



RESEARCH ARTICLE

EMPTY NEST SYNDROME AS A FUNCTION OF PERSONALITY DIMENSION AND SOCIO ECONOMIC STATUS

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ABSTRACT

In this research paper the researcher analyzes the effect of personality dimension and socio economic in empty nest syndrome in middle aged women. 480 women were selected from twin city of Bhilai and Durg. The data was collected by using Empty Nest Syndrome Questionnaire, Personality Test Questionnaire and Socio Economic Status Questionnaire. Mean, Standard Deviation and ANOVA were used for analyzing the data. The finding reveal that extraverted middle aged women have less feeling of empty nest syndrome than introverted middle aged women. In the case of neuroticism it is not found that who has more feeling of empty nest syndrome. In the case of socio economic status that middle aged women with middle socio economical status do not suffer from high empty nest syndrome now they are equally mature as middle aged women of high socio economical status. They know their rights and values so that they can change their moods according to the situation.

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INTRODUCTION

Empty Nest Syndrome

"Leaving home in a sense involves a kind of second birth in which we give birth to ourselves."

Robert Neelly Bellah

Empty nest syndrome is a general feeling of depression and loneliness that parents/other guardian relatives feel when one or more of their children leave home. While more common in women, it can happen to both sexes.

According to Social and Cultural Factor Empty nest syndrome has become more prevalent in modern times, as the extended family is becoming less common than in past generations, and the elderly are left living by themselves. Empty Nest Syndrome is starting to surface in some of those nations as well, where traditional values come in conflict with Westernization.

Personality: "Self image is the key to human personality and human behavior, change the self image and you can change the personality and the behavior."

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Maxwell Maltz: Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. The study of personality focuses on two broad areas: One understands individual differences in particular personality characteristics, such as sociability or irritability. If we focus on people in general, then we can define personality in terms of individual differences — that is, the range of different styles of thinking, feeling and acting. Just as human beings can differ a great deal in terms of their physical traits (height, weight, hair, and so on), they also differ in terms of mental and behavioral traits. If we focus on the personality of a specific individual, we can define it as that person's particular set of enduring dispositions or long-term tendencies to think, feel and act in particular ways. We're not talking about specific actions being repeated again and again, like compulsive hand-washing, but about overall patterns, tendencies, inclinations. Someone who has tended to be quiet and reserved up to now will probably still tend to be quiet and reserved tomorrow. That doesn't necessarily mean that they are compelled to be quiet and reserved at all times, in every possible situation. Rather, they are disposed to be quiet and reserved more often than not.

Extraversion-Introversion: The trait of extraversion-introversion is a central dimension of human personality theories. The terms introversion and extraversion were popularized by Carl Jung.

**Extraversion:** Extraversion is "the act, state, or habit of being predominantly concerned with obtaining gratification from what is outside the self". Extraverts tend to enjoy human interactions and to be enthusiastic, talkative, assertive, and gregarious. Extraverts are energized and thrive off of being around other people. They take pleasure in activities that involve large social gatherings, such as parties, community activities, public demonstrations, and business or political groups. They also tend to work well in groups. An extraverted person is likely to enjoy time spent with people and find less reward in time spent alone. They tend to be energized when around other people, and they are more prone to boredom when they are by themselves.

### Introversion

Introversion is "the state of or tendency toward being wholly or predominantly concerned with and interested in one's own mental life". Introverts are typically more reserved or reflective. Some popular psychologists have characterized introverts as people whose energy tends to expand through reflection and dwindle during interaction. Introverts often take pleasure in solitary activities such as reading, writing, using computers, hiking and fishing. The archetypal artist, writer, sculptor, engineer, composer and inventor are all highly introverted. An introvert is likely to enjoy time spent alone and find less reward in time spent with large groups of people, though he or she may enjoy interactions with close friends.

### Neuroticism – Emotional Stability

**Neuroticism:** Neuroticism is a long-term tendency to be in a negative emotional state. People with neuroticism tend to have more depressed moods - they suffer from feelings of guilt, envy, anger and anxiety, more frequently and more severely than other individuals. Neuroticism is the state of being neurotic. An individual with neuroticism is typically self-conscious and shy.

**Emotional Stability:** Emotional stability refers to a person's ability to remain calm or even keen when faced with pressure or stress. Someone who is emotionally unstable is more volatile, which means the person faces an increased risk of reacting with violent or harmful behaviors when provoked. People who recognize stress triggers and build healthy coping skills tend to maintain emotional stability better than those who don't.

**Socio Economic Status:** Socioeconomic status is a combination of occupation, education and income that defines the standing and class of an individual, family or group. Typically, a person can have a low, middle or high socioeconomic status, depending on their access to resources and other factors relating to power and privilege. The concept of SES considers other influences such as the chance for social or economic advancement, influence on policy, availability of resources, and prestige of the primary occupation.

### Aims and Objectives

- To find out the role of extraversion (E-I) dimensions of personality in empty nest syndrome among middle aged women.
- To find out the role of neuroticism (N-N) dimensions of personality in empty nest syndrome among middle aged women.

- To find out the role of Socio Economic Status in empty nest syndrome among middle aged women.

### Hypotheses

- The extraverted middle aged women would show significantly less in Empty Nest Syndrome than the introverted middle aged women.
- The neurotic middle aged women would show significantly high in Empty Nest Syndrome than the normal middle aged women.
- The middle aged women with middle Socio Economic Status would display highly level of Empty Nest Syndrome than the middle aged women with high Socio Economic Status.

### Sample

Following the stratified random sampling technique 480 middle aged women will be drawn from the twin city of Bhillai and Durg of the state of Chhattisgarh. Before the randomization certain extraneous variables such as types of family (joint and nuclear), caste and regional affinity will be identified and controlled.

### TOOLS

- 1. Empty Nest Syndrome Questionnaire (Jain and Singh):** This questionnaire was constructed by Jain and Singh (2013) it was standardized during research work for this it was surveyed on the 100 samples.. It has 53 items in all of which is based on Psychological, Social, Emotional and Dependence dimension. The validity of tools are found satisfactory Psychological 0.910, Emotional 0.921, Social 0.881, Dependence 0.931.
- 2. Personality Test (EPQ):** It is the Indian adaptation constructed by Mohan (1985). It has 100 items in all of which 25 items are of tapping extraversion, 25 for neuroticism, 25 for psychoticism and 25 for measuring the tendency to tell a lie. In short it has four sub scales E,N,P and L. It is based on the original EPQ by Eysenck (1978). The validity are also found satisfactory. The full scale was administered on the subjects and scores of psychoticism and lie score were eliminated.
- 3. Socio Economic Status (Kalia and Sahu):**-This scale was constructed by Kalia and Sahu, this scale is designed to measure social position of a person in urban and rural areas according to the lifestyle prevailing in both the regions. Socio-economic status of a person in this scale refers to the lifestyle prevailing in both the regions. This scale is an endeavor to ascertain the socioeconomic status of a individual based on current social structure with a new thinking.

### RESULTS

**Table 1. Main effect of extraversion on empty nest syndrome (N=480)**

Extraversion	Mean	SD	F <sub>(1,472)</sub>
Extrovert	153.89	24.591	108.172**
Introvert	132.25	21.071	

\*\*p>0.01

A Perusal of table-1 it clearly that, the mean score of extrovert (153.89) is higher than the introvert (132.25) on empty nest syndrome scale. This difference was found to be  $F_{(1,472)} = 108.172$ , which is significant at .001 confidence interval. Therefore, first the extraverted middle aged women would show significantly less in empty nest syndrome than the introverted middle aged women, has been accepted.

**Table 2. Main effect of neuroticism on empty nest syndrome (N=480)**

Neuroticism	Mean	SD	$F_{(1,472)}$
Neurotic	143.60	26.000	0.249
Normal	142.56	24.642	

A Perusal of table-2 it clearly that, the mean score of neurotic (143.60) is higher than the introvert (142.56) on empty nest syndrome scale. This difference was found to be  $F_{(1,472)} = 0.249$ , which is insignificant at 0.05 confidence interval. Therefore, second the neurotic middle aged women would show significantly high in empty nest syndrome than the normal middle aged women, has been rejected.

**Table 3. Main effect of socio-economical status on empty nest syndrome (N=480)**

Socio-economical Status	Mean	SD	$F_{(1,472)}$
High	143.87	24.016	0.582
Middle	142.28	26.565	

A Perusal of Table 3 indicates it clearly that, the mean score of high socio-economical status (143.87) is higher than the middle socio-economical status (142.28) on empty nest syndrome scale. This difference was found to be  $F_{(1,472)} = 0.582$ , which is insignificant at 0.05 confidence interval. Therefore the middle aged women with middle socio economical status would display highly level of empty nest syndrome than the middle aged women with high socio economic status, has been rejected.

## Conclusion

The above findings of the study lead us to the conclusion that extraverted middle aged women have less feeling of empty nest syndrome than introverted middle aged women. In the case of neuroticism it is not found that who has more feeling of empty nest syndrome. In the case of socio economic status that middle aged women with middle socio economical status do not suffer from high empty nest syndrome now they are equally mature as middle aged women of high socio economical status. They know there rights and values so that they can change their moods according to the situation.

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