



RESEARCH ARTICLE

TO STUDY ABOUT EFFECT OF NEUROTICISM PERSONALITY DIMENSION IN
EMPTY NEST SYNDROME

1,*Dr. Babita Dubey and 2Dr. Khushboo Jain

1Asst. Professor, Department of Home Science, Dr. W.W. P.G College, Durg (C.G)

2Research Scholar, Department of Home Science, Dr. W.W. P.G College, Durg (C.G)

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ABSTRACT

In this research paper the researcher analyzes the effect of neuroticism personality 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 and Personality Test Questionnaire. Mean, Standard Deviation and ANOVA were used for analyzing the data. The finding reveals that neuroticism it is not found that who has more feeling of empty nest syndrome neurotic people or emotionally stable people.

Key words:

Neuroticism,
Syndrome,
Bhilai and Durg.

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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: mpty 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."

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.

Neuroticism – Emotional Stability

Neuroticism: Neuroticism is a long-term tendency to be in a negative emotional state. People with neuroticism tend to have

*Corresponding author: Dr. Babita Dubey
Asst. Professor, Department of Home Science, Dr. W.W. P.G College, Durg (C.G), India.
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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.

Aims and Objectives

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

HYPOTHESES

- The neurotic middle aged women would show significantly high in Empty Nest Syndrome than the normal middle aged women.

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

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 are 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.

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.

RESULTS

Table 1. 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 it clearly that, the mean score of neurotic (143.60) is higher than the normal (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, the neurotic middle aged women would show significantly high in empty nest syndrome than the normal middle aged women, has been rejected.

Conclusion

The above findings of the study lead us to the conclusion that in neuroticism personality dimension it is not found that who has more feeling of empty nest syndrome neurotic people or emotionally stable people.

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