

Exploration of Middle-Aged Women's Crisis Management Types Using the Q-methodology

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Abstract

This research has been conducted to explore the categories and management types of middle-aged women in relation to when they come across crisis during the period of middle-age, climateric or so-called menopause. There were 32 participants in this study who were middle-aged women, and among the participants we overall identified 6 types of crisis management. 8 participants fell under Type 1 - "active responders", 5 participants fell under Type 2 - "improvement-seekers", 4 participants fell under Type 3 and were "avoiders", 4 participants fell under Type 4 - " religion-reliers", 6 participants fell under Type 5 - "family-reliers", and 4 participants fell under Type 6 - "independent-seekers".

Keywords: *middle-aged women, crisis, Q methodology*

1. Introduction

1.1 Necessity

While the middle-age period for women is a time when they experience the highest level of stress and undergo most changes than any other time in their lives, some academics either view this period for women as another phase of on-going individual development and changes, or as a period that requires active crisis management (1). Not only does a middle-aged woman undergo various changes both biologically and socially, they also experience psychological conflicts similar to depression and emotional changes similar to insecurity (2). A middle-aged woman whose age lies between 45 - 65 years old is categorized as most prone to the occurrence of depression, and the occurrence rate of depression is higher among women than that of men (3,4). This is not unrelated to the women undergoing changes such as menopause and experiencing emptiness from their adult children becoming independent at this stage of their lives (5). The crisis of middle-age women are indicated by the symptoms of feeling meaninglessness in their lives, emptiness, slump, lethargy, confusion, etcetera, and therefore in most cases a mid-life crisis has negative effects on the women's lives. However, in cases where the women have successfully dealt with their mid-life crisis, it could have also presented to them as an opportunity for further self-development, and according to a study by Yun-Ja Kim (6), it was found that there were cases of middle-age women who, through the course of overcoming mid-life crisis, furthered an understanding of themselves which led to

self-development as well as evolving their perspective on life resulting in a re-adjustment in their approach to life. Therefore, a woman's mid-life crisis could be a turning point dependent on its management and overcoming, and such outcomes can affect the direction of the women's lives in their advanced-age (7). On the other hand, previous studies limited their focus to the symptoms of menopause or simply viewed a middle-age woman's crisis as an interrelated relationship among factors such as stress, personality, the degree of self-respect, and quality of life et cetera (8,9). This view is not appropriate in consideration that a middle-age woman's crisis not only defined by the biological changes as a result of menopause, but also by effects arising from socio-cultural and emotional factors (10). Therefore, a study is required that allows for recognition of subjective self-perception about the approaches taken in the women's management of mid-life crisis using the Q-methodology. Accordingly, this study, by using the Q-methodology, intends to identify the management approaches and subjectivity structure of a middle-age woman's crisis, based on which to provide founding material to appropriately manage such mid-life crisis situations.

1.2 Purpose of the study

This study aims to identify the different types of behavior of middle-age crisis of women and the respective type's characteristics using Q methodology. The specific goals are as follows:

- 1.) To identify the types of behavior towards middle age crisis.
- 2.) To analyze and describe each type's characteristics.

2. Methodology

2.1 Design

This study is an exploratory study that used Q methodology to identify the type of crisis consciousness in middle-aged women.

2.2 Composition of Q Parent Population and Q Sample

The collection of Q-population began with local and international literature review in relation to middle-age women's crisis, and around the same time statistical surveys were conducted from March 1, 2012 by conducting individualized in-depth consulting of five (5) middle-aged women between the ages of 35 – 60 years old introduced by the community and extracting their statements.

Interview questions were open-ended questions based on the literary references, including, but not limited to, "What kind of experiences did you encounter as you entered your middle age?", "What kind of family-related and/or societal changes did you experience as you entered your middle age?", "What kind of crisis did you experience in your middle age, and what did you do to overcome such crisis?", "What were the efficient crisis-management measures that you adopted?", "What kind of changes did you experience after overcoming the crisis?"

Through consulted material, previous studies relating to middle-age women's crisis, and local and international academic literature, the Q-population of 137 people were extracted, and thereafter a final sample of 34 individuals were selected after receiving advice from two (2) professors in nursing, exchanging and re-adjusting their opinions, and thereafter selected a Q sample of 34 people after reviewing their verification.

2.3 Sampling of P-Sample

A total number of 32 middle-age women were randomly selected based on small sampling theory of the Q-methodology. The Q-methodology does not deduce the characteristics of P-population from P-sample's responses, their individual characteristics or differences, but rather from how a sampled individual structures her Q-sample statements; therefore the selection of responders in P-population does not follow a probabilistic sampling method, and has a characteristic of having a small sample size (11).

2.4 Q-sorting

The sample of 32 middle-age female participants were requested to record any notable characteristics about themselves before responding to the survey, and a researcher assisted them with the process of reading and categorizing statements to ensure their understanding about the material provided. Thereafter, the participants had to read in detail about the 34 statements selected, and depending on the individual's priority, had to categorize the statements as to whether "strongly agree", "strongly disagree", or "neutral"; and then the participants read the statements once again and had to assign a number from (+4) strongly agree to (0) neutral; and from (-4) strongly disagree to (0) to neutral. In this way, after categorization of Q responses, the participants were to record the two (2) statements that received most "strongly agree" and two (2) statements that received most "strongly disagree". The time taken by each person to complete the survey was between 30 - 45 minutes.

2.5 Data Analysis

Data analysis was conducted by using PC-QUANL Program. The P sample data of the 32 participants collected were coded and entered into the computer, and thereafter were scored according to the numbers assigned by the participants in the categories in the Q distribution: Beginning with "strongly disagree" (-4) receiving a score of 1, -3 received a score of 2, -2 received a score of 3, -1 received a score of 4, 0 received a score of 5, +1 received a score of 6, +2 received a score of 7, +3 received a score of 8, and +4 received a score of 9. The mean average, standard deviation and standardized score for each of 34 topics were obtained and factor analysis was also conducted using the principal component factor analysis methodology with the axis of P sample. In order to determine the most optimal number of factors, Eigen value 1.0 or more was the standard for diversely entering in the number of factors, and we selected the 6 types which were most representative of the computed outcomes [Table 1].

Table 1. Q-Population Distribution

Distribution	-4	-3	-2	-1	0	1	2	3	4
Score	1	2	3	4	5	6	7	8	9
Number of statements	2	3	4	5	6	5	4	3	2

2.6 Ethical Considerations

The surveys were conducted after we disclosed to the participants about the purpose of the research and methodologies involved, and received consent from the participants; we also explained that their responses would be used only for research purposes, and any private and individual information obtained in the course of the research was stored codified, and that all information obtained will be permanently deleted after completion of the research.

3. Results

3.1 Characteristics of the Type of Crisis Consciousness in Middle-Aged Women

As a result of data analysis on middle-age women's crisis perception types, through the 32 participants, 6 types were identified overall. 8 participants fell under Type 1, 5 participants fell under Type 2, 4 participants fell under Type 3, 5 participants fell under Type 4, 6 participants fell under Type 5, and lastly 4 participants fell under Type 6. The different types were named, "active responders", "improvement seekers", "avoiders", "religion-reliers", "family-reliers", and "independent-seekers", on the basis of their characteristics. The higher the factor weight of the responder, the more typical, or ideal, the person is of his type, and is representative of the type. Total variance was found to be 0.5151, and hence can account for variance 51% of the time [Table 2][Table 3].

Table 2. Eigen Value of Aspects and Variant Percentage

	Aspect #1	Aspect #2	Aspect #3	Aspect #4
Eigen value	8.43 63	3.7	2.284	2.0549
Variant %	.26	.1	.071	.0642
Cumulative frequen	.26	.3	.450	.5151

Table 3. P Sample's Demographic Characteristics and Factor Weight by Type

Type (N)	Subjects (ID)	Factor weight (weight)	Age	Academic Background	Occupation	Economic position	Years of marriage	Number of children
Type I (8)	10	1.1452	42	College graduate	Logical writing teacher	Low	14	2
	15	.8493	50	College graduate	Homemaker	Middle	20	1
	8	.4957	41	Graduate course graduate or higher	Nurse	High	16	2
	14	.4270	40	Graduate course graduate or higher	Nurse	Middle	14	2
	6	.3052	38	College graduate	Nurse	Low	5	2
	13	.2341	50	College graduate	Schoolteacher	Middle	25	3
	27	.2178	43	College graduate	Self-employed	High	Unmarried	0
	28	.1724	41	Graduate course graduate or higher	Homemaker	Middle	11	1
Type II (5)	2	1.6849	37	Graduate course graduate or higher	Schoolteacher	Middle	8	1
	31	.8986	43	Graduate course graduate or higher	Profession	Middle	21	1
	3	.6721	40	College graduate	Homemaker	High	11	2

	1	.6428	47	Graduate course graduate or higher	Teaching profession	Middle	17	2
	4	.3692	38	Graduate course graduate or higher	Teaching profession	Middle	Unmarried	0
Type III (4)	32	.6518	47	Junior college graduate	Unemployed	Low	26	4
	26	.6323	53	Middle school graduate	Real estate	High	28	1
	29	.5172	58	Graduate course graduate or higher	Professor	Middle	11	0
	25	.2333	52	Middle school graduate	Self-employed	Middle	29	2
Type IV (5)	9	1.1324	45	Junior college graduate	Nurse	Middle	16	2
	11	.8750	48	Graduate course graduate or higher	Schoolteacher	Middle	21	2
	12	.7229	52	College graduate	Logical writing teacher	Middle	26	2
	7	.3868	39	Graduate course graduate or higher	Nurse	Middle	13	2
	22	.3406	46	High school graduate	Homemaker	Middle	18	2
Type V (6)	16	.9870	45	Graduate course graduate or higher	Nurse	Middle	10	1
	30	.9274	55	High school graduate	Employee	Middle	34	2
	18	.5755	53	High school graduate	Self-employed	Low	27	2
	5	.2589	49	College graduate	Nutritionist	Middle	18	3
	20	.2494	39	College graduate	Nurse	Middle	10	2
	21	.1812	60	Elementary school graduate	Self-employed	Middle	Divorced	1
Type VI (4)	24	.6927	53	Middle school graduate	Real estate	High	33	3
	23	.6761	40	High school graduate	Homemaker	Middle	16	2
	19	.6649	51	High school graduate	Homemaker	Middle	18	1
	17	.1678	50	College graduate	Education service	Middle	23	2

Correlations of the different types were of low levels, and it could be deduced that the types were independent of each other[Table 4].

Table 4. Coefficient of Correlation between Different Types

	Type 1	Type 2	Type 3	Type 4	Type 5	Type 6
Type 1	1.0 00					
Type 2	.57 0	1. 000				
Type 3	.22 9	-. 028	1.000			
Type 4	.24 9	. 523	.162	1.000		
Type 5	.40 5	-. 271	.144	.088	1.000	
Type 6	.38 4	. 206	-.076	.233	.216	1.000

3.2 Characteristics and Interpretations of the Different Types

1) Type 1: ‘Active responders’

Eight women were found to belong to Type 1, named as “active responders”. Observing their demographics showed that all eight have an education level of university or higher, that all are working in a profession, and that four out of 8 were not involved in religious activities (Refer to Table 2). The statements that most of them agreed most strongly with were ‘I am proud of myself for dealing well with the crisis’ ($z=1.54$), ‘To overcome crisis, measures have to be actively sought’ ($z=1.21$), and ‘Through crisis, I re-affirmed my attitude to do my best.’ ($z=1.08$). The statements that they most disagreed strongly with were ‘Crisis caused me to have yearning for dreams I have yet to achieve’ ($z=-1.97$), ‘Crisis taught me the importance of sharing with other people in such difficult circumstances.’ ($z=-1.15$). The statement the Type 1 population agreed the most with as compared to other types was ‘I am proud of myself for dealing well with the crisis’ (Difference with the other types, $z=1.18$), and the statement the population disagreed with the most was ‘The crisis taught me the importance of sharing with other people in such difficult circumstances’ (Difference with the other types, $z=-1.51$). This shows that responders belonging to Type 1 generally try to overcome the crisis themselves or seek actively for ways to overcome the crisis, and after overcoming the crisis, feel proud of themselves. They also prefer always doing their best in their daily lives. However, they perceive themselves as the axes of the process of overcoming the crisis, and view depending on others as unhelpful for leading independent lives and reducing one’s confidence.

Responder #10, who showed the highest factor weight of 1.1452, agreed the most strongly with the statement ‘I become stronger after facing a crisis’ with the reason, ‘Just as the soil hardens after rain, crisis is excruciating, but it is something to be overcome’. The statement that she disagreed the most with was ‘There is no way to overcome crisis other than tolerating and being patient’, with the reason, ‘Just tolerating and being patient do not solve the problem’. Ultimately, Type 1 believes that just tolerating the hardship is not an ideal way to overcome the crisis, and view crisis as a challenge to face and fight, rather than to be afraid of [Table5].

2) Type 2: ‘Improvement Seekers’

Five women were found to belong to Type 2, named as “improvement seekers”. Observing their demographics showed that four out of five of them have an education level of graduate school or higher, and that 3 of them are working in a profession of teaching. Four out of five were also involved in religious activities, and they perceived their family’s financial situation as being ‘average’ or higher (Refer to Table 2). The statements that most of them agreed most strongly with were ‘Through crisis, I get to

know more about myself' ($z=2.07$), 'To overcome crisis, I have to look at myself objectively' ($z=1.59$), 'Crisis is a turning point in my life and an opportunity for development' ($z=1.26$), and 'Crisis can be overcome by positive thinking' ($z=1.03$). The statement that they disagreed the most strongly with was 'Crises continually burden lives' ($z=-1.62$). The characteristics of Type 2 attitude towards middle age women's crisis is that, unlike Type 1, the focus is not on active overcoming of the crisis, but rather on the viewing of the crisis as life's turning point and as an opportunity for development.

The statement the Type 2 population agreed the most with as compared to other types was 'Through crisis, I get to know more about myself' (Difference with the other types, $z=2.08$), and the statement the population disagreed with the most was 'The best source of energy to overcome crisis is the family' (Difference with the other types, $z=-1.87$). Responder #2, who showed the highest factor weight of 1.6849 within Type 2, agreed the most strongly with the statement 'Through crisis, I get to know more about myself' and 'Crisis is how you make it out to be' with the reason, 'Through crisis, I can reflect on myself to see whether I'm living well, and realize what I genuinely wanted. Also, rather than fearing crisis, we should have the confidence that we can overcome the crisis and look forward to learn from crisis'. The statement that she disagreed the most with was 'Encountering crisis is my destiny' and 'I hope I never have to encounter another crisis', with the reason, 'I think that encountering crisis is nobody's destiny, and that because I have learned so many things by facing the crisis, I perceive it as a platform for opportunity, and will continue to overcome it in the future'. Ultimately, Type 2 believes that crisis is not a toil or hardship that negatively affects lives, but a platform for further development in a course of life [Table5].

3) Type 3: 'Avoiders'

Four women were found to belong to Type 3, named the 'avoiders'. Observing their demographics showed that they have varying levels of education ranging from middle-school graduates to university-graduates, and that three out of four of them are working. Three out of four were also involved in religious activities (Refer to Table 2). The statements that they agreed most strongly with were 'Crisis is how you make it out to be' ($z=2.02$), 'There is no way to overcome the crisis other than tolerating and being patient' ($z=1.74$). The statements that they disagreed the most strongly with were 'Crisis is a turning point in my life and an opportunity for development' ($z=-1.66$) and 'When the crisis is overwhelming, you need emotional solutions such as crying' ($z=1.74$). The characteristics of Type 3 attitude towards middle age women's crisis is that the crisis is an inevitable destiny, and that they should tolerate it until the crisis passes, rather than try to actively overcome it.

The statements the Type 3 population agreed the most with as compared to other types were 'There is no way to overcome the crisis other than tolerating and being patient' (Difference with the other types, $z=3.18$) and 'Encountering crisis is my destiny' (Difference with the other types, $z=1.86$), and the statements the population disagreed with the most as compared to other types were 'Crisis is a turning point in my life and an opportunity for development' (Difference with the other types, $z=-2.05$) and 'When the crisis is overwhelming, you need emotional solutions such as crying' (Difference with the other types, $z=1.67$). Responder #32 who showed the highest factor weight of 0.6518 within Type 3 agreed the most strongly with the statements 'There is no way to overcome the crisis other than tolerating and being patient' and 'Crisis is how you make it out to be' with the reason, 'Because I am not able to solve the problem, I just leave it as it is. It is beyond my abilities, and if I can leave it as it is, I try to leave it. Even if I tried to solve the crisis, it was beyond my abilities, and time solved the problem for me most of the time'. The statements that she disagreed the most with were 'Crisis is a turning point in my life and an opportunity for development' and 'When crisis is overwhelming, you need emotional solutions such as crying' with the reason, 'Encountering crisis is not something

I have planned. Crisis is just a crisis and it is not my fault that it happened. I wished it could just leave me alone'. Ultimately, Type 3 seems to view themselves as being incapable of dealing with crisis and therefore become an onlooker or escapist in their attitudes [Table5].

4) Type 4: 'Religion-reliers'

Five women were found to belong to Type 4, named the 'religion-reliers'. Observing their demographics showed that all five of them had jobs and were involved in religious activities. They have varying levels of education, including high school graduates, university graduates and graduate school graduates (Refer to Table 2). The statements that they agreed most strongly with were 'Crisis is an opportunity for me to learn gratefulness and humility from people that are less fortunate than I am' ($z=1.77$), 'Through crisis, I became more dependent on religion and more faithful' ($z=1.34$), 'Through crisis, I learned the importance of sharing with people who are faced with similar crisis as me' ($z=1.47$) and 'Through crisis, I learned to be satisfied with my life as it is' ($z=1.22$) and the statements that they disagreed the most strongly with were 'I hope I never have to encounter another crisis.' ($z=-1.57$), 'Encountering crisis is my destiny' ($z=-2.19$) and 'There is nobody to help me during crisis, so I have to overcome it myself through my own efforts' ($z=-1.78$) The characteristics of Type 4 attitude towards middle age women's crisis is that they view crisis as being too overwhelming to be overcome by themselves and seek to overcome it with the help of a divine being.

The statements the Type 4 population agreed the most with as compared to other types were 'Crisis is an opportunity for me to learn gratefulness and humility from people that are less fortunate than I am.' (Difference with the other types, $z=1.99$) and 'Through crisis, I became more dependent on religion and more faithful.' (Difference with the other types, $z=1.65$), and the statements the population disagreed with the most were 'I hope I never have to encounter another crisis' (Difference with the other types, $z=-1.98$) and 'Through crisis, I felt happiness within simple life' (Difference with the other types, $z=1.42$). Responder #9, who showed the highest factor weight of 1.1324 within Type 4, agreed the most strongly with the statement 'Crisis is an opportunity for me to learn gratefulness and humility from people that are less fortunate than I am' and the statement that she disagreed the most with was 'Encountering crisis is my destiny' with the reason, 'I always remember the Bible telling me to be thankful for everything. It is easy to be thankful in a nice environment, but I think we only know real gratitude when we can be thankful for everything that is given to us'. Ultimately, Type 4 seems to view religion as a force that strengthens them during crisis. Also, they treasure their own lives and religious values and beliefs, and try to ingrain gratitude and humility in their daily lives despite the hardships. This group also perceives crisis as an opportunity and rather than overcoming the crisis themselves, they try to exchange help with others and are thankful to those people [Table5].

5) Type 5: 'Family-reliers'

Six women were found to belong to Type 5, named the 'family-reliers'. Observing their demographics showed that they had varying education levels, from elementary school graduates to university graduates or higher. Five out of six of them had jobs and were involved in religious activities (Refer to Table 2). The statements that they agreed most strongly with were 'The greatest source of strength to overcome crisis is from my family' ($z=2.22$), 'I hope I never have to encounter another crisis.' ($z=2.04$), 'I could overcome crisis because of the love and responsibility I had towards my family' ($z=1.78$) and 'Through crisis, I learned more about the importance of my family' ($z=1.87$). The statements that they disagreed the most strongly with were 'Through crisis, I get to know more about myself' ($z=-1.55$) and 'Through crisis, I learned to gain confidence in life'

($z=-1.04$) This shows that the Type 5 treasure their family and gain the energy to overcome crisis.

The statements the Type 5 population agreed the most with as compared to other types were 'I hope I never have to encounter another crisis' (Difference with the other types, $z=2.30$), and 'The greatest source of strength to overcome crisis is from my family' (Difference with the other types, $z=1.77$). The statements the population disagreed with the most as compared to other types were 'Through crisis, I get to know more about myself' (Difference with the other types, $z=-2.27$) and 'To overcome the crisis, I have to look at myself objectively.' (Difference with the other types, $z=-1.22$). Responder #16, who showed the highest factor weight of 0.9870 within Type 5, agreed the most strongly with the statement 'Through crisis, I can not only know more about the importance of my spouse and children, but also about my own life' with the reason 'During the crisis I have faced, my family have been of great support, and through it, I got to know more about importance of family and myself.'. The statements that she disagreed the most with were 'Through crisis, I get to know more about myself' and 'There is no way to overcome the crisis other than tolerating and being patient' with the reason 'I think overcoming crisis is something that requires input on our parts, and I do not think that crisis is a platform for me to learn more about myself [Table5]'.

6) Type 6: 'Independent seekers'

Four women were found to belong to Type 6, named the 'independent seekers'. Observing their demographics showed that two out of four were housewives, and three had education levels from middle school graduates to high school graduates, and one was a university graduate. As for religious activities, two of them described themselves as atheists (Refer to Table 2). The statements that they agreed most strongly with were 'I become stronger after facing a crisis' ($z=2.04$) and 'Through crisis, I felt happiness within a simple life' ($z=1.47$) and the statements that they disagreed the most strongly with were 'Because crisis can strike us at any point in our lives, I have baseless fear for it' ($z=-1.81$) and 'Crisis is how you make it out to be' ($z=-1.70$). The statements the Type 6 population agreed the most strongly with as compared to other groups were 'Through crisis, I learned to gain confidence in life' (Difference with the other types, $z=1.97$), and 'There is nobody to help me during crisis, so I have to overcome it myself through my own efforts' (Difference with the other types, $z=1.68$). The statements the population disagreed with the most were 'Crisis is how you make it out to be' (Difference with the other types, $z=-2.10$) and 'Through the crisis, I re-affirmed my attitude to do my best' (Difference with the other types, $z=1.49$). Women belonging to Type 6 were found to have the mindset that they should try to solve the problems themselves, rather than by relying on others or religions.

Responder #24, who showed the highest factor weight of 0.6927 within Type 6, agreed the most strongly with the statement 'I become stronger after facing a crisis' and the statements that she disagreed the most with were 'I hope I never have to encounter another crisis' and 'Because crisis can strike us at any point in our lives, I have baseless fear for it' with the reason, 'Crisis is something to be overcome for myself, not for my children, and I am the one overcoming it. After perceiving it as so, I gained confidence and was not scared of things to come'. Ultimately, Type 6 seems to view themselves as the axes of crisis. Also, so as to gain the confidence to overcome crisis, they adopted a composed attitude rather than fearing for the future. Furthermore, Type 6 thinks that crisis is not due to fate, and had the mindset that regardless of what kind of crisis strikes, they would be able to sail through it. [Table5]

Table 5. Q Statement and Z-score by Type

Type(N)	Q Statement	z-score
Type I (8)	31 I realized how precious my family was and such a feeling became bigger over time.	1.58
	28 I am very proud of myself because I've endured all difficulties so far.	1.54
	14 My family is the biggest strength for me to overcome crisis.	1.41
	1 I've ever felt a burden of life because of continuously-approaching crisis.	-1.61
	8 What can I do if there is crisis already? I will just have to endure and overcome it with patience.	-1.72
	34 I still have a desire for my dream that wasn't come true.	-1.97
Type II (5)	24 I could know about myself through crisis.	2.08
	6 I looked into myself and looked back on myself to overcome crisis.	1.54
	23 I became harder and stronger after suffering from crisis.	1.33
	8 What can I do if there is crisis already? ? I will just have to endure and overcome it with patience.	-1.54
	1 I've ever felt a burden of life because of continuously-approaching crisis.	-1.62
	21 The crisis that came to me was my fate.	-2.17
Type III (4)	26 Crisis depends on mind.	2.02
	8 What can I do if there is crisis already? ? I will just have to endure and overcome it with patience.	1.74
	16 I want no more crisis in my life again.	1.47
	22 Crisis is a turning point in my life and opportunity for growth as well.	-1.66
	15 I was hurt by people surrounding me, who laughed at me, especially my difficult situation.	-1.67
Type IV (5)	9 When the world was too hard for me, I overcame it with crying.	-1.75
	3 I became humbled through crisis. Gratitude came from my mind when I saw people who were more difficult than me.	1.78
	32 I came to think of people who were in the same shoes as mine and realized the value of sharing life through volunteering work.	1.47
	12 I relied more on religion after crisis and my religion became matured.	1.35
	15 I was hurt by people surrounding me, who laughed at me, especially my difficult situation.	-1.67
	5 I tried to overcome crisis by myself, thinking that no one would help me in crisis situations.	-1.79
Type V (6)	21 The crisis that came to me was my fate.	-2.20
	14 My family is the biggest strength for me to overcome crisis.	2.22
	16 I want no more crisis in my life again.	2.00
	31 I realized how precious my family was and such a feeling became bigger over time.	1.88
	24 I could know about myself through crisis.	-1.55
	26 Crisis depends on mind.	-1.62
Type VI (4)	8 What can I do if there is crisis already? I will just have to endure and overcome it with patience.	-1.74
	23 I became harder and stronger after suffering from crisis.	2.00
	25 I could get confidence in life through crisis.	1.51
	33 I could feel happiness from a simple life through crisis.	1.47
	15 I was hurt by people surrounding me, who laughed at me, especially my difficult situation.	-1.33
	26 Crisis depends on mind.	-1.71
17 I had vague fear thinking that crisis would come anytime in life.	-1.82	

7) Common view regarding crisis of Middle-aged women

The 6 Types' similarities, as studied in this research, are as follows. (Table 11). The statement that the responders in general agreed the most strongly with was 'The best source of energy to overcome the crisis is the family' (z=0.50), whereas the statements

that they disagreed the most strongly with were ‘There is no way to overcome the crisis other than tolerating and being patient’ ($z=-1.444$), ‘I got hurt from people around me who laughed at my circumstances when I was facing crisis’ ($z=-1.356$) ‘Encountering crisis is my destiny’ ($z=-1.340$) and ‘There is nobody to help me during crisis, so I have to overcome it myself through my own efforts’ ($z=-1.209$). This shows that middle-aged women mostly got their strength to overcome the crisis through family, and adopted a proactive attitude of sailing through crisis via their efforts, rather than viewing crisis as their destiny and tolerating it. Also, they identify with the fact that getting help from family and people around them, rather than struggling by themselves, is a good way to deal with crisis [Table6].

Table 6. Common View Regarding Crisis of Middle-aged Women

Number	Statement	Standard Score
1	The greatest source of strength to overcome crisis is from my family	1.0 50
2	I become stronger after facing a crisis	.9 61
2	Crisis can be overcome by positive thinking	.7 41
1	Because crisis can strike us at any point in our lives, I have baseless	-1.0 20
3	Crisis caused me to have yearning for dreams I have yet to achieve	-1.0 96
1	Crises continually burden lives	-1.1 58
5	There is nobody to help me during crisis, so I have to overcome it myself through my own efforts	-1.2 09
2	Encountering crisis is my destiny	-1.3 40
1	I got hurt from people around me who laughed at my circumstances	-1.3 56
5	when I was facing crisis	
8	There is no way to overcome crisis other than tolerating and being patient’, with the reason	-1.4 44

4. Conclusion

This study sought to identify the types of attitudes towards middle-aged crisis of women, for future crisis management measures, using Q methodology. As a result, six groups were found, which were namely “active responders”, “improvement seekers”, “avoiders”, “religion-reliers”, “family-reliers”, and “independent-seekers”. A few proposals would be made for future directions. First, that this research’s results be utilized for the purpose of developing a risk measurement tool for middle-aged women crisis. Second, that a middle-aged women crisis mediation program be developed to help them positively deal with crisis and overcome it and test its effectiveness.

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