

# Empty Nest Syndrome

Authored by  
**mohammad looti**

September 26, 2025

## RECOMMENDED CITATION

mohammad looti (2025). *Empty Nest Syndrome*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=29123>

Empty nest syndrome is a term used to describe the feelings of depression or sadness experienced by parents when their children leave their household for adulthood. Like when baby birds leave an empty nest behind some parents have feelings of sadness or futility when their children leave for their adult lives. Because of shifting societal roles this term is not as common or has changed due to many women now being in the workforce instead of being stay at home mothers and many fathers being stay at home dads. Also, trends like an increase of individuals in their 20s and 30s remaining at home and 'boomerang' children (those who return to live at home intermittently) have also changed the perception of this phenomenon.

ARABPSYCHOLOGY.COM