

Abstract

The central aim of this paper is to explore whether perceived control, conscientiousness and time management behavior would moderate the effect of multiple roles on psychological well-being of middle-aged adults. A group of 101 midlife individuals (aged 40-60 years) were sampled. Analysis of variance was used to analyze the moderating effect of moderators on the relationships between number of role occupancy and psychological well being. Statistical results showed that high perceived control on multiple roles significantly acted as a buffer to the multiple roles-depression relationship. The importance of extraneous factors in studying role strain versus role enhancement phenomenon is highlighted.