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*CIO-EMOTIONAL DILEMMA AND SELF ESTEEM OF  
MIDLIFERS IN SELECTED BARANGAYS OF  
INDANG, CAVITE*

*Thesis*

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**SOCIO-EMOTIONAL DILEMMA AND SELF ESTEEM OF MIDLIFERS IN  
SELECTED BARANGAYS OF INDANG CAVITE**

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## **ABSTRACT**

**MAÑAGO, GEMMA PAGKALIWANGAN. “Socio-emotional Dilemma and Self Esteem of Midlifers in Selected Barangays of Indang Cavite”. Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University Indang Cavite. April 2009. Adviser: Mr. Renato A. Agdalpen.**

This study entitled “Socio-emotional Dilemma and Self Esteem of Midlifers in Selected Barangays of Indang Cavite” aimed to find out the relationship between the socio-emotional dilemma and self esteem of the respondents. Specifically this study answered the following questions: (1). What is the demographic profile of the midlifer respondents in terms of age, gender, educational attainment, and number of children, number of years in marriage and occupation of the respondents; (2). What is the socio-emotional dilemma encountered by the midlifer respondents in terms of relationship with spouse, parents, children, siblings, grandchildren, with other people and discontentment with one’s self; (3). What is the level of self esteem of midlifers respondents; and (4). Is there a significant relationship between socio-emotional dilemma and self esteem of midlifer respondents?

The data was gathered using a lifted instrument entitled Midlife Dilemma Test and Self Esteem Inventory Test from Rosenberg and Dr. Terry Kellard.

The method utilized in this study was stratified. The respondents involved were 263 males and females married from three (3) selected barangays.

Findings showed that the socio- emotional dilemma of the midlifer respondents signifies that they encounter few changes and see them as a natural part of aging. Results also revealed that the midlifer respondents in selected barangays of Indang Cavite have

low level of self esteem. Finding also revealed that the socio-emotional dilemma did not influence the level of self esteem of the midlifers. Therefore, whenever the midlifers make satisfactory adjustments in their relationships, their self-concepts and level of self-esteem were never affected. Even if their level of self esteem is low, they are not characterized by feelings of worthlessness. They still view that they can still make worthwhile contributions. Consequently, there is no significant relationship between socio-emotional dilemma and self esteem of midlifer respondents.

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# **SOCIO-EMOTIONAL DILEMMAS AND SELF-ESTEEM OF MIDLIFERS IN SELECTED BARANGAYS OF INDANG CAVITE**

**Gemma P. Mañago**

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A thesis manuscript presented to the faculty of the department of Social Sciences and Humanities, College of Arts and Sciences, Cavite State University, Indang Cavite, in partial fulfillment of the requirements for graduation with the degree of Bachelor of Science in Psychology with Contribution No. \_\_\_\_\_. Prepared under the supervision of Mr. Renato T. Agdalpen.

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## **INTRODUCTION**

All people go through stages in life; childhood, youth and maturity which includes early adulthood, middle adulthood and late adulthood. Each age has its own particular crisis, frustration and challenges. Of all the above mentioned stages, middle adulthood is fast becoming stage which affects adults profoundly. Middle life is a life stage bridging the young adulthood and old age. It is also the stage with overflowing issues that encouraged many researchers to study about the role it plays on the adult.

Middle life may bring many positive rewards to the adult in many ways. When a person is on his/her 40's or 50's, he/she is usually successful in his/her career. The midlifers in this time of life usually have grown up children having families of their own and have moved to other places. All these seem to be the achievements of the midlifer. But it doesn't mean that middle life is the most joyful stage in one's life.