

MIDLIFE PROBLEMS AND COPING PATTERNS AMONG THE RELIGIOUS
SISTERS OF THE SACRED HEART CONGREGATION IN KERALA, INDIA

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ABSTRACT

This study attempted to examine the relationship between midlife problems and coping patterns among the religious sisters of the Sacred Heart Congregation (SHC) in Kerala, India. The study also aimed to investigate differences in midlife problems and coping patterns as a function of age, number of years in the congregation, highest educational attainment, and apostolate work.

This correlational and cross-sectional study involved 200 SHC sisters within the age range of 40-65 years, with the sample obtained by convenience sampling. The research instrument consisted of a personal information section; the Midlife Problems Questionnaire adapted from the original Moony Problem Checklist, Adult Form; and the Ways of Coping Questionnaire. Collected data was analyzed using SPSS and hypothesis testing was undertaken through use of descriptive and inferential statistical tools.

This study revealed that there was a significant positive relationship (from low to moderate) between midlife problems and coping patterns among the respondent group. Results also indicated that there are significant differences in midlife problems across all demographic variables. Likewise, it was found that there are significant differences in coping patterns across all the demographic variables, with the exception of highest educational attainment.