Hermeneutics Mindfulness Approach To Prevent Mid Life Crisis: A HRD Perspective

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Abstract: Can Mid Life Crisis¹ (Elliot Jacques (1965), be handled with the support of the Hermeneutics² (Taylor 1985), which is defined as the theory and practice of interpretation. Hermeneutics as a discipline increases the intensity of acceptance by humans with the interpretation of sacred literature³, legal texts and has the ability to see the universal meaning of a human spirit, and empathizes with the human cognitive⁴ capabilities to support at the time of crises, particularly the mid-life crisis. A method with quotidian⁵ discourses from the interpretation of sacred literature that are propounded to people is looked at with great expectations and is questioned that, are they able to influence their psychological strength to withstand and face midlife crises as it passes or mentally makes humans strong is the inquiry with objectives set. Review of related literature, secondary data, interpreting methods and the impact it creates, with an exploratory angle on its quality of impact, felt at various levels interwoven in the qualitative description is the outcome of this study. This study also intends to evaluate whether mid-life crises rises significantly in men and women in their 40s to 50s, irrespective of their psychological strengths, physical capacity, economic strength, or is it a psychological disturbance happens in the way of mid-life. This research also asks why traditional principles of managing self and others learned through life till the 40s, including the consistent upbringing with a family support system and society, is struggling at the onset of a mid-life crisis, which almost impairs a person. The objectives set in this research seek clarity whether Hermeneutics, provides clarity and implants self-confidence in individuals, with interpreting influence, clarify the difference of any controllable from uncontrolled to human life. Are the renowned hermeneutic principles and practices of the available sacred literature of various beliefs correlates with inherent psychological strengthening through interpretive methods? Does it help men and women as a catalyst that with its divinatory power motivates, people to wriggle out from the midlife crisis is the main purpose of research? The research found, with a qualitative and consistent upbringing with, hermeneutic approaches with various sources of motivating sacred interpretation, does influence both men and women tackle mid-life crises, or at least educate them in accepting the fact that “mid-life” events are facts of life. This study runs with the objectives of whether hermeneutics can impact the psychological strength of men and women undergoing crises. Can hermeneutic principles create a positive impact, with interpretation techniques, and enhance cognitive abilities to handle the crises. Can hermeneutics replace, support or enhance cognitive approaches like the cognitive sciences or does the opposite to people suffering mid-life crises. The study concludes with enough evidence from historical approaches of philosophical phenomenology of existentialism and suggestions for further study in the area or benefits of approaches from hermeneutics.

Index Terms: Cognitive, Crisis, Midlife, Mindfulness, Psychological, Philosophy, Stress, Hermeneutics,

1. INTRODUCTION
The digital age of today silently brings in the hidden crisis, and the psychological disturbance for inexplicable reasons. For various reasons crises are usually kept under wraps, and more so with mid-life crises, as at times, it is either visible, obvious or many of the times oblivious to the person himself. Midlife crisis, though not new is about the emotional health of men and women that disturbs during the age of 40 to 50 yrs of age. Midlife crisis as per Elliott Jacques (1965), is a transition of identity, and self-confidence, and also is described as a psychological crisis that comes in highlighting the age, inevitable mortality, and the shortcomings in personal life, or unmet goals set for life till that time. Cultural settings in pre-modern Indian context either sublimated the crises of men and women, or never allowed the mid-life crisis to intervene or even obvious to many of the men, or they went through the process even before knowing what it is since the family support system earlier had huge support directly or indirectly. Ever since economic tantrums externally started changing the world including India, the internal family structure, the postmodern economy, with stressful economic conditions, brought in variegated issues surrounding men and women that prolongs to various stages of life. Though it was not the case in the joint family system, as it prevented external stimulus into the family members, and that helped people of midlife, oblivious of mid-life crisis. The midlife crisis was often a passé and even unimaginable years back, but not so in the present competitive and uncertain economic scenario. Hence fear, stress, depression, indulgence in alcoholism, aversion from reality and psychological distress is common in the men and women of midlife. Fortwith, hermeneutic principles or approach to substantiate people facing midlife crises is increasing phenomenally. The realization to resort to philosophical hermeneutics⁶ to augment psychological support to men and women suffering mid-life crisis is seen as a solution. Obvious of the fact that hermeneutical disciplines work away from the normal courses of disciplines of sciences including psychological principles, yet can significantly help people with cognitive⁷ interventions with sacred literature interpretation, or by any means enlighten thought process to tackle mid-life crises. Clarity on Hermeneutics Approach to Solving Mid Life Crises: the term, concept or word derived out of the Greek verb hermeneuein means to interpret (Crotty, 1988), and the term derives from Hermes, the Greek Messenger God, to translate all that was beyond human understanding (Palmer, 1969). Hence, as we come across in our daily life, from the elderly, from the religious institutions in the form of sermons, pujas, prayers, and advice from the learned interpreters of religious texts, etc is the simple way to understand hermeneutics. Questions on any new approach to solving problems towards human suffering require clarification, owing to dynamic changes happening across the world, with the digitalized interventions affects every aspect of life across the world. Digital transformation of the way of life, with connectivity to information, flows seamlessly, why not the hermeneutic approaches be digitalized and interpretations to solve issues of various stages of problems at the required time for all the age groups and particularly to handle crises gets envisaged. The present mid-life crises have metamorphasised as a challenge against the existence itself

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for the current generation. The present generation looks the world in a different angle and mostly remain oblivious of the fact that they have to categorically identify and handle mid-life crises with patience and due diligence, which never happens. Disappearing moral support from various sources of positive influences such as parents, siblings, teachers, neighbors, friends, and relatives are very rare owing to the dynamic nuclear system of living. The trust in relationships including marital, social, official are very fragile, hence instead, modern Indian generation of middle-aged especially 40s to 50s are resorting to the indulgence of precarious nature, often leading to self-damaging levels or at times ending life instantly. They are seeking panacea for problems rather than counteracting with real problems. Digitalising Hermeneutics for Augmenting Mental Support: Does the digital age provide a replacement to hermeneutics or the hermeneutic principles in the digital era gives a different way of learning and observing to people to withstand, understand and undergo midlife crises. Can hermeneutics do the same as cognitive sciences, interpret effectively to understand other people, will it simulate better understanding and interpretation psychology is still looming large inside many of the younger generations, and hence are oblivious of the fact that, the age of understanding always develop alongside the physical growth, and hermeneutics has the possibilities of increasing the self belief that, the human spirits (as believed) can improve the ability of human beings to mentalize the simulation, and evidence are pointing that human brain does have the capability to provide hermeneutical account of empathy\(^8\) (Gillangkan 2001; 2003) that is closely tied to these natural phenomena of “inner strength to deal with situations”.

3 Objectives of this Study: Primary Objective is to test whether hermeneutic approaches can be used for suggesting mindfulness as remedial for people suffering from midlife crises. The Sub Objectives are Objective 1; to evaluate causative factors that impact the midlife crisis in men and women in the age of 40s to 50s. Objective 2; to understand hermeneutics approaches that contribute positivity and psychological strength in the personal lives of men and women in the phase of mid-life crises. Objective 3; to examine the pre-emptive steps required to shape up the psychological strength to handle mid-life crisis and contributions of hermeneutic approaches in it. Objective 4; to verify the possibilities of training with hermeneutic principles with interpretation to present generation the life-issues of Mid-Life Stages and upgrade skills to tackle them. Methodology: Qualitative Methodology is chosen for the study, using wisdom literature, and philosophical texts and merging the responses of secondary data (Meta analytically expressed in sources of literature) nature that was extracted using, literal, moral, allegorical and anagogical methods.

(a) Literal method; this method exemplifies a religious text, that is interpreted according to the plain meaning, that expresses the intention of authors with the help of grammatical construction and historical context.

(b) Moral method; this method allegorically interpret levels of meanings with the focus on spiritual walks of life and its benefits and invites allegorical sense, the moral sense, or in other words tropological sense.

(c) Allegorical method; Interpreting the religious literature in a way to make people realize that there are various levels of meaning for focusing on the spiritual sense, and it is important that it has connotations from anagogical sense.

(d) Anagogical method; this method insists upon the mystical or spiritual interpretation of statements and tries to detect allusions if any towards life after life, like certain medieval theologians describing four methods interpreting literal, historical, tropological, allegorical and anagogical.

Research Design: A Mixed Method Design with Qualitative Meta Analytical and Philosophical Design

Sampling: Secondary data from a review of literature, data obtained from the sources of religious literature that brought out the conceptual analysis process by breaking down philosophical issues involving psychological issues required for benefitting betterment of life, for men and women suffering mid-life crises and preachings related to the common man, to avert midlife crises. Analysis: Philosophical analysis was used with the secondary data taken from historical studies of existentialism and the data was available from the analytical tradition that involved in breaking down philosophical issues, or in another way like conceptual analysis. Justification for the methodology: Hermeneutics as research is preexisting since ages, but more in the vocal form of preaches and other interpretations, until it formulated into an accepted scientific research design, method or a model. The underlying purpose for this justification is practicing this useful positive psychology method of the hermeneutic approach to students, parents and people of all ages to promote betterment in life, which this study underlies).

**Fig 1:** The significance and prominence of hermeneutic research. Source: [www.wikipedia.org](http://www.wikipedia.org)

Hermeneutics research (a division of qualitative research), and as a phenomenology in social science, evolves from phenomenological philosophy, and continental philosophy, with footprints from intrinsic areas of human behavior, prevalent in nascent style, in the form of interpretation of religious texts by the writers and preachers for healing of human mind and soul. It evolved as a model of research propounding biblical texts or any other religious texts existed, or religious literature. The method categorically grew into a qualitative approach, gaining in-depth clarity on the phenomenology, that was either researched or in the process of research, Hermeneutics as a developed research practice prevailed with interpreting the religious texts, the meaning of texts, art, culture, social phenomenology, and social thinking. The approach revolves in the interpretation of biblical texts, wisdom literature and philosophical written texts or concepts, and emphasis spins around the study of principles on interpretation, in every form of communication, verbal, non-verbal and other forms of communication. Hermeneutics as a research method in the social science research is playing in the life of people and owes credit for bridging the gap between the mind of the common man and providing relief in the form of original languages, related to any religious literature, and comforting with insightful interpretation. Mindfulness is a positive psychological phenomenon that goes a long way in motivating
the human spirit in the common man and it matches with the principles of interpretation with a hermeneutic approach. As the nature of hermeneutics stands on the literal, moral, allegorical, and analogical and helps in broad usage in the contemporary philosophy, and hermeneutics having the capability of combining with phenomenology that uses various methods to research on the areas of types of experiences of human mind, memory, imagination, emotion, desire, volition to body awareness, embodied actions, social activity, including the linguistic activity, this method of hermeneutics is used for this qualitative research study. Review of Related Literature: Vijaylakshmi (2017), found men’s midlife crisis, recorded 12.2 percent had low level of mid-life crises, and 11.83 percent average level of mid-life crisis, and 75.95 percent of the people faced highest levels of midlife crises, and proved that the midlife crises were found to have had self-related crises, and when test between male and female, the females had the highest among the two. Jonathan Rauch (2014), found that meta-analytic U shaped curve solutions can be suggested to people facing midlife crises, like happiness and sense of fulfillment at time peaks after the 50s. Richard Easterlin (1970), during the process of discovery of gauging people’s happiness, in the countries around the world found Easterlin’s Paradox, which postulates that beyond certain levels, the countries are not getting much happier, as they get richer, and hence this study correlates that midlife crises hit irrespective of whether people are richer or poor. David Blachflower (1990), found that the midlife crises issues related to life satisfaction declines with age from the first couple of decades of adulthood and reduce somewhere around 40s and 50s, and also it was found that when the age increases, U curve shows a corresponding increase in happiness. Carol Graham found, that life circumstances did not determine subjective life satisfaction, and found people at times who moved out of poverty still felt miserable at the next level. Blanchflower and Oswald (2008), found the U curve with the nadir, at the age 46 to 55 as the peak of midlife crisis. Graham and Milena Nikolova found that satisfaction towards life bottomed out between the ages 39 to 57, while average nadir stayed at 50. Dilip V. Jeste (2006, 2013), found that people felt better and not worse, with their personal life even with the onset of chronic health problems, as he found that people are becoming wiser with age despite the physical disability. Canadian Psychoanalyst and Social Scientist, Elliot Jaques (1965), coined that corporate culture and that midlife crisis never touched on the postmodern era men, in a way it used to make this study more inquisitive, to find the level of veracity of midlife crisis and its co-existence alongside other issues. Crotty (1998) found the purpose of hermeneutics is pragmatic understanding rather than abstract theorizing which can enhance understanding of mindfulness practice. Osho (2006), found continuously existing in or perpetually and unconditionally understanding the self is what the mindfulness process also states, and asserts that mindfulness is a state of enlightenment. Spence (2001), found that the act of understanding is not isolated to understanding historical horizon of self, but examining the context of its effect on self, for successful completion of understanding of self. Dasgupta (1924), Murthy (1993), found Eastern philosophies were contemporarily elucidating important and hidden meanings of texts of wisdom, or religious literature like the Western Philosophies. Osho (1988), The Dalai Lama, (2002a), that meditation is one way of achieving ontological oneness, as per eastern philosophies. Unconditional observation is another way to achieve ontological oneness as per (Krishnamurthy, 1994), and Hatha Yoga, Jnana Yoga, and Bhakti Yoga. Krishnamurthi (1994) found that meditation, is moment-to-moment unconditional observation, of day to day activities of life. Bodhi et al, (1995), found that Buddha experienced mindfulness and enlightenment with the conditioned mind of observing the moment-to-moment reality. Osho et al (1988), found meditation makes the mind still and allows it to work through pure awareness, rather than interpreting it through conditioning. Osho (2009), found that conditioning of the mind impedes perception of reality, and propounds that clearer understanding is difficult in a conditioned mind. Osho (1988, 1989) found that awareness of self will transcend conditioning (learning) and exist in their own right, and it permeates into the subject and object that can make the person understand any situation non-dualistically, and with deeper understanding. Osho (1988), found, the entire mind needs to be deconditioned, unconditional understandings cannot happen, and that kind of deconditioning can happen only with regular practice of meditation. Badger (2000), opined that validation of the qualitative research needs to ensure reliability and validity with precision. Maggs-Rapport, (2001) found that ontology, epistemology, methodology, and method are congruent to one another and qualitative and interpretive approaches need rigor, to enhance research practice. Development of Theoretical Concepts and Philosophical Notions: The notion of the mid-life crisis started from Sigmund Freud, with the thought on the fear of death and its omnipresence in everyone’s life, while nearing 40s or post 40s to 50s. The concept of mid-life crisis traversed from the popular cultures across the world, where family support system was non-existent or was distraught due to various global influence on the cultural issues. The thought process succeeding Sigmund Freud was Carl Jung, who relooked into the midlife crisis in different parlance. He interpreted the feeling of mid-life crisis into the integration of thinking, sensational feeling, intuition leading to confusion of one’s life and goals. Erik Erikson propounded mid-life crisis to different life stages. He reiterated on the generativity versus stagnation and assimilated the mid-life crisis as a sequence of psychological happenings in life. He propounded the pressures at various stages of the life of men and women and advocated that pain and pressure need to be taken for improving the lives of generations to come, and mid-life crisis is one among them. Psychologically for any men and women, the thought of mortality and its inevitability in life raises many questions for people from different walks of life. Men and women at times lack psychological movement towards the positivity and acceptance of the crude reality that makes midlife more critical, and many of them try to resent than to accept. This instability prevails in them unless the psychological uplift is provided directly and indirectly, wherein hermeneutic approaches pitch in, which makes them both, can accept and work against stagnancy of that stage, or flourish, in terms of their motivation towards making life better. Apart from the theoretical simulations in terms of thought process on the stages of a mid-life crisis, the real crisis at times is either imaginary or non-existent, but the psychological reactions that people have towards issues of life remain strained. Even most trivial matters like that of the menopausal and reproductive career in females, and that men turning an eye towards reproductive women, and turning their attention away from a
relationship like even from their spouses puts women at greater risk of declining self-esteem, in turn waning the psychological strength in them. Hermeneutic views on onset of midlife crisis occurrence: Unusual conditions are very rare, and often needs no special attention on many situations of life, but unlike that of the need for special attention drawn by men and women, from the ages of the 40s to 50s and in exceptional cases prolongs till end of 60s or till the end of life. A mid-life crisis can intermittently occur to last for around 3-10 yrs for men, and for women around 2-5 years, as per the previous studies and in exceptional cases may last more. Aging is the best and first reason which wanes the strong physical conditions to little less owing to wear and tear, including the capacity to visualize, hear, smell and other physiological functions, that recedes for no reasons, and is simply due to wear and tear. This raises concerns or reasons for emotional change and recedes the capacity to be happier, feeling high, confidence, positivity, optimism, feeling energetic to a sudden low. It may sudden or intermittent or may not occur to all, but may be felt. The "catalyst" for mid-life crisis hovers around on men, in their work/career, or lack of career, spousal relationships, or lack of relationship, maturation of children or lack of children, aging of parents and their dependability of self, or death of parents, or lack of death of parents with severe illness and increasing burden on self, and above all these, the physical changes or receding strength in all levels of physique is the first and foremost amongst the factors responsible for mid-life crisis in men and women. The roots of hermeneutics; the latent issues of dualistic philosophies, worldwide views on evolving eastern philosophies and practices and its spread, and the means to interpret those theories and philosophies were the roots for development of hermeneutics, like first the division of kinds of hermeneutics such as biblical hermeneutics (Crotty et al, 1998), hermeneutics in the division of law as found by (Muller-Vollmer, 2002), the philosophical hermeneutics (Crotty et al 1998) and historical hermeneutics (Gadamer,1996), and a very significant contribution from the renowned philosopher, thinker and writer, Osho(1989), who amalgamated variegated views and pronouncements from various philosophies for better human conditions, and also propounded that opposing traditions, does exist and accepting opposing world views also can pave a new path towards better and thorough understanding about better human development, in thoughts and deeds. Psychological Stressors and its influential difference in men: The fact that stressors for midlife are higher than at any other age (for this academic point of view), the stressor differently affects men and women, and this study is basically on men, and hence let us analyze the stressors from the angle of men. The post-industrialized and globalized economy brought in nuances on the mid-life crisis issues, and certain parameters to assess were included, and now with the influence globalization, the concept of mid-life crisis is moderating itself in the life of many Indian men and women now, is interpreted in Figure: 1 below;

![Fig 2: Multiple Crises Sequence at Mid Life and On Set of Severe Crises: Concept Diagram developed by author Prof. Dr. Karthikeyan](image)

a. Work or Career Stage: The most crucial stage of life for both men and women, where everyone wants self-sufficiency, but that never prevails. It cannot happen in isolation left out for not getting well with their basic inputs of life, and whether they stand sufficiently as per terms of hierarchy of needs (Abraham Maslow 1943), and, how good that hierarchy fulfillment or fitment to them depends for a normal curve to exist in the work or career.

b. Juxta-positioning Cultural Stereotype: Juxta-positioning cultural context of Indian with American cultural stereotype, and making an impulsive car purchase with an impulsive hangover to show towards seeking intimacy through relationships for excitement, due to social media making men and women of middle age irate towards self with 40 yrs. The psychological strength, turns aghast against their own self-worth, which triggers down the self-esteem, and makes them disdain from growing to newer and fairer deals, and rather gets into slip shoddy nature succumbing to a mid-life crisis.

c. Seeking Company of Different levels of relationship influenced by Social Media: the relationship dimensions and media influenced catalytic factors making invasion into the privacy, or undue freedom of interaction, emotional exchanges through words with complete anonymity that allows freedom of expression towards more liberal and intimate disclosures, later developing into relationships, as good or bad subjectively. Hence, seeking companionship is more prevalent than a real emotional relationship.

d. Crisis in work or work issues leading to crisis: Midlife crises can dissipate positive outlook towards work or career in the way of lack of self-esteem, loss of pride in work, sense of self-worth, and meaning in work, raises moral or subconscious questions, comes to everybody, and men or women are not differentiated, nevertheless the intense of emotions differ.

e. The expectation on eventful life: towards midlife men and women generally imagines on achievements and celebrating those, and showcasing the capacity they had or have, while women’s crisis starts on self-evaluation, or at times absorb the eventful life in a negative way, and at time stressful. Decades(every 10 yrs), does bring in changes and like Oliver Robinson in his research puts in, that people in 40s predict...
that their life takes a negative turn owing to their imaginable physical conditions.

f. Increasing preconceived subconscious: Men and Women approaching midlife stage especially at the 40s perceive threats either non-existent of imaginary or feeling of remorse develops. While moving to next stages of 50 and 60, illness, thoughts of death, deadlines, and self convictions, towards self, health, slowly wanes motivation levels, and they just pull on stages with uneasiness or lack of interest due to the non-accomplished status of affairs.

g. Fear and remorse for goals not accomplished; Comparing oneself with colleagues or friends, on the status quo of state of affairs of life, success or failures creep into humiliating thoughts, and a fear of humiliation among more successful colleagues, occupies them.

h. Depleting strength of physique sapped up energy levels, indifferent towards efforts to bring back energy to life and unusual imagination to achieve a feeling of youthfulness.

i. Degenerating sense of affiliation and indifference towards the innate need for affiliating with similar friends, and increased need for spending more time alone or with certain peers, characterizes on set or impact on the mid-life crises.

j. Increasing Intimacy needs and imaginative indulgence for love needs, ever longing sense to be: A heightened sense of sexuality

k. Rising discontentment, cluttered thoughts, heightened confusion, on travel in their life, marital relationships, work, and it's future, the health of self and spouse, economic or social status, gets a different outlook and enlisting every aspect for evaluation, and how good the stance is always a phenomenon inside.

l. Ceasing from being ambitious; ambition unfulfilled, furthering towards reworking on the mistakes committed, fervent discussion on the new avenues with innate interest to get identified, and other actions to redress grievances peaks.

It is evident from the above, that the above spiraling effects, touches everyone, and not everyone spirals in these mid-life stages in the same way, but many start up their career, or achievements in a big way, but exceptions are always present in any aspect of life. This is the stage of life, where people seek clarity towards their life and actions they commit, and which is why, all religious preachers, sermons, motivational talks, inspiring self-help books, emotional mega-serials of high emotions hitting screens, relationship building exercises and religious discourses and interpretations are accepted at a very high levels quantitatively and qualitatively, which is why this study tries to assert that despite the technology developments, the humanistic approaches of hermeneutic philosophy is still getting stronger, either digitally or traditionally with religious cults, is ever increasing. The study finds that, with the objectives pre-set, with the methodology of the observed phenomenon from hermeneutic approaches, found that there exist remedial and convergent causality, and evidence from historical studies and philosophical existentialism gains cognizance to the people, and yet now exponentially increasing across the world. Findings with the on evaluating causative factors of Mid Life Crises: The inevitable triggers: Getting frantic about the following, with symptomatic unrest inside and that is visible in day to day dealings of a person.

**Fig: 3: Triggers of Midlife Crisis of Men and Women at 40s:**

Source: Computed as per inputs derived from a study by

Author: Prof Dr. C. Karthikeyan

a. Contemplating too heavily on the past or agonizing re-appraisal of bygone issues.

b. Surpassing the age or the cross over to 40th birthday and its related indication from friends and family.

c. Psychological and unexplainable unrest and self-doubts, on self and their way of life.

d. Sapped up or sucked up energy levels, changing hormones and atrophy of certain areas of the physic and motivational levels running dry.

e. Close peers and classmates die or disintegrate from life.

f. Unusual indulgence of normal habits;
   a. Drinking more
   b. Increased attention towards all kinds of unwanted relationships includes illicit affairs.
   c. Leaving family.
   d. Feeling indifferent towards life events and feeling unworthy on it.
   e. Concerns on the image of self, physique and other aspects related to it.
   f. Increase in desire for unusual pleasure.
   g. Feeling trapped and tempting to release out from there.
   h. Gray spots on self and life travel that gave bitter experience reflect back.

Objective 2: to evaluate the most critical factors impacting at mid-life, the philosophical hermeneutics approach was used and interpretation using all sub-methods and wisdom literature references reveal that the awareness of self, and succeeding factors influencing cannot be adjoining since the growth of self or self-destruction is determined on the psychological strength. The root causes analysis on what makes one happy or upsets the person needs an in-depth breakup analysis to take a thoughtful decision but easily said often than done. The invisible and destructive influencers are;

a) Impulsive decision making: psychologically and emotionally incoherent and sense of articulating actions accordingly puts people into problems, which may influence impulsive decision to wriggle out of a situation or otherwise, increases the problems for people.

b) Irresponsible relationship or unnatural familiarizing tactics: this unusual behavior, start out due to past
relationship issues, or when individuals want to test their capabilities for making relationships, and at times gets into a situation which can become irreversible, and at times cost the closely knit members of the victim's families.

c) Self-destructive habits: When simple things trouble a person to indulge in self-destroying habits, and this habitual trap leads to irreversible damaging sensations that ultimately results in bad decisions, and make mid-life crisis worsen.

d) Differentiating commands and feelings due to cowardice: running away or escaping from a rigorous situation, or getting away responsibilities or situations, etc. At times when situation warrants, trading on the risks by, putting the family behind for sake of a relationship, buying a property one can't afford, or marrying a younger partner, or destroying precious relationships, etc. The above areas can be addressed if feelings and consciousness shall be developed.

e) Ingratitude and negative outlook: failing on the task of being thankful for all the good things of life that are happening, and even the smallest of the deeds that made you happy, instead of looking for unrealistic event with imagination, that it could bring all the riches and happiness and losing the present momentum of life.

f) Non prioritizing important issues: the Second opinion and thought sharing can do wonders if a line is drawn towards concluding a thought process with action is the best, since sharing thought the process for a better input will make a person better.

g) Not checking wishful realities: Failing to weigh the importance of goals or measuring the goals realistically or wishful thinking, and whether can it come through as a successful deed at the age of 40. Having very realistic goals at the 40s can make a huge difference in the mid-life crisis management, or can even make the travel smoother.

h) Making all precautions for the loved ones: Making the loved ones feel for your needs to strengthen and at times should also be seen as a detached attachment, and striving towards life for their betterment shall not be by blowing up one's life, but shall be a collective conscious effort.

Objective 3: The preemptive steps towards aversion of a mid-life crisis, with the use of hermeneutic approach and with the philosophical hermeneutics, the religious literature philosophies, using anagogical and moral studies, the findings revealed about the mid-life crisis qualitatively are as follows:

a. Understanding the mid-life crisis, that generally is defined are termed as identity and self-confidence that occurs in middle-aged individuals. Usually fueled by events that bring out the person's age, and lack of notable accomplishments in the adult life.

b. Interpreting signs of midlife crisis exactly the way it has to be: many times, the mid-life crisis is less obvious to many people, since they never look or get the opportunity to interpret, or get a clear idea as what and when to deal on, most of the time goes unnoticed.

c. Partially visible signs of an emerging mid-life crisis that can be avoidable, if these warnings are felt:

i. Visible and felt mood swings: Frequent swings of mood and lack of control of self to regulate those feelings or mood swings or inability to control it.

ii. Increased anxieties: unreasonable sadness, invited feeling for being sad on something frequently, Monday blues or other blues, restlessness, feeling down in the dumps, or at times plainly feeling miserable.

iii. Feeling tired always or sleeplessness or oversleeping beyond normal time: symptoms of depression and anxiety are the root causes for the above, but with a spinning mind on petty issues can affect one's sleeping habits.

iv. Relentlessly trying to Improvise looks: too obsessed with how one is being looked at and too cautious about how presentable the person is, and bothering levels of unconscious obsession on the looks.

v. Increasing substance abuse; the substance abuse with self and indulgence in frequency increases for no reasons, consuming increasing levels of alcohol, drugs or other substance and harming self to get a flight from situations of reality.

vi. Trapping psychologically into rut: unwanted feelings towards self about the imagined rut of routine, blaming external factors, complaining about the routine job, lack of interest in the job, or a bad job in the thought, bad marriage, or every situation is bad and that there is no way out, than to surrender.

vii. The thought process of death or thoughts of dying: the signs of death or nearing death can trigger negativities and numbness into positivity, and can trigger mid-life crisis further.

viii. Impulsive Decision Making: abrupt decisions, hasty decisions, and avoidable wasteful decisions, and regretful decision impacting their own career.

ix. Having an affair: trying even the smallest of smirking courteous relationships as affairs or trying to prove to the opposite sex that I am still capable of attracting the opposite sex, can be very disastrous at times.

x. Avoiding friends of parallel age for younger ones: psychological disturbance to rub shoulders with
younger or tender ones to predominate or predatory relationship to satisfy one’s ego or other carnal desires fulfilled etc.

Assigning blame to situations or others: a very significant noticeable change is the notorious habit of lying or proclaiming others as wrong or assigning blame or blaming the situations as bad or untoward, for every fault of self. Demeaning others mistake of self and blaming even close family members for nothing.

xi.

The algocratic mode of mid-life crisis sets in is very precisely put in the form of algorithm, or in other words as a checkpoint, (Ref: The Huffington Post), significantly represents how people get into the web of mid-life crises, which can help us in averting downfall, simultaneously keeping our motivation high. The preceding steps to the algocratic model of is the U Curve concept of the stages of happiness in various stages and the dip usually happen at the age 40 and moves along to 50 yrs of life, and usually peaks post 60 for many of the people, a concept which is proven worldwide.

Figure 4: Check Point Spotting algorithm of midlife crises setting in, a referral pathway to find whether are we undergoing mid-life crises: source; The Huffington Post.

Figure 5: The U Curve Concept: Source: The Atlantic (Part of Quartz)

Objective: 4; Dealing with a midlife crisis: the inevitable part of life is aging, is aging gracefully is the only way it needs to be dealt and should be dealt with. The foremost step is to accept that you have a mid-life crisis, and the ability to understand that, I am in the rut, and believing that this mid-life crisis is also a phenomenon, and that belief of overcoming it.

a. Avoiding from being predestined to live in rut or continue to live in rut upgrading to miserable situations: The psychological backing up subconsciously, that I am predestined about living in the rut, and, keeping the strings down, keeping unnecessary negative thoughts inside mind that nothing can take me out, and this had been pre-destined.

b. Deciding to attack the problems and avoiding self injury: The motivation to attack what bothers a person, rather than pondering on what will happen if I am changing course is way to tackle mid-life crisis, and hiding or shying away into secular place, or disconnecting self from the problem areas, or bluntly shunning work to avoid the uncomfortable situations, pondering as the situation will come to normal by itself, or getting misled with fatalism, religious rituals, pseudo-magic, or taking horoscope as the solution provider, expands or compounds the problem. It is better to attack or modulate and if possible moderate the situation to get better, rather than drooping shoulders in front of the problems, is the better option, subject to the motivational levels of the people involved.

c. A strong belief that changes are imminent and accepting changes in life, having faith in the changes, believe that, change is a natural process in life, and regard the process as the law of nature. Changes happening physically, biologically, attitudinally, and psychologically are to stay. The broad-mindedness of accepting aging gracefully, and enjoying the entire process of aging, bring an indifferent outlook and adds to happiness.
d. Ending the habit of chasing for happiness: The human mind always strains to control happiness, which should not happen always, or try to chase or strive to be happy. It needs to originate from psychological contentment within the self, and it can set the stage for positive feeling. The positivity that gets nurtured within and any external influencer for long cannot substantiate for happiness. Practicing gratitude, contributions to the welfare of others, helping others and helping oneself and forgiving oneself at times definitely increase self-satisfaction.

e. Improving the levels of meditation; World level Psychologists proclaim that, meditation can be very supportive to calm human nerves and helps to provide clarity to the mind, and controls thought process. Even the stage of DMN (default mode network), according to neuroscientists, otherwise called “monkey mind”, a state where entire mind is empty, face difficulties in focusing on any particular activity, at a given time, and desperately wanders from one thought to other, which will dissipate energy levels unproductively and at times destructively, which reduces with regular meditation. Meditation always maximizes contentment and generates positivity and stability, that enhances happiness, and in terms of mid-life, gives focus to the thought process.

f. Developing an abundance mindset: Feeling as well as saying enough is very important, to nurture self. The subconscious has the power to motivate us with the abundance of opportunities, good things to offer. This positive thought process can make differences on the core beliefs and can remove negativities of the scarcity mindset. Like a man at midlife stage, who believes about a world that is scarce for him, and misjudge that his colleagues and fellow humans are acquiring more than required is under stress that he is left out in the run, is all about what a scarcity mindset works, and only by way of abundance mindset, he or she can believe that the world is full of limitless opportunities.

g. Practicing Gratitude: Gratitude is all about giving back in terms of thoughts and deeds, and the felt gratefulness about a person or process. Men at mid-life needs to develop a thought process that every day, at least few things for which the person owes gratitude, even if it is insignificant in terms of contribution, can make a person develop self-belief towards giving back to the people, society and the environments which he got exposed.

h. Pursuing Passion; Midlife crisis gets deepen when a person realizes that he has not pursued his passion over the years due to various reasons and that suddenly feels that he lost his way somewhere, and may curse life for being so. Research evidence cites that even the simplest deeds of doing new things stimulate dopamine levels in the brain, simultaneously, improving the feelings of self-contentment, and that drives mid-life crisis smoothly.

i. Exercising regularly: the exercises need not be only physical or gym supported or any separate training or consultant to support, but shall start with simple steps of walking for 20 minutes daily or indulging in yoga, or jogging, swimming, a game of chess, to shed off negative feelings and gain perspective. Even the simplest of the involved activities like pulling weeds in the garden, gardening, painting walls, and cleaning the surrounding of your own house, can be part of the exercise, that does improve adrenalin.

j. Setting goals: Next week, next month, next year, next two years, next three years, next four years and next five years or including next 10 yrs, shall be chalked to get people of midlife to get hope towards life. Goal setting has no age barriers or any other barriers, and any man at midlife too can set a goal for the next few years, and that puts men on hold, to pursue meaning towards life.

k. Staying off from media: Media can break or make the psyche of a person towards issues of personal life, social life, psychological issues including that affects mental health of a person, and it entirely depends on the type of person, his personality, attitude towards information and psychological strength to determine, how media can impact. The real reason is that people at midlife need to be very choosy about the program they watch, and it’s a proven science social media has the potential to take a person to depression, anxiety, envy, feelings of hopelessness, worthlessness, etc.

l. Laughing at all times; since ages, laughter is recommended as the best medicine to prevent, cure and recuperate from any disease or disability. Studies have proved that laughter when done naturally and as a part of life, the release of endorphins, activation of the neurotransmitter serotonin, relieving of physical tension, etc will be much easier. Traversing the midlife crisis will be easier, and happiness is our choice.

m. Taking life easy or a probability turned opportunity: always carry a message to your subconscious that, every condition in life was bound to happen like starting from, that probability of right sperm meeting right egg was one in 400 quadrillions, explains Dr. Ali Binazir, a Harvard graduate, and the author of The Tao of Dating.

Objective (iv): To analyze factors supportive of an ecosystem to handle a midlife crisis, the philosophical hermeneutics comes as a supporting process, and psychologically strengthens the people suffering midlife crises. The hermeneutic approach in the form of preaching on the importance of preventive measures, wisdom from renowned philosophical literature and moral education can give shape to the people. Creating Preventive Ecosystem Surrounding Self: Prevention is better than cure, the mantra for good health and well-being fits for the Mid-life crisis too. In the age of digital era, information influx about every aspect of life is available in the form of videos, lectures, debates,
literature, and manuals with training support. Despite the above, there are few more, natural process modifications, if done will make the traversing part very smooth or even, men may pass this phase.

**Fig 6: Creating Preventing Ecosystem, to avert Midlife Crisis: Concept Designed by Prof Dr. C. Karthikeyan**

(a) Taking successful personalities examples  
(b) Ability to relate and live in the moment of life  
(c) Maintaining good health  
(d) Better relationships  
(e) Greater self-control  
(f) Overcoming worrying  
(g) Learning to focus on solutions instead of problems  
(h) Identifying obstacles to live in the moment  
(i) Racing Mind  
(j) Unpleasant situations and transitional past  
(k) Avoiding Wandering mind  
(l) Outside influences  
(m) Practicing mindfulness  
(n) Understanding mindfulness  
(o) Mindfulness meditation  
(p) Mindful breathing  
(q) Mindful walking  
(r) Mindful eating  
   a. Three different aspects of eating  
      i. Eating itself  
      ii. Choice of food  
      iii. Contemplating the sources  
      iv. Mindful activities

**Findings and Conclusion:**
The Hermeneutics mindfulness: Mindfulness, is easier said than done, owing to complexity, and the inputs involving psychological methods, (or concept of positive psychology), and its integration into every human being with the hermeneutic approach of interpretation of the benefits of mindfulness. While recommending to the people is easy, it is easily said than done. Though it sounds strong and recommended at the highest levels, it does not score or holds good without appropriate interpretation. In spiritual terms, the term hermeneutic mindfulness is to attain “mature state of consciousness with support of religious text interpretation, or attaining the level of awareness inside with “one undivided without second”, that is scripted in various religious literature across the world to be postulated to people, it is not easy, but still the best way, with a concept called hermeneutic mindfulness. The meaning of “nondualistic” is mindfulness without getting divided for any reason, is the way, the people can cross midlife crises or any crises is now nearing acceptance. As per Heidegger and Gadamer(2006), in an effort to bridge the gap between eastern philosophies and practices on the areas of mindfulness hermeneutics is getting attention. The ability to produce positive mindfulness in treating mid-life crises, or removing negative thoughts about self, or improvising self-motivation with interpretivism, or with philosophical hermeneutics is well established. (J.M.G Williams et al (2006), Lynch Chapman, et al (2006), Teasdale et al (1995)). The research proved that mindfulness is an exercise which improves a state of awareness (Krishnamurthi J, 1983,1984), as a daily practice with yoga, and other supportive evidence from dualistic and cognitive psychology are proven. As said earlier, the process of mindfulness is not without challenges: Adopting mindfulness is not the first step, it is preceded by understanding the latent issues of non-conceptually, non-dually and paradoxically slated nature of mindfulness (Shapiro,2009), since it has to undergo a method of research to know about mindfulness the hermeneutic mindfulness is taken for this study. Though solving mindfulness problems is not the end point, but is made so for this research paper, but mindfulness is unconditionally accepted with its own characteristics of removing the obscurity to apply on practices and that at any given point a thorough understanding is sought for, since the status quo of concept of mindfulness traversed from eastern philosophy. With translating activity from the theologies, religious literature, wisdom literature, legal texts, psychological underpinnings, the philosophical hermeneutics mindfulness shall definitely play a vital role in the development of positivity in people under various stages of life, especially surging towards midlife stages. The Hermeneutic mindfulness way: Averting or controlling strategies of Mid-life Crisis is the smart way of handling it, nevertheless, still occasions do not arise that, and it can’t be averted or controlled. This is the basic question that is now debated across the psychological inquiries and the answer is simple, yet many researchers with their empirical studies, exploratory gathering and clinical evidences, that which were reviewed, compared, peer-reviewed and reiterated suggests the following measures, to either prevent if possible, or sublimate to minimize the damage at the stage of mid-life crises that occurs to them. The control or mitigating effect starts from self;

a. Avoiding the statements of “I don’t know from the subconscious, consciously: Men at all times should leave the habit of uttering sentences like, I don’t have time, I don’t have the money, I don’t know how, I don’t think it’ll work, I don’t think I’m ready, etc, kind of excuses that, keeps men low, should be curtailed, if possible be away from use.

b. Fear of failure: getting away from the trap of fear is a pre-requisite, and men at 40s need to do
something on this aspect of fear trap, and to take themselves out of the comfort zone, and should move forward, irrespective of whether hurling into the unknown, face to face with failure, rejection, stress and embarrassment, fear of taking new responsibilities needs to be done away from the personality to get ahead, and make mid-life a new one to tread on.

c. Fear of the unknown: The fear of the unknown is an unavoidable part of the human system, and there exists an inherent psychological need for certainty, comfort, need for uncertainty, variety, and the attitude to value certainty a lot more than uncertainty, making life very boring.

d. The importance of living in the present: better health is the first and foremost, for the betterment, since health is the real wealth. Being in the present gives more to physical health. Perceived status of health, that is without high BP, heart disease, obesity, etc that can improve psychological well being.

e. Improving relationships: men at 40s need to develop their relationships to the next level, and positive relationships can take happiness at the mid-life.

f. Improvising Self Control; Practicing self-control and rational thinking in terms of thought process, physical and habitual control will save unnecessary mind racing and emotional control, which can keep men at peace.

gh. Learning the difference between worry and concern: when a person is concerned he will try to deal with the real problem in a realistic way to find realistic solutions with taking options of solving the problem, and living with the outcome, while worrying is involving unrealistic thinking, and worrying about a problem, that does not really exist, or developing scary thoughts on all the unfortunate things that can happen imaginatively rather than reality.

h. Practicing “live the moment”: Calming the mind, with ability to see the truth even when things are partially visible, and learning the art of avoiding unnecessary thoughts to get into imaginative scenarios or pulling the strings down from inside the mind, thereby increasing debilitating thoughts. The unrealistic thought, that disturbs men, will come down, and reduce confusion, and can calm the emotions.

i. The globalized world and materialistic culture prevailing around that is inevitable, racing competition, depleting resources, it is very difficult to live in the moment of life, and crises crossing past, present and future, will intervene, but still, men need to resolve reasons on how the mind works and how to have a check on influences.

Achieving balance in mind by practicing mindfulness: Mindfulness is a mental state achieved by focusing one’s sense of presence in the moment of living, and calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations, and at times can think of this as a therapeutic technique. Preventing mind from racing against thoughts: in the present digital world, very high levels of information overloads, never-ending routine schedules, agitated stimulations due to the internal and external stimulus of various kinds are hitting every human mind. Digital simulations are very high and five senses, like sight, sound, taste, touch, and smell triggers thoughts, and thoughts travel to various directions with limitless speed. The present digital world is over stimulating the mind, with unwanted and it is getting difficult to calm one’s mind since in the form of digital device, is traveling with everybody’s life. Excessive Stimulus: the mind is never at rest, while it is natural, that until the human is dead, the minds keeps itself busy in one form or other, self activates as per needs and it is always one or other levels of activity. The endless sequential links of thoughts, and reasoning, unless it is tapped for a particular task, and mooted towards the right direction, wandering cannot turn into productive and may start exploring different or divergent possibilities. Becoming happy, or happiness in life has become the endpoint of life, and to be happy, the drawing line on what and how to be happy is done by many factors, apart from set norms by various forces. Lack of awareness about our environment and social norms influence thinking in midlife crises, and it influences the thinking in people about competing for happiness. Hence people at the midlife stage or an aged above 40 need to take cognizance of the fact that there are many ways to keep their motivation and psychological strength at the brim. Understanding mindfulness: keeping a close look at living in the present rather than contemplating. The consciousness of happenings: The changes in the body, mind, emotions, and the world around you. Expanding Awareness: It is important to calm one's mind and emotions, within the world around one's place and it can happen when the men expand their awareness. Mindfulness in all activities of life: Men above 40s can increase their mindfulness in all the activities of life like, Meditation, Breathing, Walking, Eating etc. Above all proceeding towards self actualization needs, as of Maslow’s will make the life of men above 40 more meaningful and can make them psychologically healthy, as propounded by hermeneutical approaches of many religious faiths, being mindful, saves a lot, and makes life better, in whatever situation the mid-life crisis may seem.

REFERENCES


