Middle adulthood is the time of a person’s lifespan ranging between the end of young adulthood and the beginning of old age which lasts from 40 to 65 years of age (Ref-s372473). By the beginning of this period a person would usually be settled with their lives. Most people would have a stable career and be with families during this period. However, this period also consists of challenging events such as rearing and supporting children, taking care of aging parents, and planning to face one’s own late adulthood (Ref-s372473). Both men and women experience changes from several aspects in addition to other challenges.