

2023

# MIDLIFE CRISIS

What's all this fuss about?  
A Romanian snapshot.



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### ABOUT THE STUDY

Midlife Crisis is a much-talked-about phenomenon. On one hand, many people consider it's an established fact, while many researchers say the whole concept is not accurate at all and want to throw it away altogether.

This survey aims to shed some light on the status of the Midlife Crisis in Romania, as there were no quantitative research-based materials about this subject, as far as we know.

We used the Developmental Crisis Questionnaire (DCQ-12), which is fit for estimating the existential distress level of any adult person, regardless of age.

Respondents were split into 3 categories: those clearly in **CRISIS**, those under **Mild distress**, and those under **Low-level / no distress**.

Midlife Crisis is different in the sense that those facing it are dealing with issues specific to middle to late maturity and to the start of old age – such as declining health and physical capabilities, or questioning past decisions. Crossing any crossroad can lead to a "What If" moment, at some point – "What if I had taken the road to the left instead of the one to the right?". Since people in this life stage have crossed plenty of crossroads, the probability of facing such moments is naturally increased.

A significant but small minority (12%) is currently going through Midlife Crisis, according to our data.

While Midlife Crisis is real, it usually unfolds differently than many people imagine. There are very few those engaging in extreme behaviors.

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Senior Researcher

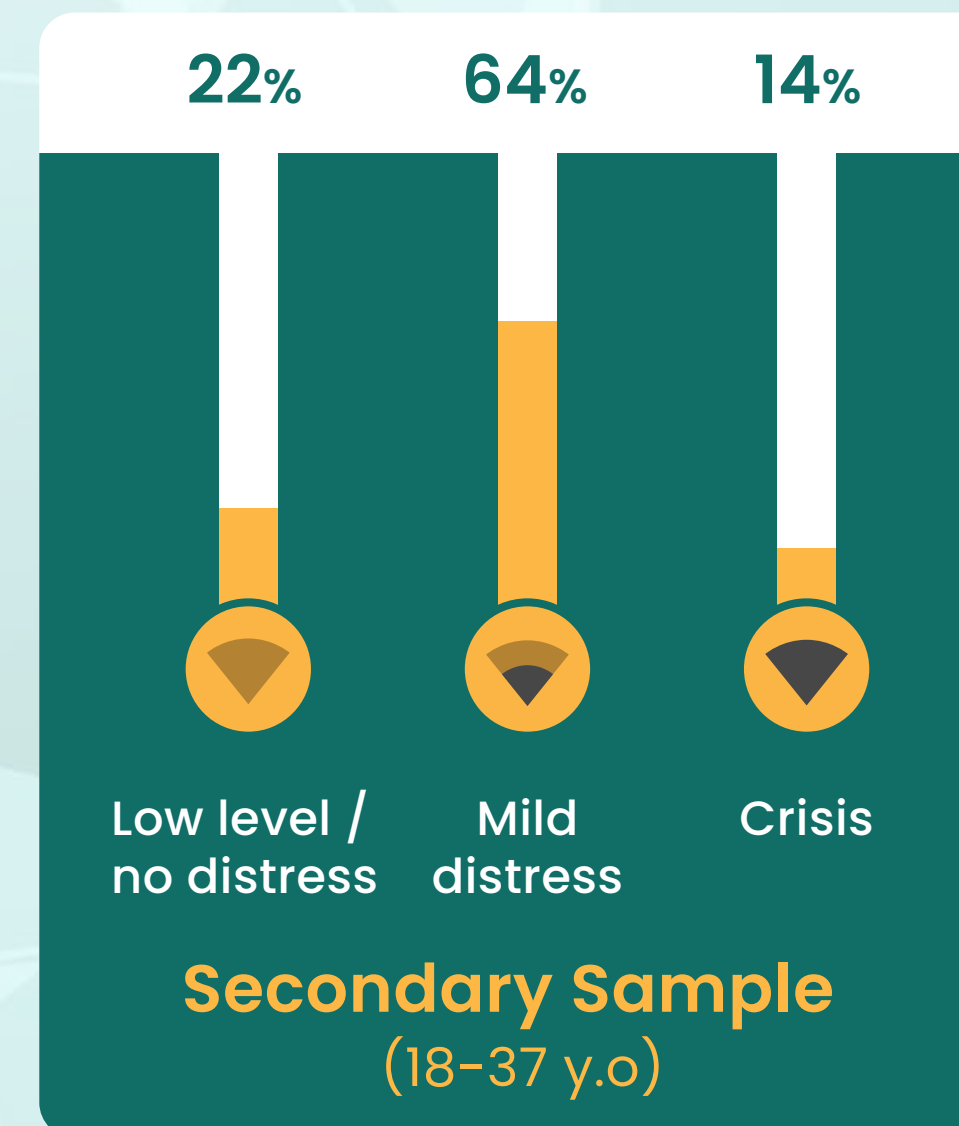
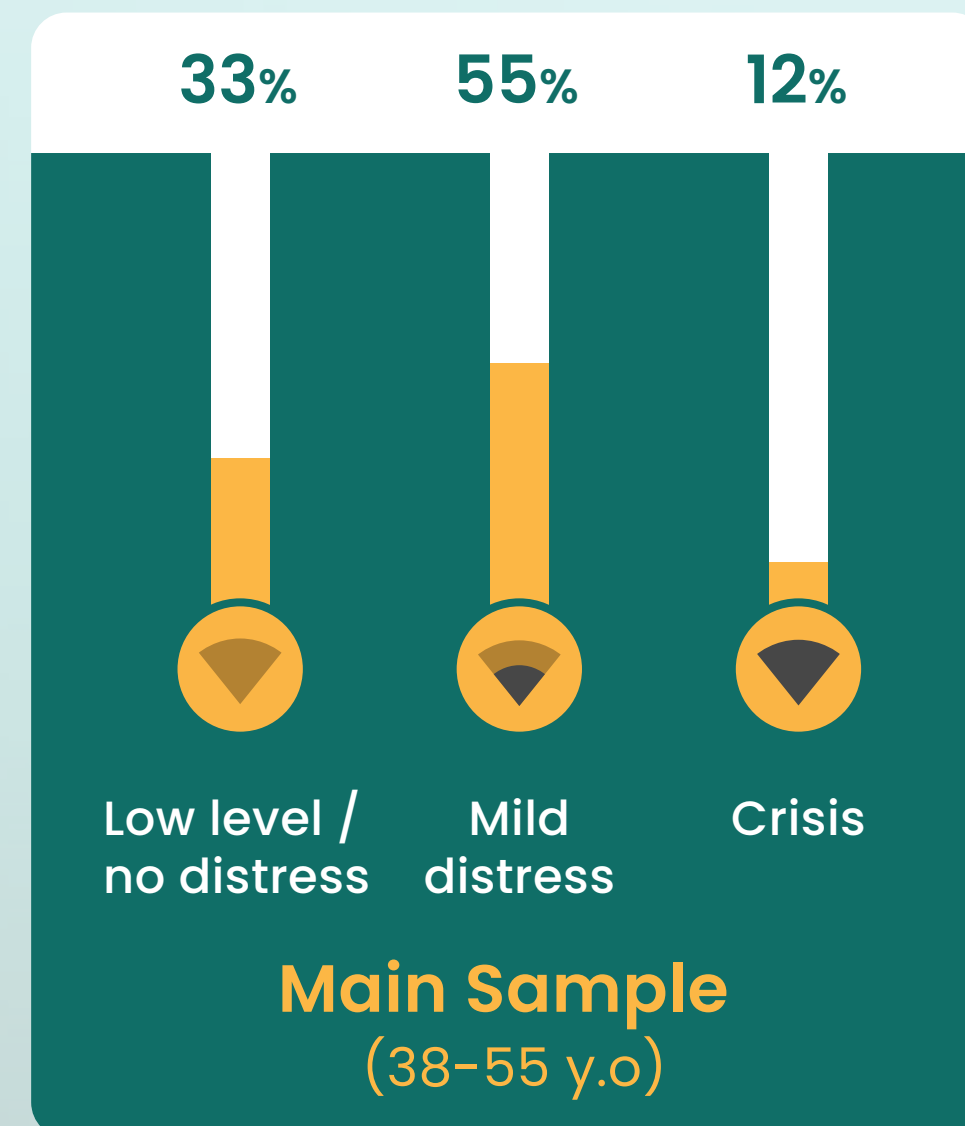




# Developmental / Existential Distress Levels

Main sample = 1000 | Secondary sample = 300

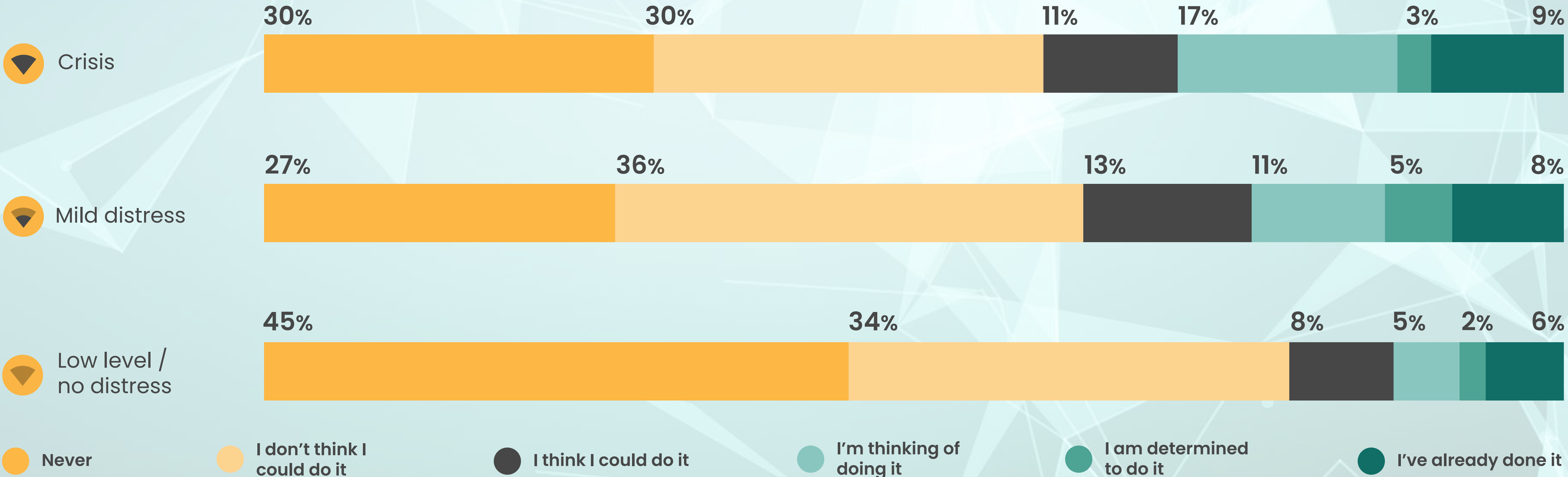
But only middle-aged persons go through such crises?  
By no means – there is a similar proportion of younger people in developmental crisis.  
It seems the specialists who say that there's no such special thing as a Midlife Crisis, at least not in the traditional sense, might be right. One can argue that adolescents or young adults are more likely to experience a crisis. Their lack of experience makes it harder to navigate life.



# Leave the home & past life behind

N = 1000   Crisis = 119 | Mild = 549 | Low = 332

Do you think you could...



Contrary to the stereotypical image, most people going through the Midlife Crisis are not abandoning their homes and families to search elsewhere for a new and better life. Are some of them considering such a move? Yes, but so do some of those under less existential distress.



Thank you for your interest in our study regarding:

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If you're interested in the [full version of our study](#), we invite you to complete our dedicated form on our [resources page](#) and select the **"Midlife Crisis"** study of interest. You'll then receive an email shortly with the requested full version of the study.



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