



RESEARCH ARTICLE

A DESCRIPTIVE STUDY TO ASSESS THE EMPTY NEST SYNDROME AMONG THE PARENTS OF B.SC NURSING STUDENTS OF SELECTED COLLEGE IN JAMMU

Sunidhi

M.Sc. Psychiatric (N) Assistant Professor, BEE ENN College of Nursing, Jammu.

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Abstract

A quantitative approach, non-experimental descriptive research design was used in this study. The sample was selected by Convenience Sampling technique. The sample size was 50. The data was collected by using self-structured empty nest syndrome scale. The questionnaire was prepared to assess the level of empty nest syndrome among parents of B.Sc. Nursing students. The responses were analysed using descriptive and inferential statistics. The findings of the study revealed that out of 50 samples, 42 % of parents have mild, 30% of parents have moderate, 28% of parents have severe empty nest syndrome.

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Introduction:-

In the past, research suggested that parents dealing with empty nest experienced a profound sense of loss that might make them vulnerable to depression, alcoholism, identity crises, and marital conflicts. Prolonged separation of children is associated with empty nest syndrome, characterized by anxiety, concern, and worry over a child's wellbeing. The consequences of empty nest syndrome include depression, alcoholism, identity crises and marital conflicts.

Need For The Study

Empty nest syndrome is more common in most of the families whose children are away from them for different reasons. The roles of parent is to provide encouragement, support, and access to activities that enable the child to master key developmental tasks. At the same time, with this increasing population, we are seeing a rise in nuclearization as well. We have senior citizens living all across the country, but their children have migrated to other cities and the 'Empty nest syndrome' has become more prominent in India.

Chengchao Zhou et al. (2015);

a study was conducted to compare the prevalence of non-use of health care services between empty nest and non-empty nest elderly and identify risk factors for the nonuse of health care services among empty nest seniors. 4469 samples (60 years and above) were taken. Findings revealed that out of 4469 respondents, 2667 (59.7%) are empty nesters.

Method And Materials:-

Quantitative research approach was adopted in the study. The Descriptive research design was adopted. The sample was selected by Convenience Sampling technique. The sample size was 50. The data was collected by using self-structured empty nest syndrome scale. The questionnaire was prepared to assess the level of empty nest syndrome.

Corresponding Author:- Sunidhi

Address:- M.Sc. Psychiatric (N) Assistant Professor, BEE ENN College of Nursing, Jammu.

among parents of B.SC. Nursing students. The coefficient of internal consistency was used to check the Empty Nest syndrome by using Karl Pearson and Spearman Brown formula ($r=0.70$). The data obtained was analysed by both descriptive and inferential statistics on the basis of the study. The demographic variables were analysed using descriptive measures (frequency and percentage).

Association between the level of Empty Nest syndrome with selected socio demographic variable.

SOCIO DEMOGRAPHIC VARIABLES	FREQUENCY	CHI SQUARE
1.AGE		2.42 S
40-50	29	
51-60	18	
above 60	3	
2.GENDER		0.96 S
Male	30	
Female	20	
3.MARITAL STATUS		0 S
married	50	
Widowed	0	
c)Divorced	0	
4.ARE YOU AN EMPLOYEE		0.43 S
a) Yes	32	
No	18	
5.RESIDENCE		0.87 S
Rural	30	
Urban	20	
6.SEPARATION OF CHILDREN		2.93 S
service	5	
Marriage	1	
7.EDUCATION		15.13 NS
Inter	10	
Bachelors	31	
Masters	9	

According to Age, the chi square value was 2.42 ($p>0.05$) which was significant. Age has association with level of empty nest syndrome.

According to Gender, the chi square value was 0.96 ($p>0.05$), which was significant. Gender has association with level of empty nest syndrome.

According to Marital status, the chi square value was 0 ($p>0.05$) which was significant. Marital status has association with level of empty nest syndrome.

According to Are you an employee, the chi square value was 0.43($p>0.05$) which was significant. Are you an employee has association with level of empty nest syndrome.

According to Residence, the chi square value was 0.87($p>0.05$) which was significant. Residence has association with level of empty nest syndrome.

According to Separation of children, the chi square value was 2.93($p>0.05$) which was significant. Separation of children has association with empty nest syndrome.

According to Education, the chi square value was 15.13($p<0.05$) which was non-significant. Education has no association with level of empty nest syndrome.

Discussion:-

The findings of the study revealed that out of 50 parents. 21(42%) parents have mild, 15(30%) parents have moderate, 14(28%) parents have severe empty nest syndrome.

Hong-He Zhang et al. (2020); a study was conducted to assess the pooled prevalence of depression among empty nest elderly in China. A total of 46 studies with 36791 subjects were included. The pooled prevalence of depression was 38.6% (95%ci: 31.5-46.3%).

Conclusion:-

In present studies the association of empty nest syndrome level with selected socio demographic variable data is as:

According to Age- 29(58%) of the parents belongs to the age group 40-50,18(36%) of parents belongs to the age group 51-60, 3(6%) of parents belong to the age group above 60.

According to gender-30(60%) of parents are male,20(40%) of parents are females.

According to marital status-50(100%) of parents are married,0(0%) of parents are widowed and divorced.

According to Are you an employee-32(64%) of parents are employee, 18(36%) of parents are unemployed.

According to Residence-30(60%) of parents are living in rural areas,20(40%) of parents are living in urban areas.

According to separation of children-5(10%) of children went for service,1(2%) of children went for marriage,44(80%) of children went for studies.

According to education-10(20%) of parents had persuade inter education,31(62%) of parents had persuade bachelors,9(18%) had persuaded masters education.

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