researchers' homeland. Philippine School Doha was where the researchers conducted the study due to the researchers' adviser's accessibility that assisted and guided the researchers throughout their study.

The researchers based the selection of participants for this study on the set parameters. The ages of the participants range from 40-65 years old. The participants were chosen because they were in their midlife. The insights given by the participants were believed to be of help to this study for having a personal experience with this so-called midlife crisis.

Data Collection and Ethical Consideration

A semi-structured interview was utilized to accumulate the needed information for the study. In the obtained necessary data, the seventeen semi-structured interview guide was used with 194 follow up questions. The robotfoto was employed to acquire the needed data for the study. The copies of robotfoto (De Guzman & Tan, 2007) were primarily handed to the respondents personally. The researchers sought the respondents' demographic sketch, namely age, gender, occupation, and occupational location. The semi-structured interview guide questions were utilized to determine the manifestations of midlife crisis among male professionals.

The twenty-five-item semi-structured interview guide was also used to determine the peculiar occurrence in the developmental stages of male professionals in Qatar. The data collected were transcribed through innovative recording devices wherein the recordings of the interview were saved.

Confidentiality between the respondents and the interviewers was assured along with the intervention of the researchers' adviser. Before the interview proper, preparations such as scheduling of the interview were done. After that, the researchers sought approval from the said respondents through consent letters that were given to inform them about the sole purpose of the study they were about to participate in.

Data Analysis

The researchers have followed an inductive approach in developing themes (Ryan, 2003; Vallesteros, 2018) to proceed to the given data effectively:
1. Analyzed the transcribed data to obtain the idea or opinion of the participants;
2. determined the meaning units on the transcribed data;
3. translated the meaning units of the participants' language (emic) to a researchers' language(etic);
4. formulated themes via dendrogram;
5. constructed a simulacrum for a visual representation of findings;
6. Combined emergent themes to triangulation and member checking procedures to assure the legality of the data.

The data analyzed by the researchers will be of help to future studies. These research results are examined and analyzed to answer questions about themes involved with midlife crisis and aging.

II. FINDINGS

This phenomenological study describes Filipino male professionals' lived experiences in Qatar, relative to the central question: "What are the fundamental crises of Filipino professionals in Qatar as they experience the occurrence of midlife transition and aging?" Moreover, this study focused on the specific question: "How do Filipino professionals in Qatar deal with the feeling of aging pertinent to their midlife crisis issues?". As aging remains a significant concern in the occurrence of midlife,

introspection and self-inventory are how one evaluates how well the outer world meets the needs of the inner self. (Gaston, 1980)

Figure two shows the simulacrum focused on four major themes: age differences, intellectual differences, personal struggles, and familial struggles. These incorporate how male professionals deal with midlife aging. Furthermore, these themes show the different outlooks on the various aspects of change made as one gets older. The simulacrum features various intricate details that symbolize the respondents' problems during midlife aging. The combinations of colors and figures all represent a particular meaning in harmony to create one significant sense. The simulacrum is circular in shape as it was chosen since circles have no beginning or end; therefore, it represents the life cycle. The arrows, on the other hand, define how each theme is interconnected to one another. The clock in the middle of the simulacrum represents the person's time left to live. The grey person in the middle of the simulacrum represents a middle-aged man grey in color to represent his age. The colors red, blue, and yellow near the center of the simulacrum represent the respondent's home country, the Philippines.

Figure 2: The Lived Experiences of Male Professionals undergoing Midlife Crisis

Furthermore, the color maroon in the middle represents the home country of the respondent, which is Qatar. The color red in the theme "Personal Struggles" represents hardships and dangers experienced by the respondents. The color blue in the theme "Family Struggles" represents sadness and misery, a familiar feeling of those experiencing midlife. The color green in the theme "Age Differences" represents growth and maturation. Finally, the color yellow in the theme "Intellectual Differences" represents enlightenment and knowledge.

Age Differences

Age is a concept applied in the reality of man. The longer a person lives, the less time they have before their bodily processes start to decrease in functionality. In dealing

with the encountered notable differences, changes within the mind and soul lead to looking back on one's realizations. The realization of oneself is an aspect that affects the view of one's reality. In a lifetime, there is a need to know oneself and one's own obtained purpose.

"I realized that we are not the ones who make our destiny. Sometimes, even if we wanted to be somebody, God wouldn't bring us there". (R1)

Midlife aging, in connection to a midlife crisis, deals with understanding the process of knowing oneself. Through this, the search for truth is inevitable, but being honest with oneself is a choice. Acknowledging the absence of knowledge in one's truth of self is a part of this process. The lack of knowing one self's identity and wants is a normal, albeit confusing response to being middle-aged. This uncertainty in life is paradoxical when respondents experiencing the midlife crisis express a deep understanding of the world around them and have a life that they find reasonable satisfaction.

"I believe that I did have a moment of realization that I am middle-aged when I was not sure of who I was or what I wanted." (R4)

However evident their wisdom for the people and the environment around them, middle-aged male professionals tend to not focus on themselves but rather their family or the careers they have put themselves in. In this study, the respondents were included in the generation known as Generation X; it cannot be assumed that the reactions and effects of being middle-aged will be the same for each generation as human culture almost always changes.

As beliefs transition, the longer a person lives, other personal developments can be discovered in the journey of going through midlife aging. The establishment of knowledge and understanding is an essential facet in seeking the truth, and the blossoming of these characteristics helps with the formation of wisdom.

A. Wisdom Development
Several cultures and traditions value old age in the same light as wisdom; this may be because individuals that existed longer have more experiences when it comes to dealing with trials and tribulations in life. Wisdom comes with age. The concept of accumulating knowledge through time has already been proven by the fixated life experiences gained.

"It is during that time when you will feel the consequences of your past actions. Your body will reach maturity, and it will not be as it used to be". (R7)

By itself, experience does not automatically confer wisdom—one who has a broadened perspective affiliates age with experience. As an individual gets old, the more mature they get. An age might be just a number, but it impacts a person's life, way of thinking, and view of their

journey. It is through aging that a person experiences different events and learns from them.

"I feel old, but age is just a number. You have a more mature way of thinking as you grow older, and you tend to have a broader perspective of life". (R2)

"I am old enough to know the reality. At this age, I learned to become responsible". (R5)

Years of living may change one's physical appearance, but what an individual learned about what they went through is what matters in life. From the start, knowledge and wisdom were given, but their understanding and expertise flourish as a person grows old. It cannot be avoided because aging opens an individual's eyes, making them open through new knowledge and wisdom that lies across the world. A birth and journey depict age gaps and creates generations and differences across the globe. For instance, with the advancement of technology and communication through the years, a person can easily and readily acquire knowledge through life.

"Getting older makes you wiser. This is because you experience many things, and you can advise people". (R1)

"Age is just a number. You have a more mature way of thinking as you grow old, and you tend to have a broader perspective of life". (R3)

As age remains an indicator of the drawn-out length of one's life, its correlation to satisfaction from man's said development is seen through an interpreted basis for contentment concerning age.

B. Life Satisfaction
The consummate of happiness lies within oneself. Some interpretations do not make sense for some, but because of individuality, it does. To achieve euphoria in life, one should have satisfaction with what an individual achieved through their life. It is upon them how to act on their course through life, and it is their preference whether they are content and happy with what their life has become as they aged. For some, it is either an intrinsic life satisfaction in having a stable and compact family.

"I cannot compare the life of having children and having none. We lived together for a long time without kids. I think that it is always happier to have kids". (R3)
"My greatest achievement is my family." (R2)
On the other hand, some value extrinsic life satisfaction, such as achieving the products that an individual wants and traveling worldwide.

"I have a lot of great achievements. One is that I was able to fulfill my childhood dreams of traveling to other countries". (R4)

As life is a journey filled with cycles of happiness and grief, there comes a time where all of it ends. Some may find death a peaceful or cruel fate, but it is not the goal of

being a human person. Death is more akin to a deadline rather than the end objective; life satisfaction and wisdom development. Just like any journey, there is always an end.

"I do not think about it as an event that should be welcomed but I am open to those thoughts, and I am not afraid about thinking of death.".(R2)

"Death is death; the only thing uncertain is how we will die. I know it will come, but I am praying it won't come soon. I want to live longer. I want to see my friends. I want to see my students become successful".(R4)

Life satisfaction is one of the reasons that an individual is scared to die. Their life ends, and knowing that they will have to leave what they achieved in life, whether intrinsic or extrinsic, makes an individual cautious about their thoughts and actions. Imagining that decamping from a life that they worked hard for is too much to handle, which causes different perspectives and preferences about death. Humanity has been dealing with the idea of their perishability in the universe so much. Society deals with it to such an extent that most people seek contentment and acceptance in their accomplishments within the limited existing time they have left in this world.

"I am somehow satisfied with my achievements since, at the age of 35, I graduated with a doctorate in education. I am now 40 years old, and I have traveled to different countries, which I only used to dream of going before".(R4)

"I aspired to become an engineer. It was my aspiration since I wanted to build foundations for the poor, focusing on their education. I achieved this aspiration, but I still need to work towards building a foundation".(R2)

Aside from procreation and the avoidance of being alone, several other life goals can encourage satisfaction in a person suffering from a midlife crisis. Achievements in life that would guarantee the feeling of fulfillment would be the idea of not only creating a family but also maintaining it. The visions that embody one's perception of what awaits the future reflect the present level of satisfaction.

"I felt great because it is like I fulfilled something in my life. Having a family made purpose to our life and our married life. It was like going home to someone you want to see daily". (R2)

Having been in the state of seeing growth and acknowledging knowledge through time is an indicator of whether one will be pleased with where they are in life or not. At such an age of midlife crisis, the definitions of what family means to one are varied. It may refer to the feeling of belongingness in a workplace or a friend group, but the general description involves relationships and parenting. Building families is about changing priorities. It is not just the existence of self anymore, but the family's thought as a unit sinks in one's mind. The shift of one's focus in life is bound to happen in starting a family and raising children.

"Adulthood means family, responsibility, maturity, and parenting. It turned out the way I vision it".(R5)

"I felt great because it is like I fulfilled something in my life. It made a purpose for our life and our married life. It was like going home to someone you want to see daily. We got married in the church, and after three years, my wife conceived a child. The civil wedding was already done when we had our child. I planned it because I thought that I was of the right age to have a family. I am not sure if my wife planned it because she was at the peak of her career".(R2)

The differences in one's age, as a whole, incorporates various aspects of development in one's life where it contains experiences related to the differences in one's intellectual growth.

Intellectual Differences
Learning is an ongoing process in the career of a male professional. Although a person's formal education may end after finishing college, learning and acquiring knowledge will always continue in one's expertise. When a person has completed his education, it is highly likely that a person would determine his passion and establish a good and successful career. However, there are many circumstances wherein education is disrupted by many external forces that may hinder or even stop a person's studies, mostly taking effect once he reaches old age and starts his own family.

"I graduated from college in 1987 when I was 20 years old. I was happy for the accomplishments that I attained".(R3)

"I continuously studied, but the moment I stopped was during when my father became seriously ill, and after that, we suffered from everything."(R7)

Knowing oneself and facing problems from within will ensure a stable and healthy life, but external factors have an equally large impact on a person's life. A child's education is one factor that can be heavily influenced externally because at a young age, a child has barely any power to change or alter his future to match his interest, especially when the child's interest does not cross with the plans of the parents, or when significant events happen that may become a turning point in a person's life.

A. Educational Impediments
There are times that the parents pressure their child in one's studies. One decisive factor that affects a person's career is parents' influence at an early age; one's parents' decisions and plans can become the basis of a career path. Sometimes, the child's interest will not meet with the parents' interests, making the child uncomfortable making decisions. The parent's interests may be conflicting with one's future. Moreover, the child will become unsatisfied with studies because of the person's parents choosing what he does not want; he will be wasting his time being someone he does not want to be.

"That time, when I finished Psychology as a college student, it did not sink in what I would become because, at that time, my parents' ambition for me was different. So, I shifted in the middle of my studies. I shifted from Psychology because I was avoiding that course". (R6)

As time passes by in an individual's life, unforeseen ordeals can occur; socio-political events, financial crises, parental divorce. These are some problems that may be the root cause of several changes within the future outcome. These problems involve either the career or the mindset of the subject in question. These events might cause a shift in ambition or change the college course; a person will try to finish.

"My ambition in the past was to be a fashion designer. I once wanted to be since I knew how to draw, and I was interested in the art. However, many obstacles disabled me from pursuing this dream." (R4)

Everyone has a different magnitude of knowledge stored within them; new information is learned and used every day. The process of turning knowledge into wisdom is a tedious task and requires full understanding from the learner; when wisdom is applied, wisdom then becomes intelligence, and when intelligence is shown, realization follows.

B. Intellectual Recognition

Most people's knowledge and inspiration to pursue a career are deeply embedded within their formal education experiences. Schools and other learning establishments offer several subjects catered to different walks and demands of life, most being general and some going down to specific niches in human civilization. These branches of knowledge are inclinations to particular topics that will be needed in being a professional. Realizing this potential to be in a vocation that coincides with the individual's preferred specialization is inherent in forming the career and the reasoning and attitude of a person.

"I had more of an inclination to mathematics and science subjects, and this brought the realization that I had to pursue engineering." (R2)

Teaching a particular syllabus is crucial in possibly interesting a person to study subjects correlated to one another. One cannot argue that some people have a natural aptitude in specific topics. This ability to instinctively select contents related to a person's interest is innate in human beings' critical and social nature.

"School was always fine. I have always loved Mathematics and Science. I graduated from college in 1987, when I was 20 years old. I was happy about the accomplishments I attained." (R3)

Since birth, a person will always learn something every day, whether it is helpful or deterrent information. The human quest for knowledge is endless. There is too much to learn in a world with too much unknown. The human brain itself is the storage of billions of data that sometimes are never even utilized. Years are spent to finish one course; decades are spent to have one degree. Completing one's studies is a great accomplishment, but excelling in one's studies is better. The main reason for studying is to get a job in the future. Many male professionals have succeeded because of their quest for knowledge; it made them versatile in many fields and gave them many options that will enable them to have a prosperous future.

"I graduated at age 21, which is the ideal graduation age because engineering is a five-year course at that time. After leaving school, I had the urge to study more, but as I have said, when you are determined to succeed, you tend to take the next step in the ladder, this step being that I had to work". (R2)

The recognition of one's capabilities regarding their intellect and capacity for knowledge certainly helps with the holistic awareness of overwhelming existence. However accomplished and proficient an individual is, there are still complex factors that point out the several discrepancies of being a human. Many aspects of being a professional are mainly based on their workplace achievements, but that only defines them as workers; these people are still beings with struggles in their personal and intimate lives.

Personal Struggles

Along with the pressure in one's line of work, steering away from taking care of oneself is inevitable; there will come a time where a particular individual will be too immersed in one's profession that one will eventually neglect self-care. As time goes by, professionals will realize that some struggles cannot be solved with the same physical vigor that one once had at the peak of their fitness back in the day. With strength fading away as time goes by, a person must realize which activities to put their remaining energy into and, more importantly, when they will do said activities.

"Middle age is when you can still join with the activities of others like the youth. Unlike now, your body cannot handle it." (R1)

When an individual experiences a loss of vigor, there seems to be an imminent shift in the body and mind. This dilemma contributes more to the anxiety of the person experiencing this phenomenon and must try to realize it as soon as possible.

A. Physical Deterioration

The awareness of being old in life is hard to distinguish when an individual is undergoing the midlife experience. This experience can be confusing to a person, especially if they are suffering from a midlife crisis. This uncertainty can lead to several problems that can affect a person's performance and mindset in life; anxiety, doubts, and abrupt changes in disposition are among the several results of encountering midlife intercession.

"At my age, I dislike the fact that I'm nearing retirement, so it gives me that dissatisfaction and realization that I am already getting older. I have to prepare for retirement, and although it is not a bad thing, it looks like your tenure in this world is getting lesser and lesser, so probably I will be gone in the world probably after 60 - 70 years". (R2)

Though most alterations are related to attitude and behavior, the quintessential marker of going through the midlife barrier is undoubtedly the physical struggles that an individual has to overcome. The deterioration of fitness and health is one of the more common complaints regarding a middle-aged person. It signifies that although they have gotten through many life experiences and gained wisdom and knowledge, there is still the inevitable decline of the human body. The stagnation of an individual's physique is an unfortunate side effect as it hinders the professional's ability to carry out tasks efficiently. Although this is the case, some OFW's that consider old age as a blessing while others put it in a negative light.

"They say that when you are in your 40s, you cannot tell whether you are young or old. That is the reason why you are in a crisis. I've also observed that sometimes I want silence, and sometimes I'm energetic. I have also observed that I began to experience some health issues such as the ankle, muscle, and back pain. I do not like it when people use "po" and "opo" to me since I feel old when they use them."
(R4)

Mortality is a very complicated thing when it comes to being a person. One can only comprehend several complexities that can increase the probability of death. A lot of respondents have experienced the situation of outliving certain people they know or think of. Death is seen as a very possible but unpleasant thing for most professionals living in Qatar. This is further emphasized with their reaction to reaching this midlife milestone as they treat it with gratefulness and contentment with their deteriorating bodies.

"It is a blessing that I have reached the golden age of 50 because some people die at a very young age. I am thankful that I have reached this age. Though it is still the same, maybe you feel a decline in your strength, stamina, and health." (R3)

The degradation of the tangible body and the physical attributes that one once had puts mental and emotional stress on the individual. As the body deteriorates, the person experiencing the limits of being middle-aged may be confused and, in turn, affect other aspects of their life, which include their social interactions.

B. Social Deterioration

Social relationships are considered very important when it comes to people of this age. Humans are known to be social creatures capable of sharing ideas and looking into different workplace perspectives. Although many problems may appear in the job site, it is apparent in a professional setting and in a dynamic environment where feelings and sentimental values are being shared and processed with the person's companions and acquaintances. The degree of friendship between two individuals may vary depending on their outlook and mindset in life. However, it also may depend on their age and what generation they consider themselves to be.

"Friendship is essential because these people are the ones you tend to share your feelings and problems with; you can also get ideas and advice from a different point of view." (R2)

Companionship with persons who belong to one's generation is self-explanatory. The culture, activities, and events continually referenced by people in the same age group are more relatable to each other. These cause two individuals in the same generation to be more sympathetic regarding actions and mindsets that different ages may find weird or unappealing. The feeling of comfort between two humans seems essential in a social relationship's success.

"I feel more comfortable with people my age because we relate to each other since we were all born in the same decade, so we tend to have the same culture or activities that we enjoyed during our time." (R2)

For the continuation of the concept of comfort, other responses contradict the previous statement, which only emphasizes that although humans are social creatures, they are also individually unique. Although most people might think that being in the same generation helps make connections, some people put themselves in a generation but more or less relate to an older generation. One main reason is the knowledge and wisdom being passed down; this helps an individual gain more insight in life and may assist him/her in the future. This seeking of knowledge is innate to every human being. The truth of certain topics is thought to be an essential part of finding out more about one's path in life, further highlighting each person's need to pursue and achieve knowledge.

"The group of people I am most comfortable with is with the people older than me. There are clashes when it comes to people of my age. Unlike with the older people, you get wisdom when you are with them." (R1)

Familial Struggles

As a person ages, the importance of family is embedded. One of the needs of a person is love and belongingness; it drives human behavior. The feeling of being loved helps in avoiding anxiety, depression, and loneliness. Familial relationships play a role in both pleasure and trials.

"I had a happy home when I was a child. When I was in high school, I lived away from them in a different town. I would go home at the end of each month. It is always full of joy and happiness when we reunite, even if it was just for a certain time. My parents are diligent, and they have loads of

work to do. Despite this, we still go out on weekends as a family. We watch movies and dine in restaurants. We travel a lot. Even on Holy Week, we go on vacation. For other families, they usually just stay at home during this time, but not for us. We go out and visit our relatives on Holy Week. We visit our relatives in other places, even if it is far. We have the transportation and other necessities needed to go to these places." (R3)

The aspect of change in oneself has never been so unclear when the time has set differing priorities that appeared in life. Suddenly, the world does not revolve in oneself, but the concern of others: family.

"Yes, I planned my family. It was almost two years of marriage when I first became a parent, and I felt so excited. My wife and my mother-in-law took care of them.

Yes, by playing gadgets, hide, and seek. I prioritize them more rather than myself, and I became a more responsible person. It did not change my attitude towards my parents. It made me focus on my goals and think about what will happen to my children if I die." (R5)

Responsibility and prioritization help individuals with their awareness of personal goals in life, most common being their children. However, the constant struggle of knowing that mortality is just around the corner does not help with the realization that some respondents have had unpleasant memories of having troubled relationships with their families. This may cause tension and in a way, push them in a direction that varies from person to person.

A. Fragmented Relations

Concerning this, a family has a significant impact on every person's growth and emotions. Those who have broken family relationships grow differently than those with good family relationships. Those with broken family relations will most likely feel anger, denial, fear, and grief. These emotions will change their behavior over time. The effect of having this kind of family is life-changing. There will be problems like abuse or negligence. Thus, having a lack of support for the child, creating problems for the child's future.

"My parents had me when they were 25 years old. They were separated when I was around nine or ten years old. That is why my family background was not good." (R1)

There are cases in life wherein one has no relationship with his/her biological parents. Research states that adults who are not the biological parents of a child tend to have less effort to guide and care for them. Without the care and guidance of birth parents, it will be risky for their child's future because they might not receive all their needs. These needs include emotional and physical needs. If these are not provided, there will be many consequences. It will have a domino effect on the children's lives that will limit their growth and future success.

"I cannot remember anything about my biological parents since they left me." (R4)

B. Parental Demise

Aside from broken family relations, there are these inevitable cases that scar children of any age. These cases are the death of a parent, one of the most traumatic and life-changing human experiences. It makes the children of any age feel painful grief. There will be changes biologically and psychologically that will alter the child wholly. The magnitude of the effect of this event on a child depends on how the parent died. There may be scenarios in which death is anticipated. This scenario will give both the child and the parent the time to prepare and say farewell. There are also scenarios on which the end is unexpected. In this scenario, the child might undergo the denial stage to have a hard time accepting their parent's death. It is more traumatic and painful than the first scenario. However, just like every experience, it will result in adverse changes and positive changes. This experience will give the child an initiative in life. It will act as an eye-opener for the child as he/she will now be independent in life. For a family with more than one child, it will make their relationship stronger. It can be a reason for reconciliation among siblings. Thus, a parent's death will fill a child with emotions that will change his/her way of life.

"Both of my parents died in a heart attack. I was mad at my father before, for he was not there during my mother's burial.

As a teenager, I felt alone and lost because no one was there to understand. I felt the absence of my parents. After my mom got buried, no one was there to prepare those stuff. That is why my siblings and I became independent. From a positive perspective, we became closer." (R1)

III. DISCUSSION

Age Differences

Aging means to move along with the journey of life. As an individual approachesmidlife, aging is one of the noticeable factors that greatly affect a man. Hillier & Barrow (2014) identifies that the more a person obtained knowledge, the more mature they also get. Maturity can be acquired through peers, direct life experience and realization, and increased information and knowledge. Perspectives were changed through time about aging, and this resulted in different stereotypes. Positive stereotypes include the different life satisfaction, achievements, and rewards that an individual achieves as they aged. On the other hand, physical and mental illness, depression, and isolation are the negative effect of entering midlife, as determined by Hillier & Barrow (2014). The stoicism and strength expected from American men as part of their performance of masculinity can lead them to deny problems they have, especially mental disturbances, out of a fear that expressing feelings is not masculine. This can produce lower reports of depression among men even when depression exists (Calasanti, 2004).

Satisfaction in life is one of the goals that every person wants to achieve. Ortega et al. (2016) mentioned that life satisfaction is based on an individual's perspective and

contentment. To obtain this, an individual always strives to achieve their goal in life. It is said that with greater life satisfaction, the less chance of depression, loneliness, and hopelessness. This explains that every individual as they age, can achieve happiness and avoid grief. There are also negative aspects of aging. As mentioned by Fjell et al. (2014), aging, in medical terms, is one of the factors that diseases develop, let alone Alzheimer's. Furthermore, physical appearance is what matters the most to most people, and aging changes this. Jankowski et al. (2014) found out that a person comes through body dissatisfaction as they aged.

In addition to that, life satisfaction among citizens is a key goal among nations (e.g. gross national happiness) which could create beneficial societal outcomes such as better health status. Therefore it is important to study the factors that influence life satisfaction [20, 22]. Furthermore, it has been demonstrated that affected individuals are wary of successful treatment possibilities for incontinence [3, 23]. Therefore, knowledge about the impact of incontinence on satisfaction with life may help to overcome skepticism around treatment, as treatments may assist in improving life satisfaction. (Buczak-Stec et al. 2020)

The phenomenon known as the midlife crisis presents several problems with male professionals today, the intensity and probability of this change materializing become more prevalent with overseas Filipino workers. This study seeks to further understand the process and the effects of this occurrence. The experience of respondents is analyzed and recorded with the most fundamental facet of the interviewees being their age. Aging self-stereotype research, as outlined in this article, has helped to clarify various issues, but it has also raised new issues that could serve as a basis for future research. (Levy 2003)Being fifty, which, since antiquity, has been associated with a critical phase of physical and mental decline in men, and at various times has been described as "climacterium virile," "male menopause," or the "midlife crisis." (Bauer, 2015). As Faber and Aschenbach struggle with their declining bodies and loss of status, the close interconnection between socially constructed age and gender norms and the significance that these categories hold for male identity formation emerges. (Winter 2015)

The Western bourgeois male ideal developed during the late eighteenth century and continues to inform conceptions of masculinity. It comprised notions such as courage, physical strength, honor, good manners, (Winter 2015). Social stratification theory and cumulative advantage and disadvantage theory explain aging well through socioeconomic life course factors and social differences early in life that place individuals on divergent trajectories with increasing differential allocation of resources and assets, so that the rich get richer and the poor get poorer with respective consequences for physical health and well-being (George, 2010; O'Rand et al., 2006).While there is no single, unified definition of wisdom, many wisdom researchers and laypeople conceptualize wisdom as uniting cognitive, reflective, and emotional components (Bangen et

al., 2013; Bluck and Glück, 2005; Staudinger and Glück, 2011).The cognitive dimension refers to a desire for deep and profound knowledge and insight about the intrapersonal and interpersonal aspects of life (including the meaning of life and death) and an awareness and acceptance of the complexity of human nature, the inherent limits of human knowledge, and of life's uncertainty and unpredictability. Reaching such an understanding requires the reflective dimension, defined as perceiving events and phenomena (including oneself) from multiple perspectives, thereby transcending egocentric subjectivity and projection. Reflection and self-reflection allow for deep insight (including self-insight) that weaken egocentric self-centeredness and increased understanding, tolerance, and empathy. (Ardelt, Ferrari 2019)

Wise individuals who perceive phenomena and events from multiple perspectives learn from their mistakes and life experiences, accept reality as it is, and have developed the necessary equanimity and confidence to master life's vicissitudes (Ardelt, 2005). Errors in different facets of life help with not only learning solutions to those problems but also how said problems affect the way a person thinks, feels, and acts. This gives one an important value to be used for not only comprehending an event but also the beings included. Understanding the underlying mechanisms of inner strengths (i.e., wisdom, religiosity) will further our ability to improve the well-being of older adults (Ziedonis, 2019). This innate ability to learn from mistakes and to understand and therefore develop values help a person capture the essence of life while developing wisdom. Because wise persons have attained a deep and compassionate understanding of the intrapersonal and interpersonal aspects of life, they typically comprehend the deeper meaning and purpose of life (Levenson et al., 2005). However, there are instances that the realization does not come to the person and it may result in very dangerous and self-destructive effects to the mental health of a person. Depression symptoms (loss of self-worth, sadness, feelings of despair, feelings of hopelessness or helplessness between others)can interfere directly with the perception of satisfaction of life at the same time, previous studies have found similar results [2, 15]. The fact that perceived social and family support was significantly related to life satisfaction in this study with Mexican adults corroborates findings of previous studies showing how perceived social support has an important role in defining adult and older adult's individual psychological well-being. (López-Ortega et al. 2016)

Personal Struggles

The excursion to midlife is a noteworthy encounter for each person. Each event entails a progress into a new phase marked by new roles, challenges, and peak experiences. Each transition begins with the closure of the previous phase. (Skutt, 2017). Midlife marks the journey of an adult towards aging, there may be a few changes with how and what the person experiences. As with all major changes in life, there is bound to be new discoveries within a human person, whether seen as good or bad by one's perspective, the inevitability of these changes can and will happen. As an

adult passes through this point of their lives, the responsibility of balancing their career, social life, and other personal matters can be challenging. Professionals tend to fall victim to lack of work-life balance and feeling burnt-out and they are seeking solutions to help overcome this issue. (Wilkie, 2017) This could be the impact of the side effects ordinarily found in experiencing the middle age. The deterioration of the human body and its social relationships are often caused by each other but are two completely separate facets that can exist without the other. In modern societies, our bodies and our perceptions of our bodies are an important source of identity and self-worth and at first sight for scrutiny and judgement of an individual's cultural and moral worth. (Butler, 2004; Slevin, 2010; Reddick, 2017) In a culture, which equates beauty with youthfulness, older bodies are often perceived as undesirable and ugly. Yet, interdisciplinary literature on the body often focuses narrowly on younger age groups, limiting our understanding of how older men and women are impacted by these social stigmas. (Reddick, 2017).

The experiences of an aging person may vary differently but the fact still stands that although society views beauty with being young, the comprehension of these topics affecting the matured part of the population are extremely restricted. Taking into account several problems that are endured by the elderly, the subtle abandonment of society when it comes to the aged becomes more prevalent. Furthermore, with these problems affecting the subject, said hindrances can cause the person to have a change in important aspects of their life. Frequently, midlife growth is reduced to being seen only as a crisis. The crisis itself, or the person experiencing it, becomes the scapegoat or the victim of what is more accurately a failed initiation—a failure to launch. This thesis contends that the crisis is actually a call for midlife initiation, which is a rite of passage into a new phase of life. (Skutt, 2017) People tend to be confused and frustrated oftentimes when undergoing phases where individuals have to change important parts and habits of their lives to adjust to new experiences. This can impact several other aspects of one's life and can severely destroy a person's synergistic relationship between life and work. Work-life balance is valuable to businesses, because it encourages the employee to be more loyal, productive, happier and healthier. (Deery&Jago, 2015).

The presumed causal relationships between a male professional experiencing midlife and certain aspects of life being changed become dangerously frustrating when said person does not know or does not prepare for these challenges. "Challenges" refer to those experiences that require full use of one's abilities or resources. Some examples of challenges have been described as accidents, financial strain, and interpersonal relationships (Woods-Giscombé&Lobel, 2008; Thomas 2016). Confusion and negative feelings can cause stress that can accumulate into a midlife crisis. Many factors can further develop the worsening of conditions brought about by the crisis. Another study described the changes in the level of perceived stress related to menopausal transition factors, aging, and psychosocial factors; employment, a history of sexual abuse,

and depressed mood were associated with significantly higher levels of perceived stress; and, negative appraisal of aging changes and perceived poorer health were associated with significantly higher perceived stress levels and depressed mood (Woods, Mitchell, et al., 2009, Thomas 2016).

Stressors are a normal and everyday occurrence for every human being, however like all things requiring energy, it does tax a lot on the side of the human body and when it is collected over time it might result in chronic illnesses. The body releases chemical mediators in response to the stressors; these mediators elevate heart rate and blood pressure. Constant elevation of these mediators over time can result in atherosclerosis increasing the risk for myocardial infarction and stroke (McEwen, 2007, Thomas, 2016). Physical and mental turmoil tend to put the human body in a compromising position where-in most other parts of human life are either neglected or destroyed. This is extremely detrimental to the well-being of said person as it not only affects the physical health but also the social and emotional health.

There is a connection between activity and wellbeing in older people and the responsibility for wellbeing lies with "the quality of the social relationships that accompany activity, particularly informal activities"(Capel, 2010) It has been shown that it is important for older people to have social contact with their family, friends and neighbors, and to be involved in local community activities in order that they can remain independent, active and healthy (Le Mesurier, 2006, Lowe and Speakman, 2006, Wenger, 1992, Capel 2010). Although the availability of possible relationships still stand in the side of the seniors, there are some who fail to adapt to these new environments, when the aging protagonists can no longer perform their roles, their privileged standings are at risk. As Faber and Aschenbach struggle with their declining bodies and loss of status, the close interconnection between socially constructed age and gender norms and the significance that these categories hold formale identity formation emerge. In their works, Mann and Frisch reveal the performative nature of both age and the categories of masculinity and femininity, and they explore the tensions that arise where subjective age (how old one feels), physiological age (how well one's body functions), and social age (how old society considers one to be, based on the number of years one has lived) meet and interfere with gender performance. (Winter 2015)

Familial Struggles
The Midlife phase is a "turning point" in an individual's life. Those adults experiencing midlife are burdened with their parents' and children's problems during this phase. In an investigation for the search for the meaning of midlife in Seattle, one of the specific events that were considered stressful by those experiencing midlife was family problems. Thomas et al. (2018) say that typical midlife familial challenges include dealing with adolescents, divorce, and even death. Most adults experiencing midlife also show that they had a continually changing relationship with their respective family members. These adults

experience long-term life changes that may prove to be their primary source of stress. These familial struggles prove to be a factor that makes experiencing midlife even more challenging (Woods & Mitchell, 1997; Thomas et al., 2018).

Fingerman et al. (2018) found that some adults experiencing midlife may have families experiencing sorrows and problems while other families do not. That explains the need for respondents with varying demographics. Furthermore, common midlife problems that are encountered can usually be linked to familial struggles. Fingerman et al. (2018) concluded that those experiencing familial struggles and trying to cope with said obstacles tend to put their well-being in harm's way as a result.

Utz et al. (2017) found that an individual's physical and mental health cannot be dissociated with one's family. Not only do families share the same genetic makeup, but they also share the same lifestyle and environment that influence their health. The fact that one's health is interrelated to one's family proves that familial struggles have a significant impact, especially during the midlife phase. Mental health in early adulthood steers the association of family relationships and midlife mental health. Families with problematic relationships need to be supported because without affection and support from a family in adolescence; it could affect a child's potential success (Berg N, Kiviruusu O, Karvonen S, Rahkonen O, Huurre T 2017).

Fucík, P. (2016) found that children from single-parent families acquire only the lower levels of education overall compared to children from intact families. In particular, children from single-parent families are disadvantaged for the lack of opportunities for tertiary education. Concerning the personal growth of children from stepfamilies and single-parent families, they tended to suffer from lower self-esteem and said to have increased emotional problems (Chung & Emery, 2010; Lavanya, B., & Jean Yeung Wei-Jun, 2020) as well as lesser opportunities for a proper education than other children (Inaba, 2011, cited in Nozawa, 2015; Lavanya, B., & Jean Yeung Wei-Jun, 2020). The behavior of parents is also seen as problematic for children who are with their stepfamilies because the parent tends to provide more time to his or her new partner rather than the offspring (Thomson &McLanahan, 2012; Thomson et al., 1994; Lavanya, B., & Jean Yeung Wei-Jun, 2020). Boundaries are made in the family because of children clinging to the past. The children tend to avoid or exclude their stepparent from their daily activities (Pylyser et al., 2017). Aside from fragmented relations in a family, the death of a parent is also influential in a child's life.

A parent's death is a common influential event in midlife. For many people, the event happens to be a significant turning point in life. It signifies both a final transition into adulthood and an awareness of one's mortality (Umberson, 2003; Kim, Yijung, et al. 2019). A child's reactions to the event include psychological pain and physical health problems(Leopold & Lechner, 2015; Marks,

Jun,& Song, 2007). Certain emotions and thoughts cause psychological pain. These may be anger, guilt, anxiety, depression, and blame (Hayslip, Pruett, & Caballero,2015). There is also lesser life satisfaction (Leopold& Lechner, 2015) and decreased self-esteem (Marks et al., 2007; Kim, Yijung, et al. 2019). However, a parent's death can also trigger a personal transformation wherein there will be an increased sense of maturity, purpose, and meaning (Pope,2005; Scharlach&Fredriksen, 1993; Kim, Yijung, et al. 2019).

A parent may also acquire an enhanced sense of maturity, purpose, and meaning by which personal change is accomplished. (Pope, 2005; Scharlach&Fredriksen, 1993) losing a parent in a middle-aged adult will revalue social relations, causing change in the entire family structure structure (Bowen, 1978; Scharlach&Fredriksen, 1993; Umberson, 2003) The death of a family member brings everything to a halt and may also affect the relationship of one another. (Ha & Ingersoll-Dayton, 2008; Hoogerbrugge& Silverstein, 2014; Walsh & McGoldrick, 2004). According to Bowen (2004),

A single parent may involve financial difficulties due to carrying all the responsibilities within the household. . (Fritzell S, Burström B (2006) Economic strain and self-rated health among lone and couple mothers in Sweden during the 1990s compared to the 1980s.(Health Policy 79:253–264). Harmful health outcomes may be caused by the lack of educational guidance, reduced surveillance of the child's behaviors, and the loss of a role model. (Maier EH, Lachman ME (2000) Consequences of early paren- tal loss and separation for health and well-being in midlife. (Int J Behav Dev 24:183–189)

A child may face instantaneous effects on their health and psychological issues (Raveis et al., 1999; Silverman & Worden, 1992). These temporary changes may negatively impact the child and make the grieving process difficult. A Loss of family may be faced with daily changes such as relocation and change of schools; decrease in surviving parent's emotional availability; arguments and disruption in communication; increase in household chores (LaFreniere& Cain, 2015; McClatchey&Wimmer, 2012; Raveis et al., 1999; Worden, 1996).

IV. CONCLUSIONS

Midlife crisis in men is seen as a process of intensive and subjectively difficult transition of the self-dealing with a reinterpretation of time perspective, the confrontation with difficulties as a future personal event, the re-evaluation of life values and goals, and planning the second half of life. Midlife crisis arises on the relationships between the changing socio-psychological situation and internal predispositions. These mental facets affect the whole being of a person going through the midlife crisis and most commonly will be caused by the physical body completely changing. On the other hand however, these changes can be the cause of the negative mental thoughts affecting the holistic health of said person. Changes brought about by

midlife might be seen as a setback as they are drastic fluctuations to what one is used to, akin to puberty in young adolescents, Dweck (1999) explained that there are basically two mindsets (Growth and fixed mindset) affecting people when it comes to being challenged by different problems. Failures accrued over the years might change the growth mindset of a person and can lead to stagnating into a fixed mindset which can be debilitating especially in dealing with constant failure while still trying to exert effort over said dereliction.

All human beings have to go across different developmental stages of life from womb to tomb. These human development stages are inevitable, very common in all human beings and are not very surprising things in human life. What is interesting in these developmental stages is that each stage has uniqueness and there are many things that can be studied while human beings from varying times undergo differently in distinct settings.

Midlife crunch is a collective notion that life and work go together but when it is not thriving and everything leads to questioning your strengths and ideals, the midlife crisis in men is cruising. The midlife crisis is the phase of your life when you feel despondent with everything. According to Calasanti 2010, Understanding old age lies with the disregard of oppression and privilege of gender and these roles tend to be unchallenged due to preconceived notions of these qualities being innate and biological, this tends to be detrimental in the health of both men and women especially as they age. Although patriarchy is a concept that mostly affects women in a negative way, men become more prone to midlife crises because men are ardently the weaker gender stemming from their inability to achieve the expected stoicism and strength that is put on them by society. This crisis transpires when you are oblivious to the events and happenings regarding your last years in life, with this you will start questioning your presence and with the knowledge you have acquired throughout the years, the life plans you have laid out earlier in life do not make sense making you and essence stagnate, this means you might have hit a midlife crunch. Starting to act hastily while making radical vicissitudes in your routine or vocation altogether and pondering if that ensembles your sense of self and determination is a sign of midlife crisis. In 1909, Cooley has stated that family is an important factor in how people see themselves and according to Moen 2011, It is unequivocally clear that family experience is gendered. No matter what kind of biological hindrance, family will always be the foundation and launch of one's identity and personality. Plenty of men have undergone comparable crises and made it through easily with functional beginnings but then there are those admirable stories on the other hand with men going through tougher start-ups in life. The initial stages of life often help in building their perspective towards success and their future endeavors. This accumulation of information is emphasized in how men usually associate their status and satisfaction especially with their achievements. Although you are successful, there is usually dissatisfaction after acquiring your life goal, this in turn will give recession to your sense of self and usually indicate a

time for change. On the other hand, there are situations wherein you might find yourself not achieving the goal, for the most part this leaves a person frustrated and confused as they are at the age where they should have already completed their dream. This and the constant social pressure that men of old age are often perceived as inadequate representations of bourgeois masculinity, (Bauer 2015) might hinder the ideas and emotions that you have been contemplating for some time and can discard yourself the permission and time to make your visions a reality.

Giving thought to yourself feeling like you are surviving on autopilot mode with no goal or desire to fulfill can be disheartening. Do not lose hope in this phase of life rather treat it as an opportunity to slow down and rethink your life course. Letting go and leaving the past in the past is a keyword during the predicament. It is imperative to love yourself, as you are the one who can get yourself motivated during hard days. According to Reddick 2014, ageism and issues of body image are more prevalent amongst men and that your perspective of your own body image is in constant flux as it can ascend and descend and although you may experience negativity of perception, it is still being controlled by you and only you. Acknowledging the fact that you are in control helps with knowing that not even time itself can be a problem when it comes to the things you want and love to do. It is time for you to acclimatize to some hobbies, which can make you more productive and fun. Focusing on making a difference in the society or outside your regular compass of influence is a refreshing step towards getting away from your tedious reality and shifting the focus.

Keep going, believe in yourself; be your own mentor. Stop thinking about how you want your future to be and starting to plan it is a wise way towards life. It takes a moment of fact to realize that life is short and tomorrow is not what you always plan it to be. It is a brave step to pursue a passion and live your dreams, but it is important to understand the balance of life.

To cure the crunch, acknowledgement of the changes in lifestyle patterns or simple likes and dislikes can help you find a way to move past the crisis. You need to figure yourself out and your essence, in turn taking time to re-evaluate yourself and your actions. Sometimes, having an opinion can provide a wide perspective. Using new thoughts and ideas with positive attitudes leading to creative partnership or into new ventures can improve your mind and lessen the effects of the crisis. Move outside of your comfort zone. Try a new activity, increase knowledge about new topics, and solo traveling can help you move out of your comfort zones and adventurous theme. Talk. Having a compassionate conversation with your partner, parents, or friends who understand your emotional depth can make a difference in how you feel and help ease the pain of midlife crisis in men.

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