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Reposition Malaysian's Social Neuroscience Life Cycle Paradigm to Resolve the Midlife Mystic

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ABSTRACT

This investigation examines, via phenomenological qualitative analysis, on the agony of midlife progression shocked many underwent, when march in to the beclouded forty unprepared due to society knowledge deficiency on the existent of midlife phase. Thus, the key research objective is to reposition the subject of life cycle paradigm by setting a new psychosocial parameter for each life phase by defining it from the social neuroscience perspective, so that to devise a new model of social neuroscience life cycle paradigm for Malaysian. A qualitative inquiry on the individual's lived phenomenological experiences within the social structure is done by face to face interview, then snow ball to people around them by survey form. A total of N=221 Malaysian participated voluntarily by answering three fundamental questions to elicit their personal life experience on the social neuroscience dimensions. The answer is scripted for thematic analysis and tested by SPSS. 68% of data collected from people originated from other states, thus the statistic could then be considered as Malaysia's. Three major finding resulted. Firstly, there are four episodes life cycle of life span on one's whole life, yet only 15.4% of Malaysian acknowledge the existent of midlife episode as a process and majority (76%) define life process as a simple three episode process. Secondly, the accretion of 11 social neuroscience dimensions in one's life course, and reveals a mystical existent of social assumed illusion on midlife as steady stage outwardly with specialised skills, which has wrapped up their inward neuroscience struggle of vulnerability that need emotional regulation of this latent effect. Thirdly, when the two finding are mixed, a new look of Malaysian social neuroscience life cycle paradigm named as "The 28,000 days of four episodes social neuroscience life cycle" is born and presenting a new era for whole life transition analysis. The two immediate contribution of this study produces a new era concept that has walked Malaysian from knowledge darkness of life episodes by elevating life cycle paradigm into a new level on social neuroscience aspects, and, invented a crisis predictability to curb the hidden explosive crisis dynamic, though not able to eliminate it during midlife. Process from here, next research should be on a bigger quantitative scale research dynamic of psychosocial factors which trigger specifically hidden midlife crisis knowledge deficiency.

Keywords- social neuroscience, life cycle, midlife.

I. INTRODUCTION

Often, when we talk about the paradigm of life phases, three distinct stages come to mind: childhood, adulthood, and old age. However, there is a greater degree of prosody to the human life cycle. Midlife, somehow, always an omitted phrase of its existent and is lost in mystery (Palk, L. C. 2015). As a result, a baffling loss emotion of life purpose is triggered that cause "human hibernation" has conquered the soul of many during midlife without knowing the reason behind (Boey, 2022). Researchers have invested tremendous effort of focus toward the younger and older generation than those in their midlife (Lachman, 2004), yet, commonly is still lacking of attention given to middle age adults (Lachman, 2015). Despite the cumulative lifelong abstract development and little is known about development in midlife which consequently leads to many mystical misconceptions (Infurna et al., 2020). The ambiguity of the age range for each life cycle stages has made the study of midlife a tough and mystical journey (Infurna et al., 2020). This study, thus, to aim to resolve the three mystical repertoires of midlife, namely its existent, the age range for each life cycle stages, and, the social

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neuroscience (hereafter referred to as S-NrS) embedded in each life phrase. The ultimate objective is to reposition the subject of life stages paradigm from S-NrS perspective from current confusion and contradiction that has led to tremendous meaning complication (Zhang et al., 2018).

The significant of this study is to dip the finger into the ocean of wisdom to have a catch of the theoretical gap by reformulating the life cycle paradigm and felt the warm of intelligence through examining the chronicle age range and S-NrS patterns so that the thwarted path of life cycle mystery could be made straight for an effective future intervention exercise on any midlife mystic (Barha, C. K., 2020). Since the social network composition of an individual at the earlier stages has a direct impact on the development into midlife (Infurna et al., 2020), and life cycle has studied on from numerous perspectives like economic, social, biological and environmental, yet the literature gap of S-NrS perspective of life cycle is still left untouched. As such the framework of psychosocial maturity development in life journey is a topic that must be studied (Orenstein, 2021).

Therefore, the accomplishment of the research objective on reposition life cycle paradigm by setting a new psychosocial S-SrN parameter for each life phase to resolve the midlife mystic is planned by two tiers development. Firstly, to chart out the data of number of life span episodes in one's life journey by chronological age range, followed by the establishment of the essential S-NrS factors embedded in each life episode that affect the choices made for a healthier living of an individual in their life course. Secondly, each established data is checked by SPSS for validity and reliability. The exploration started by analysing 221 participants of their life phenomenal through three interlinked open-ended survey research questions who are from age 30 to 60. The questions are as followed:-

- Question 1: How many episodes of life process in a person's life?
- Question 2: What is the chronicle age range demographic for each episode?
- Question 3: What are the social neuroscience factors in each episode of life?

II. LITERATURE REVIEW

The question of what life cycle paradigm is, one must look into the current available literature from three dimensions. They are as followed:-

a. Number of stages for life cycle

Life cycle is defined as a series of sequential events that interlinked stages like the power cable (Zhou, 2017). Nonetheless, there is no clear answer as to how many stages of pavement of life cycle in one's life, and each theory are contradicting with one another (Jirásek, M., & Bílek, J. 2018). The environment and social life cycle assessment defined by international standard divided into the 4 phases (Chang et al., 2015). But, Hauschild (2018) define it as 10 life cycle. Whereas Chang et al., (2018) grouped into five life stages. Jung (1933) define it as three, the morning, afternoon and evening of life. Truly, this confusion of the diverse depictions of life stages should be ended (Jecker, N. S. 2020).

b. Chronicle age range for each life stages

Since the landscape of the life cycle is confusing and inconsistent, the establishment of the age range is an uphill task. According to Chang et al., (2018) 5 stages life cycle, it is pre-schoolers (3–4), children (5–13), youth (14–17), adults (18–64) and older adults (65–79). However, based on the life course and life span literature, table 1 provides a little guide of the perspective of the age range.

Table 1: **Life course and life span analysis of midlife concept**

Theories	**Age range of life stages**				
Life course (Three stages)	**From born to Youth adulthood**		**Midlife**	**Old age**	
Life Span (Five stages)	Below 20 (From infancy and toddlerhood to middle childhood and adolescence)	20-40 (Young adulthood)	40-65 (Middle adulthood)	66-75 (Late adulthood)	Above 75 (Old)

At what age range is considered midlife? From the age perspective, there is no clear demarcation on this subject of midlife timing as to when it starts, at what age range and when it ends, instead a wide variability of age range used (American Board of Family Practice 1990, Lachman et al. 1995). Typically, the most common conception is that midlife begins at 40 and ends at 60 or 65 (Lachman et al. 1994, Lachman & James 1997), and there is at least a 10-year range on either end, so that it is not uncommon for some to consider middle age to begin at 30 and end at 75 (Lachman 2001). A study by the National Council on Aging (2000) in America, nearly half of the respondents ages 65 to 69 considered themselves middle-aged, and one third of them in their seventies think of themselves as middle-aged. Similar findings from a study of Boston where half of the men and women between the ages of 60 and 75 considered themselves to be in middle age (ME Lachman, H Maier, R Budner, unpublished manuscript, Portraits of Middle Age: When and What is Midlife?). Simply put, midlife as being in the

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middle of life, as stated in an old French proverb, "Midlife is the old age of youth and the youth of old age". For Jung (1933, p. 108), it is the afternoon of life in his essay on "The Stages of Life". From functional perspective, "midlife" is best defined by balancing variety of roles, life progressions, opportunities, and demands (Infurna et al., 2020). Recently it is been conceptualized as a pivotal period in the life course with the central role for the success and development of other people in the family, workplace, community, and society at large (Lachman et al., 2015). Many attach an implied bias privilege values on midlife people (Jecker, N. S. 2020).

c. Scope of social neuroscience dynamic of each stage life cycle

Even the scope and definition of S-NrS life cycle matrix are variable. According to Hauschild (2018), one's life is impacted by 8 Scopes Definition. For Harvey (2016), however, the framework for the life meaning should be aimed measured by the needs for each stage. To Curran (2017), the study of life cycle effort is gauged by a defined function (functional unit). For Campos-Guzmán et al., (2019) the sustainability of each stages is an ideation of merging three dimensions: environmental, economic and social). Notwithstanding, at different stages of life course when age change different social-cultural emerged, individuals face unique challenges and opportunities (Horne et al., 2018). Thus, it is apparent that to portray the scope of S-NrS accurately is a challenging and complex task because the ideology are so diverse and variable.

III. METHODOLOGY

A phenomenological qualitative method is adopted in this paper to seek and elicit the direct personal life journey experience of participants to describe the phenomenon. Qualitative research approach could be as important as quantitative one as long as it meets the common goal of improving the quality of life (Ataro, 2020). A three interlinked open-ended survey questions is done in two stages which reach a total of 512 people. However, 245 people answer and replied which is 47.8% of taken on ratio. After taken into account of the incomplete forms, a final number of 221 Malaysian working group adult participants confirmed. The two stages field survey are as followed:-

a. Data collection

- Stages 1: Simple random sample in-person interviews.

The initial random approach of 212 working people for invitation to participate in face to face survey which was carried out in a kiosk located in PJ 33 Plaza. This method is adopted because three multiple stories office blocks is in the building that attract rich variety of public working Malaysian ethnic crowd for the goal of participants observation to access a deep understanding of their values, beliefs, and way of life. 132 participants were interviewed by answering the three self-descriptive questions. The answer is voice recorded with permission for the data analysis.

- Stages 2: Snow ball mobile mass surveys form approach

The snow ball approach is roll out by sending a survey form to the 132 stage 1 participants immediately after the interview which they have helped to forward the form to their office colleagues. Surveys form help gauge the representativeness of individual views and experiences, which reach another 300 people. 89 responded to the questions.

After the collected data is compiled from the two sources, the answer sheet is sent back to the 221 participants to counter check and confirm for accuracy. Although all these people are all in Klang Valley, nevertheless, 68% of the participants are not originally from Kuala Lumpur, they are coming all over from every part of Malaysia but to stay here for working purpose only. As such, the statistic is considered Malaysia. Thereafter, the data collected is being analysed, tested and reposition by a three tiers investigation as followed:-

b. Data analysis methodology

- First tier: Process of elicitation and assessment

Three main areas for data extraction and assessment is carried out, namely, number of life stages; social components and S-NrS factors in each life cycle stages. The transcription of phenomenological data from participants survey form is analysed by Castleberry (2018) four stages data processing analysis.

➢ One, the life phenomena content is compiled according to social construct and neuroscience responses (Neuro-responses within the social construct) data categories in which participant's psychosocial development in a real sense of emotional attachment to a phenomena within a social construct at different life stages.

➢ Two, conceptualize the social construct of phenomena into brackets (components) whereby the similar phenomenological events' component is bracketed according to different life stages and each component is named.

➢ Three, delineating neuroscience responses into units of meaning for each life stages.

➢ Four, clustering of units of meaning by reducing the similar meaning into S-NrS factor to form themes by coding the social-neuro responses data to achieve the inter-coder agreement content validity and reliability which ultimately the specific theme for each stages of the S-NrS dynamic reached.

- Tier two: Data validation by SPSS

The extracted and interpreted data from tier one is being validated for the accuracy by SPSS V25 through Principle Components Analysis.

- Tier three: Reposition S-NrS Life cycle model

Thereafter, the SPSS validated data is reformulated a new framework in accordance to the research aims by reaching a social neuroscience life cycle paradigm in Malaysia.

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IV. ANALYSIS AND RESULTS

a. Tier one: Initial raw data extraction

The objectives of the tier one data extraction is to enunciate three basic information: the number of life cycle stages in one life; the social components of life cycle; the array of S-NrS factors in each stages of life cycle. Following (see table 2) are the initial analysed data from the 221 working adult Malaysian participants of their personal S-NrS aspects life cycle experience within the social construct:-

- Life cycle episodes: 6 stages in one life cycle
- Social components: 6 brackets unit meaning according to life cycle stages.
- S-NrS clusters: 19 S-NrS factors scope of definition.

Table 2: **Basic data from 221cohort for S-NrS life cycle paradigm**

Life cycle episodes	Social Component brackets	Social neuroscience factor clusters
1st stage: Baby	Developing	1. General skill acquisition 2. Diversity acclimation 3. Niche building 4. Cognition
2nd stages: Adolescence	Learning	1. Socio-emotional development 2. Stereotypes 3. Enterprisers activity 4. Peers influence
3rd stage: Adulthood	Striving	1. Career expectation 2. Possession acquisition 3. Responsibility shouldering 4. Social recognition structures
4th stage: Midlife	Stabilizing	1. Presuppose specialisation 2. Latent regulation 3. Life re-circumscribing
5th stage: Retire	Maturing	1. Life insight advisor 2. Social-association detachment
6th stage: Old	Declining	1. Biological health downturn 2. Abandoned

b. Tier two: Data analysis by SPSS according to research questions

- First question: how many episode of life process in a person's life?

The objective of this question is to endorse the soundness of general public perception on the number of stages of life cycle for further legitimatise pursue of actuality. Table 3 shows a distribution of raw data from the 221 self-descriptive participants, reveals the hypothesis that there are 6 stages in one life cycle, there are 213 candidates (96.4%) who acknowledge the existent of at least two stages of life, namely, young and old stage. However, a stunning fact is that 168 participants, representing majority of Malaysian (76%) in this study omitting midlife as a stage in their life and identified life cycle as three stages journey. Only 34 participants (15.4%) recognise the existent of the midlife stages in a person's life. Adolescence is being recognised by even a smaller percentage of 6.1% candidate only.

Table 3: **The distribution of life stages and the definition of the stages**

Number of stages	No of participants	Percentage	The stages definition
2 stages	11	4.9	Young and old
3 stages	168	76	Young, adult, old age
4 stages	21	9.5	Young, adult, midlife, old age
5 stages	10	4.5	Child, adolescence, adult, midlife, old age
6 stages	3	1.4	Baby, adolescence, adult, midlife, retired, old age.
Don't know	8	3.6	
Total	221	100	

Nevertheless, when the initial finding of 6 stages life cycle with 19 social neuroscience factors is analysed by scree plot (see figure 1). The result shows a visual portrayal of 4 plot bends of 11 social neuroscience factors

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with eigenvalues above 1 from a total of 19 S-NrS factors, and 2 plots with 8 S-NrS factors with eigenvalues below 1. Since the acceptable eigenvalues to retain the factors is above 1 with the variance explained not less than 60%. Henceforth, the finding in this question concludes that there are 11 factors with variance explained of 68% is to be retained, which make up of 4 stages of one life cycle in this exploratory factor analysis.

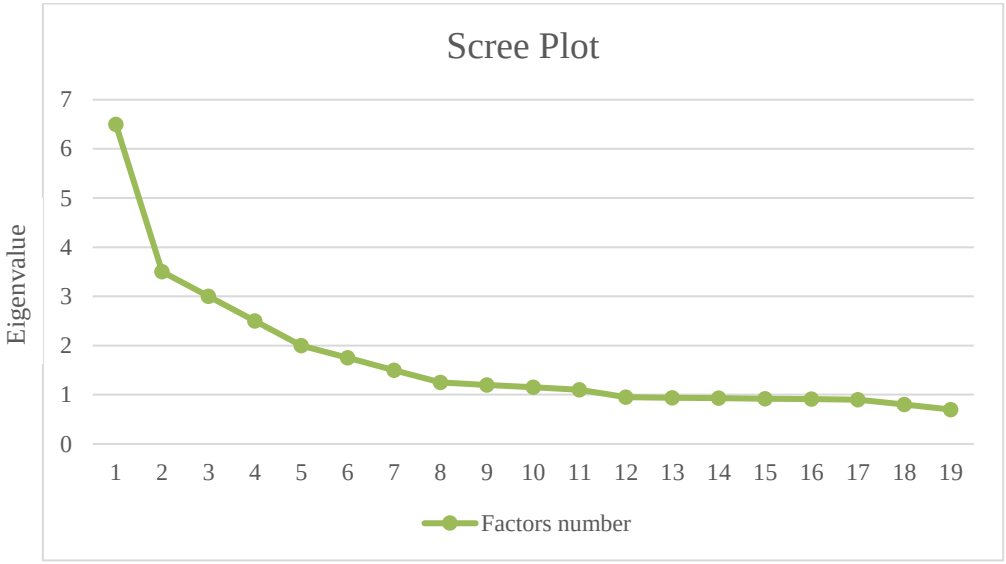

Figure 1: **Scree plot of 6 stages life cycle with 19 S-NrS factors from 213 cohort**

Two immediate issues arise. Since life is one complete entity and every cycle makes up of the entirety which cannot be added or eliminated, thus, the first issue is that which of the two stages should be combined with other stages to arrive the 4 components stages reality out of the 6? Second issue is about which 11 factors to be retained out of the 19? Second issue shall be addressed in research question 3 later.

To solve the first issue of deciding which of the four stages is to stand independently and the other two stages merged with any of the four, two values are needed. First value, Pearson correlation test to measure the coefficient strength of the linear relationship level between any of the two stages. Pearson correlation has a value between -1 to 1. Value -1 means a total negative linear correlation, 0 being no correlation, and +1 means a total positive correlation. Second value, Sig.(2-tailed) p-value to shows if the correlation is significant at a chosen alpha level. If the p-value is smaller than the significance level (α =0.05), the null hypothesis is rejected in favour of the alternative. The strongest correlation of 2 stages can be combined to one and the medium or low correlation value must stand alone as an independent stage. Following (see table 4) are the results from the 36 pairs from 6 stages of life:-

Table 4: **Coefficient values of the 36 pairs from 6 stages of life of linear relationship**

Linear relationship pair	Correlation Coefficient ® and (p) Value	Direction and Strength of Correlation
1 stage & 2nd stage	Pearson correlation: 0.838 Sig.(2-tailed): .000	Very strong association
5th stage & 6th stage	Pearson correlation: 1 Sig.(2-tailed): .	Perfect association
The rest of 34 pairs amongst 2nd to 5th stage	Pearson correlation: 0.5 to -1 Sig.(2-tailed): 0.029 – 0.395	Moderate, weak and no association

It is, therefore, concluded that 2nd, 3rd, 4th & 5th stage is remained independently. However, 1st (developing) and 2nd (learning) stage, and, 5th (retired) and 6th (old) stage, are with significant internal consistency which can be merged as one stage. Thus, the final finding to this question is that there are 4 strong correlation episodes life cycle in one life, which is conforming to the 4 bends in scree plot. They are as followed:-

- 1st episode: Young stage (96.4%)
- 2nd episode: Adult stage: (91.4%)
- 3rd episode: Midlife stage: (15.4%)
- 4th episode: Elderly stage: (96.4%)

The 4 episodes S-NrS life cycle finding of this study is on par to Chang et al., (2015) 4 phase's environment and social life cycle. It is also similar to the 4 stages life cycle as defined by international standard. To the contrary, the literature of life span and life course theory (see figure 1 above) that has stipulated the 5 stages

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life cycle at different age range, the confusion of the 10 diverse life stages cycle depictions of Hauschild (2018), Chang et al., (2018) finding of five life stages, and, Jung (1933) the morning, afternoon and evening of 3 life timing, with due respect, is standing at the different footing. Meanwhile, first mystic of the non-existent of midlife by the public assumption of the 3 stages life cycle is now confirmed as inaccurate. Hence. This study has cleared the midlife mystic by making known to the public of the actual existent of midlife as a stage of S-NrS life cycle.

- Second question: what is the chronicle age range demographic for each episode?

The specific evaluation objectives of this question is to verify the life span chronicle age demographic from each life episodes within the social construction. The raw data collection is focusing on the 213 participants who has answered the question of the number of stages in life cycle only rather than from the total 221 participants cohort.

An age range scales is designed for the participants to pick to form their personal age range array of the life cycle stages. It was done by day range scale instead of year range. Reason being, age has identified as a numeric variable type which is also considered as a ratio variable. Ratio, because the age variables have a logical sequence which begin from a new born till the dying duration, and, life progression with the quantifiable different range of same values for each stage. Example 0 to 10 as one range ratio and 10 to 20 years as another range of same values.

To achieve the actual age ratio of quantifiable different range of same values by year is simply impossible for the assessment of the average age scale. That is why the day count scale is adopted here. Why impossible? World Health Organization (WHO) data published in 2018 of life expectancy in Malaysia shows that male lives up to 73.2, and female up 77.6, where the average life expectancy for Malaysian is 75.3. Whereas the data of Malaysian life expectancy in 2020, one can live up to 76.22 years. Thus, with the current presumption of a constant increase of life expectancy of 0.19% per year, by year 2022 and 2023 life span is 76.51 and 76.66 years respectively. The year count into quantifiable same values range is arduous. In order to make the numeric age data variable into quantifiable ratio variable with same value of each stage, the years, is turned into number of days count with the average lifespan in Malaysian "life bank" today as proximately 28,000 days. As such bird's eye view of the data appeared which is showed in table 5 as eight age range scale by day count.

- Whole Lifespan cycle: 28,000 days (Numeric variable)
- 4 stages of Life course: 7,000 days per stage (Ratio variable)
- Stage range: 3500 days per range.

Table 5: Eight age range scales of life cycle

Life cycle range	Day range scale
1st	0 day - 3,500 days
2nd	3,501days - 7,000 days
3rd	7,001 days - 10,500 days
4th	10,501days - 14,000 days
5th	14,001 days - 17,500 days
6th	17,501days - 21,000 days
7th	21,001days - 24,500 days
8th	24,501days - 28,000 days

The 8 selected number of age range is subject to the reliability test of it internal consistency by Cronbach's alpha test to measure the scale reliability on how closely the average inter-correlation among the set age ranges are as a group. Cronbach's alpha test is an appropriate test here because the items description of the age range involve the latent meaning of the hidden conscientiousness which is unobservable by the human, which this test is perfect to analyse such latent meaning. The basis for Alpha reliability coefficient for all the items must be 0.70 or higher to be considered as acceptable. Table 6 are the results after deleted 4 extra items.

Table 6: **The 4 ranges life cycle with 4 descriptive items from 213 cohort.**

Case processing summary				Reliability statistics	
		N	%	Cronbach's Alpha	N of items
Case	Valid Excluded Total	213 .0 213	100.0 .0 100.0	.908	4

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From the initial 8 ranges life cycle with 8 descriptive items, Cronbach's alpha value of .612 shows a questionable reliability. Thus, after a numerous of "N of items" deletion as suggested in "Item-Total Statistics" with the Cronbach's Alpha value if a specified item deleted, finally reaching a point of remaining 4 ranges life cycle with 4 descriptive items with .908 Cronbach's Alpha values. This finding representing an excellent internal consistency with a significant inter-correlation among the items. Therefore, the concluded finding in this study is now accepted as valid four descriptive stages items of social neuroscience life cycle with the 7,000 days each stage. This finding is congruence with the finding in question 1 where 4 episodes life cycle found. Midlife during the 1,401 to 2,100 days as a valid stage and the deemed non-existent mystical stage is now should be expelled from the mind of the general public. Henceforth, the following is the new journey of discovery of the social neuroscience life stage finding by the measurement of day count.

- Episode 1 (Young stage): Developing 0 to 7,000 days
- Episode 2 (Adult stage): Striving 7,001 to 14,000 days
- Episode 3 (Midlife stage): Maturing 14,001 to 21,000 days
- Episode 4 (Elderly stage): Declining 21,001 to 28,000 days

The finding of this paper is similar to Lachman et al. (1994), and, Lachman & James (1997) where midlife begins at 40 and ends at 60 or 65. Chang et al., (2015) argument of the environment and social life cycle assessment defined by international standard which divide life cycle into the four phases is on the same footing to the current research paper of the 4 episodes of life cycle. However, Hauschild (2018) with 10 Life Cycle is a little way too far-fetched from the finding of this paper. With this finding, the second mystical on age range dispelled and age range for each stages of life cycle is unfurled.

- Third question: What are the social neuroscience factors in each episode of life?

The purpose of this question is to examining the psychosocial dynamic that has taken place in each episodes of one's life so that to form a coefficient S-NrS dynamic which lead to the formation of the model of Malaysian S-NrS life cycle paradigm. The aboriginal result of 19 S-NrS factors is co-analysed across the entire 213 respondents from Principal Components Analysis (PCA) and the values from SPSS are as followed:-

Table 7: **The Values from 213 cohort for the 11 S-NrS factors**

Full cohort	Total variance explained	KMO values	Communality	Matrix pattern (Coefficients)
213 sample	Eigenvalue above 1: 11 factors Total variances strength: 68%	0.902	Above 0.4	Above 0.3

From the total of 19 S-NrS factors, the results from table 7 shows that only 11 coefficient factors that should be retained. KMO values has indicated the sampling of 213 is adequate for the analysis. After the elimination of 8 factors with Eigenvalues below one from the total variance explained, which is also a similar set of 8 factors with communality below 0.4 that has little in common with the other factors. Ultimately, a total of 11 factors with the group solidarity strength of 68%, standardized underlying observable element in common of coefficients to all other factors as a set is retained. The major finding took place, where the 11 scope of S-NrS factors for the 4 episodes life cycle from 213 participant's life experience emerged from the deep ocean of wisdom.

Table 8: **The 11 scope of S-NrS life cycle paradigm for 4 episodes life cycle**

Episode	Dimensions	Social neuroscience dynamic
Young	Developing	• General skill acquisition • Diversity acclimation • Niche building
Adult	Striving	• Career expectation • Possession acquisition • Responsibility shouldering
Midlife	Maturing	• Presuppose specialisation • Latent regulation • Re-circumscribing
Elderly	Aging	• Life insight advisor • Biological health downturn

The finding of this study has constructed an 11 scope definition of S-NrS dynamic which is wider than the 8 Scope Definition as stipulated by Hauschild (2018). It is recognized from this finding that life cycle is not plainly delineated a specified chronological age alone but linear to the 11 significant silence social occasions

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happening in one life that created the different mentality toward the meaning of age. The three dimensions: environmental, economic and social laid down by Campos-Guzmán et al., 2019) seems too simplistic. This study produce a far more extensive and comprehensive dimensions which includes emotional, professional and physical aspects that related to the society we lived in. Following are the summary of the four episodes life cycle with the 11 scope of S-NrS dynamics from the 221 participants:-

Table 9: **11 scopes of the Social Neuroscience unit of meaning illustration**

S-NrS factors	Unit meaning of S-NrS factor trigger psychosocial reaction
First Episode: *7000 days of developing years*	
General skill acquisition	• Starting dawn of life contacting with world's twinkle moment • Impregnated with cognitive intelligence (DeKeyser, R. 2020) • Cherished by their guardian (Simonds et al., 2019)
Diversity acclimation	• Learning diversities of an unfamiliarity • Strong cord with guardians (Berk, L. 2015) • Guardian is given legal right as provider (Zinigrad, 2021)
Niche building	• Process of correlate personality with society (p. 433) • Special expertise development (Ericsson et al., 1993)
Second Episode: *7001 to 14,000 days of striving years*	
Career expectation	• Physical development plateaus into new direction • Critical connection of work and life (Wood et al., 2018)
Responsibility Shouldering	• Umbilical cord is cut from parental protection. • Shoulder heat of reality by striving for income, own families and their own children
Possession acquisition	• Multidimensional social development in adulthood in psychosocial life stages (Robinson, 2020). • Financial burden of own house, car, fitting and fixtures
Third Episode: *14,001 – 21.000 days of Stabilizing years*	
Presuppose specialisation	• Deemed peak in life with strong and capable character person • Significance of success within one's relationships, field of work and community for healthy aging (Malone et al., 2016).
Latent regulation	• Parenthood responsibility completed with empty nesting • Switch of social, parenting and financial roles (Stern, Theodore, 2016, Gomez-Bernal et al., 2019). • Biological challenges (Stern, Theodore, 2016). • Social responsibility towards the old and sick parent (Infurna et al., 2020).
Life re-circumscribing	• Reassessment of life priorities (Aldwin & Levenson 2001) • Self-questioning of life purpose (Lachman & Firth, 2004) • Evaluating life accomplished and remain undone, and, to look ahead to what comes next (Erikson, 1963). • Realising and preparing own conclusion of life repertoire.
Fourth Episode: *final 7000 days, 21,001 – 28,000 days of declining years*	
Life insight advisor	• World officially treated them as aging and to start an episode of loneliness and poor health (von Soest et al., 2020). • Unconsciously passing down the life accumulated knowledge and wisdom to the next generation which may not be appreciated.
Biological health downturn	• Physical & cognitive functioning decline (Kohout et al., 1993) • Becomes dependent individual (Owen et al., 2021). • Stress: Financial depletion (Boisclair et al., 2017), emotional loneliness with social isolation (Courtin, 2017).

V. DISCUSSION

The consolidation of this research study, a tier three reposition S-NrS Life cycle model. A new model, the 28,000 days with 11 scope of S-NrS of 4 episode life cycle paradigm is unfurled from the ocean of wisdom. The objectives of the study to reposition the current S-NrS life cycle accretion paradigm is achieved, and, the three mystical about midlife on their existent, the age range and their development has fully authenticated. Henceforth, the future study of young life, adulthood, midlife, and old age phrase has substantially verified and made convenient for

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the subsequent application. The 28,000 days four episodes S-NrS life cycle concept are summarised and presented in the diagram 1 below, with 3 parts information to the model:-

a. Whole lifespan life cycle: 28,000 days
b. 4 episodes life course: 7,000 days each
- First episode (Developing course): 0 day – 7,000 days
- Second episode (Striving course): 7,001 days – 1,400 days
- Third episode (Maturing course): 1,401 days – 2,100 days
- Fourth episode (Aging course): 2,101 days – 2,800 days

c. 11 S-NrS factors

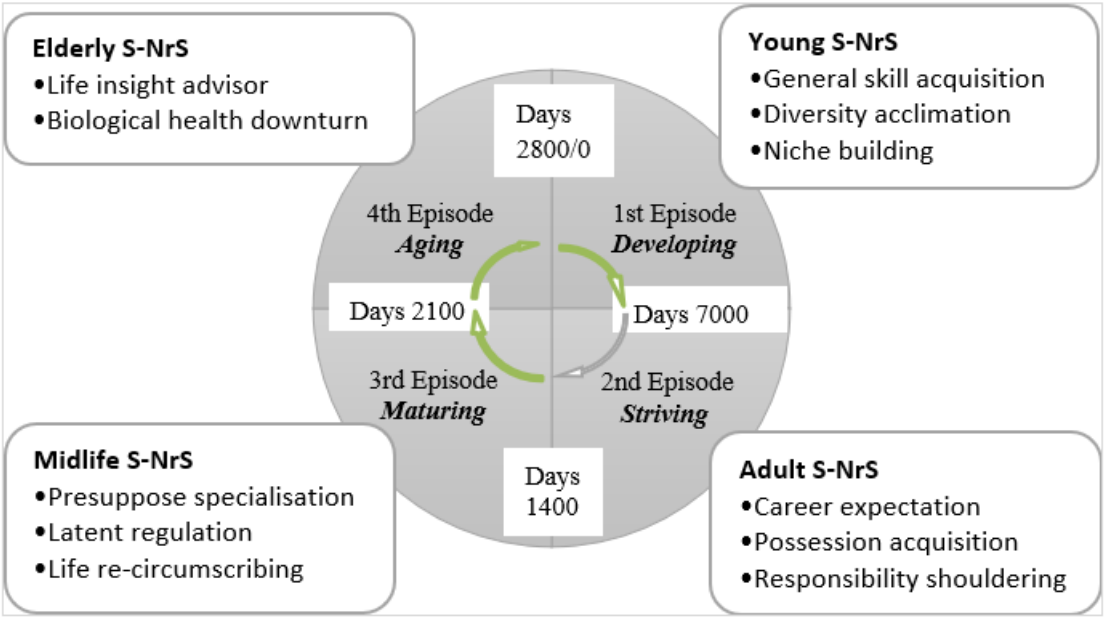

Diagram 1: **28,000 Days Four Episodes S-NrS Life Cycle paradigm**

VI. CONCLUSION

To the future, the advancement of the four episodes life cycle concept provides a new prospective to define each stages of life cycle with the S-NrS horizon in each phrase, especially the study of midlife as in the transition of second to third life episode which is on 14,000 days, with the age range from 14,001 to 21,000 days, and lasted for 7000 days. Any future study for the purpose of specific life cycle stages, example, middle age group who may suffered a midlife crisis is under the course of light now. The correlation between social neuroscience dynamic into full life cycle paradigm has filled the knowledge darkness gap into the bright development

No matter what life episode one are in at this point of their life, the ultimate purpose of this study is hoping everyone always look forward to the next episode with positivity, an episode that is capable of being the finest. No doubt life is finite but learn to enjoy all of the episodes that one experience. Enjoy the good and the bad, knowing that hope is eternal. If one do not like the ambience of today, change one approach to really live the best. Do not waste life stuck somewhere one don't love, doing something about one are passionate about and surrounded by loving people and be loved in this short earthly journey with aroma of love.

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