

# CHAPTER I

## INTRODUCTION

### 1.1 Background of the Study

Dorothy Canfield first used the Empty Nest terminology, in her book (Mothers and Children, 1914). Dorothy Canfield Fisher (February 17, 1879 – November 9, 1958) was an American, educational reformer, social activist, and best-selling American author in the early 20th century.

Empty Nest refers to a family life course transition and post parental phase that occurs when children have moved out and left the parental home(Mitchell, 2016).

The word "Empty Nest "generally denoted the meaning of parents, the couple or Single living in solitary home without children. The rapidly increasing ageing population in Nepal, resulted many elder people's to have an “empty nest.” The empty nest families mean that elderly do not live with their children or do not have a child. In fact, the family planning policy wave of the modern world has been contributing to raise the large number of empty nest in nuclear families. Mostly, it is seen that; each couple have maximum two children; in average seen one and the least numbers are seen non; or the couple without children. The new generation would not be able to have more kids, even if they wanted to; because of their disadvantaged positions in the increasingly competitive world of job market and the increased costs of rearing the children .This demographic change in younger population has been one of the main causes of emptying the nest of the Nuclear family parents

The word “empty-nest” comes from family life cycle theory. In this theory, the stage from the time the last child departs from home to one’s partners’ death is referred to as the “empty-nest stage.” However, the label “empty-nest elders” used by Chinese scholars, refers particularly to elders living without children, regardless of whether one’s spouse is alive. The reason for the different usage of the word “empty-nest” may be that it was introduced in China in the 1990s. cited (Yan Zhang, 2020 ).

The emergence of the Empty Nest is: considered the modern era, when the urban culture gradually arise as a western influences of modernization, spreading everywhere, until it reach the peak of remote countries. Then joint family and extended family started shattering to pieces, and every piece mushroomed as the nuclear family. Overtime the nuclear families too, themselves start shattering by the call of a Global Village Concept or the Globalization alongside fallowed the right of individual freedom for the new young ambitious new generation. Finally the young generation start choosing their own destination and has been started to fly freely without any restraint, caring no one and leaving their parents and home behind where they born and grew to the present adulthood. The Elderly people either couple or single parents compelled to live alone to their solitary home without their children, is called as an Empty Nest. Such as: the current condition given below an African context.

There are signs of breakdown in African traditional moral norms regarding family formation and family structure.

The concept of family is changing from the large multiple-parents extended families to the small two-parent nuclear families, and nowadays to even smaller single-parent families.

Researchers have argued that explaining the spread of single-parent and cohabiting-parent families has been both an intellectual challenge and a source of persistent frustration for social scientists.

The increasing diversity of family structure in African countries has been considered the contributions of globalization processes to the public permissiveness, growing popularity, and prevalence of single parent and cohabiting-parent families in Africa.cited (Olugbenga , 2018).

### **1.1.1 Family**

The root word of Family is derived from the Latin word of famulus of the ancient Greek. That mean the slave or a member of gourd of the high official, and later as the ' familia', that mean households servant family. Gradually the meaning transit to the Old French word 'familiar,' one who is well acquainted with someone or something. The same word familiar developed in English to make sense of the entire house hold members as one family ( Dudley, E. 2002) .

A family is a community of blood related social organization, which binds each member with sincere attitudes, cultural values, emotional attachment and psychological well being. It is a profoundly important social organization which contributes major cognitive growth, affective skills and psychomotor abilities of a child (Sherry sagger, 2014).

A child's earliest education has received in his family. It is here that his basic ideas, ideals as well as many attitudes towards himself and his associates are initiated which determine his later Adjustment to school and others out of home situations. The economic status, attitudes and behavioral experiences of parents and family environment, all influences the child's behavior and attitudes, both directly and indirectly. A child is learnt about relationships, manners, self esteem, worth and loyalty all by watching and participating in family. It is most effective informal agency of education, which has, emerge impact on the future growth and development of a child such as values, consistency and copying skills, relationships, love etc cited(Glenn, 2005).

### **1.1.2 The nuclear family**

Though it is relatively a new terminology in the most common usage , the term Nuclear family refers to a centered household consisting of a pair of adult couple as parents and their children, Such as :

Nuclear family, also called elementary family, in sociology and anthropology, a group of people who are united by ties of partnership and parenthood and consisting of a pair of adults and their socially recognized children. Typically, but not always, the adults in a nuclear family are married. Although such couples are most often a man and a woman, the definition of the nuclear family has expanded with the advent of same-sex marriage. Children in a nuclear family may be the couple's biological or adopted offspring cited (Elder, 1999).

Glenn (2005) suggest that developing nation and emerging economy will replicate the western nuclear family as the norm .A nuclear family is emotionally autonomous or disconnected from wider kin. In a similar vein pure relationship is

one where relationship is built upon ideal of spousal equality and voluntary choice in initiating and ending relationship.

The nuclear family, the smallest group of individual that can legitimately be called a family is generally composed a mother a father and any number of children. Because the nuclear family is usually based on marriage, it is sometime called the conjugal family .However the two are not always synonymous .A single parent and child can composed a nuclear family as well as brother and sister The extended family consist of two or more adult generation of the same family whose members shares economic resources and live in common household .Extended family may contain grandparent, children, grand children, aunt, uncle and so forth. Because it is based on blood ties, the extended family sometime called the consanguine family. In general, extended families are most characteristic preindustrial society and rural part of industrial society. This is not to say however the nuclear family were not common in preliterate societies or in preindustrial society in Europe. Moreover, it would be inaccurate to conclude that the nuclear family, the most characteristic of modern society; exist in isolation from a large kinship network. Both of this issues the association of nuclear family with industrialization and the question of isolation of the modern nuclear family. - require elaboration cited (Shepard & Shepard, 2013 ).

The elderly people as well as the young children in large family has been found more joyful, more intelligent, more in capacity of endurance because of frequent event of interaction, emotion, excitement and tussles among them with their differences, and have seen more confidently they tackled the situation compare the children that grown in nuclear family.

In conclusion the nuclear family is not totally a new concept its came from breakdown of joint family system. The family, which is centered by minimum members is a nuclear family. A nuclear family is generally consist of an adult couple and their children who are more or less self-centered, independent and free from their responsibility toward other members, such as grandfather and grandmother uncle aunt nieces and other related members of the extended family. A modern nuclear family is system of minimum family members, which like freedom and believe in modernization. The children of nuclear family comparatively lack emotion, intelligence and community living manner and values, compare to the joint family kids .

## **1.2 Statement of the Problem**

The title's main term "Empty Nest" itself a sadden phrase it has denoted that there is the problem of loneliness. Actually, the nest defenders are living solitary circumstance. The self centered siblings got away to their own way to find the opportunities leaving behind their parents in their old age of vulnerable time. There are various impacts that have fallen upon the nuclear family parents of the empty nest. The problems lie there to find out.

First of all the main historical epoch, the researcher find is the early root of the problem of empty nest is the modern Era that almost eradicated the extended family system and formatted the nuclear family before 1990 in Nepal. Post Modern Era alongside with the Globalization, which had penetrated in Nepalese society followed by the fashion of westernization and urbanization. On its effect, gradually, it started to change the pattern of family structure. Now a days we cannot escape either of the modern Industrialization and post modern IT and AI

field respectively, neither possible to go back to the remote Extended family system again. An another notable factor has been continuously in scenario is from the beginning of world war second, that the Nepalese young people had been attracted to go abroad to the military service(Lahure). But, then did not matter much because there were extended family system in Nepal and the nests were fully crowded

The third main historical incident that counts much more, that was the Maoist insurgency, started from 1996 and that was what had been compelled to polarize the Nepalese youth on two ways. The moist feverite youth took the militia service with Maoist rebellion and the anti-Maoist youth started to flight from the remote to go abroad or at least to the safety urban area, and that has been started to emptying the nests most effectively of the nuclear family's parents . Many more of them youth are not back home still today.

The recently outcome of the problem are seen as a result of the way of rearing and educating of the kids by their nuclear families parents in the manners of so called modern way and the effected long term demographic and economic models and the ongoing unstable manner of the government and the regime.

On the Issue of Emptying the Nest, United State's Researcher Brain Gratton and Myron P Gutmenn had been studied earlier of Emptying the nest in US, on the title of "Emptying the Nest: Older Men in the United State,1880-2000" in 2010

They stated the problem this way from the very beginning of their research statement:

The elderly in the United State, who once nearly always live with their children, now reside apart from them. For older women the most noteworthy sift

had been toward solitary households. For men, the focus of the present study, the empty nest-which we define as made up of married couple and no one else- has become the dominant living arrangement between 1880 to 2000,the proportion of married mem age 60 and older living in an empty nest more than quadrupled, rising from 19 percent to 78 percent. We find that the transformation has an emphatic periodization, which most of the change occurring in the period from 1940 to 1970. We argue that long term demography, cultural and economic models cannot explain this abrupt shift .Instead short term demographic and economic condition in this period provided the impetus for both the elderly and their adult children to achieve a persistent ideal of living in autonomous households cited( Brain & Gutmann, 2010).

### **1.3 Research questions**

The researcher formatted these questions after the Household survey of the study area. The data collection has conducted through household observation, questionnaire and Interview schedule that has taken by face-to-face interaction method. Hence, the research question is as follows:

What are the Impacts of the Empty Nest on Nepalese nuclear family's elderly parents?

(The specific and short questions are given on annex pages.)

### **1.4 Objective of the study**

#### **1.4.1 General Objective**

The General objective of this research study is to find out the impact of empty nest on nuclear family parents in word no 29 of the Kathmandu Metropolitan City Nepal.

### **1.4.2 Specific Objectives**

- (1) To find out what Impact has been fallen upon the Empty Nest parents by socio-economic aspect
- (2) To find out, what Impact has been fallen upon the elderly people to their Mental and physical condition by the Empty Nest Syndrome.

### **1.5 Significance of the study**

The researcher has taken this study with a great spirit and as the best opportunity, to study and prepare this dissertation in partial fulfillment of the requirement for the Master degree in Sociology. This topic has selected for the study because, in recent society, the Empty Nest situation has proven one of burning issue in Nepal as well as around the world and must needed to find out the kind of impact has been fallen to the elderly people of the empty nest. Moreover the researcher hope, this research study will be signified as an useful information to the society of the changing trends, to the new scholar of the sociological research of this kind of study, as well as in any academic field, NGO and other social welfare sector. Although, the changing and fluctuating events, in every life of individual and society; is a nature cycle and as well a manner of evolution of human society. In addition, the changing phenomenon always makes a lively impression in younger generation. However, The way of rearing the children by the nuclear parents, mostly in a hope; that the children in return will take care in old age; and pay gratitude to the parents. But then unexpectedly; the time change overtime as almost to hopeless direction; and it change individual psychology, change the form of family pattern and reaches up to change the whole arrangement of the society. As the consequence, in their old age and vulnerable time, the nuclear family parents are alienated from their hope and compel to live a solitary life at

their ruin and Empty Nest. The researcher has tried to study the problems as precisely as it could be and prepare this dissertation to be proved useful as far as possible to the kind of its stakeholder. Let us hope, this research study might become a significant document to the planning sector of the nation too.

### **1.6 Limitation of the study**

This research study has conducted in a very small scale. As a student, it is a little difficult to carry out a large scale of research study in such a short period. So, it has presented as best as it could be and as much the time and budget allowed. This research study has related to the thesis of Master Degree's program, and has been concentrated only on the titled Subject and its Sample size and area. The study " Impact of Empty Nest in Nepalese nuclear family "is carried on, in the area of ward no 29 of the Kathmandu Metropolitan City only with the selected 10 households of elderly people who live in their Empty Nest respectively.

### **1.7 Organization of the study**

This study has submitted into five chapters. In which the chapter one is deals with background of the study, statement of the problems, research questions, objective of the study, significance of the study, limitation of the study, organization of the study and so on.

Second chapter deals with review of related literature. In which is theoretical review, empirical review, review of national policy, Size and growth rate of elderly people, Research Gap and conceptual framework are included.

The third chapter contains research methods followed by research design. Likewise Rational for the selection of the study area, Nature and source of data

Secondary sources of data, Universe and sample, Technique and tools of the Data Collection, Observation, Focus group discussion and Interview are included.

The fourth chapter consist Data Analysis and finding, in which consist the various Impact of Empty Nest upon the Respondents. In which contain, The Social Impact, The cultural Impact, The Economic Impact, The Psychological Impact, The Physical Impact, by chart of the overall impact status and finally, the Finding Substance of the observation of the study and Case Study no 1 is given for example.

Similarly, in chapter five is contain with Summary, Conclusion and Recommendation.

Hence the dissertation is completed in five chapter.

Annex pages are contain: Reference, questionnaire and remaining 9 case study report.

## **CHAPTER – II**

### **REVIEW OF LITERATURE**

In this chapter a review of the various studies previously carried out in the field of Elderly Parents living in solitary home by different scholars and writers are included. There is very little literature on the topic Empty Nest into the area of the Kathmandu Metropolitan City words no 29. Moreover, no research has ever done is found on the Empty Nest subject in Nepal. Therefore, other literatures related to Empty Nest found outside the country considered relevant to this study has reviewed.

#### **2.1 Theoretical Review**

The Researcher had chosen a Substantive theory and conducted likewise because the study concentrates to a small, specific and particular area of the Elderly Parents in Empty Nest .Globalization, Modernization and postmodernism considered a worldwide known theory has been thought are linking with this kind of research study.

The westerner has purposively built the philosophy of freedom such as democracy, liberalization, and provision of the free trade system etc to impress the outside world. By Marxist theory, these features have considered the instruments of the capitalism to capture the system of trade of the outside world from the core-developed countries. However all these mention features have been having success to impress the people and the regime outside of the western world. In addition the influences of these features gradually destroys periphery country's domestic element of social norms and local economical production system and trade. Then, by the

increasing unemployment and crisis of the economic production, the youth power and the brain of the satellite world, as it is mentioned by the AG Frank into the Dependency theory, start to drain toward the metropolis area. These movements of young adults have been emptying the nest day by day where they had been grown up to their adulthood.

Nevertheless, it has found that especially western countries have done a lot of research study on this Empty Nest topic. By nature, the developed country's citizen has used their citizen's right such as the freedom of young adults to move and migrate anywhere they like. In addition, that provision of freedom encourages the young adult to leave the old nest and move to the place where they like. However, the youth of developed country does not need to leave their nation for other country, rather they move toward the urban cities of their home country. But the nature of the under developed countries has a different kind of youth movement. It can be seen that, the under developed countries have a tendency in young generation leaving the home country. Instead of domestic urban cities, they prefer to move abroad by the attraction of opportunities in developed countries. In the recent time, mostly the people of the world have been impressed by the western culture and fashion. Westernization has become a model of advanced civilization. This manner of the society can be compared to the Modernization theory of Max Weber's along with Disenchantment of the world.

Disenchantment of the world is understood as, the cultural rationalization and devaluation of religion apparent in modern society. The term has been borrowed from Friedrich Schlegel by Max Weber to describe the character of a modernization.

Here we are in an underdeveloped country, with the shortage of industry and employment and opportunities as mentioned in Emmanuel Wallstein's World System

Theory, the young forces of the periphery begin to be attracting by the developed core countries.

It has been observed that the youths from remote villages who could not afford to go abroad they move to urban areas of domestic country for opportunities to develop their skills and education and the youth of urban area move abroad to the developed countries same for opportunities and career development. Due to this manner of mobilization, the number of Empty Nest in the country is increasing day by day and can found many lonely places where old couples are living without children in distress. During the study on group discussion session, it has considered that, these natures mention above are the negative influences of the globalization, though they also mention of the bright side impression of the global village conception.

Another theory is also concern with the Empty Nest syndrome, having lost the children in the post modern world where there is not any inclination toward homesickness, affection, passion and love. The postmodern theory's language and discourse goes credit to the French philosopher and literary theorist Jacques Derrida (1930–2004), the originator and leading practitioner of deconstruction theory. It is in debate that Postmodernism rejects the possibility of unmediated reality or objectively-rational knowledge, asserting that all interpretations are contingent on the perspective from which they are made; it is claims that the objective fact are dismissed as naive realism.

The term "Empty Nest" is a sadden sound to hear, there is not any joyfulness in the definition of this terms. For example-A cited paragraph given below must justify the term:

When the kids are grown up, and starts looking out of the house, you should feel a profound sense of accomplishment. After all, you did your job as a parent. But if, instead, you're left with a feeling of grief or loneliness, you might be experiencing Empty Nest Syndrome. "Empty Nest Syndrome is not a disorder or diagnosis, but it can be a very challenging transition for caregivers," says , a licensed psychologist at Thrive Psychology in California. "Many caregivers will experience a sense of loss, loneliness, worry, and sadness when adult children leave the home.

On the other hand, some people experience the empty nest as a relief! This phase of life also introduces opportunities for more personal freedom, leisure time, and deepening of relationships with a partner, friends, or other family." If your kids are gone and you're at odds with yourself, here's how to tell if you're dealing with Empty Nest Syndrome and how to prepare yourself for the transition if you're not there yet.

### **Empty Nest Syndrome can cause anxiety, a profound sense of loss, and other feelings**

The emotions parents feel when their kids leave run the gamut. "Some parents experience an overwhelming sense of grief," says Amy Morin, LCSW, psychotherapist, and the author of the bestselling *13 Things Mentally Strong People Don't Do*. "Not only will they experience less contact and interaction with their children, they may also experience an identity crisis of sorts. Parents who have identified as a 'soccer mom' or a 'stay-at-home dad' may suddenly wonder who they are or how they fit into the world. Some parents report feeling a lot of anxiety as they don't know what to do with their time. Others report feeling depressed as they experience a sense of loneliness. And for some, it's also about

coming to terms with their own mortality. Knowing that they've raised their children to adulthood may cause them to feel 'old.' cited ( CURLEE, 1969).

More recently, (Boyd M,2007) found that cross-country variation in child poverty rates could be explained less by family structure and more by the effects (or returns) to family characteristics. Poverty in the United States was comparatively high because the pernicious effects of family structure (e.g., single parenthood) were generally greater in the United States than in other countries. The implication is that US institutions (i.e., the social safety net) were less responsive to fighting poverty. Cited from- Family Structure and Poverty in the United States cited ( Barti, 1971 ).

### **Parental Reactions to the Empty Nest**

Folklore and early social scientific research left the strong impression that children's leaving home is an unhappy or traumatic event . The term empty nest syndrome technically refers to a clinical or depressive condition. It became popularized in the 1970s based on some studies that showed that woman (many of whom were middle-class full time homemakers) became depressed after their children left home. It was assumed that mothers, in particular, were negatively affected because they suffered a major role loss and void in life which could not easily be replaced. However, this body of research has been criticized for being based on small non representative clinical samples that often included women who were hospitalized for depression. Overall, the stereotype of the empty nest syndrome has largely been debunked as a cultural myth by researchers, although popular media and literature continue to use this term to indicate any unhappy or negative feeling of distress that parents have when their children leave home. A

classic study conducted by American sociologist found that stay-at-home mothers were generally relieved when children left home. More recent studies also confirm that the majority of parents do not experience severe or long-lasting negative emotional consequences. These researchers also observe that fathers are similar to mothers in their reactions to children's leaving home, and that ethno-cultural background may shape individual parental responses. Parents from traditional collectivist cultural groups (e.g., Asian, Southern-European countries) are found to have different normative expectations and reactions to the departure of their children relative to those from individualistic ethnic backgrounds. Cited ( Mitchell, 2016)

### **Are Empty-Nest Elders Unhappy? Re-examining Chinese Empty-Nest Elders' Subjective Well-Being Considering Social**

China is experiencing huge social changes. First, the Chinese society is aging. From 2000 to 2018 the number of senior citizens in China (aged  $\geq 60$  years) increased from 129 million to 249 million (i.e., from 10.5 to 17.9% of the total population); Further, although many elders require care, the one-child policy enforced in China for 30 years resulted in many young Chinese adults not having siblings to share the elderly care obligations. Additionally China is moving toward urbanization. In 2014, 168 million workers had transitioned from rural to urban areas. China is also ranked the fourth largest migrant-sending country worldwide.

The consequences of aging, the one-child policy, and migration are the erosion of the traditional family structure and the expansion of the population of empty-nest elders. It was estimated that, by the end of 2020, Chinese empty-nest elders will reach 118 million, accounting for about 50% of the total elderly

population. However, Chinese empty-nest families have been far less studied than Western families.

The word “empty-nest” comes from family life cycle theory. In this theory, the stage from the time the last child departs from home to one’s partner’s death is referred to as the “empty-nest stage.” However, the label “empty-nest elders” used by Chinese scholars, refers particularly to elders living without children, regardless of whether one’s spouse is alive. The reason for the different usage of the word “empty-nest” may be that it was introduced in China in the 1990s. Generally, it requires children to ensure the continuance of their parents’ happiness – not only by respecting older generations but also by taking care of old parents. Although in many Western countries it is normal for elders to live without children nearby, in China this was not the case. Elders used to live with several generations under one roof and rely on children, especially sons, for support.

Living in an empty-nest in one’s late life runs in the opposite direction of traditional culture; consequently, empty-nest elders were negatively viewed by the public and were commonly depicted as unhappy, lonely, and depressed in the mass media. Some researchers claimed that parents, especially mothers, experienced many negative emotions, such as depression, when their children all left home. Some empty-nest women experienced a sense of loneliness and loss, however, few parents displayed empty-nest syndrome. Further, for most parents, their SWB increased or did not change after their children left home.

Research concerning Chinese empty-nest elders’ SWB has also failed to yield consistent conclusions. Some researchers found that, compared to non-empty-nest elders (elders living with children), empty-nest elders had lower SWB, worse mental health, and had higher loneliness and depression. In contrast,

Why do the results vary and why do some findings contradict the negative descriptions of empty-nest elders? There may be two reasons. First, Chinese society is individualizing: the importance of the individual is increasing; the pursuit of privacy, independence, choice, and personal happiness is popularizing; and the importance of filial piety is decreasing. Thus, the individualization of Chinese society may decrease the impact of children on elders' SWB. Indeed, Miller (2007) found that an increasing number of elders are unwilling to live with children and can live independently and happily. In this context, *when* studies were conducted becomes important. In more recent studies, living in an empty-nest may have a smaller effect on elders' SWB as compared to studies from several years ago.

Another characteristic of society individualization is that the marital relationship is replacing the father-son relationship as the most important relationship in families. In an individualizing society, living with a spouse may have a larger effect on elders' SWB compared to living with children. *found that*, compared to those living with their spouse, elders living with grown children were less happy, had less life satisfaction, and were more depressed. However, the Chinese label "empty-nest elders" ignored the impact of a spouse. *And found that*, for the widowed, co-residence with adult children was associated with better SWB than living alone, however, for married elders, co-residence did not bring about additional benefits concerning SWB. Therefore, mixing married and unmarried elders into one category may bias the results, and empty-nest elders and non-empty-nest elders may be incomparable if marital status differs or remains statistically uncontrolled.

Second, the vulnerability of empty-nest elders, especially rural empty-nest elders, may not be caused by living arrangement but by the unbalanced development of different regions. Geographically, China is large, and different regional policies and the increasing urban–rural gap may foster regional and urban–rural disparities in elders’ SWB. Some researchers found that, compared to rural elders, urban elders had higher life satisfaction, better mental health and better quality of life. Therefore, researchers who collected data from more than one region may have yielded varied results because of the interaction between regional differences and living arrangements.

Consequently, this study re-examined Chinese empty-nest elders’ SWB by considering social changes, and addressed whether individualization and the unbalanced development of China has decreased the impact of children but increased the impact of the spouse and rural-urban gaps on elders’ well-being cited from cited (Yan Jhang, 2020 ).

**A portion of an article "Empty-nest-related psychosocial stress: Conceptual issues, future directions in economic crisis"**

The empty-nest syndrome is a transitional stage, when middle-aged parents are in the process of encouraging their children to take up their obligations as adults. The empty-nest syndrome is a psychological condition that affects both parents, who experience feelings of grief, loss, fear, inability, difficulty in adjusting roles, and change of parental relationships, when children leave the parental home. This syndrome has gained special interest in a world where the current economic crisis has not only deepened global poverty but also a crisis of values reflected in the dynamic model of the family. The purpose of this review was to appraise the impact of psychosocial stress of the empty- nest syndrome on the parents' well-

being through the years, during the current socio-economic crisis, taking into account gender, national and cultural background, socio-demographic and other context factors. We addressed the phenomenon of the "Boomerang Kids" and crowded nests as a result of current financial instability. Finally, we focused on the strategies which the family can employ to retain their resilience, according to the Transactional Model of Stress and Coping Family resilience framework and self-efficacy models.. The term "empty nest syndrome" was combined with women, men, economic crisis, parenthood, stress, menopause, midlife crisis, Boomerang kids, crowded nets, resilience, self-efficacy, wellbeing, and cultural differences. Women and men from diverse cultural groups have a different experience of the empty nest, as well as ways of coping. Distress caused by empty nest results in the incidence of symptoms of depression, behavioral symptoms and cognitive impairment. In most of studies, low marital quality and lack of social support affected negatively on a parent's well-being particularly for those experiencing the return of their "Boomerang kids". However, the financial crisis can transform an empty-nest into a "dynamic nest" by community health promotion services. Social support programs should be designed to strengthen family resource and improve family well-being cited ( MedGen, 2019 )

### **Exploring the influencing factors of quality of life among the empty nesters in Shanxi, China: a structural equation model**

In the twenty-first century, with society's progress and the development of the science and technology, the world is undergoing profound changes. Changes in the age structure of the population indicate that the aging process gradually speeds up. According to the annual data of the National Bureau of Statistics of China (CNBS), the Chinese aged 60 years and above accounted for 18.1% of the total population in

2019, reaching 178 million. The unprecedented elderly population has brought a series of problems and challenges to China's social and economic development, among which the empty nest elderly is more worthy of attention. The 'empty nester' refers to the elderly (age  $\geq 60$  years old) who live alone or with their spouse, because they have no children or their children are married or work outside for a long time. Due to new socioeconomic changes, including the imbalance of regional economic development and the rapid development of urbanization in China, many youth rural laborers have flowed to developed regions, leaving the elderly at home. Furthermore, affected by the one-child policy, the '4-2-1' (four grandparents, two parents and one child) single-family structure emerged in China. Some elderly live alone or only with their spouses. With the transformation of the family life cycle, and the trend of independent living for children after marriage, the traditional family system's position is weakened, the 'empty nest' phenomenon is becoming increasingly significant, and an inevitable trend in China. The empty nest situation will increase the time spent by the elderly in agriculture and family labor in rural areas, and the prevalence of chronic diseases among empty nesters in rural areas is higher. The financial support and spiritual consolation of the elderly face uncertainty in an empty nest situation. Thus, paying attention to the empty nester is, therefore, an essential component of public health.

Recently, interest in the quality of life (QOL) of empty nesters has gained momentum. The QOL is a multi-dimensional construct that includes three aspects of physical, mental and social functioning. With the increase of age, the elderly often faces the problem of physiological function decline, which has a high incidence of chronic diseases. A cross-sectional study in Belgium showed that the prevalence of multimorbidity was 82.6% in the elderly aged 65 and above. These

irresistible physiological declines will bring physical pain and economic burden to the elderly. In addition, affected by the traditional concept of 'bring up their children for old age', the elderly are more inclined to receive the care and attention of their children. Yet, with the gradual shrinking of the family size and the disintegration of the traditional extended family structure, the function of family care for the elderly has gradually weakened, and the elderly cannot receive direct life care, which reduces their quality of life indirectly. Previous studies have showed that an empty nest has a negative impact on the health of the elderly. A cross-section study from China showed that empty nest elders had worse self-care ability and lower mental health scores. Depression, anxiety, loneliness and other mental illnesses are common among empty nesters, and these mental illnesses seriously affect their quality of life. Zhang et al. found that 64.2% of empty nesters have depression, and 44.5% of empty nesters reported anxiety. Mental health problems loom large for the empty nesters. Mental disorders not only reduce the social activities of the elderly, but also makes them further deteriorate in social functions, and reduces their quality of life. Moreover, QOL is an important consideration of health management for older adults, needs public attention. Cited from (,Chichen Zhang,2021 )

Scholar of 2010 have pointed out about the empty nest in American family they stated such as: "In our research, we turn the focus to elderly men still living with their wives, the household configuration we define as "empty nest." We ask why these couples became increasingly less likely to live with their children or other family members. Given the explanatory models presented in previous studies, we require evidence that allows a comparative assessment of demographic, cultural, and economic influences on the emergence of the empty nest. Such

evidence, at its best, ought to represent all elderly men in the United States and include variables useful to measuring each hypothesized influence. Given the reference in all scholarship to enduring trends, the evidence must permit an extended historical view and allow us to distinguish between long-term trends and abrupt change". Cited(( Brain & Gutmenn 2010).

Mr. Chandra Upadhyaya wrote in conclusion of his study" Elderly Care: Policy Initiatives and Older Parents' Perception in Nepali Society." is very remarkable for the new scholar to review. The researcher has cited here the full version of his conclusion. Below:

The number of elderly people is gradually increasing in Nepali society. Family members used to be the primary caretakers of the elderly parents in this society. The older parents still prefer family life with their children and separation is not a choice for them. But the loneliness of the childless and left behind parents of the migrated children has become a major psycho-social issue in contemporary society. The financial status of the lonely parents plays a decisive role in their second innings life maintenance, but their age is a major factor in determining the challenges for everyday life and simply financial wellbeing is not enough for them. It's also equally true that older parents require social security from the state when they and their families are not sound financially. However the older parents prefer the love and care from their own children. Conditions of old age sickness and illness are of primary concern in the family life. Family rituals also matter extensively. However, a significant number of the respondents laid emphasis on the state responsibility to older citizens. Specially, those who do not have children with them shall get state protection. The socio-psychological attitudes on family functions and male dominated roles are changing and shall be apprehended by the

society. Children who had migrated to developed countries for higher studies prefer to stay over there. The children say 'We are happier here'. Old age life becomes troublesome for the elderly and it needs someone to take care. No parents discarded their children, whatever their status was. The old age home gave some of them a new identity and a new family. But sending the elderly to an old age home was not the ideal solution. The provincial government was found making several efforts on issues on care for the senior citizens. But those efforts still lacked in enough policy instruments and there were certain gaps in the present guidelines and with the reality of the implication. Further, rather than developing a blanket approach, a strategy of a '*maayaalu pariwar, samaweshi samaj ra sahayogi sarkar*' (lovelier family, inclusive society and supportive government) stayed strong behind the expectation of the respondents. This research finds scope for further research and also expects to provide a stronger base for guiding the future plans of works of the provincial and local governments cited ( Upadhyaya, 2021)

The growth of the elderly population portion has been come to know by the periodic data collection of Nepal census bureau and that result has make a kind of imbalance in the social structure in Nepal. It has created a challenge over the socio-economic field of the nation. The empty nest elderly people are the most victimized by the circumstances of urbanization or modernization that change their traditional family structure as well by the activities of the youth power mobilization legally toward the developed country. This manner has created a need to give more attention to the elderly parents in Empty nest by the Authorities. Due to a new changing situation of nuclear family system in the family structure there are no other family member remain to care the lonely parents in the Empty nest when their children got away from them.

On this post modern era youngster who grew up in a nuclear family a modern age kid with a lot of love by their Nuclear family parents and grew up where only one or two kids breeding in family. It is seen that in Lower middle class family that if the kids does not have enough money to settle in abroad, in affection, the parents should have to send them money even though they have to sell the farmland or house where they live.

One of the respondents has uttered his melancholic story to the researcher while talking informally. He said:"At that time, the slogan "Sanu Parivar Sukhi Parivar" is remembered now." But what to say now, women's rights have become more powerful today, nothing should be said in protest, but looking at situation, it is seen that among those who have three or four children as sons and daughters, however someone is definitely left to care the elderly parents."

The elderly people, who are over 60 years old, have seen at least started suffering physically. That is the manner of the nature. During the study, come to know that, even though their pain has been unbearable, but they rarely blamed their children. Instead, they blamed the Authority for the cause of youth leaving the country because of the government's failure to provide employment and self-employment or the alternative way to build their career within the country.

## **2.2 Empirical Review**

The western style of livelihood and the western models education has been destroyed our eastern ethic and morality, that influences on rearing the sibling in anarchy way. To pay gratitude toward the Elderly person of the family has been change to an anarchy attitude in younger society today. Due to the frequently change behavior of today's youth so called the post-modern era, it has become

difficult to predict what kind of family arrangement will be after a few years. Gradually, the behavior of the new generation, bringing the changes randomly in the family arrangements of the traditional way to the nuclear and even nuclear family is destroying to the single person family. The aging of time factor without children, that got away from home, and even out to abroad migration, or having no children create a sadden kind of impacts mentally and socially to the elderly parents. Overtime the elderly parent's situations become more and more lonely and difficult. As they become older, they feel more helpless and vulnerable in absence of their own siblings.

Ms Barabara write "Parental Reactions to the Empty Nest Folklore and early social scientific research left the strong impression that children's leaving home is an unhappy or traumatic event. The term empty nest syndrome technically refers to a clinical or depressive condition. It became popularized in the 1970s based on some studies that showed that woman (many of whom were middle-class full time homemakers) became depressed after their children left home. It was assumed that mothers, in particular, were negatively affected because they suffered a major role loss and void in life which could not easily be replaced. However, this body of research has been criticized for being based on small no representative clinical samples that often included women who were hospitalized for depression". cited ( Mitchell , 2016)

There has also found the signs of breakdown in African traditional moral norms regarding family formation and family structure. The concept of family is changing from the large multiple-parents extended families to the small two-parent nuclear families, and nowadays to even smaller single-parent families.

The spread of single-parent and cohabiting-parent families has been both an intellectual challenge and a source of persistent frustration for social scientists of the era cited (Olugbenga, Popoola, 2018).

Theorizing diversity and difference in families Family diversity has contributed to the myth that the nuclear family is disappearing. Examining household types at one juncture obscures transitions such as children leaving home, thus creating single-person or couple households; having children; separating and divorcing; ageing and moving to live with married children or to supported accommodation; and then dying. Throughout this period, nuclear family households are created and broken up and then recreated; sometimes several times.. cited (Sherry Saggars and Margaret Sims,2004).

There is no doubt remaining on increasing the older population portion of the country. It's increasing both in terms of absolute numbers and as a proportion of the total population. And the traditional family norms and values of supporting the elderly are gradually in the state of extinction. On the case of demographic transition and population aging in Nepal (Chalise ,2006) has been found some important fact. He says fertility, mortality and life expectancy are all closely related concepts. Control over unplanned pregnancies and early mortality has led to a greater likelihood that new lives will live longer and thrive. In Nepal during the 1950s, life expectancy was quite low (approximately 27 years) due to a high infant mortality rate. However, a continuous decrease in the infant mortality rate has led to an increase in the stated life expectancy. Consequently, during the second half of 20th century, life expectancy in Nepal has increased from approximately 27 to 60 years In other words, a Nepalese baby born at the turn of 21st century has a life-expectancy of more than 30 years greater than one born 50 years earlier. Advances in health care, access to antibiotics

and improved nutrition during the twentieth century all contributed to this improvement. These as well as other demographic changes influence family and household structures. Analyzing the most recent censuses of Nepal, average household size decreased from 5.8 in 1981 to 5.6 in 1991 to 5.4 in 2001,1,2 so on.. This decrease in family size has occurred concurrently with, and in large part due to, the increase in life expectancy mentioned previously. However, empirical research from other countries indicates household size increases with increases in life expectancy.8 Further research is needed to understand this disparity cited (Chalise H, 2017).

### 2.2.1 Size and growth rate of elderly people

The growth rate of the elderly population is faster than the growth rate of the total population in Nepal. Census data of past three decades, 1970 and onwards of Nepal reveals that, there has been increased the rising in the elderly population.

**Table No 1**

**Size and growth rate of elderly population, Nepal, 1952/54-2011**

Census Years	Size of elderly population (60 years or more)		Growth Rate	
	Number	Percent	Elderly Population (Percent)	Total Population (Percent)
1952/54	4,09,761	5.0	-	-
1961	4,89,346	5.20	1.79	1.65
1971	6,21,597	5.40	2.42	2.07
1981	8,57,061	5.70	3.26	2.66
1991	10,71,234	5.80	2.26	2.10
2001	14,77,379	6.50	3.50	2.25
2011	21,54,410	8.13	3.77	1.35

*Source: Population Monograph of Nepal, 2003 & 2014*

In the traditional joint family pattern, when elderly parents cannot take care of themselves, they can live with their children and receive assistance of any young adult inside the family. The above table indicated that the proportion of elderly people is highly increasing; comparing the total population. Comparing the urban areas, the empty nest phenomenon might be more serious in rural areas. Urbanization is now a global phenomenon and will inevitably affect the living patterns of the elderly in rural area of Nepal. It is seen that every year more and more rural youngster moving into cities or abroad from the country's farming regions, might result much harmful to the whole nation. Especially this trend is a main cause of the Empty Nest increasing in rural aria. But it is an assumption, the present study is concentrated in urban area. Though the researcher have a very limited area for the study and to conduct upon data collection and analyzing activities but there is no limitation to see its surrounding as far as it can be. The reliable property of a household is ultimately the youth power, as well as the property of the nation is the same youth power to rely on. There is not any possible plan seen with the Authority to stop these continues manner of the youth's flight . If such flows are not stopped in time, the traditional family relations of being supported the elderly people by children will certainly be in the state of extinction and then it will be impossible to revive or to refill the empty nest forever.

### **2.3 Review of national policy**

Government of Nepal also has been seen taking some responsibility toward senior citizen. On 2008. The Authority had declared that Issues of senior citizens should be integral part of development agenda. Old age issues should be realized as national resources and humanitarian issue rather than a problem. Senior citizens should not be classified according to their homogeneity and age group but should

be viewed on the basis of their needs and situation like skill and eligibility to work, semi-skilled, unable to work, women, difficult conditions and conflict affected etc.

Latest data shows that Nepal has very low per capita income rate of 870 US Dollar, and has ranked 138th of 157 countries on the Human Development Index HDI; Oxfam & Humanitarian Accountability Monitoring Initiative HAMI, 2019by. ( Aging in Nepal 2022, p:12) The main occupation of the people is agriculture 66%. Urban people are Seventeen percent and 90 percent have access to electricity, but only 27% have access to safely drinking water. Literacy rate is 68% of this ,men, 75% and women, 57% respectively .Demographic transition is declining with fertility and mortality), and increasing in the size of its population, aged 60 and older. Almost the 9% of the population are 60 or older now.cited ( Aging in Nepal ,2022,)

The Government of Nepal has been Started to provide old aged allowances program since 1994/95. It is a non-contributing social assistance to the all Nepali elderly citizens. In the context of Nepal, old aged allowances at starting point was Rs. 100 overtime to time increased to Rs.500, Rs. 1000, 1500 ,Rs. 2000 , Rs. 3000 and now Rs 4000 to every Nepalese senior citizens, male or female age 70 years or above

Senior Citizens Rules, 2065 (2008) Date of Publication in the Nepal Gazette 2065/8/9 (Nov. 24, 2008) The Government of Nepal, having exercised the power conferred by subsection (1) of Section 32 of the Senior Citizens Rules, 2063 (2006) has enacted the following Rules. 1. Short Title and Commencement: (1) These Rules may be called " Senior Citizens Rules, 2065 (2008)". (2) These Rules shall come into force immediately. 2. Definition: Unless the subject or context means otherwise, in these Rules,- (a) "Act" means the Senior Citizens Act, 2063 (2006).

(b) "Ministry" means the Ministry of Women, Children and Social Welfare. 3. Functions, Duty and Rights of the Central Senior Citizens Welfare Committee: The functions, duty and rights of the Central Senior Citizens Welfare Committee, in addition to the functions, duty and rights written in the Act and elsewhere in these Rules, shall be as follows:- (a) To recommend to the Ministry by formulating necessary policy and program so as to mobilize the necessary economic resource for the plan and program of protection and social security of senior citizens, (b) To guideline the District Senior Citizens Welfare Committee. (c) To review and evaluate the progress of annual programs of the District Senior Citizens Welfare Committee. To encourage and cooperate a person or organization for establishing the Care Centre, Daytime Service Centre, Senior Citizens Club in the different districts by obtaining recommendation also of the District Senior Citizens Welfare Committee as per necessity, (e) To operate and cause to be operated necessary function for the purpose of utilization of the knowledge, skill, capacity and experience of the senior citizens by obtaining cooperation also of the national and international organizations subject to the prevailing law. (f) To carry on other necessary function in regard to promotion of reverence, respect, and good will towards the senior citizens. cited from (Senior Citizens Rules, 2065).

The Social Security Act, 2075 (2018) Date of Authentication: 2075.06.02 (18 September 2018) Act Number 19 of the year 2075 An Act Made to Provide for Social Security Preamble: Whereas, it is expedient to make necessary provisions on the protection of the right to social security of the indigent citizens, incapacitated and helpless citizens, helpless single women, citizens with disabilities, children, citizens who are unable to take care themselves and citizens belonging to the tribes

on the verge of extinction, in accordance with the Constitution; Now, therefore, be it enacted by the Federal Parliament.

Chapter-2 Social Security 3. Entitlement to social security: (1) The following Nepali citizens shall have the right to get the social security allowance: (a) Senior citizens, (b) Indigent, (c) Incapacitated and helpless persons, (d) Helpless single women, (e) Citizens with disabilities, (f) Children, (g) Citizens unable to take care themselves. (2) The allowances to be distributed pursuant to sub-section (1) shall be distributed in the name of social security. 4. Senior citizen allowance: (1) The Dalit and single women senior citizens, after completing the age of sixty years, and other senior citizens, after completing the age of seventy years, shall get the senior citizen allowance as prescribed by the Government of Nepal, as the social security allowance. (2) Notwithstanding anything contained in sub-section (1), the Government of Nepal may, by specifying any certain area, provide such allowance also the senior citizens who are living in such area and have not completed the age referred to in subsection (1) cited from. (*The Social Security Act, 2075*, (2018))

Mr Chandra Upadhyay has found some related component on the related topic of the study. Such as, Policies on senior citizens in Nepal with reference to Province No.1 are of interest in this study. The Ministry of Social Development (MoSD) is the line ministry responsible for senior citizens' issues (Government of Province-1, 2020). The state endeavors for the elderly care, by the center, province and local level in the federal republic of Nepal, needs to be explored. The state is expected to prepare and implement suitable policies and programs. There are constitutional provisions for special protection and social security for the senior citizens (article 18, 41 and 259 of the Constitution of Nepal, 2015). The

fundamental rights for the senior citizens (article 41), have provisions for special protection and social security from the state. Management of the senior citizens comes under the list of the power and function of the local government (Number 16, Schedule 8 of the Constitution of Nepal, 2015). There are various acts, laws and by laws in the country along with the international instruments to which Nepal is a party. 'Honored, easy and happy ageing' is the vision of the government in province number 1. Article 4(1-5) of the Senior Citizens Act 2006, provides that It shall be the duty of each family member to maintain and care the senior citizen to the level of the economic status and prestige of the members. Where a senior citizen has lived separately or wishes to live separately taking his or her partition share, the family member of his or her choice shall keep with him or her and maintain the senior citizen. No one shall detach the senior citizen from the family or compel the senior citizen to get detached from the family in violation of his or her will. Where the economic condition of the senior citizen of the family member maintaining the senior citizen is weak, other family members shall make provision of maintenance and care of the senior citizen in spite of the fact that such member has not kept such senior citizen with him or her. Notwithstanding anything contained elsewhere in this section, any family cited (Upadhyay,2019).

In spite of too many rules and act for the senior citizen arrangement, the government has closed it eye and ear and nothing is doing to stop the youngster flying abroad and continues emptying the Nest of the older family. It is the pity thing that some citizen has been blaming to the Authorities pointing toward mushroomed Manpower companies that it is an indirect involvement of Human Trafficking business. Many senior citizens, who are literate but not well-educated and unaware of the post modern world's phenomenon, who know only how to

enjoy the remittances, do not even know what human trafficking business is. But some conscious and ideal parents don't tie in knots, in other hand they wanted to see their siblings at home more than the remittances. They also know that the power of youth is the property of the Nation. The researcher believe that the leaders from the national rostrum, who says that "We are working for the prosperity and development of the country, by sending all the hardworking, and brilliant youth out of the country", have lied to the people of the country. It's an ironically worst kind of lye.

#### **2.4 Research Gap**

Many studies has been done from the perspective of elderly people but there must be some missing point in every researcher's research specially in Nepalese context. The study on the Empty Nest subject has been done most of them by American scholar and Chinese scholar and others in Africa and western countries but in Nepalese context the researcher found one research study done by Mr Chandra upadhyaya, "Elderly Care: Policy Initiatives and Older Parents' Perception in Nepali Society," which has been given here as an example. There is not mentioned exactly the word Empty Nest but the subject has almost pointed out the same problems in the same slot of the society. Our Nepalese society, after 2000 AD, has been seen more speedy rate of changing the family's norms and values and in structure in the name of advancement and development but the society has been losing its power of integrity and virtue of cultural pride and even losing the traditional self sustaining economic production system. The influence of the modernization and globalization has shattering continuously our eastern norms and value and the young adult are not showing their duty toward the elderly parents in their solitary home living in empty nest. The authority of Nepal has a new

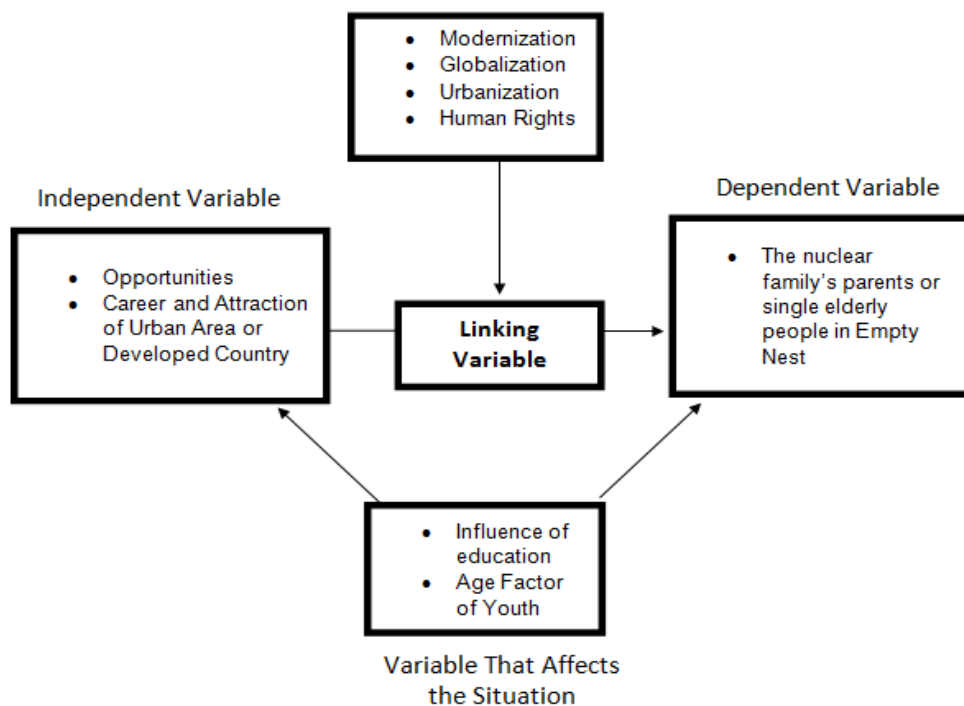
challenge to arrange the society matching with the new wave of world's phenomenon using the new scholars in the research field to explore the problems where it lies and to view it through the sociological perspective.

## 2.5 Conceptual framework of the study

Some very important and significant variables has been linked and incorporated the following concept. The opportunities, career and attraction of the urban area or developed countries attracted youth power and the influence of the modern education and age factor of young adult encourage the young adults to leave the family. Modernization Globalization, and Human Right justify the youth granting freedom to stay out as they like and the result has been the Impact on nuclear family parents that compel to live in their lonely and Empty Nest environment.

**Figure no. 1**

### Conceptual framework



## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.1 Research Design**

The Research study has followed by certain plans and procedure. This study is conducted in the mode of Qualitative and quantitative both, type of research has been applied as exploratory and descriptive both method. This research study is based on structural, theorizing perspective. Having done the pilot survey previously on the research area, population size and the sample size is selected by the method of purposive Sampling. In the study area involves 10 households participants, of which total individual respondents are 17 . All individual respondents are in between 55 to 85 years of age. They are all residents of the Metropolitan city of Kathmandu Ward no 29. While, conducting the study it has been applied the qualitative data generation technique to collect the data. There were mix method also applied in need base. The process of asking question was conducted carefully and politely keeping space within the ethical boundary.. And had been taken Interview face to face comfortably with the elderly people of the nuclear family in the Empty Nest.

#### **3.2 Rational for the selection of the study area**

Ward no 29 of the Kathmandu Metropolitan City had been selected as the sites of the study area. It is the residential area at the centre of the largest city of Kathmandu, where most of the senior citizen who came from different district of Nepal has been resided. Mostly they came from their shattered extended family to find the job opportunities of education and job and has been gradually made themselves permanent resident and rear the children in the so called the modern

way as much as they could. They had well known the traditional way of life and the modern life, that what they have been experiencing. Therefore considering its applicability the researcher selected the area of ward no 29 of Kathmandu Metro City.

### **3.3 Nature and source of data**

This study is conducted by Qualitative and quantitative mode in data generation technique, type of research has been applied as exploratory and descriptive both method.

#### **3.3.1 Primary source of data**

The primary data is collected from the field survey, observation, using objective questionnaire, interview and group discussion. The Interviews were guided with questions prepared before. Interviews have been conducted at location throughout the area: Their home, habitats were chosen for location to ensure privacy during the interview. The group discussion was held in the area for the reliability of data collection.

#### **3.4 Secondary sources of data**

There is a dearth of such research studies document in the researcher chosen area. To collect the secondary data, little bit what has been found related to this study is to be very rare in the field.

The secondary data has collected firstly, as much as it could find, from Ward No. 29. Some of the related document of the research study of government official and non-governmental agencies in the study area has been found through online proved useful to prepare the study. As well as some data is collected from the library, books, articles that available within the country and outside the country through online that match this research study and collected as much as needed.

In any region or country where research and discovery has been found on this subject is concluded as an example to review and has been mentioned in reference for the information.

### **3.5 Universe and sample**

There are 50 alienated nuclear family parents households in the study area has been the universe of this research study. The researcher had selected only 10 households by purposive sampling method for the sample size. Which lays 20 percent of the total households? Hence the 10 households are the sample size that taken for the research study.

### **3.6 Technique and tools of the Data Collection**

Data collection has been began with the meeting and organized schedule to visit the set up known places to the household of the Nuclear family parents whose children are out to find their destiny leaving behind them. Data gathering has been done through one-on-one in-depth interview with all the chosen ageing population. The Interviews are guided with questions prepared before. In addition, the interviews are held at location throughout the area: their home, habitat. Location has been chosen to ensure privacy during the interview.

#### **3.6.1 Observation**

A eagle eye survey and Observation had been done previously by the researcher to the study population and the matching areas with the research topic .the sample size is selected by the measurement of distance base and different class base and finally the Empty Nest situation. During the study it is observed and learn precisely of their living condition, status, assets, atmosphere, their behavior, their answering manner, attitude and their health condition for the reliability of the data collection.

### **3.6.2 Focus group discussion**

A focus group discussion has conducted in one of the household of the respondent with the 15 individual participations of which available research respondents and other nuclear family parents in word no. 29

### **3.6.3 Interview**

The researcher has taken all interviews by introducing himself, followed by giving a brief explanation on why the interview is conducted with and how the data that the informants provided is used .The In-depth interviews are conducted to understand the underlying perceptions about the Empty Nest Impacts on the elderly nuclear family parents along with their self- narrated stories. The elderly respondents have interviewed at their own house or reside. The procedure of the sessions has recorded by handwriting and well written all of their Narrative answer.

## CHAPTER FOUR

### DATA ANALYSIS AND PRESENTATION

#### 4.1 Data Analysis and finding

Considering the increasing wave of Empty Nest and finding the more effected circumstances of the nuclear families parents into the specific chosen aria; of the Research study ward no 29 of Kathmandu Metropolitan city and has been made the target to find out and explore the fact on these research topic. To study the cases the researcher has surveyed and have observation and held the group discussion as well as by purposively prepared the specific and direct questions has taken the face to face narrative interview with the respondents into selected sample size respectively (Questions are given in Annex pages).

The collected data from the research study aria had been analyzed picking up with line to line of their statements having match with the objectives applying the method of the study as its designed previously. The data has tabulated manually. The data has analyzed qualitatively and sometime quantitatively in need base. Data has been collected from the 10 households case study, that given below are only 1 case for example and other 9 cases can find in annex pages.

There has been 10 households to deal with the study and within 10 households there are 17 individual Respondents during the interview and interaction and formal, informal conversation in the study area. All participants are in between 55 to 85 years of age. They are all residents of the Metropolitan city of Kathmandu .word no 29. Given below are the logically calculated analysis of the finding.

## **4.2 Finding:**

The various Impact of Empty Nest, upon the Respondents are given as follows:

### **4.2.1 The Social Impact**

The human beings are the social creatures. Our social status begin with the parents, household members, neighbors, community and goes up to around the whole planet. We might have find in every society that there has been some distinctly deference norms and values in deferent society. The activities of the society always impressed its generation to build their concept, where they have been grown up. In addition that concept , surrounding , the genetic legacy and one's own philosophy altogether help to builds ones perception toward the society.

Among the selected 10 Empty Nest households the four households seems showing more proud of their situation They have sound economic status even though they have some sadness internally having bios by their children. It might assume that they do not want to share their inner condition to other people it is known by their reserved behavior. It is seen that why, they are isolated by their community too. And looks like, they are suffocated inside of their own vanity. However, the researcher thought they have capacity to hide their grief internally. Among them two households are assumed to be proud parents. They do not blame their children even in bias condition by them

The three household are of lower middle class of status, they are free and frank with the society and mingle with them intimately, and they get relief mixing with the society. They have nothing confidential and secrecy to hide in. Even though they want to mix with community, they have inferior complex of not having good financial condition in average.

The three Empty Nest households are from the lower class status. By nature they have their prejudice with the higher class society. They have worse economic condition. Though, they mix-up with their own kind of community, but always looks like frustrated and in doubt with themselves too.

**Table No.2**

**Negative Social Impact (NSI) within 10 households**

S.N.	Impact	Response households	Total households
1.	Alienated from kinship	6	10
2.	Weak social relation	6	10
3.	Dismay in social service	7	10
4.	Doesn't attend the social meeting	6	10
5.	Frustrated with society	4	10
6.	No good term with neighbor	5	10
7.	No touch with the children	4	10

Households=hdls 7 Row= R= 1R=10 hdls =70 hdls=100% the total percentage of

Negative Social Impact= NSI is 38 divided by 7R=54.2%

The above table shows the negative social impact upon 10 households nuclear parents is 54.2% by the Empty Nest situation.

Source: Field survey, 2079

**Table No.3**

**Positive Social Impact(PSI) within 10 households**

S.N.	Impact	Response households	Total households
1.	Good relation with kinship	4	10
2.	Better social relation	3	10
3.	Active in social service	3	10
4.	Regular attend the social meeting	4	10
5.	Mingle with society	5	10
6.	Good term with neighbor	4	10
7	Access in communication with children	6	10

Households=hdls ..Row= R=70 hdls =100% the total percentage of PSI is 29 divide by7R=41.4%

The above table shows the positive social impact upon 10 households nuclear parents has been41.4% by the Empty Nest situation.

=NSI 54.2% +PSI 41.4%=95.6%

=100-95.6=4.4%=No Response

Source: Field survey, 2079

#### **4.2. 2 The cultural Impact**

Our culture begin from our home. our parents taught to us how show manner with households, with kin, neighbors and community. How to give attention toward the ceremonial event. how to talk with the people etc. Every individual and every household have communal ties with the local society. today the modern society has developed the mix- cultural manner to cooperate and mingle with the local cultural behavior. But somewhat differences are seen even to day's scenario within the elderly individual by the impression of legacy of traditional society. However it is seen that, there is no way to satisfy them by the manner of newer generation.

Among the selected 10 Empty Nest households the four households seems showing more reserved thought of mingling with society in cultural ceremony. Looks like having bios by their children to gathering in festival and ceremony. They do not want to share their inner condition to other people it is seen they are isolated by their community too. It seems their sound economic status has been barred to mingle with in the society.

The three household are of lower middle class of status they are free and frank with the society and mingle with them intimately, they get relief mixing with the society. They have nothing confidential and secrecy to hide in. But they have too some frustration of liveness in about cultural ceremony without their children.

The three Empty Nest households are from the lower class status. Though they mix-up with their own kind of community and cultural ceremony but always frustrated. About their loneliness, blame to the authority of insecurity problem and the changing society norms forming the Empty nest.

**Table No.4**

**Negative Cultural Impact(NCI) within 10 households**

S.N.	Impact	Response households	Total households
1.	Do not participate in cultural function in society	4	10
2.	Not happy in time of Festival	7	10
3.	No participation in gathering with kin's ceremony	5	10
4.	Missing the children in festival	7	10
5.	Held no ceremony in home	5	10
6.	Visit no temples or holy place	3	10
7	Listen no sermonize or discourse	5	10

Households=hdl.. Row= R= 7 R=70 hdl =100% the total percentage of NCI is 36 divided by7R=51.4

The above table shows the Negative cultural impact upon 10 households nuclear parents has been 51.4% percent by the Empty Nest situation.

Source: Field survey, 2079

**Table No.5**

**Positive Cultural Impact (PCI)within 10 households**

S.N.	Impact	Response households	Total Households
1.	Participated in cultural function in society	5	10
2.	Happy in time of Festival	3	10
3.	Participated in gathering with kin on their ceremony	5	10
4.	Doesn't miss the boomerangs children in festival	2	10
5.	Frequently held's ceremony in home	5	10
6.	Visit temples or holy places	6	10
7	Listen sermonize or discourse	4	10

Households=hdls ..Row= R ..7R=70 hdls = 100% the total percentage of PCI is 30divided by7R=42.8%

The above table shows the positive cultural impact upon 10 households nuclear parents has been42.8% percents by the Empty Nest situation

=NCI 51.4% +PCI 42.8%=94.2%

=100-94.2=5.8% =No Response

Source: Field survey, 2079

### **4.2.3 The Economic Impact**

#### **Economic Impact**

Every society has an economical base of its own. As well as every individual and every household have their own economic activities of input and output system, and obviously, direct or indirectly, it is linked into the large society with the local economic production system, trade and industries.

Among the Empty Nest households the four households seems more economically sounds. They are owner of houses and even they rented house to the tenant. Some of them get pension and have large amount of bank balance but they are in anxiety of loneliness in empty nest residence. These creating the complication on their health.

The other three households have a middle class status even though they own the house but the rent cant fulfill their need sufficiently. The children who are away from them, they showed their own problems and much trifling financial support they get. They have no secrecy to hide from the society.

The three households are beyond poverty level they gather their end meat by doing daily wages work in constructions or others household chore .Their children are lost in the chaos of the modern world and not hope to come back again.

**Table No.6**

**Negative Economic Impact (NEI) within 10 Households**

S.N.	Impact	Response households	Total households
1.	Living in rented house,	4	10
2.	Worry of gathering end meat	4	10
3.	Worry of uncertain financial condition	6	10
4.	Feel humiliation by society of the poverty	4	10
5.	Feeling of inferiority of unproductive self	6	10
6.	Children do not send money	5	10
7	Insecurity and uncertain of economic production(crisis)	5	10

Households=hdls ..Row= R ..7 R=70 hdls=100% the total percentage of NEI is 34 divided by R=48.5%

The above table shows the Negative Economic impact upon 10 households nuclear family parents has been 48.5% percent by the Empty Nest situation

Source: Field survey, 2079

**Table No.7**

**Positive Economic Impact(PEI) within 10 households**

S.N.	Impact	Response households	Total households
1.	House owner	6	10
2.	Good economic status	4	10
3.	Secure financial condition	4	10
4.	Good influence on society	3	10
5.	Feeling superiority complex	2	10
6.	Children sent money regularly	4	10
7	Secure economic production	4	10

Households=hdls ..Row= R .. 7R=70 hdls 100% the total percentage of PEI is 27 divided by 7R=38.5%

The above table shows the Positive Economic impact upon 10 households nuclear family parents has been 38.5% percent by the Empty Nest situation

=NEI 48.5% +PEI 38.5%=87%

=100-87=13%=No Response

Source: Field survey, 2079

#### **4.2.4 The Psychological Impact**

To find out psychological impacts one should have to do precisely observation of their surrounding and must see the reaction to them with other people interaction and the behavior they show during conversation, their answering manner and fall off pressure on their face, on body language and impression by their own

reflection. It is related with every aspect every organ of human body too, such as personal views, thinking, imagining, attitude, and without this essence nobody can show themselves better performance to the society. To see this we have come to rely on the answering manner, response and attitude form the respondents.

Hence, among the Empty Nest households the 4 households seems to show more strong feeling on psychological phase positive attitude about their life. They pretend as they are psychologically strong. They are owner of houses and with no worry of economic crisis, and they think themselves they are from the highly civilized society. They showed themselves that they are living well. Again they pretend that there isn't having any complain about loneliness. But one of them a lonely lady have shows her manner of anxiety disorder and another have exceedingly physical complaint .

The other two households have a less strong psychological status even though they own the house but they showed their financial problems and. they want nearness of their children who are away from them. Sometimes they think negatively about their life. They have no reserved thought.

The two households are seen they have lower middle class attitude .They have both concern of the poor health condition and the possible economic crisis. They mostly blame themselves of rearing the children in that way and the changing situation of the time. They blame the authority of not taking accountability of the citizen. Some time they have shown their psychological disorder too.

The last two households has been shown the negative thought about of their own life..They are not happy of this solitary life. They think they have lost their children in the vague of foreign country. They have given up the hope of them seeing again.

**Table No.8**

**Psychological**

**Negative Psychological Impact (NPsI) within 10 households**

S. N.	Impact	Response households	Total households
1.	Anxiety of loneliness	7	10
2.	Frustration of breakdown relation with children,	4	10
3.	Inferior complex to mix up in the society	4	10
4.	No influence on society	5	10
5.	Prejudice toward the happy world,	2	10
6.	Regular doubt of loss and regret	5	10
7.	No interest in social service	7	10
8.	Grief, loss and fear	5	10

Households=hlds ..Row= R .. = 8 R=80 hlds =100% the total percentage of NPsI is 39 divided by 8R=48.7%

The above table shows the negative psychological impact upon 10 households nuclear family parents has been 48.7% percent by the Empty Nest situation

Source: Field survey, 2079

**Table no 9**

**Positive Psychological Impact (PPsI) within 10 households**

S.N.	Impact	Response households	Total households
1.	Proud of children status no matter of separation	3	10
2.	Regular contact with the children	4	10
3.	Superior complex in the society	2	10
4.	Good influence on society	3	10
5.	Positive toward the happy world	4	10
6.	Lively without any doubt	3	10
7.	Interested in social service	2	10
8.	Self efficiency	3	10

Households=hlds ..Row= R .. = 8 R=80 hlds =100% the total percentage of PPsI is 240 divided by 8R=30%

The above table shows the positive psychological impact upon 10 households nuclear family parents has been 30% percent by the Empty Nest situation

=NPsI 48.7% +PPsI 30%=78.7%

=100-78.7=21.3%=No Responce

Source: Field survey, 2079

#### **4.2.5 The Physical Impact**

Physical fitness is influenced by the factors of genetics; health condition; environmental status; life style. To regulate these factors, consciousness is described as "a state of understanding and realizing something", which is closely related to the

individual's thoughts, memories, emotions, and the surrounding etc. To define the physical aspect, one must know the human physical condition, that is always influence to the mental condition and in return the mental caliber guides the physical activities to the person. Both organs are the complement or filler to each other. Over anxiety's presser on the mental might harm the physical fitness and physical weakness also can harm the mental position. Here the researcher has tried logically to calculated the both condition of health, mental and physical to find the exact answer as far as possible.

Hence, in this context among empty nest households, some households are seen more victimized of physical impact by the aging factor and of loneliness. Most of them are victimized from diabetes, high blood press and so on.

Among Empty Nest households the 3 households seems more physically active and fitness. They have strong mentality of their day to day work. Some of them are in rented house and they are actively doing their daily work. But they are taking medicine regularly. they says 'without medicine they can't make their lively day.

The other three households are looks like in sound health position with cheerful appearance and with no deceases. But they have complain of blood presser and diabetes etc etc, the researcher assumed that are the complication of loneliness and stress.

The two households are physically weak because of aging and different types of diseases. They are taking regular medicine. They cannot survive without taking medicine. They are in need of their children but their children are out of their reach.

The last one Empty Nest households, a lady living alone has a good health and has nothing to worry about anything but her husband and children are in abroad and

her Doctor said she is fit by physically but she has been going under anxiety disorder. She need to stay together with her family.

**Table no 10**

**Negative Physical Impact (NPI) within 10 households**

S.N.	Impact	Response households	Total Households
1.	Physical pain by anxiety disorder	1	10
2.	Clumsiness by aging	2	10
3.	Diabetes	7	10
4.	Blood presser	7	10
5.	Asthma	1	10
6.	Neuropsychiatry	1	10
7.	Back pain	4	10
8.	Thyroid	1	10
9.	Anemia	1	10

Households=hdl s ..Row= R .. 1R=10hdl s 9R=90hdl s=100% the total percentage of NPI is 25divided by9R=27.7%

The above table shows the nagative physical impact upon 10 households nuclear family parents has been 27.7% percent by the diseases and the aging factor in Empty Nest situation

Source: Field survey, 2079

**Table no 11**

**Positive Physical Impact(PPI) within 10 households**

S.N.	Impact	Response households	Total households
1.	Remittance make easy access to medical care	2	10
2.	Make easy to live healthy environment with out Children	1	10
3.	Can afford to keep nurse in case of disable	2	10
4.	Can afford healthy food	2	10
5.	No worry to take of economic crisis	2	10
6.	Can buy a home in healthy environment	1	10
7.	Its peaceful in absence of boomerang children	2	10
8.	Lone & healthy environment to revive love and affection between husband and wife	3	10
9.	If the children seems in good Status it can make happiness and health both to us	5	10

Households=hdls ..Row= R.. = 9 R=90 hdls = 900=100% the total percentage of PPI is 20 divided by9R=22.2%

The above table shows the positive physical impact upon 10 households nuclear family parents has been 22.2% percent by the Empty Nest situation

=NPI 27.7% +PPI 22.2%=49.9%

=100-49.9=50.1%=No Response

Source: Field survey, 2079

**Table No.12**

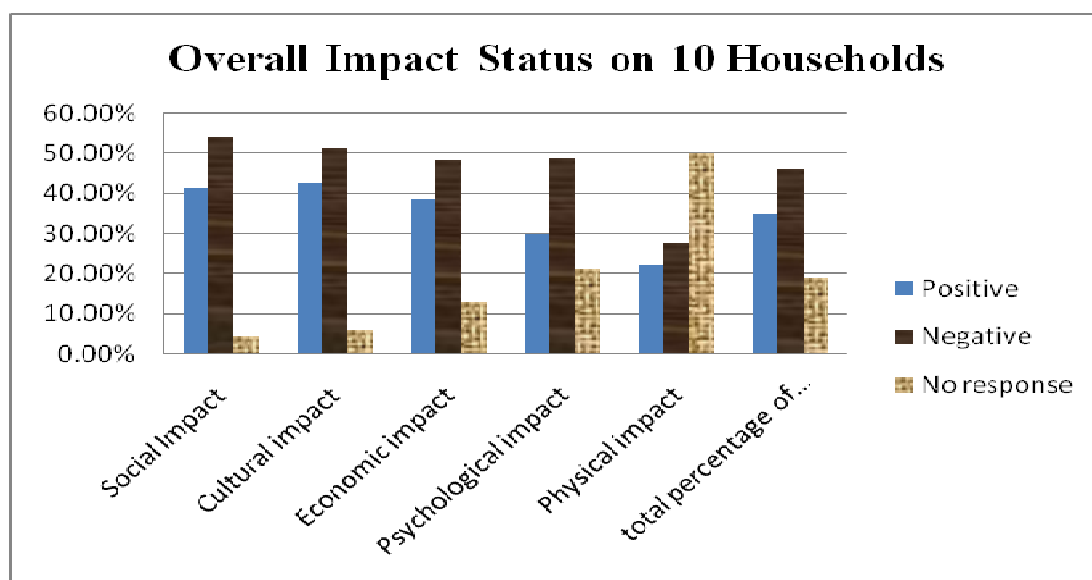
**Overall Impact Status on 10 Households**

S.N.	Impact Status	Positive	Negative	No response
1.	Social Impact	41.4%	54.2%	4.4%
2.	Cultural impact	42.8%	51.4%	5.8%
3.	Economic impact	38.5%	48.5%	13%
4.	Psychological impact	30%	48.7%	21.3%
5.	Physical impact	22.2%	27.7%	50.1%
6.	total percentage of impacts	34.9%	46.1%	18.92%

Source: Field survey, 2079

**Figure no. 2**

**Overall Impact Status on 10 Households**



Source: Field survey, 2079

Although the negative side occupies all the space, the positive side has not been totally eliminated. The above indicator in the diagram has also managed to cross exceedingly 40 percent to the positive side of Social and cultural sphere

It tells us wealth and wellbeing is not the same element as we think. Money alone cannot buy happiness and peace to the elderly parents who are compelled to live in lonelier empty nest. They feel peace and relief only if they have children and grandchildren around them to interact with.

Nevertheless, negative Social impact has seen at the highest level in the diagram. The cultural impact is seen in the second height of the negative side. The third height at the negative aspect has been the psychological part of the empty nest parents. Although the economic and physical aspects are normal in their ratio, if we look at them separately, the economic condition of the lower class can reach the highest level.

On the other hand, even though the economic situation is in average, the negative indicator shows highest peak in the social and cultural aspect, by this, we can assume that, the negative socio-cultural and psychological impact has fallen badly upon the nuclear family's parents in the empty nest.

**Table No.13**

**Marital status of respondents within 10 Households**

S.N.	Marital Status	Number	Percentage
1.	Married and with spouse	7	70%
2.	Widower	1	10%
3.	Married But Living Single	2	20%
Total		10	100%

Source: Field survey, 2079

**Table No.14**

**Age of respondents of within 10 Households**

S.N.	Age Status	Number	Percentage
1.	Less than 60	1	10%
2.	60-70	6	60%
3.	70 above	3	30%
4.	80 above	2	20%
Total		10	100%

Source: Field survey, 2079

**4.3 The study observation's substance**

In observation of the study area it has been found that the elderly parents in Empty Nest are from lower class, lower middle class and upper middle class. Even though they are from different classes and status their psychological state are same for their uncertainty future and feeling of alienation from the community. The most notable thing they share commonly is a complain about the pollution of the city and the lack of the space area or a park at the nearby area to meet the aging group of people. Some time they think about to stay out of the city but in emergency of health condition need to stay to the access of the better Medical care in good hospital .So unlikely they are compel to live in the crowed and polluted environment of city life in congested places.

Mentioning the lower class, they have always a fear of economical crisis that give presser and stress on them than their concern for their poor health condition. They blame their fate and the authority of their condition. They are frustrated of the society and authority both.

The lower middle class have both concern of the poor health condition and the possible economic crisis. They mostly blame themselves of rearing the children in that way and the changing situation of the time. They blame the authority of not taking accountability of the citizen.

The higher middle class have sound economic condition, but the poor health condition has been given them stress; even though they does not want to show that they are in anxiety; they do not want to blame their children in front of society, instead they tries to show that they are proud of their children living abroad. But the neighbors has been aware and well known of their condition. Because of their better financial condition they do not want to mention the authorities in any case.

Though the most aristocratic higher class respondents are not included in this study but if it were somehow included a crude assumption by this study 's angle, the result might be seen almost in no response of the issue.

#### **4.3.1 Case Study no 1 is given for example other 9 cases are given in annex pages**

Mr. Sunder Piya A retire engineer and Mrs. Anju Piya, a couple who lives in Ward No. 29, Kathmandu Metropolitan City, Their Siblings went to the United States ,daughter had been gone five years ago and two years ago their son to pursue higher education. The husband is 61 and the wife is 58.

-Sunder says, Health condition is good. Even though complaint of diabetes is in experience, it is in control. Anju has no disease till now.

Anju says that we had not taught our children to send them to America. But when they reach their young age 16 above while studying Plus Two, they started trying to go to America by making their own decision. That is what today's children want to make their own decisions. It may be lonely to stay without children, but if it is their future, then we are still strong to survive.

The daughter has started earning money, she had passed B.Sc Nursing in the United States while the son is studying Computer Engineering.

We have hoped that they will come back, but what can we say? The daughter, gets only one tenth of her salary if she come back and find the job here.

"We didn't just think for ourselves," says Anju. Now they know better than we do. What to say of the difficulties? Should be requested to someone even to carry a jar of water to the top floor where is kitchen we have.

Sunder says, I am not taking grief until now but what will happen when we are in a difficult situation is in the womb of the future.

Finally Anju said that she misses her children at festivals and other gatherings and fun events, but she must think about to prioritize to their wishes and future.

(Pure nuclear family parents, Even though they have uncertain future, they sacrificed themselves living in empty nest for the so called future or career building of their Children)

There has been 17 total individual elderly people in the study area of 10 households, which, in total..9.female 8 male, among them single parents male widower 1 , female married but stay alone 2 and there are 7couples with spouse in empty nest. All participants are in between 55 to 85 years of age. They are all residents of the Metropolitan city of Kathmandu .word no 29.

## CHAPTER FIVE

### SUMMARY AND CONCLUSIONS

#### 5.1 Summary

The basic concerns of the aged population are their health conditions, their social and psychological status, and activities of their family support. The nearest Doctor or nurse and the caretaker are the family members for the aging people. The new Global Phenomena effected norms of extended and joint family culture and the Nuclear families are in existence in recent time. The recent learned scholars say that the nuclear family also shattering by the single person family. In this Study, the researcher found that the Parents, specially the mother, want their Children within her surrounding at the time of her post parental stage, more than anything in the world. In absence of their young adult, the aging people specially the nuclear family's parents have no other members in family to care upon their unfavorable time.

Human being has always been in a curiosity from the beginning that, what lies beyond the mountain and what lies across the ocean? In ancient time the traveler used to travel single and lightly and can stay permanently where they like .And then they had been start breeding until they form a large joint family and society. Now, the density of the people in planet is in peak, the migration has various forms and legal process to change the resident from one district to another or one country to another. It has considered in this era, the reason of a person migrates must be in search of job opportunity and of better living standard. A very important issue to consider is the youth, the main property of the nation, and on that issue, it is found that, there is Authority weakness of not raising enough

industries and other employment opportunities to hold the youth within the home country. The developed country always attracted the young people from the under developed countries.

Another important reason of flowing the brain-drain and the youth physical strength as a labor to the foreign countries is the most unconsciously Nepalese household's demanding of the remittance to survive.

The declining trends in fertility and mortality both have been changing the demographic pattern and these decreasing the portion of youth and increasing the portion of aging people and that has been increasing the empty nest too. It is a new challenge to manage for the society. As a result although, the direct victim are the aging people of Empty Nest but it indirectly victimized the overall mechanism of the society such as economic and production system by the shortage of labor etc.

The case study of this research, shows the most of the nuclear parents have only one or 2 child or no child. Because they would not be able to have more kids; even if they wanted to; because of the high costs of rearing and educating the children .This demographic change in younger population has been one of the main cause of Emptying the nest of the Nuclear family parents

The above analytic result of the finding shows that the social impact upon the nuclear family parents in the Empty nest is in higher degree, it means they are much lonelier than we assumed. The economic impact is higher to only the parents of lower class but the other impacts such as psychological and physical impact's are not much differ by the different class status. In summary, we can say that effects of Empty Nest select no class status to fall upon.

However, it has found that still; the aging nuclear parents are not urging to stop their children to go abroad far from the nest. They are not doing these

deliberately and without any reason, it has found that there is not any choice but the compulsion of the circumstance, such as education, job opportunity and remittance has been pulling the young adult by the core countries and that phenomenon resulted as increasing the Empty Nest.

## **5.2 Conclusion**

The study's conclusion has pointed out various factor of the impact that fall upon the elderly parents in Empty Nest. Such as, the legal provision of international migration and labor mobilization from Nepal toward foreign countries. Moreover, it has considered the reason of higher education opportunities and job opportunities in abroad and thirdly, the better living standard, and this cause to emerge more and more Emptier Nest in Nepalese society. In consequence, it victimizes the elderly parents by the impact of socially, economically, psychologically and physically as it shown in the diagram above in analysis part.

The residence of 29 ward of Kathmandu Metro City are mostly came from outside of Kathmandu and live there permanently since years ago. They came from the village and settled there, as well, they think their children are doing the same way of migration legacy in same manner, but this trend is not doing any good for the family, society or the nation.

The conclusion added that totally avoiding to local substantive production and loosing the virtue of our eastern culture, our dignified history, ethic and moral lesson to add in syllabus of the school and college to teach them the virtue of family life and the sovereign society. These lacking element has putting negative impact by increasing Empty Nest as an outgrowth on the elderly people. The absent of young adult in their family not only put their parents in loneliness

syndrome but they make the nation a powerless country and dependency of economic production only on the source of remittance and on the tourism's droppings . By the influence of the Globalization, recently, it has seen that the duty for the society and the nation has considered as an absurd matter to the new generation.

The case study of the present research shows that, the only financial wellbeing is not enough for the elderly parents. Even though some house hold are in not survival condition without remittance. That is the result by destruction of the local traditional economic production and this is why having the replacement by the remittance.

The elderly parents always want their children nearby and want love and care by them at their clumsy situation. Because the major challenge for the elderly parents is to maintain their daily routine without support by other than their family members. It is not their choice to send children out, even though it seems they are enjoying of their children better living standard in aboard.

The study report shows that the parents are sacrificing themselves for the children's opportunities, considering the living standard and their happiness. One of the lady respondents of this study who has a sound economic status and stay alone in a big house ,while other members of family including her husband living abroad, she said herself to us that she spent her leisure hours talking with the portraits of them and that is a kind of psycho-social impact on her. The study analysis shows that the social impact upon the respondents is highest above all. During the present research study unlike the poverty line, most of the cases found that along with the aging bodily complication the lonely feeling in Empty Nest having causes the

psychological impact upon the nuclear family parents. Moreover, there are above 50% of the Empty Nest dweller have not the financial wellbeing.

They are in need of financial security as well as spiritual consolation to the elderly people's uncertainty situation. Therefore, it is necessary to pay attention to the empty nest dweller by the public health's authority in Nepal

The society too, must have to be conscious about the western influences or imported culture borrowed overtime and that encouraged the youth to go abroad, is resulted not only Empty Nest but it is also a hindrance in development of the nation. Enjoying the remittance as a gift of the trends of brain drain and labor mobilization toward the foreign countries has definitely indicated the peril point to our society norms.

However, it is important to acknowledge to the society that the norms and value of any society can be change over time. Not only the government can be change as well as the regime can be change even the political concept can be changed. Such as, the people have more right as a citizen in the certain state where he or she is belong to, and that provision impressed the citizens where the rights are in controlled. States are political entities that possess a certain territory of geographical boundary, a population within it domain, a government as a power to control and the international recognition of its sovereignty. These all can be change over time. Change toward the wellbeing or toward the destruction it depend on the undergoing norms of the society or the state. In recent time the changing phenomenon has accelerated to it highest speed in the world ordered.

In our country, the elderly parents are from different classes and status, their physical and psychological state has found the same in average with the uncertainty future and feeling of alienation. Nevertheless, the parents are

sacrificing themselves for the children's opportunities. The elderly person either one is rich or poor, that doesn't matter much; on maintaining one's everyday life must need well supported by the family's young members; otherwise it is found that the aging body's complication emerge as an anxiety disorder along with the abnormal physical impact.

Today our planet has narrowed by the concept of Global village. Westernization, liberalization and human right etc are considering as the Modernization. The human right and liberty, it's partiality in region wise implication by western developed countries; shows that it's a something tool with an eye to penetrate the outside world and to destroy the norms and value of the under developed country's sovereignty along with the demographic and cultural change. All these above features are creeping along side by side, updating itself with a new fashion to impress the societies around the planet. This manner has become the global trends and its impressions are inevitable on all human society. In spite of this wave, if any society or nation wants to stay apart and want to sustain their classic value, there must be some refinement system to up-to-date its norms, matching with the current prevailing concept along with following the natural process of social evolution.

The new waves of global trend has broke off the balance of traditional system such as joint family system change to nuclear family and other traditional economic production series also change to commercial production. The traditional subsistence agriculture production and other local economic production for the self-sustaining system gradually changed into remittance in Nepal. Within the changing phenomenon if the society prefers the remittance instead of their own economic production that is ironically a bad symptom,

enough to peril the whole society and the nation. So, the state must aware to a new challenge to understand and take accountability to identify and justify that the youths are the main property of the nation. The empty nest might be the symptom of emptying of power and property of the Nation.

This research study is also a delegation to the authority that the absence of the young adult in the nest not only has several impacts on the mental and physical health of the elderly nuclear parents but it is obviously hampering the national production system and local economic activities in long term. The society and the authority together have a crucial challenge to stop the youth migration trend and to call back the missing youth to refill the Empty nest. While the youth are the lifeline of the nation as well, the elderly people are the guideline of the society. So the authority must find the way to refill the nest in order to relief the elderly parents from the worse impact of the Empty Nest. Finally, the authority along with the society should have to make plans for betterment of the elderly people, better adjustment and arrangement in home country for the youth group and that idea, philosophy and plan must matched properly with the changing Phenomenon, even without avoiding the natural social evolution of the human being in the planet.

### **5.3 Recommendation**

The parents living without their children in post parental phase generally is call an Empty Nest, The care of those elderly people in solitary life is needed a substantial scholarly discourse and policy implications in recent Nepalese society. The present research has emphasizes the study on issues of empty Nest and to explore related multitude problems including migration, Changing trend of family structure and communities which effected the relation of social, cultural , economical and

psychological aspect and these overall element is concern with the impact of empty nest upon the elderly nuclear family parents.

During the study, I myself felt an experienced that the youth brain and the youth physical power is definitely a main property of every household, every society and the Nation. Especially meeting with the parents in their post parental phase living without their adult children in empty home was the present study procedure. I have met them under the pathetic circumstances and found them in awkward psychological perception toward the society and to the leader of the nation. Almost every household complaint is toward the national leaders and authorities of the country (though some of the retired officers kept mum). The empty nest's parents has been blaming to the leaders, that they have lacking of the knowledge and capacity to bring the nation into self-sustaining way. Failed to rely on its own economic production system; which should have encouraged the national youth group to developed their skill and career within their home country as well as to build the faith toward their society and the nation.

While the youth are the property of the nation, the elderly people are the guideline of the society. Moreover, the elders are the sources of knowledge, experiences and collections of different ideas in every society or nation. Like many other countries, the number and proportion of older adults in Nepal has continued to grow, that is known by the census report. Along with it, the empty nest is also increasing exceedingly in comparison. Although, the Government of Nepal has adopted many measures that recognize and specify the rights of elderly people, Nepal's obligation to the support of well-being to the elderly people is not enough for these non-children residential home's parents. If we want to go forward to gain prosperity of the country, we need their ability, long experiences and their conscience. Therefore, the authority

must have to realize and understand of necessity to refill the empty nest for the relief and wellbeing to the lonely parents of the country

I can say regretfully that not enough is yet known about the youth power as the property and security of the nation by the regime of Nepal. If it were known on time, it would have been the other way of the national productivity, economical sphere and in so many other aspects.

The government should develop a kind of contingency plan, which encourage to developed faith into the young adult mind, toward their birthplace; community; society and the nation. In a country like ours, if plans are made by well understanding the needs of the youth group, then it would have been possible to prevent more unwanted activities from happening. Otherwise, if the national plan is to be made, based on guesswork, occultism and hodgepodge as it is experiencing today, then it will definitely never be possible to stop the youth of this country from going outside and the elderly parents will continue to be forced to live alone in miserable conditions as it is.

Finally want to urge that the elderly people and the young adult both are the property of the nation, though they have different duty to perform. The elderly parents in empty nest and the youth out of the country or hometown both has been a peril position to the society. The above-indicated problems are not alone in this country but the global phenomenon and it is also a sociological problem to study and explore the way of resolution through philosophical theory by the learned scholars. To tackle those problems is not very easy though! the society and the regime both have responsibility to tackle with .

## REFERENCES

- Aryal, Gokarnaraj (2018). The Status of Elderly People in Nepal, Bhaktapur: Kathmandu University, M. Phil, dissertation. Accepted: Sept. 2019
- Basyal, Govinda (2020). Nuclear family and its challenges. Retrieved 6 January 2022, from [http://en.wikipedia.org/wiki/Nuclear family](http://en.wikipedia.org/wiki/Nuclear_family).
- (Barti, P. 1971). Family Structure and Poverty in the United States cited
- ( Barti, 1971 ). Depression in middle-aged women. New York: Basic Books.
- Barbara A., Mitchell (1991). Ageing and the elderly impact, UK: Simon Fraser University, Critical themes in Indian sociology
- Beaupre, H., (2006). When is junior moving out? Transitions from the parental home to independence. Canadian Social Trends, 82, 9-15.
- Boss, P. (1987). Normative loss in mid-life families: Rural, urban, and gender differences. Family Relations, 36, 437-443.
- Boyd, M. (2007). Ethnic variations in young adults living at home. Canadian Studies in Population, 27, 135-158.
- Brain Gratton and Myron P Gutmann 2010 Emptying the Nest United State Researcher "Emptying the Nest:Older Men in the United State,1880-2000
- Chichen Zhang,2021 Yuan Cai, Yaqing Xue, Xiao Zheng, Xiaozhao Yang, Jiao Lu, Lihong Hou & Mimi Li Health and Quality of Life Outcomes volume 19, Article number: 156 (2021) Cite this article)
- Cherlin, A. (1997). Still in the nest: Delayed home leaving in Europe and the United States. Journal of Family Issues, 18, 572-575.

Curlee, J. (1969). Alcoholism and the empty nest. *Bulletin of the Menninger Clinic*, 33, 165-171.

Critical themes in Indian sociology' contactceo@sagepub.in Cengage advantage, sociology. Belmont, CA: Wadsworth, Cengage Learning.

Chichen Zhang, (2021) Health and Quality of Life Outcomes volume 19  
Article number: 156 (2021) Yuan Cai, Yaqing Xue, Xiao Zheng, Xiaozhao  
Yang, Jiao Lu, Lihong Hou

Chalise Ananta 2014 NEPALESE SOCIAL STRUCTURE, ATROCITIES AND  
MENTAL HEALTH

Chalise Hom Nath 2006 Aging trends: Population aging in Nepal Tokyo 113-0033,  
along with James D. A case report

Daniel T. Lichter (2019). at: The Best Empty Nest Advice for Parents Whose Kids  
Are Leaving the Coop

Dahal, Dipak (2019). Senior Citizens Rules, 2065 (2008) Date of Publication in the  
Nepal Gazette 2065/8/9 (Nov. 24, 2008).

Dudley, E. (2002). Empty nest or revolving door: A prospective study of women's  
quality of life in midlife during the phase of children leaving and reentering  
the home. *Psychological Medicine*, 32, 545-550.

Daniel T. Lichter (2019). at: The Best Empty Nest Advice for Parents Whose Kids  
Are Leaving the Coop

Elder, G. H. (1999). *Perspectives on the life course*, Ithaca, NY: Cornell University Press.

Elder, G. H.(2005). The life course as developmental theory. *Child Development*,

Chandra Upadhyaya 2021(Ph D), *Elderly Care: Policy Initiatives and Older Parents' Perception in Nepali Society*

Glassner, B. (2010). *The culture of fear: Why Americans are afraid of the wrong things*. New York: Basic Books.

Glenn, N. D. (2005). Psychological well-being in the post-parental stage: Some evidence from national surveys. *Journal of Marriage and the Family*, 37 (1).

Goldscheider, F. (1997). Recent changes in U.S. young adult living arrangements in comparative perspective. *Journal of Family Issues*, 18, 708-724.

Goldscheider, C. (1999). *The changing transition to adulthood: Leaving and returning home*. Thousand Oaks, CA: Sage.

Giri Dr dillip 2015. Joint family and nuclear Family : relation to their values and adjustment.”

Gen, Med (2019). *Medical Hellenic Psychiatric Association Medline Plus Health Information*.

Hagestad, G. (1990). Social perspectives on the life course. In R. Binstock & L. George (Eds.), *Handboo*.

Med Gen( 2019) Empty-nest-related psychosocial stress: Conceptual issues, future directions in economic crisis" *Empty Nest Chapter March 2016*DOI:

10.1002/9781119085621.wbefs\_008 Empty-nest-related psychosocial stress:  
Conceptual issues, future directions in economic crisis"

Mitchell Barbara A 2016 " Empty Nest " Simon Fraser University76 Publication  
1,238 Chapter · March 2016DOI: 10.1002/9781119085621.wbefs008

Mo SD, (May 2019).[http://mosd.p1.gov.np/sites/mosd/files/2019-05/pdf\\_Senior  
Citizen Act of Nepal,\(2006\).http://www.lawcommission.gov.np/en/archives/19011](http://mosd.p1.gov.np/sites/mosd/files/2019-05/pdf_Senior_Citizen_Act_of_Nepal,(2006).http://www.lawcommission.gov.np/en/archives/19011)

O'Donnell, G. (2002). Mastering sociology. Basingstoke: Palgrave. Nuclear  
family. (2020). Retrieved 6 January 2020,

Olugbenga, Popoola, PhD (2018). Emptying the Nest: Older Men in the United  
State, American Trinity University, Benin Republic, Department of General  
Studies, The Polytechnic, Ibadan, Nigeria

Subedi Janardan 2022 "Aging in Nepal "Article in The Gerontologist · May 2022  
DOI: 10.1093/geront/

Social Security Act, 2075 (2018) Date of Authentication: 2075.06.02 (18  
September 2018) Act Number 19 of the year 2075 An Act Made to Provide for  
Social Security Preamble.

Shepard, J, (2013). Elementary family, two-parent family The Editors of  
Encyclopaedia Britannica

Shestha Ranjit Kumar (2019), The introduction of Research Methodology,  
Kathmandu: Himalayan Publication House, Anamnagar

Shepard & Shepard. M. (2013). Joint family and nuclear Family: A comparative  
study on the academic achievement, pg. no 305

Senior Citizens Rules, 2065 (2008) Date of Publication in the Nepal Gazette  
2065/8/9 (Nov. 24, 2008).

Sherry Saggars and Margaret Sims 2014 Diversity: Beyond the nuclear family

The Social Security Act, 2075 (2018) Date of Authentication: 2075.06.02 (18  
September 2018) Act Number 19 of the year 2075 An Act Made to Provide for  
Social Security Preamble:

Tausig M 2021 Health in Nepal View project Jiri Eye Study2021 City University  
of New York City - Lehman College 60 publication1,827

Upadhyaya, Chandra (2021). Elderly Care: Policy Initiatives and Older Parents'  
Perception in Nepali Society, (PhD)

Yan Zhang 2020 Are Empty-Nest Elders Unhappy? Re-examining Chinese Empty-  
Nest Elders' Subjective Well-Being Considering Social Changes School of  
Psychology, Central China Normal University, Wuhan, China

## **APPENDIX -1**

### **1: QUESTIONNAIRE**

0.Name.....Age.....Sex..... Nationality.....aducation .....family size.....

1. How long since you living here?
2. Do you own this house or it is rented ?
3. Do you have spouse with you?
4. Where is your spouse if She/he doesn't live with you?
5. How do you share the thoughts and your individual problem?( for single)
6. What is the state of health?
7. Who is taking care of you when you are sick?
- 8 .How do you tackle your daily routine?
9. Do the children send money timely?
10. What is the reason for not having or no children with you?
11. How old are the sons and daughters?
12. Are they highly educated?
13. What are they doing now?
14. Where are they now days?
15. Do they come home frequently?
16. If they do not come, are they in phone contact or not?
17. Do they hope to return home?
18. What is the main reason for the Children to left you and go away f?
19. Are you happy to be alone?
20. If you are happy, why?
21. Why be sad?
22. What are the problems you face while living alone?

23. Is it better for young people to leave the country or not?

24. Who is to blame for forcing young people to leave their parents and go away?

**Observation state**

1. What are the different status or class of the respondents?

2. What are the condition of the environment where they live?

3. What is his/her mental health and physical condition in this kind of solitary circumstance?

4. Who do he/she blame of this condition?

5. Are they feeling guilty to themselves of raising their siblings in the wrong way?

6. Are They feel themselves proud of their Children living in foreign Country?

7. What are their feelings toward the recent regime of the Nation ?

8. What are their general view toward the new youth of the Nation?

**Here are given the case studies collected during the study in the topic area.**

### **Case Study; 2**

Sita Kumari, Vegetable Seller.. Live in Kathmandu, She has not own the house, nowhere in the world? She has been living in this ward no 29 for 10 years. She is 65 years old. She live here in rent, she is alone, but she has not been able to get the allowance of a single woman from the government. because she is not eligible resident of nowhere, she own no house no land nowhere, Now a days She sells green vegetable door to door, carrying on Doko(A kind of Large basket)

At the early age of sweet sixteen, she came to Kathmandu from Ramechhap district, eloped with someone. After giving birth to a son, her husband left her and disappeared. But she has raised her son with courage, renting herself a room she stayed. And washing dishes and clothes of others house hold chores, any how she survive and rear her boy up to the young adult. After sometime her son too left for India and disappeared.

It is unknown at this time what she will do when she will unable to do anything ."No one for me to think neither any hope remains," she says. Just as the husband left, so did the son. Now I am just waiting for the death to come. I must have made a living by working till I remain alive. Who cares if the bag falls? Instead, I have already thought about going to an old age home. It feels as if the body is already weakened.

Now, neither the son nor the father is coming back. Everyone has left. No one! Her body looks much thin. Although she is only 65 years old, her physical chemistry looks like 75 years old.

At the end, she left saying that, she was just waiting for the death to come.

( Her condition of living standard is beyond the poverty line. She is helpless single parent. Her narration is an utter of frustration is an unending matter in her life)

### **Case study: 3**

Gyanu Chhetri is a 64-year-old retired dentist and her husband Rishi Chhetri 65 is a businessperson. In ward no. 29. They have a house and land in a good place. They are economically sound couple. Neighbors can't enter their gate because the wolf size big dogs are seen roaming around the compound.

But when it comes to talking to neighbors, one's feel that the couple are more polite than their surroundings.

Gyanu says, if sons and daughters were gone abroad, in Nepalese context we feel joyes, why do they stay in Nepal. Where is to be employed? Those who knows those things are understood. It's up to them to stay where they want to be. That is now, universally given the lugal right for the adult children.

Our house was also in Jhapa. We left Jhapa and came here, what different is there? I don't see any. I don't feel any pain that when I left Jhapa

Oh no, we never feel loneliness, The neighbors', they seen only two of us here, but if something happens, there are many relatives, they come running, we don't have much to think about. .(but the researcher live not very far of them and saw them no visitor coming frequently to visit them)

Mr. Chhetri says it is good that one's son and daughter have been abroad. All around the Earth planet is our home and every man kind are our relatives. It is not necessary to talk nonsense just because one's son or daughter has gone somewhere abroad.

It is one thing to judge on the basis of merit, but it is not right to believe that going abroad will hamper the country.

He added, Mr. I don't think you have chosen the right subject for your thesis.

( They are proud parents who enjoy the remittance and better living standard and take care with the nation and society but can't hide their vanity even while talking to people politely using most pleasantries words .Their thoughts matched the saying "Money can buy everything "They are unknown of the coming event to them at the last moment or they are pretending to hide their anxiety)

#### **Case Study :4**

Subash Luitel and Durgi a couple from a lower middle class family from Karnali. They came to Kathmandu some 30 years ago They look very friendly may be the impact of their kind of business. They run a tea shop in a small room. There is also a young colleague who is a morning shift college student.

The couple own no house in this 29 ward but they have been living here for 30 years. Durgi ,she is very cheerful and active lady. She has an only son. But that son is not with them today. Subash turned 70 years old. Durgi is 5 years younger than him. She is 65 years old. She has not felt any disease till now. But Subas has complaints of uric acid and diabetes

Subash says, he is the only son. They have had a big dream of building a house in Kathmandu. To earn the money for the purpose they had wish to send their son to a well-paid place abroad. Somehow, he was sent to Europe.

Subash says, he is the only son. They have had a big dream of building a house in Kathmandu. To earn the money for the purpose they had wish to send their son to a well-paid place abroad. Somehow, he was sent to Europe.

He had sent a small amount of money from his first year salary, then we were overjoyed. However, the money was not enough to pay the debt that he borrowed when he was sent.

Next year, he told me on a phone call that he was very sad and in difficulties because he didn't have any legal documents to stay there. He added that he was hiding himself place to place.

To stay legally, citizenship can be obtained by marrying a girl who has the citizenship of Europe. And then he added, he would have been preparing to do so.

And after that I used to call him for two or four times. He simply cut the call; he didn't even pick up our phone, after that I stopped calling him again. He simply cut out from us.

It happened seven years ago and with it all the hopes had burned to ash. Instead, we have had to keep him in Nepal without being sent abroad. That was our greed to earn more money than to think about family members living together.

Later I found that he has been known there by some Nepalese, and got to know that he has been running a restaurant in Belgium.

However, we have not had any contact with him for 7 years. He called once 7 years ago and had requested to sell the land of the village, and send 50 lac rupees to him. That he was preparing to run a restaurant there. He added that he would also invite us there after the opening of the restaurant.

We could not send money because the land of our village is not even worth 25 lac. On the other hand, I don't even want to go to work in his restaurant. I think Nepal is fine for me.

Having lived in the environment of Kathmandu for so long, now it is difficult to go and live in a village in old age

We tried to talk to Durgi but she didn't have time. At that moment customer started to crowd to drink tea in the shop. Her tea shop is very busy.

Subas says, if he could have taken a large space, he could have used it better, but he did not have the status to afford.

And when we just started to return back, Durgi had got a chance to come, then she came and sit in front of us.

Durgi says that it is a pity that our only son is taken away by an unknown girl. We repented much, I think If we had not been sent him abroad, our wisdom and knowledge would not have been enough at that time. The son was kidnapped by our own greed that we wanted to build a house in Kathmandu by money of remittance.

Until now, there is no such problem. We are unknown of the coming event, when it come, its comes out of nowhere. Now we have been surrendered to our fate.

(They said of the uncertainty of the coming event and has been been surrendered to their fate. That means they felt nervous they felt guilty themselves and prepared to tolerate their fate fallen upon them)

### **Case study 5**

Mr Bidur Shrestha a retire Banker and Mrs Krishna Maya Shrestha a couple live in Anam Nagar word no 29 Kathmandu Metropolitan City, Their Siblings went to the Australia, Daughter, the dentist Surgeon had been gone six years ago with her husband BSC in Medical Lab Technology.

Bidur says, my son, he is civil engineer, he has gone to find his own destiny and mine with me, I don't care much. I am living with my wife and aunt. We are four brothers lives in separate place and we can take our mother whenever she likes to live with one of her son. Mother is single. But she is happy, she is now 81 years old.

However, our 4 brothers have been able to keep our mother happy because we are in Nepal. She has no diseases. She mostly lives with other brothers because she likes to live surrounding with small children.

A few months ago, my son had brought my granddaughter from Australia. At that time, mother was happy she came to live here with us until my granddaughter return back to Australia

Krishnamaya says that the mother loves her children, the fathers are a little cruel, I remember them in all the festivals time very fondly, but they don't come just by remembering, tears come to the eyes instead of them. Even though they call me often through messenger, we talk a lot but I want them near me , its too far away.

bidur says, "I have been taking diabetes medicine for a long time. It is in control now. I am just 63 years old. She is 60 years old. She is 3 years younger than me. She has thyroid." This is how everyone got little bit diseases, when they get older. It is the Nature's cycle.

Bidur added, my unt is 83 years old and she lives with us. she didn't get married, now we care about to her need. So far, she has not felt any other big diseases, but she has blood presser complain. Even now, she is involved in household chores as much as possible

He added that as long as her health condition is good, she will be fine.

Finally he said, me too as long as my health condition is good, I will be fine. and next there is Lord Pasupati The GOD .Nobody knows what will come uncertainly .

(Even though the couple are nuclear family parents but some influences of extended family's remaining is tailored there, for example: Fupu, an unmarried sister of Bidur's father live with them, and sometime mother comes to visit them and regular contact within their four brothers. But it seems the impact of the empty nest has been touching Krishna maya as a pressure of anxiety )

### **Case study -6**

Mr. Kamalman Shrestha, a retire banker a resident of Ghattekula, Ward No. 29, has been living in as a widower for 10 years now. He is now 74 years old.

He says I am sound in economically and also fine in physically beside a little complain of Anemia, So I need not much help,. What does it feel like if I were poor just like other poor people lives in poverty. In the case of the loneliness that am especially without my wife? Anyway I have made a way to satisfy myself.

He says things that need to be shared with wife cannot be shared with anyone, never! Can't be shared with anyone. Son, daughter-in-law, grandchildren nobody, it can't be shared with anyone.

Daughter is in the United States, while the son is in Australia. I have only one son. My father is also an only son, I am also an only son. I belong to the innate nuclear family. All the son and daughter have been graduated here. But after going there, the criteria did not reach, so they had to study there again.

Everyone is married. Maybe they don't come back, they had bought the house there where they live.

I do not like being a parasite. I am fine, What is the pain of living alone? You have to understand for yourself. To utter. It is difficult to utter an exclamation. It's like a life stuck in the middle of nowhere. Someday If I become disable physically or mentally and can do nothing then I needs help. I don't know what will happen. May be someone will come to care me.

(Nuclear family single parents live alone. That what an uncertainty condition of him he relayed the impact of empty nest .He has anemia, might be the effect of worrying or anxiety )

### **Case study- 7**

In terms of data collection, I had the opportunity to visit a Harkha couple at a construction site in Ghatte Kulo. Harkha Tamang and Manmaya Tamang are 68 and 65 years old. Harkha have had schooling, he studied up to the three class and Manmaya has never been to school but has been able to write her own name. Both work for daily wages at construction sites..

They live on rented room in 29 word of Kathmandu metropolitan City, but their names are not in the voter list. They say that the registration is in Charikot. They came from charikot 30 years ago, with their breast fitting small child. That is their only son An now their only son is missing.

Manmaya said, 10 years is a long time to wait and he is still not in contact, he disappeared in Saudi Arabia.

When I asked Harkha that where he rented the room? for you are staying here so many years. Harkha says that it is, but not always the same, we

sifted so many times here and there. But we have been living in this ward for 25 years.

Harkha says, "My son, he had been stuck with the friends. He had told me that it was a free visa, and it did not cost a lot of money, it cost only twenty thousand rupees. Then I borrowed the money and handed him. After some time I went with him up to the airport premise to farewell. that was the last time bade him good buy.and then 10 years a long time ,in no contact.

When other people realized our grief, everyone asks to me which is that man power that sent your son to Saudi? But I don't know which man power is. I am not a person who knows much. Manmaya says, " To support in old age, he is the only son who has been lost in Saudi Arabia.

She doesn't even know who his friends are." I can recognize one of them what he look like but I have not seen him too. Once he had came with my son and dine with us before they left to Saudi. but we do not know where the house is. She utters an heart felt sound.

Harka added, that he has studied up to class 10 in a school in DilliBazaar. He posses a good attitude and love us, He had calm courage to us by saying that he will make us feel proud of him. Added that he will sent money for, to go back to village and buy land to build a house . But what to do now he simply disappeared.

Manmaya says, "We are working to get the end meat till now. No deceases up to now, we are fine I don't know what will happen tomorrow."

Harkha concluded, Buddha is a God above all. These all are the relation of one's deeds. God sees tomorrow we can't. It is up to the almighty to decide what to do. We have no power,What else can be done?

(A daily wages workers couple and the nuclear parent living in poverty without their own shelter and without any security of future in unending circumstances worrying.)

### **Case study 8**

Mohan Kumar Rai is a 83-year-old retired teacher. His wife is 10 years younger than him. She had been teaching in the same school too. Her name is Bhavani. She is also retired and had retired without pension. Mohan got pension.

Bhavani has just turned 73 and she looks more energetic than Mohan. Even though she looks fast, Bhavani has high blood pressure. But Mohan not only has blood pressure but also diabetes.

They have their own building for a good home in Ward No. 29.kathmandu They had been shifted from Khotang Dristict to Kathmandu and had bought a house during the Maoist insurgency. Their son is studying IT engineering in Australia they have one daughters and an a son.The children all of them are in abroad.

Mohan says, the youth cannot get proper opportunity here in Nepal

Even for a simple job, you have to have your own people at the top of authority to request, or you have to pay a bribe, otherwise you remain unemployed, or you have to start your own business. There is no protocol created by the government to provide facilitation and training for new young entrepreneur to encourage.

He added, that the Children are not sent abroad without any reason. If you get a job according to your ability and skill, no one wants to go abroad or no one send their children abroad? Going abroad to visit or to see countries and people as a tourist or to attend on some seminar is different.

The love for sons and daughters that is something and the career to build into them is another thing. One must let them the adult children to go on their own. Mentioning about ourselves, we don't know what should happen tomorrow. When our children are within our premises, we feel safe and secure that is another thing.

Bhavani says it's okay for me, I take no worry about anything. There is no place for them to build career in Nepal. We are just fine here.

Mohan says that the daughter has already taken the citizenship of the United States, she will not come back. The son in Australia has also been able to get PR there. Even so, At the Last hour someone will come back for this property.

(A bold sacrifice for the children but they forget the duty for the Nation. Even though they showed their positive attitude toward the migrations unlikely they utter the uncertainty of their future in vulnerable time)

### **Case study 9**

Sakuntala is living alone in the house of such a big building. The couple came from Gandaki Pradesh and bought here the land in ward no 29 of Kathmandu Metropolitan City some 30 years ago. Later they build the house and live there. When we reached the fourth floor, we rang the bell and waited, the door opened only after a long minute. She was busy watching TV show. She said I enjoy watching serials. The lower three floors are rented. The upper two floors are occupied by Sakuntala alone. She is 61 years old and very energetic.

Her husband Suman is 65 years old. In her spacious living room, photo frame of four people, including her couple and with two sons are shown beautifully over the wall.

She says what to do, I spent daily for some time to look at these photos collected and speak with them in silence,

She added my husband sometimes comes and glimpse like a dream and disappear again. Let's not talk about children. They are on their own way and doesn't care for anything.

I am terrified sometime of this solitary life. but I see no other way.

Disease, what to say about this disease. I have experienced every symptoms of diseases and terrified myself as, if all the diseases of the world were upon me, but when I go to checkup in hospital, the doctor tells me that there is not any disease in you. Your physical condition is fine. You only have anxiety disorder. Go for a walk in the morning and in the evening. He says to stay and play with the family. Who knows the pain of having to live here in solitude?

My husband used to be in Hong Kong, now he is in Africa. One of the two sons is in the United States and the other is in Australia.

He is a Surveyor, Most of his projects involve road construction. Since most of them are in remotely place, there is no environment for ladies to live .

The company send him to where the contract is bid and as per the requirement. While in Hong Kong, I had the opportunity to go and live with him for some time.

Yes, it is true that the company has not given retirement at the time of retirement. I don't know why. The time has come to him to stay in home as retirement.

Even sons can be like fathers. I wish the next birth would not be like this solitary again.

There is not much leisure. Total 11 rooms should be kept clean, including kitchen and dining. and have to prepare food myself . An woman comes to wash dishes and wash clothes. Sometimes she cleans the rooms too.

She also has a similar story. Her husband also had been gone abroad and simply disappeared. The poor girl expresses her grievances. I tried to keep calm in my mind by listening to her pain.

Sons, they have done well for them. I haven't know that much of the modern world. I don't know anything about the thought of today's boys. Honestly, I don't understand anything. I am not much in reading, just passed high school in compulsion.

Oh of them children returning. it's a question unsolve, After death, they might come to look for possessions.

It is wrong to believe that money can bring happiness to a person or in family.

I often go to Satsang. After listening to the discourse, there is acquired strength to make the mind patient.

(She has been in anxiety disorder that what the doctor said to her and at last she exclaimed that she is in frustration too)

### **Case study 10**

A couple of a taxi driver Ram Kumar Waiba and Kanchi Waiba have been living in a rented house in Kathmandu Metropolitan City Ward No. 29 for the past 17 years. Waiba had brought Kanchi a girl friend of sweet seventeen from Solukhumbu to Kathmandu and married her that was 40 years ago,

Mrs. Kanchi Waiba is 57 years old. But she look young, look like not even 40 years old. Waiba still looks handsome too.

Waiba told me his story that their only child, a daughter namely Maiya Waiba, ran away with a boy while studying 10 Plus 2 and got married and moved to Sarlahi. Later, They come to know that the girl had been repainting, it was found out that the boy was a loafer without any skill or knowledge.

After two years of their marriage, at the persuasion of their daughter Maiya, Vaiba sought a loan and sent her son-in-law to Dubai. After two years, the son-in-law came from Dubai empty-handed without even paying the money That barrowed to went Dubai.

Both the father and the daughter were saddened by the incident. And then maiya again persuaded her father to send herself to abroad After that, Ram Kumar sent his daughter to Cyprus by taking a loan because he knows her daughter was very stubborn kind of lady.

After Maiya went to Cyprus, from her earnings she sent money to her husband to be sent to Europe.

Waiba said, All right he had reached to Europe successfully, but the money sent by Maiya was also misused by son-in-law this time too. Later we find out that he has married to a Polish girl to settle there.

Ram says, " At that moment I tried to console my daughter, I said to her in phone called that to come home and stay with us ,If its necessary she could married again to someone. He had proved himself a cheater; he is not fit for you. Let him go on his own way. I want you to find another boy and get married if necessary, but she did not listen to me" Maya, inform me that she must have to go to Poland to punish him. And then it's been 3 years now, my daughter's

whereabouts has been unknown. Her friends in Cyprus said, that they last time saw her leaving for Poland.

Mrs Kanchi Waiba says, what to do now. Later I found that she has not legal document in Cyprus too. How could she leave for Poland It's terrified me. Her friends in Cyprus told us that she had gone to Poland, but if she arrived in Poland, why didn't she call us. She had possess a good habit that she used to inform her every step to us when she had been out of home.

Waiba says, She is our only daughter in the name of the child. At the end, we are here in loneliness without her.

(Simply they lost their Daughter lost in the Global Phenomenon and felt lonely in the Empty Nest)

Thanks!

# Impact of Empty Nest in Nepalese Nuclear Family

A case study of word no 29 in Kathmandu Metropolitan City

A dissertation submitted to  
Tribhuvan University  
Department of Sociology  
Nims College,  
Kannibahal, Lagankhel Lalitpur Nepal

In Partial Fulfillment of the Requirements for the course of  
Thesis writing (So 510) of Master of Art in Sociology

Submitted By:  
Bhuwani Shanker Poudyal  
Exam Role No; 7560001  
TU Reg. No26099-87

July, 2022

## **DECLARATION**

I hereby declare that this thesis entitled “Impact of Empty Nest in Nepalese nuclear family: A case study of word no 29 in Kathmandu Metropolitan City” submitted for the partial fulfillment of the requirement for Degree of Masters of Sociology, Tribhuwan University, NIMS College. This is my original work, contains no materials previously published and no part of this thesis was submitted before for the candidate of research degree to any University under the supervision.

.....

Bhuwani Shanker Poudyal

Date: July 2022

## **LETTER Of RECOMENDATION**

This is to certify that Bhuwani Shanker Poudyal has prepared this thesis entitled " Impact of Empty Nest in Nepalese nuclear family: A case study of word no 29 in Kathmandu Metropolitan city" Under my guidance and supervision in the partial fulfillment of the requirement of the course of thesis writing of Master in Arts in Sociology. Therefore, this dissertation report is refer to recommendation for its evaluation.

Miss Urmila Thapa Magar

(Supervisor)

Date: July 2022

## LETTER OF APPROVAL

A thesis entitled " Impact of Empty Nest in Nepalese nuclear family: A case study of word no 29 in Kathmandu Metropolitan city" has been submitted by Bhuwani Shanker Poudyal in the partial fulfillment of the requirements for the degree of Master's of Arts in Sociology in the Humanities and social Sciences.

### APPROVED

.....

Miss Urmila Thapa Magar

(Supervisor)

.....

(External Examiner)

.....

.....

Head of the Department

Date: July 2022

## ACKNOWLEDGEMENT

I would like to thank all respected persons who made possible this research study to complete, so much grateful who have been assisted in the field work or in the analysis of the data and contributed in various ways to its production.

During my research study I received assistance from numerous individuals attached to different institutions and organizations. I am very much indebted to Miss. Urmila Thapa Magar, my thesis supervisor. Without her regular inspiration and motivation, this work wouldn't be possible. I would like to express my gratitude Mr. ...., HOD and Mr. ....External for granting me opportunity to carry out this research work. I am also thankful to all the teachers and madam. External examiner, who studied my thesis and provided me guideline to come into this juncture of thesis submission,.

I would also like to offer my profound gratitude to all my honorable teachers of department of sociology, Nims College, for their indispensable support of various stages of the study. My sincere thanks go to all the respondents and their family members for providing me valuable information related to this study. Throughout my work I have enjoyed the active support and encouragement of colleagues and contemporaries. Special thanks go to my family support who helped me through in every way of life for the success.

.....

Bhuwani Shanker Poudyal

Date: July 2022

## TABLE OF CONTENTS

	<b>Page No.</b>
DECLARATION	i
LETTER OF RECOMMENDATION	ii
LETTER OF APPROVAL	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v
LIST OF TABLE	vi
LIST OF FIGURE	vii
ABSTRACT	viii
<b>CHAPTER 1: INTRODUCTION</b>	
1.1 Background of the Study	1
1.2 Statement of Problems	6
1.3 Research Questions	8
1.4 Objectives of study	8
1.5 Significance of the study	9
1.6 Limitation of the Study	10
1.7 Organization of the Study	10
<b>CHAPTER II : REVIEW OF LITERATURE</b>	
2.1 Theoretical Review	12
2.2 Empirical Review	26
2.3 Review of National Policy	30
2.4 Research Gap	35
2.5 Conceptual framework of study	37

## **CHAPTER III: RESEARCH METHODOLOGY**

3.1 Research Design	38
3.2 Rational for Selection of the Study Area	38
3.3 Nature and Source of Data	39
3.3.1 Primary source of data	39
3.4 Secondary Source of Data	39
3.5 Universe and Sample	40
3.6 Technique and Tools of Data Collection	40
3.6.1 Observation	40
3.6.2 Interview	41
3.6.3 Focus Group Discussion	41

## **CHAPTER IV: DATA ANALYSIS AND PRESENTATION**

4.1 Data Analysis and Presentation	42
4.2 Findings	43
4.3 The study observation's substance	60

## **CHAPTER V: SUMMARY AND CONCLUSION**

5.1 Summary	63
5.2 Conclusion	65
5.3 Recommendation	69

## **REFERENCES**

## **APPENDIX:**

## **QUESTIONNAIRE**

## **CASE STUDY REPORTS**

## LIST OF TABLES

<b>Table No.</b>	<b>Title</b>	<b>Page No.</b>
1.	Size and growth rate of elderly population, Nepal, 1952/54-2011	29
2.	Negative Social Impact within 10 households	44
3.	Positive Social Impact within 10 households	45
4.	Negative Cultural Impact within 10 households	47
5.	Positive Cultural Impact within 10 households	48
6.	Negative Economic Impact within 10 Households	50
7.	Positive Economic Impact within 10 households	51
8.	Negative Psychological Impact within 10 households	53
9.	Positive Psychological Impact within 10 households	54
10.	Negative Physical Impact within 10 households	56
11.	Positive Physical Impact within 10 households	57
12.	Overall Impact Status on 10 Households	58
13.	Marital status of respondents within 10 Households	59
14.	Age of respondents of within 10 Households	60

## **LIST OF FIGURES**

<b>Fig. No.</b>	<b>Title</b>	<b>Page No.</b>
1.	Conceptual framework	37
2.	Overall Impact Status on 10 Households	58

## ABSTRACT

Recently, the term Empty Nest has been commonly in use to refer a situation, where the nuclear family's parents live a lonely life without their children. Children, have been gone far away to find their own career opportunities in the vague of synthetic world, unfeelingly toward their parents. In Nepal, the concept of Globalization has been rooted deeply in the mind of new generation. They can move or migrate without any restrain, they have access to the world of information technology at their fingertip, they know the right of individual freedom, this access has been encouraged the young adult to create the Empty Nest.

It might be one of the reason, that our society and authority have violated to teach the young generation the eastern ethic and moral lesson in time. That is why, they have not developed themselves the culture to pay the gratitude toward elderly people and aware to take care the elder on their vulnerable time. The attraction of the core urban cities and the developed countries where there are opportunities one can find easily and the periphery area or countries where there are lack of career opportunity is considered the pull factor of young adult from the nest.

The so-called postmodern world seems giving emphasis only to the money and assets, and to count the cost one must find opportunities over the paramount. These activities badly victimized the elderly parents in the Empty Nest. The counter trend to refill the empty nest, it should be taken accountability more seriously by the authority and to stop socio-demographic shifts by independence activities of young adults. The society and the authority has challenges to tackle with this situation through a sociological search and a new philosophical idea, otherwise, we are confronting toward an anarchy world.