
| RESEARCH ARTICLE

Risk Factors Associated with Empty Nest Syndrome in Elderly Women in the Work Area of Public Health Center (Puskesmas) 1 Kembaran Banyumas Regency in 2014

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| ABSTRACT

Empty nest syndrome is often experienced by women, especially in nuclear families. Empty nest syndromes are experienced by old age at the time when the cubs last married or left home. The phenomenon of empty nest syndrome is widely experienced by women of advanced age with various diverse forms. This study aims to study the risk factors associated with empty nest syndrome in older women in the Puskesmas I Kembaran Working Area of Banyumas Regency in 2014. This type of research is a quantitative study using a cross-sectional approach with a population of 184 older women. The analysis used is Chi-Square and Logistic Regression. The results showed that the age of older women who experienced empty nest syndrome (63.6%), in the category of elderly old (57.6%), basic education (77.7%), non-work (58.7%) and social activities (93.5%). The results of the Chi-square test obtained variables related to the empty nest syndrome were self-concept (p-value = 0.016), communication with children (p-value = 0.027), and communication with partners (p-value- 0.026). Variables that are not related to the incidence of empty nest syndrome are age (p-value = 0.368), education (p-value = 0.834), occupation (p-value = 0.957) and social activities (p-value = 0.935). According to the logistic regression test results, self-concept is the most dominant variable associated with the empty nest syndrome (p = 0.020. OR = 2.103). The conclusion of the self-concept research is the variable most related to the empty nest syndrome. It is recommended that older women need to increase their social activities. Children should often visit parents or contact them by phone, and posyandu cadres explain the importance of social interaction in posyandu activities for the elderly.

| KEYWORDS

Elderly, empty nest syndrome, self-concept

| ARTICLE INFORMATION

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1. Introduction

One of the impacts of almost even technological advances in all areas of life is the decline in infant and child mortality, on the one hand, and the increasing lifespan of human life opportunities. In addition to technological advances, the increasing number of life opportunities is caused by the increasing awareness of humans to carry out healthy living habits and abandon various unhealthy lifestyle patterns that pose a health risk. This reality directly or indirectly impacts the increasing number of individuals who can lead an optimal life span development with relatively healthy physical conditions, apparent cognitive capacity, a relatively stable economic state, and good marital and domestic life relationships. One of the phases of development that will pass along with the ageing process is middle age, stretched between the ages of 40-60 (Santrock, 2004).

Empty nest syndrome is often experienced by women, especially in nuclear families. This syndrome is experienced in old age when the child is the last to marry or leave home. This empty nest syndrome is especially pronounced for homemakers because most of their time is spent at home and constantly interacting with children. Seniors who experience empty nest syndrome feel loneliness, sadness and stress, so it is a pressure of life. The phenomenon of empty nest syndrome is widely experienced by women of advanced age with various diverse forms. The results of Rahayu's research (2011) stated that the experience of old age, the empty

nest syndrome found 6 themes, namely Inability to establish relationships with others, Changes in the role of motherhood, The quality of interpersonal relationships of elderly mothers with children, Doing fun work, Establishing relationships with individuals, groups and surrounding communities and Conducting practical activities.

Another study was conducted by Bramanti (2013), who concluded that children are everything. According to the results of the author's research, the return of children to parents with empty hands actually triggers parents to be more vigilant and careful and even more patient and calm in guiding their children. The problem of replenishing empty nests is a very favourable situation to go through, and the concept of intermediate adult phase development.

The results of a preliminary survey conducted in the working area of Puskesmas I Kembaran, Banyumas Regency, in May 2014 obtained several older adults, as many as 11,132 people (21.5%) from 51,898 residents, of which 6,756 (13.02%) were female or called older women.

Based on the above problems, the author is interested in researching more about the risk factors for Empty Nest Syndrome in Elderly Women in the Puskesmas 1 Kembaran Working Area of Banyumas Regency in 2014.

This study aims to study the risk factors associated with Empty Nest Syndrome in Elderly Women in the Puskesmas I Kembaran Working Area of Banyumas Regency in 2014. In addition, it also explains the self-concept of older women in the work area of Puskesmas 1 Kembaran Banyumas Regency in 2014 as well as explains communication with children in the work area of Puskesmas I Kembaran Banyumas Regency in 2014. Furthermore, it is explained that the dominant factor is related to empty nest syndrome in older women in the work area of Puskesmas I Kembaran, Banyumas Regency, in 2014.

This research can provide information and input to the public on responding to the phenomenon of empty nest syndrome in older women. This research can add to the scientific reference to the phenomenon of empty nest syndrome in women of advanced age. In addition, this research can be used as scientific study material for researchers about the phenomenon of empty nest syndrome in elderly women.

1.1 Empty Nest Syndrome

Empty Nest Syndrome can be interpreted as empty nest syndrome (empty ~ empty, nest = nest) (Goddess, 2007). Empty nest syndrome is a situation that afflicts mothers when their children leave home because they are studying in another city or abroad. It can also happen when the child is married and does not live in the same house anymore. This situation causes a feeling of no longer needing a mother's role as in previous times (Webber, 2005).

Empty nest syndrome is a term that describes the psychological and emotional conditions that a woman experiences at a time due to being abandoned by her children or because her child is married (Marjorie, 2007). Empty nest syndrome refers to feeling the pressure, sadness, and grief experienced by parents after their children leave home after adulthood or homemaking. This can happen when his children leave because of college or get married (Cushman, 2005).

Motherhood is always related to the mother's relationship with her child as a physiological, psychic, and social unity. The relationship begins when the child is in the mother's womb and continues with physiological processes such as birth, breastfeeding period, and child care. When the child begins to leave the house, a mother must face the problem of adjusting to life, commonly called the empty nest period. This empty nest syndrome is especially pronounced for homemakers because most of their time is spent at home and constantly interacting with children (Rahmah, 2006).

This situation is considered normal if it lasts only one week after the departure of the cubs, but if this situation lasts a long time, then it is called empty nest syndrome. Women who experience empty nest syndrome will experience a crisis of self-confidence. They feel there is not much value in people's lives (Thang, 2006).

Saltz (2008) explains that difficulties in dealing with various changes evidence the empty nest syndrome. This condition can be seen from the symptoms that appear, namely excessive sadness, fear of your role in life now, the existence of the main rules in daily activities, how you perceive yourself, and how your marriage functions. According to Rahmah (2006), several factors influence the mother's empty nest syndrome. These factors are the existence and relationship with the couple, the relationship with the child before, when and after separation, and the belief in one's abilities.

Empty nest syndrome will not occur if you think about how to deal with changes to make it easier.

There are several good ways to deal with the detrimental consequences of ENS, namely convincing yourself that the child's departure is for the good of his future. There is no need to feel useless because a mother's guidance, accompanied by deep affection, will be embedded in the child's conscience. Avoid revealing something that worries the child's feelings.

1.2 Old age

Elderly is a term for the final stage of the aging process. In defining the reply of the elderly population according to the National Family Planning Coordinating Board, three aspects need to be considered, namely biological aspects, economic aspects, and social aspects (BKKBN 1998 in Suhartini, 2006). The World Health Organization (WHO) Suhartini (2006) classifies the elderly into 4, namely: middle age 45-59 years, elderly 60-74 years, old aged 75-90 years, and ancient age (old) above 90 years.

Old age is the final stage of development in the human life cycle. Meanwhile, according to article 1, paragraphs (2), (3), and (4) of Law No. 13 of 1998 concerning health, it is said that old age is someone who has reached the age of more than 60 years. The elderly are prone to various physical and psychic health problems (Maryam et al., 2008).

Biologically, the elderly population is a population that experiences a continuous aging process, which is characterized by a decrease in physical endurance, namely the increasing susceptibility to attacks of diseases that can lead to death. This is due to changes in the structure and function of cells, tissues, and organ systems. Economically, the elderly population is seen more as a burden than a resource. Many people think that old age life no longer provides many benefits. Some even assume that old life is often perceived negatively as a burden on family and society. From a social aspect, an elderly population is a social group. In western countries, the elderly occupies the social strata below the young. This can be seen from their involvement in economic resources, influence on decision-making, and the extent of declining social relations. However, in Indonesia, the elderly population occupies a high social class that must be respected by young people (Suhartini, 2006).

Old age is a group of people going through a hopeful process of change over a period of decades. Old age depends on the context of needs that are not separated. The context of these needs is linked biologically, socially, and economically and it is said that old age begins at least during puberty and the process lasts until adult life (Notoatmodjo, 2007).

1.3 Elderly people who experience a reaction to loss of sadness and disappointment

According to Nugroho (2000), Loss is the loss of a person or someone precious to a person; mourning is a psychological process caused by the loss event, while grief is a reaction due to the perception or passion of the loss event. The grief and mourning process deals with overcoming and adjusting to the event of a loss. This process includes the following stages: shock and feeling of trust. Over time an awareness of the loss event arises after it recovers (Nugroho, 2000). According to Nugroho (2000), the feeling of loss is generally caused by the following: loss of functions such as sexual function, loss of self-image or self-image, loss of a person who is very close to his ridge and loss of valuables (house, car, and savings).

1.3.1 Support for the Elderly

After a person enters old age, social support from others becomes valuable and will add to the peace of his life. However, the existence of social support does not mean that after entering the period of an older adult, it is only a matter of sitting, being quiet, calm, and staying still. To maintain his physical and mental health, he still has to do activities that are useful for his life. Old age should not sit around, it is delicious, and others serve all. It will bring various diseases and sufferings that can cause these older adults to die. In order to help the elderly continue to be able to do activities, social support is needed (Kusumoputro, 2002) (Kuntjoro, 2002).

Social support for old age is essential as long as old age itself can still understand the meaning of social support as a supporter or support for life. Nevertheless, in their lives, old age is often found that not all older adults can understand the existence of social support from others. Although he has received social support, he still shows dissatisfaction, displayed by grumbling, disappointment, annoyance, and so on. In this case, it is necessary to understand from the beneficiary about the existence (availability) and accuracy or feasibility (adequacy) of the assistance for the elderly so as not to cause the social support provided to be understood incorrectly and not on target. If old age (for various reasons) can no longer understand the meaning of social support, then social support is needed as complete social care or service. If there is no one to carry out, the elderly age becomes abandoned in his life (Kusumoputro, 2002 in Kuntjoro, 2002).

Social support at an advanced age relates to communication with the child and spouse. Communication is essential to fill the elderly's time to overcome the empty nest syndrome.

Barriers of a technical nature can be described in easy-to-understand examples, lack of necessary facilities and infrastructure for the organization, inadequate mastery of techniques and methods, and physical conditions that do not allow ineffective communication to occur. Barriers that are technical are more straightforward to overcome than behavioral barriers. To overcome this, it is necessary to increase the budget for purchasing equipment, education, training, and additional funds to improve the constitution (Siagian, 1991).

1.4 Factors affecting the occurrence of loneliness and social isolation in old age

According to Stevens et al. (1999), six factors can support the occurrence of loneliness and social isolation in old life, including:

Humans have become older, while the average lifespan in care homes is 80 years. Old age sometimes gets the feeling that it is as if life in this world is far ahead of them. They lose touch with all new developments, which are moving ahead of time. The time it takes for old age to adjust is slower than existing development. For many older people, it is like they live with a fixation on science (Stevens et al., 1999).

Work plays an essential role in human life. Young people who are separated from school education directly enter the labor market. Workers will hold protests if they lose their jobs. People who stop working before they retire can experience this period of loss, and the feeling of loss can often be interpreted as old age, not yet able, or not ready to leave their job. Work gives meaning to the life of old age. Working means being able to be a peer, get an award, and produce something for the benefit of the crowd (Stevens et al., 1999).

Grandmothers, parents, and children in their part-time often form a unitary residence environment. In the current generation, it is rare for grandparents, parents, and children to live in one dwelling. This development in the second half of the 20th century has resulted in the fact that the elderly prioritize independent living and, if needed, will later use professional assistance. This is partly due to the ever-evolving process of individualization, the existence of smaller houses, the existence of greater family mobility, and the existence of better financial capabilities (Stevens et al., 1999).

Changing residences will have a noticeable effect on the network of relationships around the individual. If the elderly are forced to be transferred to nursing homes, it is said that these people are dealt with based on a method of indication listed on a waiting list. Changing residences to a situation is the same as moving to another big/small city. If an individual goes to a well-known environment and moves to a place where there are many other older adults (Stevens et al., 1999).

People who become elderly will slowly lose their relationship or relationship with their surroundings. Besides, it is a little extra relationship that's good because at an age people will be able to be good friends longer. The friendships that occur are often less close than those that have existed for many years.

The loss of a colleague is often accompanied by the loss of neighbors and family members. The passing of a life partner and the person with whom he or she shares various life experiences often have a considerable influence. This can evoke the feeling that all the people he has trusted today no longer exist (Stevens et al., 1999).

The financial position of old age is not good. Many of them need more funds and finances to participate in community activities. Due to old age, Pensioners can now be taken care of and put into force, but this only applies to some. Financial limitations can lead to feelings of isolation from cohabitation and result in limitations to develop (Stevens et al., 1999).

Feelings of loneliness and social isolation are the consequences that old age often experiences in their lives. Old age is people from generations ago, and young people are people who have a future. These words prove how little respect for old age is given by society. In the world of old age, politics is more widely regarded as a problem, without any desire to take steps to improve the situation of old age, which is getting bigger and bigger. The reason is that the authorities have no funds in this regard (Stevens et al., 1999).

1.4.1 The impact of the loneliness felt by old age.

According to Stevens et al. (1999), loneliness can be expressed in various forms in the person of the elderly human being. Some forms of statements of loneliness and social isolation include:

- a. Displaced/neglected

Individuals lose attention to the living environment and care. Why should people pay attention to this? No one will come again, anyway. Neglect can take a severe form. For example, individuals become dirty, live among the dirt, use items, and are sometimes surrounded by pets.

b. Malnutrition

Food can also be the leading cause. Eating too little, eating less varied foods, and consuming too much alcohol is one of the causes of the lack of nutritious food.

c. Fantasize

The isolated individual usually shapes for himself an imaginary world. So they have a sense of life with themselves.

d. The urge to wander

Loneliness can lead to leaving a fixed place of residence.

e. Suicide

Individuals in social isolation sometimes do not get a way out anymore and can only take action to part with this life.

1.5 Characteristics of the Elderly

a. Age and type of work

The older a person is, the more prepared to accept trials. This is supported by the theory of activity, which states that the relationship between the social system and the individual survives stable when the individual moves from middle age to old age (Tamher & Noorkasiani, 2009). Age is the length of life calculated based on the year of birth until the last birthday. Therefore, there is no need for compensation for losses, such as retirement from social roles due to aging. Its association with the type of work also has a meaningful impact (Tamher & Noorkasiani, 2009).

b. Gender

Gender differences can also be one of the factors that affect the psychologically elderly, so it will have an impact on the form of adaptation used (Tamher & Noorkasiani, 2009), stating the results of their research explains that it turns out that the psychosocial state of the elderly in Indonesia, in general, is still better than the elderly in developed countries, including signs of male depression (men 43% and women 42%), showed bad behavior/character (men 7.3% and women 3.7%), as well as irritable quick-tempered (men 17.2% and women 7.1%). So it can be assumed that women are better prepared to face problems than men because women are better able to face problems than men, who tend to be more emotional.

c. Education level

Low levels of education can be a risk factor for decreased cognitive function. Some studies have consistently shown low levels of education to increase the risk of cognitive impairment (Tyas et al., 2007).

d. Social and economic

The sociocultural customs of the peoples of the eastern world today still place people of old age in a place of honor and high appreciation. According to Brojckehurst and Allen (1987) in Tamher and Noorkasiani (2009), the elderly are often considered sluggish in thinking and acting. This assumption is contrary to the opinions of today, which advocates that there is still social involvement which is considered essential and convincing. For example, in education, the elderly still need to continue their education to increase their intelligence and broaden their horizons. This is a support for the elderly in dealing with problems that occur.

According to Brojckehurst and Allen (1987) in Tamher and Noorkasiani (2009), at this time, economic status, both middle and upper, middle, lower status is very much considered by a person in establishing good relationships with friends, work relations, and life partners, so that economic status is closely related to social status because where the economic status of the individual is high, in establishing relationships with relationships, it will be easier and closer, for example in family relationships, especially in fulfillment essential blindness.

2. Methodology

This type of research is a quantitative research using a cross-sectional approach, namely the measurement of causes and consequences is carried out at the same time (Notoatmodjo, 2010).

The research was carried out in the working area of Puskesmas I Kembaran, Banyumas Regency, in January - February 2015. The population is the entire object of study or object under study (Notoatmodjo, 2010). The population in this study was all elderly women in the Puskesmas I Kembaran Working Area of Banyumas Regency in 2014, totaling 340 people.

Samples are a portion taken from all objects studied and considered representative of the entire population (Notoatmodjo, 2010).

1. Validity test

The validity of measuring instruments refers to the degree to which a test measures according to what it is intended to measure (Purwanto, 2013). Validity testing is carried out with the Product Moment correlation technique using the formula:

$$R_{xy} = \frac{n(\sum XY) - (\sum X \sum Y)}{\sqrt{[n \sum X^2 - (\sum X)^2][n \sum Y^2 - (\sum Y)^2]}}$$

Information:

xy = correlation coefficient x and y or product moment

X = Item score (Question)

Y = Total score (Variable)

n = total population

xy = The score of the question multiplied by the total score

Using a level of significant 95%, then if r count > table (a = 0.05), then the measurement is valid. If r count < r table (a = 0.05), then the measurement is invalid.

Based on the results of the validity test using the product moment correlation test, the results of all statement items on the variables of self-concept, communication with the child, communication with the partner and empty nest syndrome in elderly women are all valid. The result is known from the calculated r value for each statement item greater than the table r value at a significance level of 95 % of 0.396 (p < 0.05).

2. Reliability test

Reliability is defined as the degree to which the test scores are consistent, trustworthy and repeatable if measurements are made against the same object but at different times. A reliable measuring instrument will produce the same score (Purwanto, 2013). To find out that the questionnaire can be trusted as a data collection tool, a reliability test was carried out with Alpha Cronbach as follows (Notoatmodjo, 2010):

$$R_{11} = \frac{(k)(1 - \sum ob^2)}{(k-1)o^2}$$

Information:

r11 = instrument reliability

k = number of questions or number of questions

$\sum ob^2$ = number of grain variances

o^2 = total variance

By using a level of significant 95%, then if:

r calculate > r table (n = 25; a - 0.05 = 0.396), meaning that the questionnaire is declared reliable.

r calculate < r table (n = 25; a = 0.05 = 0.396), meaning that the questionnaire is declared unreliable.

Based on the results of the reliability test using the Alpha Cronbach test, the results of all the characteristics obtained, namely the variables of self-concept, communication with children, communication with partners and empty nest syndrome in elderly women, are all reliable. The results were known from Cronbach's Alpha value for each questionnaire to be greater than the table r value at a significance level of 95 % of 0.396. The reliability value of the self-concept variable questionnaire was 0.9061, communication with the child was 0.7479, communication with the partner was 0.7711, and empty nest syndrome in elderly women was 0.9180.

3. Results and Discussion

3.1 Univariate Analysis Results

The univariate analysis describes the data from the study, which includes the characteristics of respondents, namely age, education, occupation, social activities, self-concept variables, communication with children, communication with partners and empty nest syndrome in elderly women with univariate analysis. In addition, bivariate analysis is also presented using Chi-Square to determine

the relationship between independent and dependent variables. This chapter also describes a multivariate analysis that aims to analyze the independent variables most related to the dependent variables using logistic regression statistical tests.

Table 1 Frequency Distribution By element in women of age continue in the working area of Puskesmas I Kembaran, Banyumas Regency

Variable	Category	f	
Age	Middle age	78	42.4 N,
	Elderly	106	57.6
Sum		184	100

Based on table 1, it can be seen that the age of elderly women is 6 out of 10 in the elderly category.

Table 2 Frequency Distribution Based on education in women elderly age in the working area of Puskesmas I Kembaran 'Banyumas Regency

Variable	Category	f	%
Education	Basis	143	77,7
	Intermediate	41	22,3
Sum		184	100

Based on table 2, it can be seen that the education of elderly women aged 8 out of 10 have a basic education.

Table 3 Frequency Distribution Based on education in women elderly age in the working area of Puskesmas I Kembaran, Banyumas Regency

Variable	Category	F	%
Work	Not working	108	58,7
	Work	76	41,3
Sum		184	100

Based on table 3, it can be seen that the work of elderly women 6 out of 10 elderly people are not working.

Table 4 Frequency Distribution Based on social activities on elderly women in the working area of Puskesmas I Kembaran, Banyumas Regency

Variable	Category	f	%
Social activities	None	12	6,5
	Exist	172	93,5
Sum		184	100

Based on table 4, it can be seen that elderly women 9 out of 10 have social activities.

Table 5 Frequency Distribution Based on self-concept in women' elderly age in the working area of Puskesmas I Kembaran, Banyumas Regency

Variable	Category	f	%
Self-concept	Bad	97	52,7
	Good	87	47,3
Sum		184	100

Based on table 5, it can be seen that the self-concept of elderly women 6 out of 10 in the category is not good.

Table 6 Frequency Distribution Based on communication with children in elderly women in the work area of Puskesmas I Kembaran, Banyumas Regency

Variable	Category	f	%
Communication with Child	Bad	73	39,7
	Good	111	60,3
Sum		184	100

Based on table 6, it can be seen that 6 out of 10 elderly women communicate well with their children.

Table 7 Frequency Distribution Based on communication with couples in elderly women in the work area of Puskesmas I Kembaran, Banyumas Regency

Variable	Category	f	%
Communication with Spouse	Bad	76	41,3
	Good	108	58,7
Sum		184	100

Based on table 7, it can be seen that 6 out of 10 women of advanced age communicate well with their partners.

Table 8 Frequency Distribution Based on Kososng Nest Syndrome in elderly women in the work area of Puskesmas I Kembaran, Banyumas Regency

Variable	Category	f	%
Nest syndrome Empty	Yes	117	63.6
	Not	67	36.4
Sum		184	100

Based on table 8, it can be seen that 6 out of 10 elderly women experience empty nest syndrome.

1. Bivariate Analysis

a. Age Relationship with Empty Nest Syndrome in Puskesmas I Kembaran Working Area, Banyumas Regency

Table 9 Age relationships with Empty Nest syndrome in Regions Work of Puskesmas I Kembaran Banyumas Regency (n=184)

Age Categories	Empty Nest Syndrome				Total		p	OR
	Yes		Not		f	%		
	F	%	f	%				
<i>Elderly</i>	64	60,4	42	39,6	106	100	0,368	1,391
<i>Middle age</i>	53	67,9	25	32,1	78	100		

Table 9 illustrates the relationship between the age of elderly women and the incidence of empty nest syndrome, namely 67.9% of middle age experienced empty nest syndrome, while those aged elderly who experienced empty nest syndrome were 60.4%. The results of the statistical test explained that there was no significant association between age and the incidence of empty nest syndrome (p value=0.368).

- b. The relationship between education and Srang Kosoing syndrome in the Puskesmas I Kembaran Working Area, Banyumas Regency

Table 10 Relationship of education to Empty Nest syndrome in Puskesmas I Kembaran Banyumas Regency Working Area (n=184)

Category Education	Empty nest syndrome				Total		P	OR
	Yes		Not		f	%		
	F	%	f	%				
Basis	92	64,3	51	35,7	143	100	0,834	1,155
Intermediate	25	61,0	16	39,0	41	100		

The results of the analysis of the relationship between the education of elderly women and the incidence of empty nest syndrome obtained that elderly women with basic education experienced empty nest syndrome were 92 people (64.3%), while those with secondary education experienced empty nest syndrome were 25 people (61.0%). The results of the statistical test explained that there was no significant association between the education of elderly women and the incidence of empty nest syndrome with (p value= 0.834).

- c. Employment Relationship with Empty Nest Syndrome in Puskesmas I Kembaran Working Area, Banyumas Regency

Table 11 Employment relationship with Empty Nest syndrome in Puskesmas I Kembaran Banyumas Regency Working Area (n=184)

Job Categories	Empty nest syndrome				Total		P	OR
	Yes		Not		f	%		
	F	%	f	%				
Not working	68	63,0	40	37,0	108	100	0,957	0,937
Work	49	64,5	27	35,5	76	100		

The results of the analysis of the occupational relationship of elderly women with the incidence of empty nest syndrome were obtained that elderly women who did not work experienced empty nest syndrome were 68 people (63.0%), while those who worked and experienced empty nest syndrome were 49 people (64.5%). The results of the statistical test explained that there was no significant association between the occupation of elderly women and the incidence of empty nest syndrome (p-value- 0.957).

- d. The relationship between social activities and the Empty Nest syndrome in the Puskesmas I Kembaran Working Area, Banyumas Regency

Table 12 Relationship of social activity with Empty Nest syndrome in the Working Area of Puskesmas I Kembaran, Banyumas Regency (n=184)

Activity Categories Social	Empty nest syndrome				Total		P	OR
	Yes		Not		f	%		
	F	%	f	%				
None	7	58,3	5	41,7	12	100	0,935	0,789
Exist	110	64,0	62	36,0	172	100		

The results of the analysis of the relationship between the social activities of elderly women and the incidence of empty nest syndrome were obtained that elderly women who had no social activities experienced empty nest syndrome as many as 7 people (58.3%) while those who had social activities and experienced empty nest syndrome as many as 110 people (64.0%). The results of the statistical test explained that there was no significant association between the social activities of elderly women and the incidence of empty nest syndrome (p-value- 0.935).

- e. The relationship between social activities and the Empty Nest syndrome in the Puskesmas I Kembaran Working Area, Banyumas Regency

Table 13 Relationship of self-concept to Empty Nest syndrome in Puskesmas I Kembaran Banyumas Regency Working Area (n=184)

Self-Concept Categories	Empty nest syndrome				Total		P	OR
	Yes		Not		f	%		
	F	%	f	%				
Bad	70	72,2	27	27,8	97	100	0,016	2,206
Good	47	54,0	40	46,0	87	100		

The results of the analysis of the self-concept of elderly women with the incidence of empty nest syndrome were obtained that elderly women with bad self-concept who experienced empty nest syndrome were as many as 70 people (72.2%), while those who were good and experienced empty nest syndrome as many as 47 people (54.0%). The results of the statistical test explained that there was a significant association between the self-concept of elderly women and the incidence of empty nest syndrome with (p value= 0.016). A OR value of > of 2.2 means that a bad self-concept occurs 2.2 times more experiencing empty nest syndrome than a good self-concept.

- f. Communication Relationship with Children with Empty Nest Syndrome in the Working Area of Puskesmas I Kembaran, Banyumas Regency

Table 14 Relationship of communication with children with Nest syndrome Empty in Puskesmas I Kembaran Working Area, Banyumas Regency (n=184)

Categories Communication With Children	Empty nest syndrome				Total		p	OR
	Yes		Not		f	%		
	F	%	f	%				
Bad	54	74,0	19	26,0	73	100	0,027	2,165
Good	63	56,8	48	43,5	111	100		

The results of the analysis of the relationship between communication with children with the incidence of empty nest syndrome obtained that communication with children who experienced empty nest syndrome was 54 people (74.0%), while those who were good and experienced empty nest syndrome were 63 people (56.8%). The results of the statistical test explained that there was a significant relationship between communication with children and the incidence of empty nest syndrome with (p value= 0.027). An OR value of \geq of 2.1 means that communication with children is not good, and there is 2.1 times more empty nest syndrome than communication with good children.

- g. Communication Relationship with Couples with Empty Nest Syndrome in the Working Area of Puskesmas I Kembaran, Banyumas Regency

Table 15 Relationship of communication with couples with the syndrome Empty Nest in Puskesmas I Kembaran Working Area, Banyumas Regency (n=184)

Categories Communication With Spouse	Empty nest syndrome				Total		P	OR
	Yes		Not		f	%		
	F	%	f	%				
Bad	56	73,7	20	26,3	76	100	0,026	2,157
Good	61	56,5	47	43,5	108	100		

The results of the analysis of communication relationships with couples with the incidence of empty nest syndrome obtained that communication with couples was not good and experienced empty nest syndrome in as many as 56 people (73.7%), while communication with good partners and experienced empty nest syndrome as many as 61 people (56.5%). The results of the statistical test explained that there was a significant relationship between communication with the pair and the incidence of empty nest syndrome with (p value= 0.026). An OR value of \geq of 2.1 means that communication with a partner is not good, and there is 2.1 times more experience of empty nest syndrome than communication with a good partner.

2. Multivariate Analysis

After bivariate analysis, a multivariate analysis is then carried out, which aims to determine the relationship between the most dominant independent variables with dependents. The multivariate stage is the determinant of petensial independent variables (multivariate candidate variables) that will be included in the multivariate analysis, namely the variables resulting from the bivariate analysis of the results of the logical. From the results of bivariate analysis, it can be found that the variables included in the multivariate candidate have the highest value.

a. Bivariate selection

In this stage, each of the independent variables (age, education, occupation, social activities, self-concept, communication with the child and communication with the partner) is connected with a dependent variable (empty nest syndrome). If the bivariate results show a p-value of < 0.25, then the next variable is the multivariate stage using simple logistic regression. The results of the bivariai selection are as follows:

Table 16 Results of selection of factors related to empty nest syndrome ui Puskesmas I Kembaran Working Area Banyumas Purwokerto Regency (n=184)

Variable	<i>p-value</i>	Information
Age	0,627	Does not participate in multivariate
Education	0,897	Does not participate in multivariate
Work	0,883	Does not participate in multivariate
Social activities	0,885	Does not participate in multivariate
Self-concept	0,022	Take part in multivariate
Communication with the child	0,074	Take part in multivariate
Communication with the couple	0,058	Take part in multivariate

The results of the bivariate selection turned out to be four independent variables whose p-value> 0.25, namely age, education, work and social activities, so the variables of age, education, work and social activities did not enter the next stage of multivariate.

b. Multivariate initial modeling

By using logistic regression tests at this stage, independent variable elimination is carried out by eliminating the variable that has the largest p-value, which can be seen in the following table:

Table 17 Multivariate early modeling

Variable	95.0% C.1.for EXP(B)					
	B	Wald	Sig.	Exp (B)	Lower	Upper
Self-concept	.74	5.382	.020	2.103	1.122	3.941
Kom_anak	.618	3.307	.069	1.855	.953	3.612
Kom_pasangan	.670	3.981	.046	1.955	1.012	3.777

Table 17 shows that of the 3 independent variables that are multivariate candidates (self-concept, communication with the child, and communication with the partner), it turns out that only the variables of self-concept and communication with the partner are associated with the occurrence of empty nest syndrome.

c. Multivariate second modeling

Using the logistic regression test in the second stage, the elimination of independent variables was carried out by eliminating variables that had a p-value of more than 0.05, namely the variable of communication with children, which can be seen in the following 18 years:

Table 18 multivariate second modeling

Variable						95.0% C.1.for EXP(B)	
	B	Wald	Sig.	Exp (B)	Lower	Upper	
Self-concept	.784	6.109	.013	2.190	1.176	4.078	
Kom_anak	-	-	-	-	-	-	
Kom_pasangan	.761	5.306	.021	2.140	1.120	4.088	

Table 5.18 shows that the 2 independent variables that are multivariate candidates (self-concept and communication with a partner) are entirely associated with the incidence of empty nest syndrome. The differences in OR variables of self-concept and communication of the couple before and after the variables of communication with the child are issued in the model presented in the following table 5.19.

Table 19 Changes in OR Before and As Communication Variables With Children Are Excluded

Variable	OR before Child Communication is Issued	OR after The Child's communication is Issued	% Change OR
Self-concept	2.103	2.190	3,97
Communication with the couple	1.955	2.140	8,64

From table 19, it can be seen that the results of the OR comparison are less than 10%; thus the communication variable with the child so that the communication variable with the child is not included in the multivariate model.

d. Multivariate final modeling

Using logistic regression tests in the final stage, only multivariate tests were performed for variables of self-concept and communication with pairs whose results can be seen in the following table 5.20:

Table 20 Rtault final modeling: Variables

Variable						95.0% C.1.for EXP(B)	
	B	Wald	Sig.	Exp (B)	Lower	Upper	
Self-concept	.784	6.109	.013	2.190	1.176	4.078	
Kom_pasangan	.761	5.306	.021	2.140	1.120	4.088	

Based on the results of the analysis of the final model, it was found that the self-concept of vaitu 2,190 was greater than the odoratio variabe with a pair. Thus it can be concluded that self-concept is most associated with the occurrence of empty nest syndrome.

The value of the self-concept variable of 2,190 rtinya elderly women with poor self-concept is at risk of 2,190 experiencing empty nest syndrome after being controlled by the communication variable with a partner.

4. Discussion

4.1 Analysis Results

1. Characteristic picture of the respondent

a. Age of Respondents

Based on the results of the study, it can be seen that the characteristics of elderly women are mostly aged in the elderly category; as many as 106 people (57.6%) have basic education, as many as 143 people (77.7%), not working as many as 108 people (58.7%) and there are social activities as many as 172 people (93.5%).

Based on their age, the elderly in the Puskesmas I Kembaran Working Area of Banyumas Regency are categorized as old age with an age range between 75-90 years. In this age category, the elderly are no longer productive at work, the health risk is higher, and the level of independence is getting lower, so they have a great potential to experience kososng nest syndrome, especially if there are no children to accompany and take care of them in living their old age.

Age is the length of life calculated based on the year of birth until the last birthday. Therefore, there is no need for compensation for losses, such as retirement from social roles due to aging. Its association with this type of work also has a bold impact (Tamher and Noorkasiani, 2009).

b. Respondents' Education

Based on their education, the elderly in the Puskesmas 1 Kembaran Working Area of Banyumas Regency only have basic education. Education has a huge influence in shaping the mindset that is the basis for decision-making and behavior. The education of the elderly, most of whom are only in primary education, have the potential to experience empty nest syndrome due to unpreparedness in living old age with a positive mental attitude and sufficient knowledge.

Low levels of education can be a risk factor for decreased cognitive function. Some studies have consistently shown low levels of education increase the risk of cognitive impairment (Tyas at. al, 2007). Decreased cognitive function in old age can be a driving factor for the onset of empty nest syndrome in the elderly.

c. Respondent's Work

Based on their work, the elderly in the Puskesmas 1 Kembaran Working Area of Banyumas Regency are mostly out of work. The absence of work makes the elderly completely dependent on their children or those in the neighborhood who are younger. The absence of sufficient financial guarantees in old age due to the absence of work productivity gives the elderly the potential to experience empty nest syndrome. According to Brojklehurst and Allen (1987) in Tamher and Noorkasiani (2009), the elderly are often considered sluggish, both in thinking and acting. This causes the elderly workforce to be considered unproductive and valued very low. Seniors who do not prepare financially in their youth have the potential to experience empty nest syndrome and even experience hunger and are not maintained.

D. Social Activities of Respondents

Based on existing social activities, the elderly in the Puskesmas I Kembaran Working Area of Banyumas Regency mostly participate in activities in the community. Social activities in rural areas, including in the area of Puskesmas I Kembaran, are still widely carried out, such as weekly recitations, tahlilan or yasinan, and posyandu activities can be a vehicle for the elderly to minimize empty nest syndrome.

By participating in social activities, the elderly can interact with each other by joking or telling stories about exciting things so as to reduce the loneliness they experience. But in this study, respondents with social activities tended to experience more empty nest syndrome than those with no social activities. It turns out that social activities are just about and cannot reduce the incidence of empty nest syndrome.

The results showed that the self-concept of elderly women was mostly not good, as many as 97 people (52.7%) and good ones, as many as 87 people (47.3%). This can make the elderly have a great potential to experience empty nest syndrome because it is not good for the elderly to see themselves both in terms of physical, emotional, intellectual, social, and spiritual.

1. Self-concept picture

Self-concept is all the ideas, thoughts, beliefs and stances that the individual knows about himself and influences the individual in relating to others (Stuart and Sundeen, 2005). This includes the individual's perception of his nature and abilities, interactions with others and the environment, values related to experiences and objects, and his goals and desires; self-concept is the way the individual perceives himself as a whole, whether physical, emotional, intellectual, social, and spiritual.

It is generally agreed that self-concept has not existed since its end; the concept of self is learned through social contact and the experience of relating to others. An individual's view of himself is influenced by how the individual interprets others' views of himself. The family plays an important role in helping the development of self-concept, especially in childhood experiences (Stuart and Sundeen, 2005).

The results of this study are in line with the research of Setyowati (2012), which states that self-concept in the elderly who are treated at the Darma Bakti Surakarta Nursing Home in iansia has a negative self-concept. Aspects of self-image or self-image of the elderly are negative, namely feeling afraid of changes, physical condition, and looking less neat and clean. The ideal aspect of the self, the elderly, is not feeling satisfied and proud of their lives. The aspect of self-esteem is that the elderly feel ashamed and inferior to their situation because they feel wasted by their families and society. The aspect of self-identity is that the elderly are only known as silent iansia and rarely interact. The aspect of role appearance, all elderly have the appearance of a positive role; the elderly play the role of a good elderly, often helping other elderly people, especially those in isolation. A negative self-concept can be seen in the questionnaire filling, which is mostly negative on questions number 8, 16, and 17, so to intervene, it needs to be directed appropriately.

2. Overview of communication with the child

The results showed that the communication of elderly women with children was mostly good, with as many as 111 people (60.3%) and bad ones, as many as 73 people (39.7%). This is inseparable from the culture of the village community, which still respects and is willing to uphold the elderly. Children's responsibilities in caring for elderly parents are still widely owned by children in rural areas, so children's communication with the elderly can also be well established.

Communication can be defined as the delivery of information between two or more people. Communication is a vital process in organizations because communication is necessary for the effects of leadership, planning, control, coordination, training, conflict management, and other organizational processes (Sarwono, 2009).

Each child usually has a fairly strong bond with their mother, so if communication between an elderly mother and her child can be properly established, it can minimize the occurrence of empty nest syndrome. Conversely, the mother's bond with a good child without being supported by good communication can aggravate the occurrence of empty nest syndrome.

3. Overview of communication with a partner

The results showed that the communication of elderly women with partners was mostly good, with as many as 108 people (58.7%) and bad ones, as many as 76 people (41.3%). This is inseparable from the existence of a husband who is always loyal to accompanying elderly women both in health and sickness.

4. Description of Empty Nest Syndrome

Elderly women mostly experienced empty nest syndrome, as many as 117 people (63.6%) and those who did not experience empty nest syndrome, as many as 67 people (36.4%). This is inseparable from the low education of elderly women, so they are not able to prepare well for old age. In addition, the self-concept of elderly women, which is mostly also not good, can also aggravate the condition of empty nest syndrome experienced by elderly women. Empty nest syndrome refers to the sadness that occurs a lot in parents when their children no longer live together in one house. This condition characteristically occurs in women. The empty nest syndrome is different from the sadness of losing a loved one. Grief in empty nest syndrome is often not recognized, as an adult child moving out of the house is seen as a normal event. This situation is considered normal if it lasts only one week after the departure of the cub. What needs attention if this situation lasts for a long time causes stress and even depression (Betterhealth, 2006).

5. The characteristic relationship of respondents with empty nest syndrome in the Puskesmas I Kembaran Working Area, Banyumas Regency

a. Age relationship with empty nest syndrome

The results showed no significant association between age and the incidence of empty nest syndrome with p value=0.368; α =0.05. From the results of the analysis, an OR value = 1.391 was also obtained where elderly women who were in the middle age group had a 1,391 times chance of experiencing empty nest syndrome compared to elderly ones.

The absence of a relationship between age and the occurrence of empty nest syndrome in the elderly can be caused because as you get older, iansia's maturity in thinking also gets better. In addition, entering old age, usually, women in rural areas increase their worship charity so as to gain inner calm and be able to accept the state of their elderly self.

The older a person is, the more prepared he is to accept trials. This is supported by the theory of activity, which states that the relationship between the social system and the individual survives stable at a time when the individual moves from middle age to old age (Tamher and Noorkasiani, 2009).

b. The relationship of education with the empty nest syndrome

The relationship of education with empty nest syndrome The results showed no significant association between the education of elderly women and the incidence of empty nest syndrome with p value= 0.834; α = 0.05. From the results of the analysis, an OR value = 1.155 was also obtained where elderly women with basic education had a 1,155 times chance of experiencing empty nest syndrome compared to elderly women with secondary education.

Education is the basis of intellectual knowledge that a person has; the higher the education will be, the greater the ability to absorb and receive information. So that the knowledge and insight are broad, besides that it is one of the factors behind the actions carried out and will subsequently influence a person's behavior (Mubarok, 2006).

c. The relationship of work with the syndrome of empty nests

The results showed no significant association between the occupation of elderly women and the incidence of empty nest syndrome with p value= 0.957; α = 0.05. From the results of the analysis, an OR value = 0.937 was also obtained where elderly women who did not work had a 0.937 times chance of experiencing empty nest syndrome compared to working elderly women.

The reality shows that very few job opportunities are available for the elderly, even if they want to work and are able to do the work, because the education that the elderly have is no longer directed at the labor market and is not included in continuing education policies. Skills coaching and continuous training only apply to young people. This is what makes it difficult for the elderly to compete in the job market, so many elderly people do not work even though their energy is still strong and they still want to work,

d. The relationship of social activities with empty nest syndrome

The results showed no significant association between the social activities of elderly women and the incidence of empty nest syndrome with p value = 0.935; α = 0.05. From the analysis, an OR value = 0.789 was also obtained, where elderly women who had no social activity had a 0.789 chance of experiencing empty nest syndrome compared to elderly women who had social activities. Many social activities are held in rural areas, both religious and non-religious in nature. These activities can be a medium for elderly women to socialize and interact with fellow elderly and younger people. So that by participating in social activities, it can minimize the occurrence of empty nest syndrome.

e. The relationship of self-concept with the empty nest syndrome

The results showed that there was a significant relationship between the self-concept of elderly women and the incidence of empty nest syndrome with p value = 0.016; α = 0.05. From the results of the analysis, an OR value = 2.206 was also obtained where elderly women with poor self-concept had a 2,206 times chance of experiencing empty nest syndrome compared to elderly women with good self-concept. The poor self-concept of the elderly has the potential to cause the occurrence of empty nest syndrome. The elderly who view themselves negatively both physically, emotionally, and socially can trigger low independence of the elderly, so family support and attention are needed, and if these needs are not met, the empty nest syndrome will be experienced by the elderly.

Self-concept disorders that occur in the elderly tend to be due to a decrease in the condition they experience and limited social support, especially from the family (Miller, 2004). This greatly affects the psychological aspect of the elderly on the life of the elderly.

6. The relationship of communication with the child with the empty nest syndrome

The results showed that there was a significant relationship between communication with children with the incidence of empty nest syndrome with p -value = 0.027; α = 0.05. From the results of the analysis, an OR value = 2.165 was also obtained where communication with children who were not good had a 2,165 times chance of experiencing empty nest syndrome compared to communication with children was good.

The nature of motherhood is always related to the relationship of the mother with her child as a physiological, psychic and social unity. The relationship begins from the moment the child is in the mother's womb and continues with physiological processes in the form of birth, breastfeeding period and child care. When the child begins to leave the house, a mother must face the problem of adjusting to life which is commonly called the empty nest period. This ENS is very pronounced for housewives because most of their time is spent at home and always interacting with children (Rahmah, 2006).

7. The relationship of communication with a partner with empty nest syndrome

The results showed that there was a significant relationship between communication variables with couples with the incidence of empty nest syndrome with p -value = 0.026; α = 0.05. From the results of the analysis, an OR = 2,157 value was also obtained, where communication with a partner who is not good has a 2,157 times chance of experiencing empty nest syndrome compared to if communication with a partner is good.

To anticipate and prevent empty nest syndrome, build healthy intimacy with your partner and children in the first place. Build intimate relationships and mutual respect, fostering healthy concepts and self-esteem. Not putting self-esteem on office, rank and hana of things. But it is precisely in a relationship that loves each other. Equally important is cultivating a meaningful relationship with God.

4.1 Multivariate Analysis

The results showed that the self-concept variable was the most dominant variable associated with the incidence of empty nest syndrome (p = 0.013). An OR value of 2,190 in the number of elderly women with poor self-concept is at 2,190 times greater risk of developing empty nest syndrome than elderly women with good self-concept. Self-concept is an individual's way of seeing his or her personal as a whole physical, emotional, intellectual, social and spiritual concerns. This includes the individual's perception of his nature and potential, the individual's interaction with others and their environment, values related to experiences and objects, as well as their goals, expectations, and desires (Sunaryo, 2004).

According to Stanley et.al, (2005), there are several important factors that affect mental health in lansia, including empty nest syndrome, physical health conditions, physical activity ability, mental activity ability, social activity ability, and strength. Imron (1999) stated that Inesia's self-concept is also influenced by social support from the family of a couple, peers or from the nursing home staff for lansia, who spent her old age in a nursing home. Thus, the improvement of mental health in lansia will be able to influence the formation of positive behaviors in lansia, especially in maintaining and controlling her health, including the optimization of a healthy lifestyle for the elderly.

5. Conclusion

Based on the results of research and discussion, it can be concluded that the age of lansia women who experience empty nest syndrome is 63.6%, mostly in the category of elderly old (57.6%), basic education (77.7%), not working (58.7%) and there are social activities (93.5%). Variables related to the incidence of empty nest syndrome are self-concept (p value = 0.016), communication with children (p -value = 0.027), and communication with a partner (p -value = 0.026). Variables that are not related to the incidence of empty nest syndrome are age (p -value = 0.368), education (p -value = 0.834), occupation (p -value = 0.957) and social activities (p -value = 0.935). The self-concept variable is most associated with the incidence of empty nest syndrome (p = 0.013; OR = 2,190).

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