

Relationship Between Family Cohesion and Emotional Well-Being Among Working Women Experiencing Menopause

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ABSTRACT

Menopause is one of the most important life changes in the life cycle of women, and during this period, women experience various changes physically, psychologically, and emotionally, which affect their psychological stability and well-being. Working women who are at the menopausal stage face a variety of challenges in handling their working life as well as personal changes occurring during the menopausal period. In this context, the role of family systems in providing support and closeness to the individual is of great significance in maintaining psychological stability and well-being of the individual. In this context, the present study aims to explore the relationship between family cohesion and emotional well-being in working women at the menopausal stage. In achieving the purpose and objectives of the study, the present study has employed a quantitative method of research. A sample of working women at the menopausal stage was chosen, and standardized psychological scales were used to measure the psychological constructs of family cohesion and emotional well-being.

KEYWORDS: Family cohesion, Emotional well-being, Menopause, Working women, Psychological adjustment.

1. INTRODUCTION

Family plays a crucial role in shaping the emotional and psychological well-being of individuals. One important aspect of family functioning is family cohesion, which refers to the emotional bonding, closeness, and support among family members. Families with strong cohesion tend to have better communication, mutual respect, and emotional support, which positively influence the mental health of individuals. Several theories highlight the significance of family cohesion. The Circumplex Model of Family Systems proposed by David H. Olson, Family Systems Theory by Murray Bowen, Structural Family Theory by Salvador Minuchin, and Attachment Theory by John Bowlby all emphasize the role of emotional connection and supportive family relationships in maintaining psychological stability. Family cohesion becomes particularly important during major life transitions such as menopause. Menopause marks the permanent cessation of menstruation due to loss of ovarian function, typically occurring between the ages of 45 and 55 years according to the World Health Organization. This phase involves biological, psychological, and social changes that may lead to symptoms such as mood swings, anxiety,

irritability, and sleep disturbances, affecting a woman's emotional well-being. For working women, balancing professional responsibilities with family and personal adjustments during menopause can increase stress. In such situations, strong family support and emotional bonding can help women cope with these changes more effectively. Emotional well-being, defined as the ability to understand and manage emotions and maintain positive relationships, plays an essential role in helping individuals deal with life's challenges and maintain a positive outlook toward life.

2. REVIEW OF LITERATURE (ROL)

The review of literature also reveals that family cohesion plays an important part in shaping the emotional lives of individuals, particularly in times of stressful transition. Family systems theory, as described by Bowen, highlights that high emotional bonding in the family leads to emotional stability in life, whereas low family cohesion may lead to anxiety in life. Several researchers have found that family support is a protective factor in preventing emotional distress. As House, Landis, and Umberson (1988) and Thoits (1995) found in their studies, supportive family relationships help in reducing stress and emotional instability. Research carried out on middle-aged women, such as Avis et al. (2001) and Woods & Mitchell (2005), show that women going through menopause experience better emotional adjustment if they receive understanding and support from family members. Other theoretical models, such as Antonovsky's Sense of Coherence Model and Pearlin's Stress Process Model, emphasize the role of family relationships in coping with stress and experiencing emotional stability. Empirical research shows that psychosocial aspects, such as family relationships, affect the emotional experiences of working women who experience multiple pressures. Literature shows that menopause is not only a biological process but also a psychosocial experience, as family relationships affect the experience of menopause. Family cohesion helps women experience better emotional adjustment during the menopausal period.

3. RESEARCH METHODOLOGY

3.1. OBJECTIVES

- To determine the level of family cohesion among working menopausal women.
- To assess the level of emotional well-being among working menopausal women.
- The relationship between family cohesion and emotional well-being shall be ascertained.

3.2. HYPOTHESES

H1: There will be significant relationship exists between family cohesion and emotional well-being among working menopausal women.

3.3. RESEARCH DESIGN

Quantitative Correlational Research Design has been used in the present study to investigate and explore the correlation between the variables of Family Cohesion and Emotional Well-Being among working women facing menopause. This type of research design has been considered appropriate to investigate the variables in terms of their natural correlation with the level of association between the variables without influencing the variables. The use of standard instruments and data in numbers has been considered an objective method of collecting data and analyzing it statistically. Moreover, the present research has been considered an empirical study of the targeted population in terms of understanding the ecological validity in terms of establishing significant relationships between the variables.

4. SAMPLING DESIGN AND SAMPLE SIZE

The participants of the current study were selected through the convenience sampling method. The sample participants of the current study were women who were going through menopause and were employed. The age of the participants of the current study varies between 40 and 55 years. The participants of the current study were selected through the convenience sampling method because they were easily accessible and willing to participate in the study within a given period of time. The total sample participants of the current study were 150 participants. It is considered an appropriate number of participants to study the relationship between family cohesion and emotional well-being among women who were going through menopause and were employed. The sample participants of the current study were considered appropriate to collect data concerning the relationship between the variables of interest.

4.1. INCLUSION CRITERIA

- Working women between 45 and 60 years of age
- Women experiencing peri-menopause or post-menopause
- Women residing with their family
- Willingness to participate in the study

4.2. EXCLUSION CRITERIA

- Women diagnosed with severe psychiatric disorders
- Women who have experienced surgical menopause
- Women who are not currently employed

4.3. TOOLS USED AND DESCRIPTION

1. Family Adaptability and Cohesion Evaluation Scale – IV (FACES IV):

The Family Adaptability and Cohesion Evaluation Scales IV is an instrument developed by David H. Olson in 2011. It is used to measure or evaluate family functioning. It measures the level of cohesion and flexibility found within the family system. There are 42 questions on this instrument that measure various aspects of interaction and relationships within the family system. There are six sub-scales on this instrument: Balanced Cohesion, Balanced Flexibility, Disengaged, Enmeshed, Rigid, and Chaotic. It has a five-point Likert scale that ranges from strongly disagree to strongly agree. It has proven to be reliable, with Cronbach's alpha coefficients of all sub-scales ranging from 0.70 to 0.87. It has been used to measure various aspects of family relationships.

2. Emotional Well-Being Scale (EMBS):

The scale developed by G. Patel and S. Dhar, called the Emotional Well-Being Scale, aims to measure the level of emotional well-being in an individual. This includes the measurement of emotional stability, the presence of positive emotions, and the ability to cope with day-to-day emotional experiences. The scale has questions that are related to emotional adjustment and positive mental health. The rating of the answers is based on the level of how well the statement being referred to is applicable to the individual. It has been established that the scale is very reliable, considering the alpha value, which is approximately 0.80. It has been used in many studies concerning psychological health and emotional adjustment..

4.3. STATISTICAL ANALYSIS

The data analysis will be carried out using the IBM SPSS Statistics Version 26.0 software package. The descriptive statistical analysis to be used will be involved and applied to socio-demographic variables and scale scores will comprise mean, standard deviation, frequency, and percentage. Pearson correlation analysis will also be used to examine correlations between emotional well-being and family Cohesion.

Regression analysis will also be carried out to explore the relationship between family Cohesion and emotional well-being among working Menopause women.

5. RESULT

This part of the study illustrates the findings of the numerical analysis evaluating the Relationship between family cohesion and emotional well- being among working menopause women. The study was conducted with a representative group of 150 participants selected through simple random sampling.

TABLE 1
Descriptive statistics showing the mean and standard deviation of the family cohesion and emotional well-being among working menopause women

Variables	N	Mean	Standard deviation
Cohesion	150	52.09	24.283
Emotional well-being	150	128.69	35.727

The descriptive table shows the mean and standard deviation for the variables. The family cohesion viewing has a sample N=150 , Mean=52.09 and standard deviation =24.283 and emotional well-being has a sample N=150, mean=128.69 and standard deviation=35.727

TABLE 2
Correlational analysis showing the relationship between family cohesion and emotional well-being among working menopause women.

Variables	Pearson’s correlation	R value	Decision
Cohesion	1	.226*	Rejecting(H0)
Emotional well-being			

***Correlation is significant at the 0.01 level (2-tailed)**

Table shows the values of Pearson's correlation among the both variables. There appears to be a correlation of 1 and a significance of .226** (p<0.01). There is significance at 0.01 level and a positive correlation between the family cohesion and emotional well-being among working menopause women. It implies that the higher level of family cohesion, the higher will be the level of emotional well-being. As a significant relationship is noticed between the two variables, there is a relationship between family cohesion and emotional well being. Therefore, the null hypothesis has been(HO: There is no relationship between family cohesion and emotional well being among working women experiencing menopause.) is rejected. This study examined the association between the family cohesion and emotional well being working menopause women . It revealed that family cohesion , exchange has a positive and significant effect on emotional well-being.

TABLE-3

Descriptive statistics showing the mean and standard deviation of family flexibility and emotional well being among working menopause women.

Variables	N	Mean	Standard Deviation
Flexibility	150	55.71	20.169
Emotional well-being	150	128.69	35.727

The descriptive table shows the mean and standard deviation for the variables. The family flexibility viewing has a sample N=150 , Mean=55.71 and standard deviation =20.169 and emotional well-being has a sample N=150, mean=128.69 and standard deviation=35.727

TABLE – 4

Correlational analysis showing the relationship between family flexibility and emotional well-being among working menopause women.

Variables	Pearson’s correlation	R value	Decision
Flexibility	1	.248*	Rejecting(H0)
Emotional well being			

***Correlation is significant at the 0.01 level (2-tailed)**

Table shows the values of Pearson's correlation among the both variables. There appears to be a correlation of 1 and a significance of .248** (p<0.01). There is significance at 0.01 level and a positive correlation between the family flexibility and emotional well-being among working menopause women. It implies that the higher level of family flexibility, the higher will be the level of emotional well-being. As a significant relationship is noticed between the two variables, there is a relationship between family flexibility and emotional well being. Therefore, the null hypothesis has been(HO: There is no relationship between family flexibility and emotional well being among working women experiencing menopause.) is rejected. This study examined the association between the family flexibility and emotional well being working menopause women . It revealed that family flexibility, exchange has a positive and significant effect on emotional well-being.

6. DISCUSSION

The aim of this study is to explore the relationship between family cohesion and the emotional well-being of women who are in the process of undergoing menopause. The findings of this study showed that the family cohesion has a great role to play in supporting women in this period in women’s lives. Menopause is the period in women’s lives where women undergo hormonal changes, emotional changes, and stress changes because of their work and family demands. In this period, the relationship between the women and their families would surely play a great role in supporting women in terms of emotional well-being. The findings of this study showed that there is a positive relationship between family cohesion and the emotional well-being of women, meaning that women who are in the process of undergoing emotional security in terms of their families will be emotionally well and stable. Family members who provide emotional understanding, encouragement, and support may help women cope with the physical and emotional changes of menopause in a better way. Supportive family environments

may also facilitate women in having fewer feelings of isolation and stress by encouraging open communication, empathy, and problem-solving. The findings also emphasize the significance of family support systems in promoting women's mental well-being during midlife transitions.

7. SUMMARY

The purpose of the present study is to investigate the relationship between family cohesion and emotional well-being among working women experiencing menopause. A quantitative research design is employed for the present study, and the data are collected through standardized questionnaires for family cohesion and emotional well-being. Statistical analysis for the present study includes descriptive statistics, normality tests, and correlation analysis to investigate the relationship between the variables of the present study. The findings of the present study revealed a significant positive relationship between family cohesion and emotional well-being among working women experiencing menopause.

8. CONCLUSION

The present study emphasizes the role of family relationships in shaping the emotional well-being of working women in menopause. The study results indicate that family cohesion is a crucial protective factor that enhances the psychological well-being and coping abilities of women in managing the emotional effects of menopause. Women who are in a positive and cohesive family setting are likely to have positive emotional well-being, emotional resilience, and life satisfaction during this period.

Thus, it is possible that family support, communication, and understanding can play a crucial role in enhancing the emotional well-being of working women in menopause.

9. LIMITATION OF THE STUDY

- The study sample size was limited and may not adequately cover all working women going through menopause.
- The study used self-reporting questionnaires, which could be subject to personal perceptions.
- The study design is cross-sectional and could not establish cause and effect relationships between the variables.
- Other possible contributing factors such as work stress, marital satisfaction, and social support were not used in the study..

10. FUTURE SCOPE OF THE STUDY

- Future research can use more sample participants and be more diverse in terms of geographical area.
- Longitudinal research can be conducted on the changes in emotional well-being during the menopause period.
- Other variables such as social support, coping skills, and marital satisfaction can be investigated.
- Intervention programs can be designed to enhance family relations and emotional well-being in menopausal women.

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