

Empty nest syndrome essay



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The empty nest syndrome is the feelings of sadness, depression and grief that are experienced by parents and caregivers once their children come of age and leave their parents' home (i. e. when children go to college or get married). Mostly women are affected than men with the empty nest syndrome; due to mothers experiences other significant changes in life (i. e. menopause or caring for elderly parents). For most parents not being involved in their children's everyday life may create a temporary identity crisis.

Parents especially mothers may become depressed, anxious and very emotional. According to Feldman, there has been a significant increase in the United States in the number of young adults who come back to live in the homes of their middle-aged parents. These children are known as boomerang children in which their main reasons for returning home is because of economic issues (i. e. not being able to find a job after college or not being able to make ends meet with the job that they already have, Feldman, 2011; p. 522).

My mother experienced the empty nest syndrome when I got married and left home. She expressed anger, loneliness, and depression because she felt that when I got married that I was going to move far away from her and my father. Like I stated in last week post by me being a preacher's kid it requires a lot of responsibility and dedication; out of all my parents children I am the only sibling that is devoted to helping my parents' ministry. Therefore, my mother felt that by me getting married that her helper was gone.

After I got married my husband and I stayed in Florida for three months and my mother did not speak to me any because she was anger about me leaving. After I returned back to South Carolina she felt relieved. In the empty-nest study, researchers compared the women’s marital happiness in their 40s, when many still had children at home; in their early 50s, when some had older children who had left home; and in their 60s, when virtually all had empty nests. At every point, the empty nesters scored higher on marital happiness than women with children still at home.

There are some parents that find a sense of happiness and freedom whenever their children are gone from their homes. The thought of knowing that their children are out of their homes give them more time to enjoy one another more so like a “ second honeymoon” (i. e. vacating, shopping, dating, more intimate time with no interruptions, hobbies, and interests- Feldman, 2011). For empty nesters their focuses were on their children for so long they don’t how to enjoy their selves.

Therefore, it very important that parents take into consideration the scripture Proverbs 22: 6, “ Train up a child in the way he should go; and when he is old, he will not depart from it”, King James Version Bible. When you have followed God’s word and have raised your child to the best of your ability it shouldn’t be any problems releasing them from under your wings because you have properly equipped them for the good, bad and crucial periods and life and all that is left for the parent to do is enjoy life and watch their children prosper.