

A situational analysis of the psychosocial wellbeing of the middle aged (45-65 years of age) women in Delhi NCR

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Funded By

Ministry of Women and Child Development, Government of India

Amount: Rs. 11, 72,850/

Duration: 12 Months

Women in their middle years manifest psycho social disorders almost five times as frequently as men. Researchers believe the reason behind this difference is more cultural and psychological rather than physiological. The stress for middle-aged women appears especially severe in our culture .Childhood, adolescence; even the "twilight years" have been extensively researched and documented. But the vast terrain known as midlife—the longest segment of the life course—has remained uncharted/inadequately researched especially the elderly women from a gender and policy perspective.

Middle aged women between the ages of 45-65 years are a blind spot even in gender discourse. Once women cross the reproductive age the state is silent with regard to policy and programme for them. Due to this invisibility and neglect, it is imperative to gauge the wellness of middle age women and the factors that affect their psycho-social well-being. This project aims to assess the psycho-social barriers that affect the well-being of the middle-aged woman and would analyse this as a problem to seek policy/ programme and social interventions and solutions.