**The association between ‘feeling control’ in midlife Palestinian women in the West Bank and demographical and socio-economic variables.**

A sense of feeling control can be defined as the ability to independently face the ups and downs of life by focusing on and organizing it one’s self, that is, by putting yourself in the driving seat. (1) Humans vary in the level of control they have over their own day to day activities and lives. (3) Likewise, being in control is very important because it indicates the real limitations and opportunities available for a given society. When such variances are observed on a community level, this can lead to structured inequity. (1)

Different scales have been applied in literature to develop means of measuring a person’s ‘sense of control’. One such scale measures the instinctive ability to adapt to subtle changes in response to small variations of an action result. (4) Also, there is an alternative method to monitor both the internal and external environment, the participant, in addition to their responses to different scenarios including their underlying characteristics that may influence behaviour. (4)

The sense of feeling control develops with an increase in knowledge, financial and educational status, occupational experience, work independence and work satisfaction. (2, 3, 5) However, it is understood to decrease when a person is burdened with an overbearing responsibility for household chores, and also when pressured by risk factors such as financial difficulties, insecurities at work, bad health and poor physical condition. Minority group members living in Western societies such as African-Americans and Hispanic-Americans are generally reported as feeling less in control than others do. (5) Age and gender also play a role in how independent an individual can feel. Where younger people generally feel more in control than older persons. Also women feel less in control than men in a variety of cases. (1, 5)

The theory of personal control suggests that men have a higher sense of control than women because women are typically more financially dependent, and can be more limited in terms of work opportunities, they are also more sensitive to dissatisfaction in the workplace and at risk of boredom. Lastly, they may face injustice by undertaking the lion’s share of household chores. All of these factors can shape perspective and contribute to a feeling of powerlessness. (1)

Research studies hypothesize that a women's sense of control is lower than that of a man. This variation is meaningful, (6) suggesting that this may be due to the women's sense of control being inferior in specific situations.(1) Gender inequality in this case, can directly impact a person’s sense of control, where any gaps in this sense may be more notable for woman than for men. In essence this typifies the stereotype that men feel more in control of their daily lives than women. (1, 6)

Older women may be more at a disadvantage than younger ladies for a number of reasons. Firstly they may have experienced a lifetime of difficulties in their jobs and financial commitments that have cumulated over many years, and secondly because older women may have had less work and educational opportunities, (7) including less equity in the household than compared to younger women. (8) This can also be the result of physical changes (9) that occur to the body due to midlife aging women and the subsequent menopausal process. (10)

Whilst aging is a normal process both for men and women, there are a few variations worth discussion. (2, 8) Specifically in women, the description of intelligence and emotional feeling of identification is complex compared to men. (10)

People are considered middle-aged between the ages of 40 to 65. (11) Studies report that middle-aged women become more concerned with the topic of life expectancy, (12) leading to higher cognition and reflection on aspects relating to morbidity, and mortality. This can be associated with declines in physical health and psychological wellbeing. (13)

At this age women experience menopausal effects, therefore they experience physical changes, emotional changes and ‘midlife crises’ in different ways. (11) The differences experienced throughout this period, including variations in psychological well-being, (14) are typically caused by a mixture of both aging and menopausal changes, as well as how in control the subject feels. (1, 15)

Throughout the transition through the peri-menopause, menopause, and post-menopause cycles, estrogen hormonal levels begin to decrease, interrupting a women's natural cyclical burden of estrogen and progesterone production. (14) A reduction in estrogen levels adversely affect a women's metabolism, and is a likely pre-cursor to weight gain. (16, 17)

Why is the above here? You can integrate it somewhere above, explaining the link between menopause and your research question. Otherwise, it should not be here.

The main producer of estrogen in a woman’s body is the ovaries, and when the ovaries cease to function, the level of estrogen in the blood decreases dramatically. (18) Many women undergo this transition feeling positive, both psychologically and physically. (19) However, some women have complaints about the symptoms, which include hot flashes, sadness, irritability, stress, and other health problems. (19, 20)

Some studies propose that menopausal effects are less severe for Asian women than for Westerners—at least for women who eat a more traditional diet. For example, hot flashes are recorded by only approximately 10 percent of women in Japan. (21) However, it is reported that hot flashes are faced by 75 percent of women above fifty years old in the United States. (22) These variations may be due to the different dietary and lifestyle habits. (21)

Previous studies show a relationship between the place of residence and a woman’s sense of feeling control. Urban women were reported to significantly differ from rural women when experiencing their menopauses, including changes to their interests and behaviours. Sense of feeling control decreased in urban women; in contrast, rural women experienced more control over all aspects of their life. (22)

There is a connection between the ability to control important things in people's lives, their mood, their emotional status, (3) and their feeding behaviours which include having a balanced diet. This connection is complex and it is estimated that individuals can manage their mood and ability to control important things in their lives by changing both food habits and consumption levels. ( 7)

Regarding women who are undergoing menopausal changes, dynamic integration theory indicates that menopausal effects with aging are associated with cognitive aspects and the ability to control daily life activities decreases. (21) Moreover, the elderly population is likely to face difficulties due to a lack of social interaction and can experience a very negative sense of feeling control. (22)

A recent study was done to understand the thoughts, feelings, and behaviors that middle-aged women feel about their bodies and the experience of aging. (23) It is concerned about health, identity, aging, and body image, whilst the participants were middle-aged women from the United States. (23) The outcomes indicated a degree of body dissatisfaction, unbalanced eating disorders, and weight control methods in a significant number of these women. (23) All these changes can be linked to the menopausal phase, which is commonly known to be related to unwelcome variations in physical appearance, increased dependence on others, and bad stereotypes. (24)

European women in midlife experience a decline in physical appearance value, so due to this concept, aging women suffer from undesirable changes in the physical image. (3) Those women have to face changes in physique due to their age. Aging women strongly raised concerns about the sense of inequity and feeling control in their aging experience, describing pressures they felt from the community regarding physical appearance. (3)

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Education plays a major role in the sense of feeling control among midlife menopausal women. (2) Women who are highly educated are predicted to foster a greater sense of control (3) because their backgrounds provide more chances for improvement and administration. (25)

The studies suggest that there is a relationship between sense of feeling control and work which has a significant positive impact on the sense of control. Work satisfaction is related to higher levels of control in other aspects of life, and paid employment offers greater satisfaction in contrast to circumstances faced by housebound menopausal women or unemployment women. (25, 26)

Marital status has an effect on the menopause phase, a happy marriage has a positive impact on how midlife women deal with this period. So marital satisfaction creates greater feeling control, happiness, and also pleasure during their life. (27)

You are summarizing rework please.

Further studies showed that women who suffer economic distress generally experience menopause 1.2 years earlier than other women. Also, the outcomes from a study conducted on women in midlife age (27) show a correlation with poverty and a sense of feeling control because poverty causes stress, which leads to hormonal changes, this makes women less able to control important things in their life aspects or their dietary behaviours. (15, 22)

You are summarizing rework please.

Women experience physical symptoms during the menopause phase, these symptoms change the body shape of the women which in turn affects the body composition where the fat distribution varies in the women’s bodies, reducing estrogen levels, and therefore metabolism slows down leading to weight gain. (24)

Menopausal syndrome is basically associated with cultural and individual factors. (9) Studies have attempted to define whether the different conditions which women faced during menopause are critically associated with specific biological dysfunctions, poor physical activity or psychological issues. (25)

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Physical activity is any body movement that needs energy investment by the skeletal muscles. However, lack of physical activity is related to many risk factors relating to mortality and can also aid in the prevention of chronic diseases such as hypertension. (28)

same, summarizing, not the way it should be done.

To conclude, a lack of physical activity can affect people’s health and the quality of their lives, but what variation can be seen in menopausal women during their exposure to subsequent symptoms?

Women who reported being physically active daily were 49% less likely to report physical symptoms such as hot flashes, hormone surges and drops during the menopausal phase. (24)

Physical activity affects the brain as well as impacts emotions and feelings, so women who did more exercise were less likely to suffer from depression or psycho-social disorders, they also reported fewer mood swings, more feeling control on important issues in their lives, and experienced a more stable feeling overall. (17, 28)

Arabic women in Qatar are reported to understand and experience the menopause phase in a similar fashion, in contrast, it is assumed that the menopause experiences of Western women are different. (29)

According to Omani women, who were found to show a significant association with an increased severity of symptoms in parallel to aging and lower educational levels. (30) Likewise, Jordanian women reported a strong desire to increase awareness and education on the menopause cycle on a society level, and to also provide more awareness about this phase in health clinics. (31)

In this study we have attempted to quantify the sense of feeling control depending on the ability of women to control important things in their life, in addition to getting a balanced diet during the menopause phase, i.e. controlling the way that they eat.

This literature review aims to review the association between the issue of feeling control in midlife Palestinian women and demographical and socioeconomic variables. Reviewing this association will help determine whether these variables reduce or increase the sense of feeling control during midlife.

All this too, you need to link different ideas together, not summarizing like this. Please rework

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