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The Midlife Crisis Revisited: A Multidisciplinary Review of Theory, Evidence and Sociocultural Context

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ABSTRACT

The concept of the midlife crisis, first introduced by [Elliott Jaques in 1965](#), refers to a period of psychological turbulence often occurring between the ages of 40 and 60. Commonly associated with emotional distress, existential reflection, and major life transitions, it has been linked to issues such as career dissatisfaction, relationship challenges, and identity re-evaluation. Despite its prevalence in popular culture, the universality of the midlife crisis remains contested. Some view it as an inevitable developmental stage, while others argue that it is a socially constructed and overgeneralized narrative. Importantly, midlife is not solely a time of regret or anxiety—it can also represent a phase of personal growth, stability, and renewed purpose. This review explores the psychological, biological, and sociocultural dimensions of the midlife crisis, drawing on key theories, empirical research, and critical perspectives to better understand its complexities and implications for individuals and society.



Keywords: end-of-life care centers, social isolation, end-of-life care, quality of life, psychological distress, social support, patient-centered care



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INTRODUCTION

A midlife crisis is a psychological state common during middle adulthood and usually between the ages of 40 and 60. It is marked by emotional turmoil, existential crisis, and profound life changes. Initially described in 1965 by Elliott Jaques, the midlife crisis has since been commonly known to be linked with dissatisfaction in careers, marital issues, and redefining one's identity ([Jaques, 1965](#)). The phenomenon has also been largely disputed, with some arguing that it is an omnipresent life stage, while others argue that it is overgeneralized and socially constructed ([Wethington, 2000](#)). It is a time of crisis characterised by heightened awareness of oneself, as one weighs past achievements against future goals ([Lachman, 2004](#)). This is a time when one is likely to feel regret, worry, or unmet expectations, prompting drastic changes in lifestyle or acts of risk-taking ([Lachman, 2004](#)). Not everyone does go through a crisis, though; for most, midlife can be a time of security, self-expansion, and satisfaction. A critical understanding of the psychological, biological, and sociocultural factors of midlife crises is required to facilitate effective intervention and support. This review discusses theories, empirical research, and critical opinions about midlife crises and their effects on society and individuals.

THEORETICAL FOUNDATIONS

One of the theoretical foundations of the concept of the midlife crisis is Erik Erikson's psychosocial development theory, which suggests that middle adulthood (40-65 years of age) is characterised by the stage of generativity vs stagnation. During this stage, people attempt to derive meaning from work, relationships, and contributions to society. If this is not possible, it might result in stagnation, which is realized as a midlife crisis ([Erikson, 1950](#)). Another leading model is Daniel Levinson's theory of life structure, where adulthood is marked by a series of transitional stages. [Levinson \(1978\)](#) pinpointed the "mid-life transition" as a defining period where

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one re-evaluates one's ambitions and accomplishments, frequently bringing about drastic changes in life. He highlighted that the transition is a natural process in adult growth, albeit its intensity differs among individuals. Carl Jung also made contributions to the knowledge of midlife crises, suggesting that midlife is a time for individuation, when individuals bring together formerly unconscious parts of their personalities (Jung, 1960). This phase of self-exploration may be painful or redemptive, depending on the coping style and support networks of the individual.

EMPIRICAL STUDIES

Several empirical studies have investigated the prevalence and psychological processes that underlie midlife crises. For instance, Lachman (2004) established that midlife crises are not ubiquitous but are experienced in approximately 26% of adults, usually precipitated by major stressors like career failures, health issues, or family life. Likewise, Wethington (2000) maintained that although the image of an omnipresent midlife crisis is overstated, numerous people do go through episodes of increased distress and re-examination at midlife. Neuroscientific and psychological studies indicate that alterations in brain chemistry, specifically a reduction in the level of dopamine, could be responsible for the emotional and cognitive changes that are linked to midlife crises (Freund & Ritter, 2009). These neurobiological alterations, coupled with external pressures and self-reflection, further add to the multidimensional nature of the experience of a midlife crisis. Also, certain research suggests that fluctuations in hormones, especially testosterone and estrogen levels, can be involved in emotional instability and questioning the meaning of existence (Husain, 2025). Additional research indicates that individuals having midlife crises tend to be more risk-prone, such as by changing jobs, divorcing, or making hasty financial decisions (Robinson & Wright, 2018). These actions tend to be efforts at recapturing a youthful perspective or missing an opportunity.

Societal and Gender Differences

Gender differences are an important factor in midlife crises. Studies have shown that men tend to experience dissatisfaction with their careers, whereas women tend to experience family role and aging crises (O'Connor & Wolfe, 2013). Women can also undergo a midlife crisis because of societal expectations regarding beauty, motherhood, and caregiving roles. Men, in contrast, tend to link their sense of self-value with their working lives and finances, and job problems therefore tend to become a key component in their crises. Cultural influences also affect the occurrence and character of midlife crises. In collectivist societies, where family and community support is more robust, midlife crises can be less intense than in individualistic cultures that focus on personal success (Rauch, 2018). In certain non-Western societies, midlife is typically linked with acquiring wisdom and respect, minimising the chances of distress related to ageing (Löckenhoff et al., 2009). Financial issues are also significant determinants of midlife crises. People experiencing economic uncertainty or career insecurity might have increased stress levels, thus perpetuating a prolonged crisis period (Infurna et al., 2020). Others with secure professions and supportive social relationships might instead realize self-fulfilment in midlife.

Coping Mechanisms and Interventions

Psychological therapy, including cognitive-behavioural therapy (CBT) and mindfulness, has been proven to assist in coping with midlife crises (Smith & Robinson, 2020). Social support, participation in fulfilling leisure activities, and establishing new goals also neutralise the detrimental effects of midlife crises (Lachman, 2004). Furthermore, personal development approaches like career guidance, life coaching, and positive psychology interventions have been shown to be useful in assisting people to discover renewed meaning and direction at midlife (Csikszentmihalyi, 2014). Participating in ongoing learning, world travel, and close relationships can enhance resilience at this stage. (McGinnis, 2018) Conducted research which focused on the psychological and social experiences of middle-aged men undergoing a midlife crisis. The study highlighted increased instances of depression, stress, and insomnia, emphasising the need for greater awareness and educational campaigns on midlife challenges and available psychological services. Vanhooren (2022), in his study, discussed the applicability of existential therapy approaches for individuals in midlife. It suggests that addressing existential themes such as death, isolation, freedom, and meaning can be particularly relevant and beneficial during this life stage. (Becker, 2006) in a study from University College London found that talking therapies, including

Cognitive Behavioural Therapy (CBT) and Mindfulness-Based Interventions (MBI), can alleviate symptoms associated with menopause, such as depression, anxiety, and cognitive issues. These therapies offer potential alternatives or complements to hormone replacement therapy. [Kurth et al \(2025\)](#) analysed data from the Midlife in the United States (MIDUS) project to examine how coping strategies evolve over a decade. Findings indicate that while individuals generally decrease their use of various coping mechanisms over time, older adults tend to rely more on strategies like instrumental action and positive reappraisal compared to younger adults.

Critical Comments

Despite widespread research on midlife crises, some key viewpoints are critical to the literature:

- **Overgeneralization of the Concept:** The idea that every middle-aged person experiences a crisis is too simplistic. Most people go through midlife transitions without any problems, with growth instead of crisis ([Wethington, 2000](#)). The label "midlife crisis" can thus be responsible for undue worry and social pressure.
- **Cultural and Societal Bias:** A lot of research is based on Western populations and overlooks how various cultures understand and experience midlife. In collectivist cultures, close family and community bonds might bring more stability, which decreases the risk of crisis ([Rauch, 2018](#)).
- **Methodological Limitations:** Self-reported information forms the basis of most studies, which are prone to retrospective bias. Furthermore, longitudinal studies are scarce, thereby restricting the evidence regarding whether midlife crises are short-term disruptions or long-term development stages ([Lachman, 2004](#)).
- **Biological vs Environmental Factors:** There are a few academicians who believe that midlife crises are more of a reflection of societal pressures and expectations than of inherent biological processes. Economic stability, employment security, and shifting social roles could play a more important role than hormonal fluctuations ([Freund & Ritter, 2009](#)).
- **A More Optimistic Perspective on Midlife:** Other scholars contradict the crisis model altogether, arguing that midlife is the age of maximum happiness and job satisfaction ([Csikszentmihalyi, 2014](#)). Instead of a time of despair, it can be a time of transformation and new meaning.

CONCLUSION

While the midlife crisis is often portrayed as a period of turmoil and decline, growing evidence suggests that effective coping strategies can transform this life stage into one of personal growth and renewal ([Lachman, 2004](#); [Wethington, 2000](#)). Adaptive coping mechanisms—such as fostering emotional resilience, engaging in self-reflection, and pursuing meaningful life goals—play a crucial role in mitigating psychological distress and enhancing well-being during midlife ([Carstensen, Fung, & Charles, 2003](#)). Supportive social relationships, open communication, and access to professional guidance, including psychotherapy or counselling, can further aid individuals in navigating identity shifts and life transitions ([Willis & Schaie, 2009](#)). Additionally, lifestyle interventions such as regular physical activity, mindfulness practices, and career reorientation have been linked to improved mood, cognitive functioning, and a renewed sense of purpose ([Moen & Sweet, 2004](#); [Segar et al., 2011](#)). These studies provide valuable insights into the evolving understanding of coping mechanisms during midlife, highlighting the importance of adaptive strategies, cultural considerations, and therapeutic interventions in supporting individuals through this transitional period.

Notably, the diversity of midlife experiences necessitates a flexible and culturally sensitive approach to support ([Arnett, 2000](#)). By normalising the challenges of midlife and promoting positive coping resources, society can reframe the narrative of the midlife crisis as an opportunity for reflection, transformation, and meaningful change. Midlife crises are multifaceted, psychological, biological, and sociocultural phenomena. For some, midlife is a time of distress and life rethinking. For others, this period is one of growth and rediscovery of purpose. The concept of midlife crisis must not be used indiscriminately because people vary in terms of differences in their individualities, cultural background, and the conditions of their lives that they undergo

during this transition phase. Future studies should be cross-cultural and longitudinal in nature to further elucidate the varied experiences of midlife transitions. By reframing the focus from crisis to transformation, people can accept midlife as a time of new possibilities and personal satisfaction.

AUTHOR DECLARATIONS

CRedit Author Statement / Author contributions

Harminder Kaur Gujral: Conceptualisation; Methodology; Validation; Formal Analysis; Investigation; Writing – Original Draft; Writing – Review & Editing; Visualization; Supervision; and Project Administration.

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