

Mid-life Crisis

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Ageing is inevitable. However, when individuals are in their early ages, they worry much about ageing since they believe that they have a lot of time left to live. As age advances, the reality about death starts setting in which causes individuals to start evaluating their lives and accomplishments. Different individuals may develop a psychological condition referred to as mid-life crisis which manifests itself in various ways. The following post examines what mid-life crisis is, how common it is, and how it differs in both men and women.

What is a mid-life crisis?

Elliot Jaques first coined the concept of mid-life crisis in 1965, which was described as a normal period in the life of humans as they transition from young people to adults. This condition is mainly caused by ageing and or the combination of ageing and other factors such as changes or regrets over careers, marriage and other goals and expectations that one may have. Individuals that develop this condition usually experience feelings of regret, nostalgia, fear, and emptiness. During this period, individuals start comparing themselves with others and evaluating themselves against various goals that they had in life. The thoughts that arise are caused by the realization that the life of these individuals is almost over and that there is a high likelihood that they may not meet the expectations that had in mind (Shostak, 2008). The crisis may take different forms in individuals caused effects that range from mild to dangerous based on the mental health and strength that an individual has. The common signs of this condition are drastic changes in mood-swings, obsession with appearance, disconnection from friends, depression, and increased consumption of drugs and alcohol.

How common is it?

The mid-life crisis occurs in many men and women that are aged between 35 and 55 years. Almost every person in this age bracket experience this condition. What varies is how the individuals respond to the psychological condition and the period that is taken before one recovers fully from the condition. Most people usually manage to find their way through this state but others struggle to regain balance in their lives. In most cases, the people that are concerned with the fulfilment of their aspirations and objectives are rarely affected by this condition since ageing does not catch up with some of the goals and expectations (Druckerman, 2018). Growing old is not a challenge to them since it does not pose any threats in their life. However, the individuals that are mostly affected are those that do not focus on their lives at an early age only to come to the realization when it is too late. The life of such individuals is characterized by wrong choices and a carefree attitude concerning their lives.

Compare and contrast how a mid-life crisis may look different for males or females.

Both men and women are affected by mid-life crisis but in different ways. In men, this condition may last for 3-10 years while in women, the condition may last for 2-5 years. For men, they usually focus on the achievements that they have made in their lives and this may cause to strive in order to try and prove themselves. However, most women tend to concentrate on their physical appearance, attractiveness, and how this will manage to cope with various changes that take place in their in lives such as the separation from their kids. Although this condition is triggered by different factors in both men and women, the condition manifests itself in almost similar ways. Both men and women usually experience almost similar signs and symptoms. For instance, one of the common signs is depression which may lead to difficulty in the ability to focus on certain tasks (Rothman, 2018).

References

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