



Resilience in relation to Loneliness and Depression among Empty Nest Mothers

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Abstract : *The present study investigated the relationship between resilience, loneliness and depression among empty nest mothers. The sample consisted of 100 Patna based empty nest mothers (50 working and 50 non-working) between 40-70 years of age. Resilience scale developed by Narain and Lakshmi (2016), UCLA Loneliness Scale developed by Russell et al. (1978) and Depression Scale (a subscale of Anxiety, Depression and Stress Scale) developed by Bhatnagar et al. (2011) were used. The results revealed that empty nest mothers having low loneliness and depression were found to be more resilient in comparison to mothers who were high on loneliness and depression. Significant differences were*

observed among working and non working empty nest mothers. Accordingly, working empty nest mothers were found to be more resilient than their non-working counterparts. Non-significant negative correlation was observed between loneliness, depression and resilience.

Keywords: *Resilience, Loneliness, Depression, Empty Nest Mothers.*

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Introduction :

Empty nest is a condition which parents may face when their children leave home after their marriage, to live on their own, attend a university or join a job, etc. If not dealt with well, over a period of time this can result in loss of purpose for parents, leading them to experience the empty nest syndrome. Empty nest syndrome is a maladaptive response to the post parental transition, which is stimulated by reactions to loss (Borland, 1982). It has been pointed out that, in some ways, the middle class woman, whether she is working or not, is even more child-centred than her traditional counterpart. For instance, she takes the primary responsibility for the education of her young children and plays a key role in arranging their recreation activities, that earlier belonged to the domain of the husband and elder male