



# Challenging Ageism: Middle-Aged Resilience and Resistance

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Middle-Aged Resiliency and Resistance Study

## Introduction

- Research on midlife is limited, with existing studies focusing on undesirable aspects—midlife crisis, empty nest (Infurna & Lachman, 2020).
- Ageist beliefs shape interactions between different generations (North & Fiske, 2012)

## Key Terms

- **Ageism**
- **Self-directed ageism**
- **Other-directed ageism**

## Research Focus

- **Qualitative**  
• Middle-aged Saskatchewan residents experiences with age

- **Quantitative**  
• Explored how age influences ageism toward others and oneself, and examining the relationship between chronological and subjective age.

## Methods

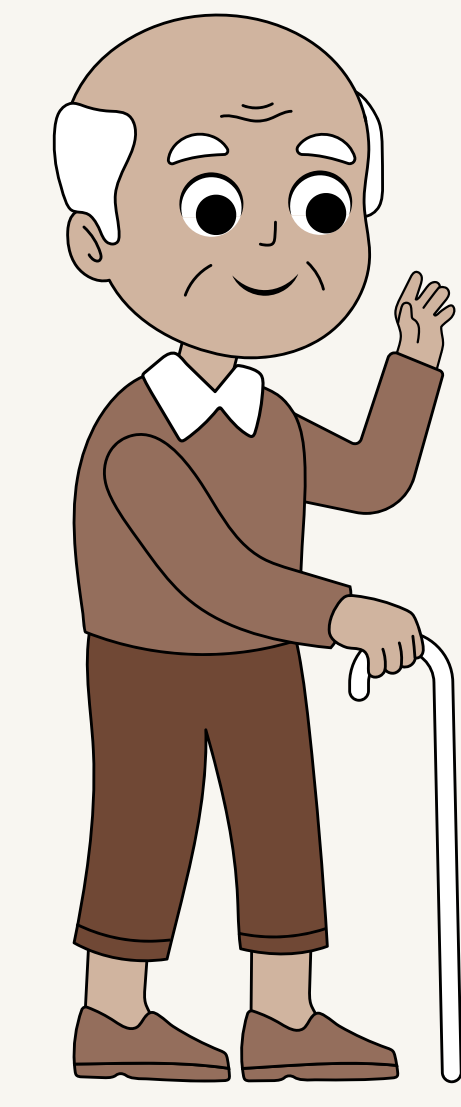
- **Qualitative**  
• 60-minute interviews on midlife  
• Codebook thematic analysis

- **Quantitative**  
• Scales for aging attitudes, mortality awareness, etc.  
• Qualtrics survey Canada-wide

## Results

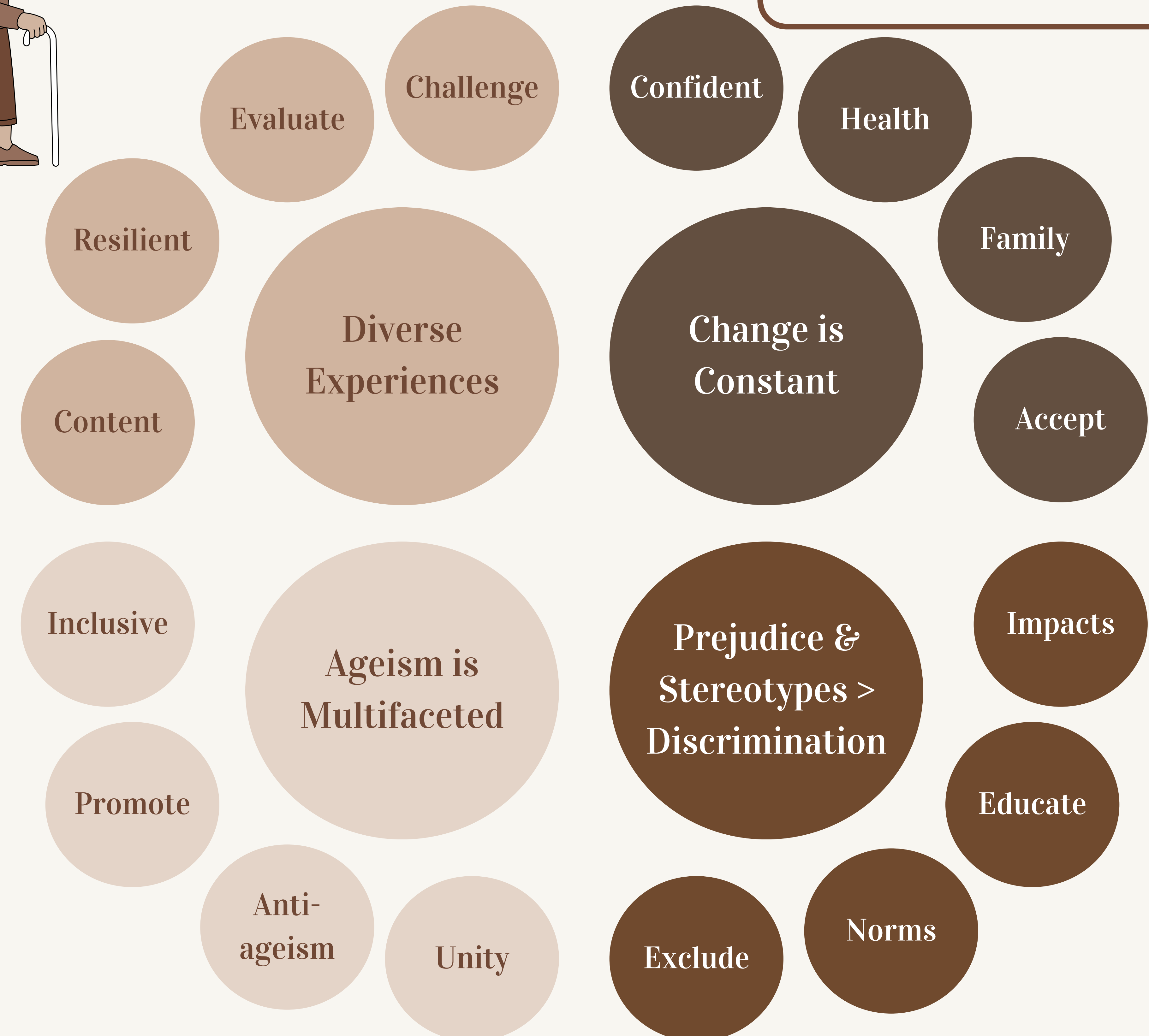
Age	1					
AAQ-SF	-.21	1				
InDI-D	.52	-.23	1			
MMA	.60	-.17	.61	1		
IGA	-.18	.40	-.20	-.14	1	
AASD	-.13	.26	-.50	-.35	.15	1

AAQ-SF: Aging Questionnaire Short Form  
 InDI-D: Intersectional Discrimination Index Awareness  
 MMA: Multidimensional Mortality Awareness  
 IGA: Intergroup Anxiety  
 AASD: Ageing Semantic Differential



Age  
AAQ-SF  
InDI-D  
MMA  
IGA  
AASD

“Ageism is either an implicit or direct bias against people based on their age.”



## Discussion

- **Qualitative**  
• The midlife experience consists of diverse experiences, constant change, and increased prejudice and stereotypes rather than discrimination.

- **Quantitative**  
• Age influenced other-directed ageism, with younger adults showing higher levels, particularly toward older adults compared to middle-aged adults.  
• Mortality awareness contributed to other-directed ageism, while intergroup anxiety was linked to self-directed ageism.

## References

- Infurna, F. J., Gerstorf, D., & Lachman, M. E. (2020). Midlife in the 2020s: Opportunities and Challenges. *The American Psychologist*, 75(4), 470–485. <https://doi.org/10.1037/amp0000591>
- North, M. S., & Fiske, S. T. (2012). An inconvenienced youth? ageism and its potential intergenerational roots. *Psychological Bulletin; Psychol Bull*, 138(5), 982-997. <https://doi.org/10.1037/a0027843>

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