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Exploring Life Satisfaction Among Midlife Career Women: A Thematic Review

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BACKGROUND

Midlife career women often face a range of challenges, including stress, workload, and age-related changes, all of which can significantly impact their life satisfaction and well-being. This phase of life prompts them to find a greater sense of meaning in their life. This study aims to screen the factors that contribute to life satisfaction among midlife career women by thematic analysis methodology.

METHOD

This thematic review synthesizes existing literature on life satisfaction among midlife career women. A comprehensive search was conducted using Scopus, Web of Science (WoS), and PubMed databases, with the search string: (“life satisfaction” OR “life fulfillment” OR “well-being” OR “quality of life”) AND (“career women” OR “working women” OR “professional women” OR “female professionals”) AND (“midlife” OR “women over 40” OR “age 40” OR “women aged 40 and above”). From 22 initially identified studies, 9 were included for detailed analysis. The data were analyzed using Atlas.Ti version 23.1, resulting in 27 codes that were synthesized into five key themes.

RESULTS

The thematic analysis revealed five overarching themes that influence life satisfaction among midlife career women: 1. Age and Life Stage Transitions – Navigating physical and psychological changes associated with aging. 2. Employment and Career Development – Managing career progression, job stability, and career aspirations. 3. Family Characteristics and Responsibilities – Balancing family demands, caregiving responsibilities, and personal commitments. 4. Personal Fulfillment and Self-Image – Striving for personal growth, self-acceptance, and life satisfaction. 5. Social Relationships and Support – The importance of social networks, friendships, and support systems in maintaining well-being.

CONCLUSION

This review highlights that life satisfaction in midlife career women is shaped by their ability to balance career and family responsibilities, navigate age-related changes, and seek personal fulfillment. Further research is needed to explore these themes in greater depth and to develop targeted empowerment programs to support midlife career women in achieving life satisfaction.

