



CLIMACTERIC PERIOD OF WOMEN 40+ AS A STAGE OF SYSTEMIC PERSONALITY TRANSFORMATION IN THE CONTEXT OF THE INTEGRATIVE MODEL OF SEVEN LINES OF ECOLOGICAL THINKING (MINDECO)

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***Abstract** The climacteric period in women over 40 has traditionally been viewed primarily in a medical and deficit-based context, associated with losses, reduced functional capacity, and deterioration in quality of life. This article proposes an integrative psychological approach in which the climacteric period is analyzed as a stage of systemic personality transformation with significant resource potential. The theoretical foundation of the study is the author's model of seven lines of ecological thinking, MindEco, developed since 2020 and applied in psychological practice. It is shown that the development of ecological thinking reduces self-destructive strategies and fosters a resource-oriented perception of the climacteric period as a stage of maturity.*

***Keywords:** climacteric period, women 40+, ecological thinking, systemic personality transformation, integrative psychology, MindEco*

Introduction

The climacteric period increasingly coincides with the active phase of a woman's life, when she has already achieved professional and personal milestones, possesses rich social experience, and seeks further self-realization. Despite this, it is still often perceived as a time of decline and regression.

Integrative psychology allows us to view this stage as a normative age-related transition, linked to the restructuring of identity and life strategies. Importantly, this involves not only physiological changes but also a profound transformation of personality, which can become a source of new meanings and opportunities.

Theoretical and Methodological Foundations

In the works of E. Erikson, D. Levinson, and C. Jung, mature life stages are considered periods of reevaluation of one's life path and the search for new foundations of identity. Erikson highlighted the crisis of "generativity versus stagnation," when individuals strive to pass on experience and care for future generations. Levinson described the "seasons of life," emphasizing transitional phases, while Jung associated maturity with individuation and the integration of the unconscious.

In Russian psychology (S. L. Rubinstein, A. N. Leontiev, B. G. Ananyev), personality is understood as an active subject of development, capable of self-regulation and reinterpretation of life. This perspective allows us to analyze the climacteric not as an "end," but as a systemic transformation that opens new horizons.

Climacteric Period as Systemic Transformation

Hormonal and neurophysiological changes affect emotional regulation, self-esteem, and social identity. Women may face anxiety, feelings of loss of attractiveness, or reduced energy. However, within an ecological approach, the climacteric can become a period of personal growth, inner autonomy, and reevaluation of values.

It is crucial to emphasize that crisis is not only difficulty but also opportunity. At this stage, women may free themselves from imposed social roles, gain inner independence, and focus on what truly matters.

The Integrative Model MindEco

The MindEco model of ecological thinking has been developed since 2020 and includes seven lines:

1. Attitude toward self — acceptance of changes, development of positive self-esteem.
2. Health — care for the body, disease prevention, balance of physical activity and rest.

3. Finances — conscious resource management, overcoming deficit-based thinking.
4. Thinking — cognitive flexibility, rejection of self-destructive strategies.
5. Environment — building supportive social connections, ecological communication.
6. Brightness of life — maintaining interest in new experiences, hobbies, travel.
7. Meaning and spirituality — search for deeper foundations of existence, integration of experience.

Together, these lines form a holistic system that enables women to perceive the climacteric period as a resourceful transition.

Application of the Model in the Climacteric Period

Psychological practice demonstrates that applying the MindEco model contributes to:

- reducing anxiety and feelings of loss;
- strengthening resilience to stress;
- developing self-support skills;
- reevaluating life goals and strategies;
- reinforcing social identity.

For example, work along the line “Attitude toward self” helps women accept changes in appearance without dramatization, while the line “Brightness of life” encourages the search for new sources of joy—whether through creativity, travel, or volunteering.

Thus, the model serves not only as a tool of psychological support but also as a pathway to personal growth.

Practical Recommendations

1. For psychologists and coaches — use the MindEco model as a foundation for individual and group support programs.

2. For women 40+ — view the climacteric as a stage of maturity rather than decline; keep a journal of changes and record new achievements.
3. For social institutions — create educational and cultural projects that support women during age-related transitions.

Conclusion

The climacteric period represents a stage of systemic personality transformation. The integrative MindEco model allows us to view it as a resourceful transition and a foundation for further personal development. Shifting the focus from deficit-based perception to ecological thinking opens new opportunities for mature women.

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