

A Study to Assess the Empty Nest Syndrome Among Retired People

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Abstract

A descriptive study was conducted to assess the Empty Nest Syndrome among retired people. The objectives of the study were (a) To Assess the Empty Nest Syndrome among retired people in selected urban area, and (b) To find out the association between the Empty Nest Syndrome with their selected demographic variables. The sample of this study includes 100 Retired People in Urban Area of Moradabad. Purposive sampling technique was used to draw the sample for the study. The present study reveals that 23% of retired people had mild Empty Nest Syndrome, 66% had moderate Empty Nest Syndrome, and only 11% had severe Empty Nest Syndrome. There was association between Empty Nest Syndrome with their selected demographic variables. The conclusion of study is that Empty Nest Syndrome must be reduced.

Keywords: Empty nest syndrome; Retired people.

Background of the Study

'Empty Nest Syndrome', a term used to describe the psychological condition of parents when their children leave home for education, work or after marriage. The syndrome comprises of assortment of symptoms anxiety, depression emptiness, loneliness, lack of sleep, appetite, loss of purpose, feeling rejection etc. Menopausal symptoms, loss of spouse, retirement etc. makes the syndrome worse. Individuals reach their 60s and 70s, they have experienced numerous losses, and mourning has become a lifelong process. In later life begin to experience many different types of losses, such as health, job, money, home, and death of friends and family. To avoid and overcome empty nest syndrome the parents to anticipate such planning, hobby, part time job especially when your spouse is dead, go on holiday, socialise and seek new friendship, and spiritual guidance will help to wipe out the grief.

Were you looking forward to your children leaving?

Kong Wei (2010) the elderly in empty nest: China's challenge "Empty nests" refer to families. Whose young adults have left home in search of either education or career opportunities, thus leaving the elderly alone, at home. Presently there are at least 23.4 million elderly people who do not live with their children. Empty nest families account for at least 30% of families with elder members. The proportion will probably increase to 80% by 2010. According to the 5th National Population Census, in 2000 the number of the families with an elderly aged 65 and above constitutes 20.09% of the national total families, while empty-nest families take up 22.83% of the families with an elderly over 65. These elderly in empty nests live alone, have no one to care for them and they are in need of care and assistance.

Problem Statement

"A study to assess the Empty Nest Syndrome among Retired People in selected urban area of Moradabad."

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Objectives

1. To Assess the Empty Nest Syndrome among retired people in selected urban area.
2. To find out the association between the Empty Nest Syndrome with their selected demographic variables.

Hypothesis

H₁: There will be significance association among retired people with their selected demographic variables.

Methodology

Research Approach

Quantitative Research approach

Research Design

Descriptive

Target Population

Retired people in Urban Area of Moradabad

Sample size

100 Retired People

Sampling

Purposive sampling

Instrument

Structured Rating scale

Data Analysis

Descriptive and Inferential Statistics

Analysis, Interpretation and Discussion Section A

Frequency and Percentage Distribution of Retired People with Their Selected Demographic Variables

The Table 1 describes the frequency and percentage distribution of retired people with their selected demographic variables such Age, Sex, Marital Status, Religion, Retirement sector, Number

of Children in the Family, Types of home, Source of income, Monthly income, Type of family. The above table shows that majority of retired people were 36% belong to the age group 65-70 year, 31% belong to the age group 60-64 year, 25% belong to the age group 71-75 year and 13% belong to >76 %. The above table shows that majority of retired people were Male 62 % and female were 38%. The above table shows that majority of retired people, Married were 82%, Widow were 10%, Unmarried were 4%, Divorce were 4%. The above table shows that majority of retired people were 54% Hindu, 29% were Christian, 16% were Muslim and other were 1%. The above table shows that Majority of retired people from Government sector were 61%, and Non government sector were 39%. The above table shows that majority of 43% retired people had above 3 children, 25% had 3 children, 17% had 2 children, 11% had 1 children, 4% had 0 children. The above table shows that majority of 91% had owned home, 5% had rented home, 4% had relative home, 0 % had other. The above table shows that majority of retired people 67% were getting pension, 19% were private job and only 14% were doing business. The above table shows that majority of retired people 29% had monthly income of 5000-10000 rupees, 29% had 10000-15000 rupees, 25% had >15000 rupees, 17% had <5000 rupees. The majority of retired people 71% were living in joint family, 26% were living in nuclear family and 3% were living in extended family.

The findings of the study showed that majority (23%) retired people had mild Empty Nest Syndrome (66%) had moderate Empty Nest Syndrome and only (11%) had severe Empty Nest Syndrome. The finding of the study shows that the association of Empty Nest Syndrome among selected demographic variable were following:- The Empty Nest Syndrome among retired people and their age was only significant.

Discussion

The study reveal that the maximum score was 80. The mean was 34.01, mean percentage was 42.51; standard deviation was 0.340214. The level of Empty Nest Syndrome was found to be moderate. The findings of the study showed that majority (23%) retired people had mild Empty Nest Syndrome (66%) had Moderate Empty Nest Syndrome and only (11%) had severe Empty Nest Syndrome. There was association between Empty Nest Syndrome with their selected demographic variable such as Age. However there was no significant association with their selected demographic variables such as Sex, Marital Status, Religion, Retirement Sector, Number of Children in The Family, Type of Home,

Table 1: Showing Frequency and Percentage Distribution of Retired People with Their Selected Demographic Variables

Sl. No.	Variables Category	Frequency	%	
1	Age (in year)	60-64	26	26%
		65-70	36	36%
		71-75	25	25%
		>76	13	13%
2	Sex	Male	62	62%
		Female	38	38%
3	Marital Status	Married	82	82%
		Unmarried	4	4%
		Divorced	4	4%
		Widow	10	10%
4	Religion	Hindu	54	54%
		Muslim	16	16%
		Christian	29	29%
		Others	1	1%
5	Retirement Sector	Government sector	61	61%
		Non government sector	39	39%
6	Number of Children in the Family	0 Children	4	4%
		1Children	11	11%
		2Children	17	17%
		3Children	25	25%
		Above 3 Children	43	43%
7	Type of home	Rented home	5	5%
		Owned home	91	91%
		Relative's home	4	4%
		Other	0	0%
8	Source of Income	Pension	67	67%
		Private job	19	19%
		Business	14	14%
9	Monthly Income	<5000 Rupees	17	17%
		5000-10000 Rupees	29	29%
		10000-15000 Rupees	29	29%
		>15000Rupees	25	25%
10	Type of family	Joint family	71	71%
		Nuclear family	26	26%
		Extended Family	3	3%

Source of Income, Monthly Income, Type of Family .Hence hypothesis H_1 is accepted.

Conclusion

The following conclusion were drawn on the basis of the present study i.e.to assess the Empty Nest Syndrome among retired people in selected urban area of Moradabad. It is proved that in urban area there is moderate Empty Nest Syndrome among retired people as evidence by the present study. The present study reveals that 23% of retired people had mild Empty Nest Syndrome, 66% had moderate Empty Nest Syndrome, and only 11% had severe Empty Nest

Syndrome. There was association between Empty Nest Syndrome with their selected demographic variables. The conclusion of study is that Empty Nest Syndrome must be reduced. This necessitates the need to promote the health, and prosperous life of retired people.

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