



Effects of self-elasticity on family adaptation according to general characteristics of middle-aged women

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Abstract

Due to the recent economic growth and the development of medical technology, the increase in the elderly population and the low birth rate make middle-aged women difficult due to work and child-rearing problems. For this reason, middle-aged women are increasingly interested in solving stress problems and adapting to their families. The purpose of this study is to investigate the difference and the relationship between the ego resilience of middle-aged women and family adaptability. The subjects of the study were 133 middle-aged women from OO City. The SPSS program was used for analysis, including frequency analysis, reliability analysis, t-test and ANOVA analysis was conducted on the causality between the variables. The results of the study are as follows: first, in the difference of ego resilience according to the general characteristics of middle-aged women, no difference in mean was found at a level of statistical significance between the groups for age and marital status. Second, in the general characteristics of middle-aged women, family adaptability according to marital status had a difference in mean at a level of statistical significance. Third, inter personal relations, curiosity, optimism, which are sub-factors of ego resilience for middle-aged women, were found to have a meaningful effect on family adaptability, but the sub-factors vitality and emotional regulation did not have any meaningful effect. This study seeks to provide foundational data for the development of programs to improve the ego resilience of middle-aged women.

Keywords: middle-aged women, ego resilience, optimism, family adaptability

1. Introduction

1.1 Necessity of Research

With the recent economic growth and development of medical technology, family structures have been changing drastically, due to the increase of the elderly population and a low birth rate. Also, with the increase of double-income families, the balancing of work and family work is causing stress. Because of these various changes to the family, such as the desire to balance work and family, there has been an increasing interest in family adaptability.

Family adaptability refers to the 'concept that displays the extent of psychological and emotional bond, where the mutual dependence and interactions of the family members can change, in response to the situational, developmental tasks that are faced by the family system' [1]. Family cohesion is the extent to which the family members are separated from one another or close together, and its indicators are sub-concepts such as time spent with the family, personal space of the individual, the extent to which personal friends are permitted, decision-making process, and interests and entertainment. The four levels of family cohesion are classified according to the degree of cohesion, from the lowest to the highest, disengaged, separated, connected, and enmeshed [2].

Family adaptability is statistically meaningful to family stress, and it has been reported that higher family cohesion enables flexible responses to stressful situations, while the ability to cope with stress is reduced with lower family cohesion [3]. In addition, family adaptability was statistically meaningful to family stress, and family resilience was found to have a regulating effect on the relationship between family stress and family adaptability. Family resilience was also found to have a regulating effect on the relationship between

family stress and the child's social adjustment [4]. Based on such findings, it can be assumed that the management of ego resilience is an important variable for promoting family cohesion.

Ego resilience is 'the individual's dynamic ability to change the specific level of ego control in environments, such as stress or unexpected situations that require adaptation' [5]. It has been reported that low ego-identity in middle-aged women results in a high level of depression with a sense of crisis [6]. The reason for this is because the role of child-rearing is reduced in the middle ages of women as their children grow up into independence, and they experience a sense of separation psychologically as the family is restructured. A new ego will emerge at this time and question self-existence and the existing structure of life, which can cause conflict and imbalance, leading to the issues of self-identity [7]. There was a significant negative correlation between middle-aged women's family conflict and Ego Resilience [8]. Therefore, research on Ego Resilience as a cause of family health is required.

A review of studies that verified the relationship between the family's ego resilience and family adaptability reveals that the ego resilience of the disabled and family resilience affect post-trauma growth with adaptive cognitive control and positive emotions as an intermediary [9-12]. In addition, family function was found to have a meaningful effect on ego resilience and adjustment to school life, and greater effects were found when family function used ego resilience as an intermediary. In particular, it was confirmed that with high family function and ego resilience, adjustment to school life was more effective, in the order of teacher adjustment, peer adjustment and academic adjustment [8]. These results suggest that ego resilience is an important variable for family resilience. Therefore, finding the individual variables that affect the ego resilience and family adaptability according to the general characteristics of middle-aged women, identifying the effectiveness of interactions between these variables, and investigating how the ego resilience and family adaptability of middle-aged women can change, will be of great help in setting the direction of family counseling education and making decisions related to policy.

Therefore, this study seeks to find the effect of ego resilience and family adaptability according to general characteristics for middle-aged women, in order to provide foundational data for the improvement of ego resilience and family adaptability that may occur in family conflicts.

1.2. Research Question

The purpose of this study is to investigate the difference and relationship between ego resilience of middle-aged women and family adaptability, and the detailed research questions are as follows.

First, how is the difference in ego resilience according to the general characteristics of middle-aged women?

Second, how is the difference in family adaptability according to the general characteristics of middle-aged women?

Third, how does the ego resilience of middle-aged women affect family adaptability?

2. Research Method

2.1. Research Subject

The subjects of this study were middle-aged woman who agreed and cooperated with the purpose of this study among middle-aged woman in O-gu, Ulsan. The study surveyed from February 1, 2019 to May 20, 2019. The number of subjects required for the study was at least 110 when the medium effect size was set

to 0.15, power of 0.8, and significance level 0.05 for regression analysis using the G*Power 3.1 program. Therefore, a total of 133 people were analyzed in this study

2.2. Ethical Considerations

In order to consider the ethical aspects of the subject, this study was conducted after approval of the related organization. The purpose and method of the study were described in writing to the middle-aged woman. The questioner explained that the anonymity and confidentiality were maintained. It was also explained that if you do not want to participate, you can withdraw at any time, and there is no penalty for withdrawal.

2.3. Research Tools

The tools used in this study consist of four general characteristics, 40 ego resilience questions and 10 family adaptability questions. The tool of Yang Ji-won [10] was used to measure self-elasticity of middle-aged women. And Hee-se Lee [11] was used to measure the adaptation of middle-aged women. Each question was measured on a five-point of Likert scale. As a result of verifying the reliability of each variable, ego resilience had a reliability of .704 and family adaptability .837. The reliability of each measurement tool exceeded the minimum standard Cronbach's α value of .60, securing reliability.

3. Research Results

3.1. Descriptive Statistics of Major Variables

3.1.1 Descriptive Statistics of Ego Resilience

The ego resilience of middle-aged women was measured on a 5-point scale. In the sub-factors of ego resilience, curiosity (M=4.15) was the highest, followed by optimism (M=4.10), interpersonal relations (M=4.09), emotional regulation (M=3.95), and vitality (M=3.91), and all factors were above the mean.

3.1.2 Descriptive Statistics of family adaptability

The family adaptability of middle-aged women was measured on a 5-point scale, and the mean of family adaptability was M=3.93, which is higher than the average score

Table 1. Descriptive statistics of family adaptability

Classification	N	Minimum value	Maximum value	M	SD
Family adaptability	133	2.00	5.00	3.93	.55

3.2. Demographic Characteristics

Upon examining the demographic characteristics of the research subjects, 133 persons (100%) were middle-aged women. In age, 50's or over was the highest with 88 persons (66.2%), followed by 40's with 45 persons (33.8%). In marital status, 118 persons (88.7%) were married, which was more than unmarried with 15 persons (11.3%).

3.3. Difference in Ego Resilience According to General Characteristics

Independent sample t-test was performed to confirm the difference in ego resilience according to the general characteristics of middle-aged women. Such results revealed that for ego resilience according to

the general characteristic, the difference in mean between the groups are not significant. This implies that they are at the same level, regardless of age and marital status.

Table 3. Difference in ego resilience according to general characteristics

Classification		Levene's test		M	SD	t(p)
		F	P			
Age	40's	.314	.576	4.04	.46	-.914(.362)
	50's			4.12	.50	
Marital status	Unmarried	.056	.813	4.17	.58	.405(.686)
	Married			4.09	.49	

*p<.05, **p<.01, ***p<.001

3.4. Difference in Family Adaptability According to General Characteristics

Independent sample t-test was performed to confirm the difference in family adaptability according to the general characteristics of middle-aged women. Such results revealed that family adaptability according to the general characteristics is at the same level, regardless of age. A meaningful difference in mean was found between the groups for marital status, implying that family adaptability is higher for the married, compared to the unmarried.

Table 4. Difference in family adaptability according to general characteristics

Classification		Levene's test		M	SD	t(p)
		F	P			
Age	40's	5.298	.123	4.10	.57	1.671(.097)
	50's			3.94	.47	
Marital status	Unmarried	1.838	.178	3.98	.66	2.247(.026)*
	Married			1.45	.49	

*p<.05, **p<.01, ***p<.001

3.6. Effect of Middle-Aged Women's Ego Resilience on Family Adaptability

Multiple regression analysis was performed to investigate the effect of self-elasticity on middle-aged women on family adaptation. As a result of the analysis, the R² value, which represents the explanatory power of self-elasticity for family adaptation, is .345, which explains the regression model with 34.5% of total variation. Also, the D-W (Durbin Watson) value was 1.613, which was not close to 0 or 4, so there was no autocorrelation, the tolerance limit was 0.1 or more, and the VIF value was 10 or less, and multi collinearity did not occur. As a result of variance analysis on the model, the estimated regression model (F=23.032, p<.Middle-aged women) was found to be statistically significant. Looking at the influence of each sub-factor of self-elasticity, interpersonal relationships ($\beta=.275$, p<.01), curiosity ($\beta=.296$, p<.01), optimism ($\beta=.298$, p<.01) Was found to have a significant influence on family adaptation. On the other

hand, vital factors of self-elasticity ($\beta = -.066$, $p > .05$) and emotional control ($\beta = -.185$, $p > .05$) did not significantly affect family adaptation. This means that the higher the interpersonal relations, curiosity and optimism, which are sub-factors of self-elasticity of middle-aged women, the higher the family adaptation. <Table 5> shows the effects of middle-aged women's self-elasticity on family adaptation.

Table 5 Effect of middle-aged women's ego resilience on family adaptability

Dependent variable	Independent variable	Non-standardized coefficient		Standardized coefficient	t	p	Tolerance limit
		B	Standard error	β			
Family adaptability	Constant	1.296	.269		4.812***	.000	
	Interpersonal relations	.301	.092	.275	3.274**	.001	.444
	Vitality	-.062	.093	-.066	-.675	.500	.329
	Emotional regulation	-.172	.086	-.185	-2.011	.046	.371
	Curiosity	.295	.109	.296	2.714**	.007	.263
	Optimism	.290	.094	.298	3.077**	.002	.334

$R^2 = .361$, modified $R^2 = .345$

$F = 23.032$, $P = .$ middle-aged women, Durbin-Watson=1.613

* $p < .05$, ** $p < .01$, *** $p < .001$

4. Discussion & Conclusion

This study analyzed the difference and relationship of ego resilience and family adaptability according to the general characteristics of middle-aged women. A discussion based on the results of the analysis is as follows.

First, for the difference in ego resilience according to the general characteristics of middle-aged women, no difference in mean was found at a level of statistical significance between the groups for age and marital status. This result reveals that the difference in mean between the groups for ego resilience according to general characteristics is insignificant, and at the same level regardless of age and marital status.

Second, for the difference in family adaptability according to the general characteristics of middle-aged women, no difference in mean was found at a level of statistical significance between the groups for age. On the other hand, for family adaptability according to marital status, there was a difference in mean at a level of statistical significance between the groups. Such results imply that family adaptability according to general characteristics is at the same level regardless of age, and a significant difference in mean between the groups for marital status suggests that family adaptability is higher for the married than the unmarried.

Third, interpersonal relations, curiosity and optimism, which are sub-factors of ego resilience of middle-aged women, were found to have a significant effect on family adaptability, while the sub-factors vitality

and emotional regulation were found to have no significant effect. This implies that the higher the factors of interpersonal relations, curiosity and optimism, which are sub-factors of middle-aged women's ego resilience, the higher the family adaptability.

As discussed above, there is an increasing need for positive influences to solve various issues regarding middle-aged women. Programs should be developed based on the results of this study of ego resilience and family adaptability of middle-aged women, and greater research is required on how to operate the programs systematically.

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