



Laughter Therapy as a Psychosocial Intervention for Empty Nest Syndrome Among Older Adults: A Pilot Study

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addressing loneliness among older adults residing in old-age home. Stojanović *et al.* [7] also identified lack of social interaction as important concerns among elderly individuals, emphasizing the need for interventions that promote social connection and well-being. These concerns are particularly relevant in settings where ageing is accompanied by family separation and migration.

Laughter therapy is a complementary psychosocial intervention incorporating laughter, breathing, relaxation and playful activities. Systematic reviews, reported beneficial effects of laughter and humour interventions on well-being among older adults [8,9].

However, there is limited evidence on the effectiveness of laughter therapy specifically for addressing empty nest syndrome among the elderly population, particularly in the Indian and Kerala contexts. Therefore, this pilot study was undertaken to assess the preliminary effectiveness of laughter therapy on empty nest syndrome and selected psychological outcomes among elderly individuals in selected community areas. The novelty of the study lies in applying laughter therapy specifically to address empty nest syndrome and its associated psychological outcomes.

Aim and Objectives

Table 1: Demographic Data of the Participants (N = 20)

Demographic variable	Category	Control group (n (%))	Study group (n (%))
Age (years)	60-65	4 (40)	4 (40)
	66-70	4 (40)	2 (20)
	71-75	2 (20)	4 (40)
Gender	Male	4 (40)	7 (70)
	Female	6 (60)	3 (30)
Education	Illiterate	0 (0)	0 (0)
	Primary education	1 (10)	0 (0)

Table 5: Effectiveness of Laughter Therapy on Posttest Outcomes Among Elderly Population by Between the Study and Control Groups

Outcome	Control Group (Mean±SD)	Study Group (Mean±SD)	Unpaired t-test
Empty nest syndrome	116.78±19.85	91.70±17.45	p = 0.0049, S
Depression	10.10±3.21	3.70±2.58	p = 0.0001, S
Anxiety	7.40±2.68	4.20±2.82	p = 0.0180, S
Stress	10.70±3.30	4.60±1.78	p = 0.0002, S
Loneliness	35.50±7.07	17.60±6.50	p = 0.0002, S
Physical health domain	14.06±1.4		

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