



## Impact of Impulsivity, Frustration Intolerance and Violence on Media on Emotional Regulation of Married Menopausal Women

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*The present research was conducted to explore the impact of impulsivity, frustration intolerance and of violence on media on the emotional regulation of married women of Pakistan. The research tries to find out the link between impulsivity, frustration intolerance and violence expressed on media with emotional disturbance in women in menopausal age so that the significant causes of disturbance and emotional sufferings in women would be disclosed and their quality of life would be improved. Correlation design was used to explore the relationship among variables and purposive sample of 300 women were taken that were married and in menopausal age. The age of the women was 40 to 55 years old. Barratt Impulsiveness Scale (Barrat, 1994), Distress Tolerance Scale (Azhar & Saleem, 2017), Content Based Media Violence Scale (Hamer et al., 2017) and Scale for the Difficulties in Emotional Regulation (Dan-Glauser & Scherer, 2013) were provided to the participants along with demographics sheet. The result reported that impulsivity, frustration intolerance and role of violence on media have a significant positive correlation with emotional dysregulation of married women in menopausal phase. The study can be helpful to comprehend the causes of emotional disturbance or dysregulation in menopausal women. It would also create consciousness in people how media has an impact on married women and would give peep into the issues of married menopausal women. This study would also be very helpful for the clinical purpose especially to the psychologist to understand the role of impulsivity, intolerance to frustration and expression of violence on media while providing therapy or counselling to menopausal married women.*



## 1. Introduction

Adulthood in Pakistani women is claimed as the most crucial phase of their life because they used to go through multiple changes physiological, hormonal, psychological and emotional in nature (Liu et al., 2021; Zylowska et al., 2018). Menopausal phase is one of the very transitory phases in life where multiple researches claimed that women used to go through lack of emotional regulation and social isolation due to persistent irritability and emotional disturbance (Farran et al., 2014). Not only this, there are few researches that link emotional problems in menopausal women with the excessive usage of electronic media as they used to imitate the content showed on media channels in their daily lives and used to excessively empathize the protagonist of the storyline displayed on the media channels (Greitemeyer & Sagioglou, 2017). Therefore, it is highly needed to conduct research that would highlight the role of different factors psychological, emotional and social in nature that used to precipitate the emotional disturbance or dysregulation in menopausal married women.

In this regard, previous data suggested that impulsivity in making decisions and responding to unusual scenarios is one of the common problems reported as a cause of lack of emotional regulation in adults (Tracy et al., 2014). However, impulsivity is defined as lack of control on oneself without any intoxication that leads to unhealthy and abrupt decision (Sani et al., 2017). Besides, there is a shortage of an empirical data that link impulsivity to lack of emotional stability or emotional disturbance in menopausal women. However, there are few traces in recent literature that claims that most of the married women claims impulsivity as one of the leading factors of continues stress and emotional deprivation (Vohs & Schmeichel, 2003).

Lack of frustration tolerance is also linked with less emotional regulation in married women (Derella et al., 2024). More often, it is claimed that women in menopausal phase used to get emotional and disturbed through the frustrated content shown on media and share their remarks than women in early adulthood (Matthews et al., 2009). Empirical research on frustration intolerance is limited in a way that most of the literature is about its prevalence, assessment and intervention in clinical population as in patients with depression, anxiety, pre-surgical conditions (Cougler et al. 2012) but women in menopausal condition is not investigated quantitatively where it is studied as a lading persistent cause of emotional problems in them.

Low frustration tolerance is often expressed by the women in late adulthood when they used to observe the violent content on electronic media especially discussion columns or drama episodes where protagonist is suppressed by the supporting characters. Imitation or excessive absorption in media figures make those women suffer mentally and emotionally (Gentile et al., 2014). More or less, in one way or the other impulsivity and intolerance to frustration are interlinked and predict a significant relationship with the expression of violence on media. Following is the research question of current study.

- What is the relationship between impulsivity, frustration intolerance and violence on media with emotional disturbance of menopausal women?



## 2. Literature Review

There are a number of researches conducted in past those link different psychological and emotional problems with the late adulthood in women especially in menopausal phase where hormonal and physical changes disturb women emotionally (Hooper et al., 2022). It is revealed through multiple other researches that impulsive behaviour is one of the frequently reported problems in late adulthood where women used to take abrupt decisions and their coping skills used to decrease (Smail et al., 2020). Not only this, women also used to frustrate on minor level of household affairs that makes them do unwanted actions and consistent emotional trauma. Not only this, due to decrease in professional and household struggle, they used to spend more time on worldly matters through the platform of media specifically new platforms (Gulliver et al., 2019). Not only this, different researches conducted in past claims that women used to be more opinionated on media discussions and they used to analyze the performance of different media persons with their individual moral standards in their late adulthood (Saquette et al., 2022). Despite of, there is a shortage of data in recent literature that tries to link impulsivity with frustration intolerance in menopausal women specifically collaborating with the role of media. The study under discussion, tries to link the exposure of violence on media channels with frustrated and impulsive behaviour in menopausal married women. Moreover, it would also observe that how impulsivity, frustration tolerance and violence of n media impact the emotional disturbance in married menopausal women.

Here, there are a number of researches that link frustration intolerance with impulsivity significantly which gives direction to further studies on both constructs in different populations (Buhr & Dugas, 2002). There are few researches conducted in past that suggested that women usually in late adulthood used to loss their control on emotions and sometimes over show their emotions in the situations where it is not demanded to express. Not only this, expression of disgust and negative emotions is one of the mainly reported symptoms of the women in menopausal age that is directly a by-product of impulsivity and low frustration tolerance (Holley et al., 2015).

Different models are presented in the recent literature on impulsivity that claims impulsivity in terms of lack of self-control of intolerance to survive in frustrating or distressed environment. One of initial research on impulsivity was explored by Fuster (2008) which described impulsivity in term of neuropsychological phenomena where prefrontal cortex controls three basic functions namely emotional control, aggressiveness and frustration control that gives direction that impulsivity has significant relation with frustration intolerance, emotional instability and aggressive behaviour (Fuster, 2008). Through this, impulsivity is linked with the expression of aggression that cause frustration and emotional strain through multiple researches conducted in past.

Precious literature shows that Albert Bandura has gained significant importance in social psychology due to the theory of observational learning. After criticism of the decades and challenged by the multiple critics of the time, the theory has established an unshakable repute. The theory claimed that a person uses to exhibit the behaviour on observational basis. A boobo doll



was taken as an object and it was assessed that how children observe aggressive behaviour of each other and replicate the aggression by hitting the doll (Qiu et al., 2021). A number of researches are present that highlighted the role of media as a source of information and influence maker in the present era therefore; its role on married women that are in fragile era of the lives cannot be neglected (Ulvi et al., 2022). There are many recent cases that media highlighted becomes a source of many other such cases. However, media is proving as an honest and using friendly police but the expression of violence is still there. Many media channels such as YouTube used to warn the viewer before showing violent content but still there is innumerable expression of violence in term of domestic violence, emotional violence and violence of animals that are becoming a significant source of emotional disturbance in women especially those who are in favour of women rights and on the animal rights consultants who believes that they are the symbol of peace (Ozdemir et al., 2020).

The research in hand tries to find out the link between impulsivity, frustration intolerance and violence expressed on media with emotional disturbance in women in menopausal age so that the significant causes of disturbance and emotional sufferings in women would be refused and smoothen their life. Not only this, the current research also gives direction to the media channels to promotes the positive content so that it would not be source of emotional issues for the sensitive population of the society such as the women in menopausal phase (Sharma et al., 2022).

## 2.1 Hypothesis

- It is likely to say that there would be a significant positive relationship between impulsivity, frustration intolerance, violence on media and emotional disturbance in menopausal women.

## 3. Method

### 3.1 Participants

A sample of 300 women in menopausal phase was selected through purposive sampling technique from Lahore Pakistan. Participants were of the age from 40 to 55 years ( $M = 22.78$ ,  $SD = 1.75$ ). However, women in menopausal phase were selected only rest were excluded. Those women who did not have kids and employed were also excluded due to not fulfilling the criteria of the research.

### 3.2 Measures

#### 3.2.1 Barratt Impulsiveness Scale (Barrat, 1994)

Barratt Impulsiveness Scale was used to explore the impulsivity and its expression in participants. 30 items of Barrat scale was in 4 points Likert scale. It has three factors namely, *Attentionl*, *Motor* and *Non-planning*.



### 3.2.2 Distress Tolerance Scale (Azhar & Saleem, 2017)

To examine the expression of frustration or distress tolerance in married menopausal women, Distress Tolerance Scale was employed. The tool had 49 items with 4-point Likert scale where 0 express never and 4 being very often. Moreover, Distress Tolerance Scale is of two factors namely *lack of emotional regulation* and *negative appraisal*. Distress Tolerance Scale has Cronbach alpha vale of ( $\alpha = .90$ ).

### 3.2.3 Content Based Media Violence Scale (Hamer et al., 2017)

To assess the impact of violence exposed through media on married menopausal women, Content Based Media Violence Scale was given to the participant women. The scale consists of 17 items based on a 4-point Likert scale where 0 was never and 4 being very often. There are two factors namely *Antisocial aspects* with 8 items and second factor is *Neutral media content* with 9 items. Participants who scored high represents the population who is most impacted by the violent content on media and low scores represents the lack of impact of media on the women.

**3.2.4 Scale for the Difficulties in Emotional Regulation (Dan-Glauser & Scherer, 2013).** In order to assess the emotional regulation in participant menopausal women, Difficulties in Emotional Regulation Scale was given to them with rest of the tools. The scale is universally accepted as a standardized tool for assessing the emotional regulation in adults. It consisted on six factors namely *Non-acceptance, Goals, Impulse, Awareness, Strategies and Clarity*. It was a Likert Scale with 36 items to assess the emotional regulation in adults.

## 3.3 Ethical Considerations

All the ethical principals were kept in mind while conduction this research especially confidentiality of the participants. Names of the participants women were not called anywhere and their respect was prioritized during the research.

## 3.4 Procedure

After the approval for this research from Institutional Review Board (IRB) the informed consent was taken from the participants and research protocol was given to them to fill that. detailed instruction regarding research was given to the participants. All the queries of the participants were answered and a calm environment was provided to them.

## 4. Results

### 4.1 Demographical Details

The Table no 1 indicates the descriptive presentation of percentage and frequency of the Details of the participants.



**Table No 1: Frequency and Percentage of the Demographics of the Participants namely Age and Number of Years with Menarche (N=300)**

Demographics	F	%
Age	300	100
40-45	94	31.4
46-50	104	34.6
51-55	102	34
Number of Years with Menarche	170	100
0-4	188	62.6
5-8	112	37.4

Note. F= frequency, %= percentage

Results in this Table shows that there were about 94 menopause married women in the sample who belonged to age group of 40 to 45 years with percentage of 31% and 104 women were 46 to 50 years old that were 34% of the sample. However, there were 102 menopausal women were in age range of 51 to 55. Moreover, results of the study also claimed that there were 62% women who were in the phase of menarche from past 0 to 5 years and 37% were in menopausal phase from past 5 to 8 years.

#### 4.2 Correlation Analysis

**Table No 2: Pearson Correlation, Mean and Standard Deviation of Impulsivity, Frustration Intolerance, Violence on Media and Emotional Regulation in Married Menopausal Women (N = 300)**

Variables	1	2	3	4
1. Impulsivity	-	.45***	.45***	.44***
2. Frustration Intolerance		-	.44***	.45***
3. Violence on Media			-	.44***
4. Emotional Regulation				-
M	62.98	36.42	51.35	54.44
SD	20.69	14.01	16.99	15.94

\*\*\* p < .001

The results explains that Pearson Product Moment Correlation explored the association between Impulsivity, Frustration Intolerance, Violence on Media and Emotional Regulation in Married Menopausal Women. Findings of the study indicated the significant positive correlation between Impulsivity, Frustration Intolerance, Violence on Media and Emotional Regulation. These findings depicted that impulsivity, tolerance to frustration and expression of violence on media are significantly linked with emotional dysregulation in menopausal married women.

#### 4.3 Discussion

This study was conducted to explore the relationship between Impulsivity, Frustration Intolerance, Violence on Media and Emotional Regulation in Married Menopausal Women. It





assesses the reasons behind emotional disturbance and dysregulation of the menopausal women in their adulthood because there are numerous researches that suggests emotional issues in late adulthood are the dominant in their life and further causes several negative outcomes in their lives such as lack of conducive relationship with the spouse and in laws (Gulliver et al., 2019; Victor & Klonsky, 2014).

Moreover, intolerance to frustration is a commonly reported problem in adults that are misinterpreted or confused with stress or anxiety. Therefore, it was highly needed to conduct a significant research that would highlight the leading factors that facilitate intolerance in adults. In this regard, results of the present research is justified with the previous researches conducted in past which claims that impulsivity is significantly related to frustration intolerance and impulsive behaviour is caused by lack of self-control in troubling situation that is the predictor of frustration intolerance (Holley et al., 2015).

Results of the study suggested that impulsivity and frustration intolerance are significantly positively correlated with each other and negatively correlated with emotional regulation which is also verified indirectly through previous researches conducted in past as they claimed that frustration or distress intolerance and impulsivity are the significant predictor of emotional disturbance in adults (Sani et al., 2017). Therefore, the research in hand would give direction to further researches and facilitate the interventionists to work on tolerance and self-control of the adults to avoid emotional disturbance and related issues in them.

Not only this, result of the study suggested a very dominant role of media on the lives of the adult menopause women and claimed that it has a significant influence on the emotional life of the women (Saquette et al., 2022). Therefore, it is needed on the part of the therapists or reforms to create awareness in married women especially in menopausal or pre-menarche phase to avoid impulsive actions so that the evil would be nip un the bud or emotional issues would be decreased.

## **5. Conclusion**

The present research is an interesting work to find out the relationship between Impulsivity, Frustration Intolerance, Violence on Media and Emotional Regulation in Married Menopausal Women. This study highlighted a significantly claims negative impact of Impulsivity, Frustration Intolerance, Violence on Media on Emotional Regulation of the menopausal women.

### **5.1 Limitations and Suggestions**

Notwithstanding the novelty of the topic the sample size is quite small to generalize its results on broader level. Moreover, data of menopausal women was gathered from women living in urban areas and it might be possible that women from rural areas show different expressions. In this regard, it is needed to conduct more researches in future on menopausal women so that their quality of life might be improved.

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