

ABSTRACT

Empty Nest Elderly make up a considerable portion of the population globally (Gilleard & Higgs, 2014). So far very few researches have been conducted in Pakistan regarding Empty Nest Elderly, so the present study was aimed to measure the tendency of loneliness, emotional regulation and life satisfaction among them by cross-sectional design. Number of 100 empty nest elderly from urban and rural areas of Punjab comprised of Lahore, Narowal, Hafizabad and Burewala were included. Both men (n=50) and women (n=50) comprising half of the population from urban and half from the rural areas were given representation. UCLA Loneliness Scale (Russell, 1996), Emotional Regulation Questionnaire ERQ (Gross & John, 2013), and Life Satisfaction Index (Neugarten & Havighurst, 1961) in their Urdu translated version were used to measure loneliness, emotional regulation and life satisfaction respectively. Independent Sample t Test, One way ANOVA, Pearson Product Correlation and Multiple Regression Analysis were used to test the hypothesis. The result revealed that the Empty Nest Elderly living in the urban areas have high emotional regulation than those living in the rural areas. Findings indicated that female empty nesters of both urban and rural areas have high tendency of loneliness than male. The men use suppression more frequently and women use reappraisal of emotions more frequently. It was revealed through findings that males showed greater level of life satisfaction than females. Findings suggested that loneliness is negatively related and has a strong negative prediction of life satisfaction and cognitive reappraisal of emotions has a positive prediction towards life satisfaction.

Key words: Empty Nest Elderly, Empty Nest Syndrome, Emotional Regulation, Life Satisfaction Cognitive Reappraisal, Emotional Suppression.