



RESEARCH ARTICLE

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

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ABSTRACT

In this research paper the researcher analyzes the effect of extraverted 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 reveal that extraverted middle aged women have less feeling of empty nest syndrome than introverted middle aged women.

Key words:

Extraverted,  
Empty nest 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 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."

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

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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.

#### Aims and Objectives

- To find out the role of extraversion (E-I) dimensions of personality 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.

#### 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 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.

**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 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 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.

#### 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.

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