

Research on the Age Period and Psychological Position of Male Corporate Workers Who Reported that they have Experienced a Mid-life Crisis

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The purpose of this study is to investigate two major issues concerning male corporate workers. The first is to discover when the period referred to as a “mid-life crisis” occurs; and the second is to review such a “mid-life crisis” as a “psychological position” in relation to “mental health.”

The participants consisted of 214 male corporate workers in their 30s to 50s (average: 44.52 years; SD: 7.01; range: 31.00 to 58.43 years). The results revealed five major characteristics. Firstly, a “mid-life crisis” is irrespective of age. Secondly, the structure of a “mid-life crisis” as a “psychological position,” “a denial of one's life,” and “anxiety about old age and death” influences the “cognition of self-limitation” independently; meanwhile, the “cognition of self-limitation” influences “mental health”; “qualitative job stressors” influence “the denial of one's life”; and “a subjective mid-life period” influences “anxiety about old age and death.” Thirdly, “qualitative job stressors” for workplace stress appraisal influence “the cognition of self-limitation,” “a denial of one's life,” and “a sense of depression”; with “quantitative job stressors” influencing “a sense of irritation” and “a sense of tiredness.” Although the previous studies showed “qualitative job stressors” and “quantitative job stressors” as workplace stress appraisal criteria directly influence “a sense of tiredness” in “mental health”; this study showed that “qualitative job stressors” influence “the cognition of self-limitation” in “psychological positions” the most. Fourthly, “family support” does not influence “psychological position” or “mental health”; the result suggests that “workplace” factors exert larger influence on male corporate workers than “family” factors. Fifthly, “the cognition of self-limitation” influences the notion of “masculinity”; it is preferable for a person to possess an alternative personality, in his latter life, such as an androgynous personality, to protect him from a “mid-life crisis.”