

## **Episode 5: Marriage and the Middle-aged**

Middle-aged women are faced with physical changes coming with the menopause. Degenerations and minor ailments plague them physically as a result of slowly dwindling levels of female hormones, but mentally it is the other way round: as children have grown up and live on their own, women have more freedom to pursue their own goals. Some may pursue further studies, while some others return to the workplace.

Physical changes are less explicit in the case of middle-aged men, but there are still the problems of declining physical vigour and career encountering a bottleneck or on the decline, while early retirement may present an even harder life. Clashes between the withdrawn men and the revived women are thus likely, and relationship may worsen to the point that divorce is the result.

Worse still, middle-aged couples may have to deal with the advent of their children's puberty. Strained husband-wife and parents-children relationship cause turbulence in the family. To sail through the turbulence, one has to start with a dose of self-consciousness to understand his/her own physical and mental changes and look at issues about other family members with good sense and reason. Husband and wife should help and support each other to go through this rocky path of middle-age.