

On Philippine Women at Forty (40's)

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Abstract: Women comprise half of the world's population; however, this demographic segment remains untapped and, on the large part, discriminated against. In the advent of modern technology, women's health care in many underdeveloped societies remains untouched. In the aspect of the Filipino views towards health, women seemingly are less priority for health service issues and needs. Factors like the environment; interactions with people, conflict on family relationships, shows to cause conflicts that are projected sometimes in the life of a middle adult woman, particularly upon reaching 40s. In selection with the idea, women who are in their 40s are in greater avenue to experience this diversity, thus further environmental complicities may sit in. In this background, it played a motivational sense to the researcher to gather more information for an in depth analysis, instrumented to facilitate a comprehensive explanation for the underlying concerns of such changes in life to women in their 40s in the Philippines. Health and wellness effects of these changes served to be the baseline inquiry of the researcher for further acquisition of information. Selectively speaking, women found to feel insecurities and worries about the changes they noticed on themselves especially now that they are in their 40s.

Key words: Women, Health and wellness, physical changes

It is said that women comprise half of the world's population; however, this demographic segment remains untapped and, on the large part, discriminated against. In the advent of modern technology, women's health care in many underdeveloped societies remains untouched. In the aspect of the Filipino views towards health, women seemingly are less priority for health service issues and needs.

The Philippine Department of Health (DOH) aimed that health care delivery system will be the mode of intervention and available to all the people. The various health components have been implemented in array to the primary goal of the department which is the health promotion and prevention of disease, this is one of the programs of the government which is to ensure and promote health to every Filipinos. However, as mentioned, women are apparently less priority in terms of health programs of the government. And the majority of Filipino women tend to place primarily the health concerns of their respective families rather than their own health concern and child bearing has been the most challenging role of our women, to this, women of often pays less attention to themselves.

Stein (2010) said that reaching middle age in some parts of the world is considered something to be proud of, because "Life begins at 40". However, in the Philippine context many people start to worry if not panic regarding their state of life when they reach the age of 40. Women in particular tend to be more aggressive in many aspects. In the concern of age group, one of the most interesting milestones in lifespan development which elicit a gradual form of change in nature is the middle-adulthood. Selectively speaking, women found to feel insecurities and worries about the changes they noticed on themselves especially now that they are in their 40s. In consoling to a woman's psyche, bursting space of greater tendency to feel less confidence and lesser self worth maybe pronouncedly expected. Projected phenomenal changes that occurs in the sense of human's multi-dimensionality, greatly materialized a peak of relevance in the stage of middle adulthood and thus found to elicit health and wellness issues and concerns that shows in need of interventions.

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Getting old is an issue, and since it is, more likely this study looped in the context of Filipino perception on old age. Aging is an important part of all human societies reflecting multidimensional changes, cultural and societal conventions that occur; this is the reason why a person's birthday is often an important event. Different cultures provide information regarding age level marks and its indication to the family and to the society as well. To most, old age means alteration of maximal daily activity performance, it facilitates memory depletion and viewed somehow to caused barrier in social interaction, thus, commemorate to sense of integration to the other cited reasons and coincidentally supplemented the underlying mechanism why such today's Filipinos are so particular to this concern.

At the avenue of aging, it projects major bodily changes that are observed in a multi-dimensional manner. As women traverse life with time, aging inevitably takes place and this is found to be most noted on physical aspect. These arrayed episodes of phenomenal changes bring forth an impact to women's totality. Biology tells us that when a person age, changes sets in. The 40s age bracket among women is when menopausal commonly occurs. Major hormonal change secondary to aging pointed to be the main reason for these numerous changes on women, greater noted to those who are in their 40s. Menopause starts as the functioning of the female ovaries begin to change.

The ripening and release of the ovum (which in reproductive years leads to ovulation and then menstruation if pregnancy does not occur), becomes unpredictable. Ovulation start to be skipped and the menstrual cycle starts to become less reliable in timing. As these changes become more pronounced, periods therefore start to be skipped and later stops. Menopause is the end of the women's reproductive years. During the transition of menopause, varieties of multi-systemic effects are evidently noticed, and this will be seen if not all to women in their 40s.

The scientific explanation provides basic information about this intrinsic change factual enough for those women themselves with their consciousness subjectively emphasized such condition. Secondly, this will halt women's set of awareness, such set is psychologically explained to be in port to the significant upbringing influences, and immediate environmental remarks in the course of coherence to what a norms and standards imply, especially in the context of Philippine culture and traditions.



Pentagonal Health & Wellness Model
(Mendoza-Macugay 2010)

ON PHYSICAL DIMENSION

Total physical changes unlike in their younger years with wrinkles on face, neck, and hands were noticed physically that they need to improve now that they are already at 40's. Majority of the women does not want plastic surgery as method in improving their image now that they are in their 40s which is considered expensive and use cosmetic beauty products instead.

ON EMOTIONAL DIMENSION

Women are feeling insecure and experienced stressful situation when they reached the age of 40 and just praying and asking the Lord for guidance in making decisions and resolutions to the problem as way of handling stressful situation. They are not comfortable hearing about any issue on getting old that sometimes getting irritated when they were called adults.

ON SOCIAL DIMENSION

Women usually go out with their family and friends and cooperate in community activities that made them very sociable which is an evident of strong relationship with family, friends and neighbor just like their younger ages which is also a proof that they do not have communication adjustments to family now that they are in their 40's. and yet, feeling of having more responsibilities.

ON SPIRITUAL DIMENSION

They have a stronger relationship to God now that they are in their 40's which is very evident in their involvement in different religious group and activities in the church and visit the church four times a month.

ON HEALTH DIMENSION

Dizziness as the major assessed health problems perceived by the respondents followed by Hypertension, Abdominal Pain and Diabetes Mellitus resulting to taking vitamins and supplements, and maintenance drugs regularly as prescribed by doctors, herbal medicines and sometimes visiting a "hilot" (massager) and perceived that they are more concerned in their health and considered health conscious now that they are in their 40's

As a woman at 40, have you tried considering all of those dimensions? Be ready, who knows you might as well be experiencing these stigmas of being stressful and in the situation of anxiety, you should be ready and prepared to face the reality of life...of being a woman. Be healthy and contented.

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