

VULNERABILITY TO EMOTIONAL PROBLEMS  
IN OLD PARENTS OF THE CHILDREN  
LIVING ABROAD

M Phil  
2004

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2004

Vulnerability To Emotional Problems In Old  
Parents Of The Children Living Abroad

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Date: 26-10-07

Submitted in partial fulfillment  
of the requirements for the award of  
M.phil Degree in Professional Psychology  
with specialization in Clinical Psychology  
at the faculty of Professional Psychology,  
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## ABSTRACT

In the present study an attempt was made to find out the vulnerability to emotional problems in old parents of the children who have been living abroad since three years or more. In order to study the emotional problems IPAT Depression and IPAT Anxiety scales were administered to the 100 old parents of the children living abroad and 100 old parents living with their children in Pakistan.

Two hundred participants were divided into two categories, 50 male and 50 female old parents of the children living abroad and 50 male and 50 female old parents living with their children in Pakistan, out of which 25 single male parents, 25 single female parents and 50 both male and female parents were selected for both the groups. I.e. the old parents living alone in Pakistan whose children are living abroad and both old parents living with their children in Pakistan. Old age is defined as the people who are 60 years of age and above.

For the statistical analysis the chi-square test was used.

All the six hypotheses were significant at  $p < .05$  level. Results obtained indicate the significant difference between the two groups that the old parents of the children living abroad are more depressed and more

anxious than the old parents living with their children in Pakistan.

On the basis of the statistical analysis it was confirmed that the old parents of the children living abroad are suffering from emotional problems such as depression and anxiety. It was found that the old parents who are living with their children in Pakistan are less depressed and less anxious.