




## FEMALE PSYCHIC SUFFERING IN THE PROCESS OF WORK AND AGING

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### ABSTRACT

The present work aims to discuss the female psychic suffering in the aging process. Despite knowing that aging is a natural process and is part of life, there is a common sense thought that says that aging brings many losses such as physical, mental, emotional diseases, as well as loss of mobility, greater difficulty at work, white hair, skin wrinkles and several hormonal factors that cause deficiencies in the body as you age. To carry it out, the contributions of Goldenberg & Ramos (2002), Santos (2009) and Dantas (2011) were used as a basis. The reading reveals female psychic suffering that varies according to the living conditions of these women and had the following specific objectives: to understand female aging in relation to work; to understand this aging in its physical aspects; and reflect the emotional aspects involved during aging. To this end, a qualitative approach was used in the collection of data through reading books, filing articles, research on scientific websites and in the personal experiences of the author of the work. In this context, it was necessary to raise the following hypothesis: How does female aging affect and cause psychic illness in the work process and in the face of social demand? It is known that a woman's life journey is completely different from that of a man, so the justification of this research is based on the various challenges faced by women on a daily basis when performing their tasks throughout their lives, especially in the aging process that generates internal and social conflicts during this process.

**Keywords:** Female Aging. Psychic Suffering. Work.

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## INTRODUCTION

Society is involved in several cultural factors and different realities that, although diverse, there are similarities in how female aging is seen today. By observing this context where the body becomes a pole of concern and investment, Dantas (2011, p. 900) states that the issue of the cult of the body is a fundamental topic of discussion for the field of Psychology. Based on this assumption, the

The general objective of this article is to discuss female psychic suffering in the aging process. It is at this moment that the increase in illness of the body and mind is revealed and this varies according to the living conditions of women. And to deepen the theme, it is specifically necessary to understand female aging in terms of work; to understand this aging in its physical aspects; and to analyze the emotional aspects involved during aging.

The World Health Organization (WHO) Report in 2001 informs that women dedicate most of their lives to several sources of work simultaneously and with this, there is a higher incidence of psychic suffering, due to the lifestyle they lead and the work that is sometimes the only income of the family. In this process, women face several challenges, considering that they suffer more from society's demands, from overwork, and often not to accept their aging.

In the face of social demand, where a standard of beauty is sought in which the female body cannot age, it is known that women are charged by the whole society to have to maintain this standard of beauty, even if it is not part of their ideals, thus forgetting to take care of their feelings and emotions, The following hypothesis arises: How does female aging affect and cause psychic illness in the work process and in the face of social demand?

Despite knowing that aging is a natural process and is part of life, there is a common sense thought that says that aging brings many losses such as physical, mental, emotional diseases, as well as loss of mobility, greater difficulty at work, white hair, skin wrinkles and several hormonal factors that cause deficiencies in the body as you age. In view of the above, women are afraid and try to resist this natural factor of life that is aging, however it is necessary to understand that it is not a choice, but an inevitable process.

Even though society is permeated by different realities, some studies show that female psychic illness is related to several factors such as: socioeconomic, cultural, educational, health, lifestyle, family and identity conflicts, domestic violence, child care, double workday, physical and mental illnesses. In the face of so many challenges, it becomes necessary to reconcile these multiple tasks that generate conflicts throughout life, as well as to deal with the judgment of the society in which they live. It is necessary to



understand the causes of this suffering and identify the factors that generate whether or not to accept the aging of these women so that in this phase of transition full of conflicts, this process can be attenuated.

The World Health Organization (2001) warned about the impacts of social determinants on women's health, such as: gender inequality, Brazilian "machismo", domestic and sexual violence, and many other forms of violence that aggravate this female psychic illness end up generating a worrying statistic: depressive disorders and anxiety disorders appear with greater prevalence in this specific population.

The report points out that the multiple roles played by women in society contribute to a significant increase in the incidence of mental and behavioral disorders. Considering that women continue to bear the burden of responsibility that comes associated with the roles of wives, mothers, educators and caregivers, while at the same time becoming an increasingly essential part of the workforce and often constituting the main source of family income (WHO, 2001).

Society is built of multiple experiences, values and norms to be followed, so these experiences are relative and individual and are shaped over time. It is necessary to reflect on the physical changes of women and the lifestyle adopted that can intensify the causes of this psychic suffering. It is currently perceived that in the attempt to achieve an ideal of so-called "healthy" aging, there is an excessive workload aimed at maintaining external beauty and forgetting mental health, that is, this suffering has been built over the years as part of each woman's experience.

The experience of psychic suffering is socially constructed and brings with it the conformation of the values and norms of a given society and historical epoch. It can be understood as something extremely individual, as the experience of a set of discomforts in the subjective sphere. It also deals with the experience of each one as a subject in the world, which expresses regularities that are shaped by a given social configuration (SANTOS, 2009).

It is perceived that there are interests within society that stimulate a large part of female aesthetic consumerism, in order to generate an overload of work to acquire better conditions due to the great concerns with the world of external beauty, and consequently to forget about oneself, one's mental health and the phases of maturation that the body needs to go through as one years age. In the words of Goldenberg & Ramos (2022), the body worked, cared for, without undesirable marks (wrinkles, stretch marks, cellulite, blemishes) and without excesses (fat, flaccidity) is the only one that, even without clothes, is decently dressed. In this sense, the female body has greater value on its own than wearing clothes to hide the marks of a sick and consumerist society, willing to produce fads and an excessive appreciation with impoverishment of the "culture of the body".

The apparent culture of the body and beauty brings a mistaken idea of health in relation to the human body, which is reinforced in advertising campaigns, in the media and in everyday interactions, has behind it a "civilizing process" that is undertaken and legitimized through it, bringing to light the newest morality of "good shape". The exposure of the body in our days does not only require individuals to control their drives, but also the (self) control of their physical appearance (Goldenberg & Ramos, 2002, p. 25). However, the female public is faced with a large volume of information related to aesthetics, good body shape, where physical appearance is overvalued and the real importance of physical well-being and mental health decrease.

In this context, this work is justified by the various challenges faced by women when performing their tasks throughout their lives, especially in the work process and aging that generates internal and social conflicts during this process, making it clear that they are the ones who suffer more psychologically due to these factors, highlighting society's demand to have the perfect body, in not accepting their aging as something natural, the work overload that can have a severe impact on female psychic illness.

## **THE FEMALE GENDER AND THE WORLD OF WORK**

Female psychic suffering in the context of work and aging is a complex phenomenon with multiple perceptions that deserves special attention from society, the scientific community, and of course, public policies, as these have an essential role in solving numerous problems. Within this context, it is necessary to have a look that respects singularity, but also a more human and comprehensive look in order to discuss the problems of the female universe, especially in the context of aging, so that one can understand the psychic suffering experienced in this process.

Since ancient times, women have played essential roles in the labor market and in the social economy, even if in agricultural, artisanal, domestic and childcare activities. However, their historical-cultural participation in sectors considered masculine was conquered with many challenges. During the nineteenth century, women practically only served in unpaid domestic work or in low-paid jobs.

In our culture, the feminine image has been made, undone and remade over time. It is today the result of this process, which does not cease, and can only be understood within a sociocultural context, a process that has influenced philosophy, psychoanalysis and medicine. (BOCLIN, 2003, p. 10)

However, even with this influence on the process of social development, it was only in the twentieth century that significant changes occurred, which took place through social



movements and legislative advances. The rise of feminism and struggles for equal rights have led to increased awareness of gender issues in the workplace. A great milestone happened after World War II, women took on roles previously occupied by men who were in battle, thus proving their ability and competence in taking care of their survival and that of their family, even if many before, they already contributed with their effort and hard work. Data presented by IPEA (2014) – Institute of Applied Economic Research, show that the trajectory of women in the world of work began long before the post-war period or the 1970s.

The first official data known indicate that, in 1872, women represented 45.5% of the workforce. At that time, according to a survey carried out by Brumer (1988) based on the 1872 Demographic Census, women were predominantly employed in agriculture (35%), in domestic services in other people's homes (33%) or in self-employed sewing (20%). After 1920, women's active economic participation (EAP) was drastically reduced<sup>1</sup>. [...] It is important to remember that, in this context, a large part of production is developed within domestic limits" (IPEA, 2014, p.592).

Since ancient times, the female gender has been subjugated, discriminated against and often occupying secondary roles in society. However, their femininity, their strength and their determination have always been evident, even in the face of the most difficult challenges, since in the past women faced a series of obstacles that limited their opportunities and their freedom, but they still continued to fight. In most cultures, they were seen as the property of men, destined to fulfill domestic and reproductive roles. Therefore, women's history is built on resilience and constant struggle for equality, in the midst of a world often dominated by patriarchy. Aparício *et al.* (2009), states that:

[...] Historically, when men seek to develop their careers, their difficulty is less due to a patriarchal culture observed in our society that places obstacles to women's professional development. Women, on the other hand, still encounter barriers that are both natural (children, family, care of the home...), as well as those imposed by more conservative organizations. However, another important point is the change in the behavior of women themselves, which has reflected a transformation in society.

Even though their access to education, political participation and the labor market were few, there was still a change in women's behavior that collaborated with the increase in their professional and social field of activity. Movements such as the suffragette, feminist, and civil rights movements paved the way for some significant achievements, such as the right to vote, equality before the law, and greater political and social representation.

Over the centuries, women have fought tirelessly for their rights and for greater equality of rights, although they continue to suffer from domestic violence, sexual harassment, discrimination in the workplace, and these problems are often tolerated by

society and the authorities. Women were often seen as being inferior to men, both physically and intellectually, giving rise to stereotypes that strengthen gender inequality.

Currently, although progress has been made in many aspects, there are still significant challenges to be faced. Wage inequality persists in many countries, with women earning less than men for the same work. Work-life balance remains a difficult issue, with the constant dilemma of reconciling career and family and household responsibilities. In addition, sexual harassment and violence remain widespread problems, often underestimated by society. Misogyny and gender stereotypes are still present in many cultural aspects, as well as in the workplace, which makes it difficult for women to advance in various areas.

Despite historic advances, women continue to face challenges in the labor market, ranging from unequal pay to gender discrimination, addressed earlier. In this regard, Smith *et al.*, (2020), states that women are still underrepresented in leadership positions and continue to face numerous barriers to advancing in their careers. This reality becomes a factor that contributes to a higher rate of psychic suffering in women, as they suffer pressure for an always better and more qualified performance that causes chronic stress, since they are charged throughout the working day or double working shift, always having to prove their competence and efficiency in order to remain in the position. Not to mention the fact that there is still a veiled "obligation" to age with beauty and health to continuously prove one's importance and role in society. According to Gomes (2005)

[...] Many problems were and still are faced by women in entering the labor market. Among them, it is worth mentioning the lower salaries compared to men, the double shift with the principle that domestic life is women's work, lack of voice in decision-making spaces, among other things (GOMES, 2005, p.6).

Although the world of work is a vast terrain and as such has its multitasking for everyone, it is even more challenging for women, as it revolves around issues that go beyond daily tasks and these directly impact their mental health throughout their lives, especially during the aging process. These challenges reflect not only professional pressures, but also the social, cultural, and gender expectations that often fall on them.

As previously stated, since the beginning of their careers, women are always facing different types of discrimination, whether gender, beauty, socio-cultural situation and wage inequalities, this set of factors can decrease self-esteem and self-confidence. This is a persistent reality that builds a hostile and discouraging work environment. The continued lack of opportunity for professional growth, as well as sexual harassment and the insistence



on the culture of "machismo" are just a few more barriers that women face in their professional journey in their daily routine.

An undeniable fact is that these challenges only intensify as women age. The pressure to remain competitive in an increasingly younger and demanding job market leads women to be in constant physical, psychic and interactional movement, so as to always see themselves fulfilling the demand with everyone, except with themselves, which makes their aging much more conducive to stronger limitations than those already imposed by age. As long as there is discrimination based on age, there will be fewer opportunities for employment or professional promotion, which will lead to feelings of sadness, worthlessness and devaluation, among many others.

Issues directly related to their mental health directly contribute to the increase in diseases such as burnout, panic, anxiety, and depression, which become more evident as women face multiple responsibilities, both at work and at home. Juggling career, family, and sometimes caring for aging parents can lead to high levels of stress and emotional exhaustion, negatively affecting your mental health and well-being.

Another important aspect is the so-called "feminization" of certain professions, such as health care and paid domestic work, as if they only belong to the female universe. This view also plays an important role in the increase in female psychic suffering. In this regard, Rodrigues & Ferreira (2018) say that the lack of recognition and appreciation of these occupations weakens the visibility of women's work, generating more and more feelings of frustration and inadequacy.

According to a study conducted by the Brazilian Institute of Geography and Statistics (IBGE) in 2020, Brazilian women earn an average of 77.7% of men's salary, which reflects persistent wage inequality. Although it is in a financial aspect, it also generates stress and emotional lack of control, since they perform the same function as men, but they need to work more due to so many factors already mentioned, and even so their reward is to earn less. Remembering that everything becomes proportionally larger when the age increases.

It can be said that there is a "social stigma" that revolves around the emotional problems that increase in the aging phase, since it is said to be certain that the limitations imposed by age will directly affect not only women's physical health, but essentially mental health. This stigma makes it more difficult to seek support and appropriate treatment. Many women feel obliged to hide their emotional difficulties, afraid to demonstrate or talk about their weaknesses or to be labeled for needing it with the person who has emotional problems and needs psychological and psychiatric care. This silence only aggravates the problem, causing the cycle of silent suffering to only increase, so they start to feel more and



more alone and isolated just so as not to be the target of even greater prejudice in their areas

However, despite so many challenges overcome, women continue to fight for a fairer, more humane society with equal rights. Her femininity, resilience and strength have been shown over time as a source of inspiration for all who seek to know this process. It is necessary to recognize the achievements achieved so far and not give up on improving the path already trodden, but continue to fight against all forms of gender discrimination and prejudice, whether at work, at home or in society to build a future where every woman can act freely regarding her body, ideas and her socio-emotional well-being.

## **AGING AND WOMEN'S MENTAL HEALTH**

Aging is a natural process of life, but for many women, it is accompanied by additional challenges related to mental health. Studies show that older women face a higher prevalence of mental disorders, such as depression and anxiety, compared to men (Jones *et al.*, 2019). It is known that aging is a complex process that involves several physical, mental, emotional and social changes. Within the scientific analysis that corroborates its importance, the study of aging is present in several disciplines such as biology, psychology, sociology and gerontology. Each of these areas seeks to contribute to their knowledge of the understanding of their concept as well as a broader understanding that addresses physical, mental and social aspects.

In biology, aging is associated with a series of physiological changes that occur in the human body during life. According to Costa & Pereira (2005), this includes the decrease in the function of organs and systems, the accumulation of cellular damage and the reduction of the capacity for regeneration and repair. These studies seek to understand the rhythm and processes that lead the body to age and also how to make the body age in a healthier and more productive way even over the years.

Aging is a process in which, for each person, physical, behavioral and social changes develop at different rates, with chronological age being just one of the aspects, among others, that may or may not affect the well-being of the elderly. (ARGIM & STEIN, 2005, p. 71)

For the field of psychology, the objective of this study already studies aging from the perspective of human development throughout life, this includes its history, interactions with the environment and with oneself. Psychology seeks to understand the cognitive, emotional, and social changes that occur as people age. Several studies examine issues such as memory, intelligence, personality, mental health, and emotional well-being in old





age. Several theorists have contributed to the study of human development from the perspective of aging in psychology, among them Paul Baltes (1993) who developed the Life Cycle Development Theory, which emphasizes the importance of individual experiences and continuous changes throughout life and together with Alexandra Freund (2005) on the Psychological Science of Aging. Baltes (1993) also introduced the concept of "wisdom" as a way of integrating experiences throughout life. In addition, the psychology of aging also focuses on adaptation and resilience strategies in the face of the challenges associated with aging.

For the field of sociology, the focus is on an analysis of aging within the context of social interactions and social structures, observing the social roles developed and the cultural and historical process in relation to the elderly. It also contributes to the analysis of the development of public policies and social programs that are aimed at older people. In a general framework, sociology also studies issues pertinent to old age such as retirement, health care, housing, social participation and quality of life of the elderly, thus the social inequalities present in this context can be verified, whether class, gender, race or social.

Therefore, it can be affirmed that aging has a deep social meaning, since this process influences generations throughout life, as it contains in their attitudes, behaviors and knowledge, the construction of society as it is presented. And, here in this study specifically, we look at women as they age within society. This study is essential to address the challenges and opportunities that are associated with the large increase in the elderly population. At this stage, it is essential to explore opportunities that can collaborate with healthier aging, through the creation of environments and policies that appropriate this stage to include the elderly as participating and active individuals in the community and thus combating ageism, which is discrimination based on age.

Aging is in fact a process with a multiplicity of factors that has primordial meanings both at the scientific and social levels. For women, it encompasses a greater weight, because as already said, they have historically suffered to ensure their role in society, especially in old age. Therefore, it is important to understand and address the complex aspects of aging in order to promote well-being and quality of life in this fragile phase where society itself calls them "elderly" or "best age". While the aging process is an inevitable journey for everyone to face, it is for women that this process is often accompanied by unique and complex challenges, especially when it comes to mental health-related issues.

The vulnerability of the elderly to mental disorders justifies the relevance of investigating the psychopathological manifestations they present to guide the interventions necessary to promote mental health in order to associate quality with the years lived. (RESENDE, *et al.*, p. 33, 2011)



The pressure of society is also a factor that contributes to the psychic illness of women, since it establishes social criteria regarding beauty standards and female competence, becoming even more oppressive as women age, contributing to significant psychic illness. Increasingly, women face intense pressure to stay young and attractive as they age. The media and advertising often promote unrealistic standards of beauty and youthfulness, creating a culture of obsession with physical appearance that can have serious ramifications for these women's mental health. In several sectors of life between work, leisure, family, among others, it is clear that dissatisfaction with body image is more common among older women, with alarming rates of eating disorders, depression and anxiety associated with this constant concern with appearance. Highlighting the extreme concern about mental health, Dr. Gro Herlam Brundetllhan, in the WHO report (p. 11, 2001), explains this concern.

The WHO is making a very simple statement: mental health – neglected for too long – is essential for the overall well-being of people, societies and countries, and should be universally seen in a new light. (WHO, 2021)

Therefore, the issue surrounding the theme of mental health, and specifically in this study, the implications of old age on women's health, needs a global movement so that mental health is really more valuable than body culture. In the current context, society often associates the value of women with their youth and beauty, relegating opportunities to those who age, as if they had a secondary and almost invisible role. This can lead women at this stage to have strong feelings of inadequacy, isolation and low self-esteem, especially when women are faced with a decrease in their physical, psychomotor and cognitive abilities. North and Fiske (2015) state that older women are often perceived as less competent and less capable than their younger counterparts, even when they possess comparable skills and experience.

This distorted perception negatively affects women's self-confidence and thus removes their motivation, as it generates insecurity that becomes greater, arising from a series of factors, including hormonal changes, life experiences, gender violence and discrimination, and also socioeconomic issues, such as the lack of social and financial support in old age. In addition, they face additional challenges throughout their lives, as mentioned earlier, gender disparities, access to health care, since they dedicate most of their time to caring for other family members, in addition to being more likely to live alone in old age, increasing the risk of social isolation and loneliness.

As important as paying attention to women's mental health, it is also important to address gender stereotypes that are being created in relation to aging. These often put

older women viewed negatively by society compared to older men or younger women. The stereotypy related to gender and old age influences the way women themselves see themselves, determining in certain contexts how they are treated in the professional field, in their daily social interactions and in their own image, even if they feel capable, skilled and willing.

The image of old age always seems to be outside, on the other side, and although we know that this is our image, it produces strangeness, the terrifying linked to the familiar. Terrifying because the image in the mirror does not correspond to memory; the image of the mirror anticipates or confirms old age, while the image of memory wants to be an idealized image that refers to the familiarity of the specular self. (Goldfarb, 1998, p.53)

In the field of psychology where the mind reflects our ability to act rationally or emotionally, every human being needs to have as benigmatic and positive an image of himself as possible. However, society, as already mentioned, has a fundamental role in the distorted dissemination of this image about female old age. Researchers such as Susan Fiske (2015), who works in the field of social psychology, have studied how age and gender stereotypes affect the perception and treatment of older people in society, also highlighting how older women often face double stereotypes - associated with age and gender - that can lead to prejudice and discrimination. Veiga (2012) states that the process of female aging is full of issues of inequalities and social stigmas and that they leave behind the potentialities contained in the maturity of old age, instead insisting on the need for youth, health and beauty as if it were a social parameter in the achievement of skills, personal and professional quality.

Within this theme, studies generally point to the need to combat gender and age stereotypes and promote a more positive and inclusive image of aging, where the value and contributions of women at all stages are recognized. The World Health Organization (WHO, 2001) estimates that by 2030 the number of people over 60 years of age will reach 1.4 billion, most of whom will be women. This underscores the importance of mental health policies and programs that specifically address the needs of older women.

It is essential that society recognizes and addresses these issues in a way that provokes changes in individual and social behavior. It is necessary to challenge the concepts and prejudices contained in gender stereotypes and old age. The ideal is to seek to involve society in a culture of inclusion and acceptance of the other, regardless of age group. This includes the promotion of a body image more focused on health than on beauty per se, so it is necessary to guarantee access to basic health care that involves the body and the mind, and social support generated by public policies.

## METHODOLOGY

The main instrument of data collection for the realization of this work was the filing of articles, reading of books, research on websites and reports, which later, transformed into quotations, gave rise to a reflective discursive text, still based on the personal experiences of the author of the work.

As for the methodology of this work, Elizabeth Minayo (2009) teaches that it can be conceptualized from three main perspectives: approach, objective and method. Regarding the approach, Minayo (2009) highlights the importance of a qualitative approach, which seeks to understand and interpret the phenomena in their complexity and depth. According to the author, the qualitative approach allows exploring the subjectivity, social relations, meanings and experiences of the subjects involved. It is an approach that values contextualized understanding and interpretative analysis of the data collected.

Minayo (2009) states:

Research methodology, regarding the approach, is related to the way the object is apprehended and understood. We work with qualitative methodology, which is the possibility of seeking an in-depth understanding of the phenomena studied.

Regarding the objective of the research, Minayo (2009) emphasizes the importance of a descriptive and explanatory approach. She points out that research should seek to describe and analyze the phenomena studied, seeking to understand their characteristics and dynamics. In addition, research should seek explanations for the phenomena, investigating the causes and contexts in which they occur.

With regard to the method, Minayo (2009) defends a multidisciplinary and integrative approach. She highlights the importance of using different methods and techniques of data collection, such as interviews, participant observation and documentary analysis, according to the specificities of the object of study, emphasizes that the choice of method must be consistent with the objectives of the research and allow an in-depth and contextualized analysis of the phenomena investigated.

Minayo (2009) states that regarding the method, we defend multidisciplinary research, which is capable of approaching the complexity of the phenomena studied. Thus, it cannot be unilateral, only quantitative, only qualitative, only documentary or only field. It needs to be a research that integrates different approaches, techniques and perspectives.

As a choice of the investigative path, we opted for a qualitative, exploratory and bibliographic research, seeking to explain the observations about the proposed phenomenon. According to Gil (2007, p. 41) the use of this research path "provides greater



familiarity with the problem". As for the procedures, bibliographic research (GIL, 2007) was used with the reading of books, articles, websites that research the subject addressed and this literature review provides a solid theoretical basis, allowing us to understand the characteristics, values and expectations within the proposed subject to understand female psychic suffering in the work process. According to (GUERRA, 2014), the comprehensiveness of information, as well as the rereading of data with numerous publications with a qualitative approach, which allows for a deeper understanding of the phenomena studied - actions of individuals, groups or organizations in their environment or social context - interpreting them according to the perspective of the subjects who participate in the situation.

It is expected that the methodology used to explore and analyze the data, as already illustrated, will allow a deeper understanding of the topic studied, providing information that may be useful for readers who experience similar challenges

## **FINAL CONSIDERATIONS**

Taking into account the various aspects presented in this work about women's psychic suffering in the face of their work process and aging, it is correct to state that during history where female advances are found, they have faced a range of challenges that make them strive to overcome all barriers imposed by society as a whole, As previously stated, from the limitation imposed on the exercise of certain professions to even wage discrimination. It is clear that these factors hinder opportunities for career advancement and the improvement of their quality of life, since they need to work and strive much harder to be able to fulfill their infinite daily obligations between family, profession and their own life.

However, one cannot discard the immense role that women have been playing in society and in their contributions to the labor market, which is gradually being recognized and valued by science in general, when verifying a variety of issues addressed within the theme of female aging and its great challenges. Therefore, in this study it was possible to understand that female aging affects and causes psychic illness, either in its strenuous work process or in the face of social pressure with the incessant search to achieve the standards of beauty and well-being imposed by the "culture of the body".

The reflective analysis to understand and identify the factors generated by this psychic suffering that directly affects the physical and behavioral changes of women, demonstrated that over the years this relationship between woman and aging has been the cause of many diseases, as mentioned above: depression, stress, panic syndromes,



anxiety, mental exhaustion, and sometimes difficulty in accepting old age and the arrival of their physical and mental limitations, which generates low self-esteem and deep sadness that certainly, combined with many other factors already mentioned, provide greater difficulties for the body to defend itself from various diseases, as they directly affect its immunity.

It is true to say that the various challenges faced by women when performing their tasks throughout their lives, especially in the work process and aging, generate internal and social conflicts throughout their lives, generating factors that have repercussions on their aging and causing their female psychic illness. However, despite these challenges, the female gender demonstrates strong resilience and the ability to overcome throughout her life. Even in the midst of so many obstacles, he manages to find in himself, and in his life story, emotional support to overcome all challenges continuously. However, it is necessary for each woman to seek recognition of her weaknesses in order to seek help, whether in the professional or domestic sphere, it is necessary for them to make use of their voice in the community and social policies, in order to seek resources that will provide the ideal care for their mental and emotional health.

To this end, it is of fundamental importance that the society represented by companies, associations, organizations, among others, come to recognize the importance of the female role in social construction and seek to address these issues in order to achieve better living conditions for each woman. Social recognition also at the disposal of gender equality and its productive force must be culturally disseminated so that in this way there is not only the implementation of public policies and programs to support women's mental health, but that it is effective in day-to-day practice and does not remain only in theory doomed to oblivion and social and political inertia.

As the world moves forward, it becomes essential to recognize and value the contributions of women at all stages of life. Society, as well as each individual, of whatever gender, has to be a gatekeeper in the fight against precociousness, inequalities, cultural fads that come to disseminate the prevalence of the value of life. It is necessary to understand that everyone will grow old, and thus, when we work for the dignity and health of women, we also work for everyone, since women have an essential role in the life of each human being. Becoming aware that it is possible to create a family, professional environment that respects the space and life of each one, regardless of age or gender, only in this way can a future be built in the present where all women will have the right to age with dignity, respect and physical and emotional health.



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