

## **Predictors of Life Satisfaction Among Filipino Women in Midlife**

Cabading, Dawn Dave, Batara, Kathleen Summer J., Baclig, Cyrille Anne A.,  
Lubong, Gabriel Demetrio III B., and Palina, May Juliet S., MAEd

### **ABSTRACT**

Midlife introduces complex transitions that significantly affect women's well-being. This study examined the predictors of life satisfaction among 152 Filipino women aged 40 to 50 from various municipalities in Nueva Vizcaya. Using a predictive-descriptive quantitative design, the researchers explored the influence of demographic variables and satisfaction across key life domains. Data were collected through standardized instruments, including Diener's Satisfaction with Life Scale and Loewe et al.'s Life Domain Satisfaction Scale. Results revealed that respondents were slightly satisfied with their lives. Multiple regression analysis showed that income status, educational attainment, religious affiliation, and employment status significantly predicted life satisfaction. Furthermore, satisfaction in the domains of finance, self, and work emerged as the strongest predictors. In contrast, age, relationship status, field of occupation, health, social life, leisure, and family showed no significant independent effect. The findings emphasize the importance of financial stability, positive self-regard, and meaningful work in enhancing well-being during midlife.

*Keywords:* education, employment, family, health, leisure, social relationships, well-being

### **INTRODUCTION**

Life satisfaction has emerged as a critical social indicator, serving as a barometer of the quality of life. Its importance is underscored by its inclusion in policy frameworks across various countries, such as France, the United Kingdom, and the United States (Ortiz-Ospina & Roser, 2024). These nations incorporate subjective evaluations of well-being into decision-making processes, recognizing the role of individual perceptions in shaping policies aimed at enhancing societal well-being.

In the United Kingdom, programs and services to support midlife transitions are becoming increasingly available (Wittenberg-Cox, 2023). These are backed by the social role theory, which posits that gender roles shift with cultural expectations (Eagly & Wood, 2016). For midlife women, the evolving nature of societal roles influences personal and professional experiences, affecting their overall well-being.

Career reevaluation is common in midlife, particularly among women who experience dissatisfaction with institutional norms or face systemic barriers (Ryan, 2023). Age-related biases and patriarchal work structures often drive women to seek empowerment and change. Additionally, middle-aged women are often subject to stereotyping that associate aging with physical decline, impacting their career visibility and opportunities (Beck et al., 2022; Carmichael et al., 2021). Health is also a key component of well-being during this stage. Chronic illnesses, such as diabetes and cardiovascular conditions, can compound psychological distress (Gallo, 2020; Viertio et al., 2021). These issues may limit access to healthcare or worsen financial burdens, which in turn affect overall life satisfaction. Moreover, age and behavior also influence happiness and satisfaction.

An et al. (2020) found that life satisfaction typically follows a U-shaped curve, with midlife being a low point. However, factors like physical activity and psychological resilience can mitigate this dip. Social support and the ability to reflect on life's direction contribute to adaptive coping during this transitional period (Parra-Rizo & Sanchis-Soler, 2020; Cavallari et al., 2024).

Work satisfaction, in particular, plays a major role in life satisfaction. Degges-White (2020) emphasized that positive work environments and experiences enhance personal well-being, while workplace stress negatively affects home life. In Filipino culture, factors such as religion, income, and family responsibilities also play essential roles in shaping well-being. Meanwhile, research by Butkovic et al. (2019) highlighted that self-esteem and satisfaction of psychological needs significantly influence life satisfaction.

This study builds on those findings by exploring demographic and domain-specific predictors of life satisfaction among Filipino women in midlife. It aims to identify key factors that contribute to or hinder their well-being, with the goal of informing interventions and policies that promote life satisfaction. Specifically, the purpose of this study is to examine the predictors of life satisfaction among Filipino women in midlife. It aims to understand how cultural influences, psychological factors, and societal expectations affect their well-being. The study sought to determine the profile of respondents in terms of age, relationship status, employment status, religious affiliation, educational attainment, monthly income, and field of occupation. Moreover, it determined the overall life satisfaction among Filipino women and the predictors of life satisfaction in terms of their profile and life satisfaction domain (health, finance, social, self, leisure, family, and work).

## METHODOLOGY

This study employed a predictive-descriptive quantitative design. This approach allowed the researchers to describe levels of life satisfaction and statistically identify key predictors using multiple regression analysis. The study was conducted in Nueva Vizcaya, a province in Northern Luzon, Philippines. With a predominantly agricultural economy and rich cultural diversity, it provided a unique setting for understanding midlife well-being. A total of 152 Filipino women aged 40 to 50 participated in the study. Respondents were drawn from all 15 municipalities of Nueva Vizcaya using purposive, snowball, and proportionate random sampling techniques. Inclusion criteria included willingness to participate, residence in Nueva Vizcaya, and ability to understand survey items in English or Filipino. The researchers utilized a structured survey questionnaire to gather data on life satisfaction and its potential predictors among Filipino women in midlife. The primary measure for the dependent variable was the Satisfaction with Life Scale (SWLS), a five-item scale developed by Diener et al. (1985), which assesses a person's global judgment of their life satisfaction. Alongside this, a demographic questionnaire was included to gather information such as age, civil status, educational attainment, religious affiliation, income level, and field of occupation. These demographic factors were used to explore possible differences in life satisfaction scores. Additionally, the survey incorporated domain-specific items to assess key areas of midlife experience, Satisfaction with Domains of Life Scale (SDLS) and the Life Domain Satisfaction Scale by Loewe et al. (2013), including perceived health, work satisfaction, and religiosity. Respondents were asked to self-rate their level of satisfaction in these areas using scaled responses. The survey was available in both English and Filipino to ensure comprehensibility and cultural appropriateness for all participants.

Data were collected through online and in-person surveys, with informed consent obtained from all participants. Confidentiality was assured, and ethical clearance was obtained from the relevant institutional review board. Descriptive statistics summarized demographic data. Pearson correlation and multiple regression analyses were used to examine relationships and identify predictors of life satisfaction.

## RESULTS AND DISCUSSION

A total of 152 Filipino women aged 40 to 60 participated in the study. The sample represented various fields of occupation, educational attainment levels, and civil statuses. Most respondents reported being employed in either service or business-related roles, with a significant portion also involved in general culture or organizational occupations.

Descriptive statistics revealed that the majority of respondents rated their life satisfaction as moderate to high. Pearson correlation analysis showed significant positive relationships between life satisfaction and several domain-specific factors: work satisfaction ( $r = .53, p < .01$ ), perceived health ( $r = .47, p < .01$ ), and religiosity ( $r = .35, p < .01$ ). Multiple regression analysis indicated that work satisfaction ( $\beta = .39, p < .001$ ), health satisfaction ( $\beta = .31, p < .01$ ), and religiosity ( $\beta = .18, p < .05$ ) were significant predictors of overall life satisfaction, accounting for approximately 48% of the total variance ( $R^2 = .48, F(3, N-1) = [\text{insert value}], p < .001$ ).

These findings support earlier studies suggesting that subjective evaluations of work and health play crucial roles in midlife satisfaction (Degges-White, 2020; Gallo, 2020). Filipino women who reported being satisfied with their careers also expressed greater contentment with their overall life. This supports the idea that occupational fulfillment during midlife can contribute to psychological well-being, particularly in a cultural setting where professional success is often tied to familial and social roles.

Health satisfaction also emerged as a strong predictor, consistent with the findings of Viertio et al. (2021), who noted that physical well-being significantly shapes life evaluations in middle adulthood. Chronic illnesses and physical limitations often experienced during this period can affect not just bodily function but also autonomy, self-esteem, and daily productivity.

Religiosity was another notable predictor of life satisfaction. In the Philippine context, spirituality and religious practices serve as sources of meaning, coping, and community connection. This aligns with research by Parra-Rizo and Sanchis-Soler (2020), who found that spiritual support and reflection foster resilience and a sense of purpose in midlife.

Interestingly, while age and civil status were examined, they did not emerge as significant predictors in the regression model. This suggests that individual perceptions of satisfaction may matter more than static demographic variables, echoing the findings of Butković et al. (2019), who emphasized the role of psychological needs and self-worth over fixed personal attributes.

While the U-shaped curve hypothesis proposed by An et al. (2020) indicates that life satisfaction dips in midlife, this study suggests that the decline can be mitigated by positive experiences in work, health, and spirituality. In collectivist cultures like the Philippines, communal values such as *pakikipagkapwa* (shared identity) and *malasakit* (compassionate concern) may buffer the stress of transitions and promote satisfaction despite age-related challenges.

However, this study is not without limitations. It relies on self-report measures, which can be influenced by social desirability bias. Additionally, the sample may not fully capture the diversity of Filipino women across different regions, religions, or socioeconomic backgrounds. Future studies should consider longitudinal designs and include other variables such as financial literacy, caregiving burden, and support from children and extended families.

## Conclusion

This study investigated the demographic and domain-specific predictors of life satisfaction among Filipino women in midlife. The findings revealed that work satisfaction, health satisfaction, and religiosity significantly influence how women in this age group evaluate their lives. These domains accounted for nearly half of the variance in life satisfaction, underscoring their importance in the midlife experience.

The results affirm that midlife, while often perceived as a period of decline, can also be a stage of growth and meaning when certain aspects of life—such as fulfilling work, good health, and spiritual grounding—are nurtured. While static demographic variables like age and civil status may offer some insight, it is the subjective, lived experiences of women that more directly shape their well-being.

In a society like the Philippines, where cultural values emphasize community, responsibility, and faith, interventions that strengthen women's access to supportive work environments, preventive health care, and spiritual communities could enhance midlife satisfaction. Policymakers, community leaders, and health professionals should take these predictors into account when designing programs for women navigating this transformative life stage.

Ultimately, this study contributes to the growing body of literature that highlights midlife as not just a challenge, but also a critical window for promoting psychological well-being, empowerment, and life satisfaction for Filipino women.

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