A Summary of the Analysis of the Living Conditions of "Empty Nest Youth" under the Theory of Temperament

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Abstract. With the continuous development and progress of the society, China's cities such as BeiShang GuangShen etc. hold the vast majority of funds and technology in one region and even China, which makes the employment groups of other cities flood into these first- and second-tier cities. It means that the team of "empty nest youth" (Hereinafter referred to as "ENY") is getting bigger. In the fierce social competition environment, "ENY" will inevitably face many psychological and physiological challenges. The basic characteristics of "ENY" are high level of cultural education, strong independent ideas and self-esteem and self-confidence. The formation of this special youth group is not only for social and family reasons, but also for individual reasons. By comparing the "ENY" with other "emerging youth groups" and ordinary urban youth to analyze the differences in their living conditions, it is concluded that the overall difference is not significant, but we may ignore that under the different temperament theory the living conditions of "ENY" are different. This review will discuss the "ENY" of different temperament types to understand their living conditions, and propose countermeasures to help them through the "empty nest" period.

Introduction

This review systematically summarizes and elaborates the papers on the phenomenon of "ENY" published in recent years from definition interpretation, formation reasons to countermeasures. And based on the temperament theory, it also discusses the living conditions and psychological problems of "ENY" with different temperament types, and propose targeted feasible recommendations.

Research Trends of "ENY"

According to data from a survey conducted by the China Youth Daily Social Survey Center on youth issues, the number of "ENY" has been increasing steadily in recent years, and many problems caused by "empty nest" have also caused great social attention.

Interpretation of the Definition of "ENY"

The definition of "ENY" is interpreted by the benevolent seeing the wise and seeing wisdom. Many people think that "ENY" is not similar to "ant family" or "dwelling house"? No! Some scholars defined "ENY" as being in the range of 20 to 35 years old, living in first- and second-tier cities, away from their parents and relatives, working hard, having a stable and decent job, a high level of cultural education, and a strong independent life consciousness, being unmarried and living alone.[1,2,3] Scholar Zhang Yanbin coincides with the idea of scholar Bao Hu: "ENY" lacks emotional support and does not have a warm family life.[4,5]
Although the definitions are different, most scholars can still objectively view the social fact that "ENY" has become a trend of large-scale employment groups in China. As can be seen from this definition, the future of the city is in the hands of young people with knowledge, goals and ideals. Looking to the future, the fluidity of young people is an important indicator of the vitality of a city. Under the strong gravity of the big cities, in order to realize their own ideals, young people turn themselves into a grain of sand and plunge into the construction of the city and their ideal construction. They can withstand loneliness and the temptation, and work hard to fight. Hope one day turning themselves into a sparkling gold. Sometimes this kind of loneliness is more of a choice. Therefore, caring for "ENY" is concerned about the future development of the city.

The Formation Factor of "Empty Nest"

"ENY" is a product of time and space changes. It is an irresistible trend in the existing large-scale social environment. It is a normal transition period for young people to start a new social journey from the student era. First of all, we must correct the implicit attitude of the "ENY": "ENY" is a false proposition. In any era, we do not lack groups of people who fight alone in the city especially since the reform and opening up. The factors and mechanism of action of "ENY" can be discussed from two aspects of time and space. In terms of time, as a "millennial generation" born in the 20th century and reaching adulthood after entering the 21st century, the growth period of this generation almost coincides with the formation of the Internet and the period of rapid development. They have flexible minds and personality, and can use high-tech products to extend their strength. Coupled with the rapid development of the city and the strict one-child policy before the opening of the second child, they are different from the previous generation in terms of marriage and childbirth, lifestyle and personality needs. In terms of space, the structural change of population urbanization has led to the squeeze of the urban spatial pattern. The housing conditions of young people are not optimistic, which has caused them a lot of economic pressure, which may lead to various physical and psychological problems.[6]

Living Conditions and Countermeasures of "ENY"

After looking at the "ENY" with an objective attitude, we know that not all of the "ENY" are "problem youths", but some of them do have different levels of psychological confusion; although the overall situation does not show serious psychosocial problems, its bad development trend still needs our attention.

The question came: Is the living condition of the "ENY" essentially different from the "non-empty nest youth"? Scholar Nie Wei analyzed the data of six cities across the country, and used the ordinary urban youth who were not living alone as a control group to conduct a series of investigations on the living conditions of "ENY". The survey included experimental groups and work life, leisure participation, life control, identification and deprivation, life satisfaction, urban belonging and mental health of the experimental group and the control group. The results showed that the survival status of "ENY" was normal.[7] Although there were some significant differences between the experimental group and the control group, the overall survival status of the two groups was consistent in many respects. It is "empty nest" but not "hollow". Although there are valid data to support the normality and rationality of the "ENY", we cannot neglect the psychological state of "ENY" in this sensitive period.[8]

A scholar proposed a series of countermeasures and government-related policies: correcting the bias of psychological cognition, improving individual resilience and adaptability; optimizing the public space of the residence, bringing the psychological distance of community interaction; reducing social alienation discrimination and expanding social inclusion and
support, etc.[2] Another scholar mainly proposed the "breaking ice" strategy from the four aspects of psychological counseling, policy guidance, value advocacy and practical guidance to solve the vacuum path of "ENY".[5] These suggestions and measures may play an active and effective role in the "ENY", but no two people have the same personality. Different types of "ENY" treat the "empty nest" mentality differently. There will be different and different levels of psychosocial state, and some of the countermeasures that suit him may not be suitable for others. We cannot generalize. Because of this, we need to grasp the different personality traits of the group, and explore the corresponding countermeasures and suggestions on this basis.[9]

The "ENY" under the Temperament Theory

Personality is a field in psychology that explores the difference between a complete individual and an individual, so personality is unique and integrated.[10] This review proposes a future research direction: expecting to use a certain scale of quantitative survey data to conduct a preliminary discussion on the personality characteristics of the current "ENY", the main concern of the institute: what are the personality characteristics of different "ENY", and how should we solve or reduce their undesirable psychosocial problems from the perspective of their personality, and help them rationally choose their own suitable and comfortable lifestyle to improve their quality of life.

Eysenck's "Three-Factor Model"

Eysenck's "Three-Factor Model" is the modern trait theory of personality. Based on the three personality dimensions of extraversion, neuroticism and psychoticism, the Eysenck Personality Questionnaire (EPQ) was developed. The extraversion is characterized by the difference between internal and external inclination; the neurotic manifestation is the difference of emotional stability; the mental quality is characterized by loneliness, coldness, hostility, bizarre and other negative personality traits.[10] The four temperament types of ancient Greece are closely related to the two dimensions of extraversion and neuroticism. Because the questionnaire has high reliability and validity, the results measured by it can be confirmed by many experimental psychology studies at the same time, so it is also the theoretical basis for verifying the personality dimension. According to the different temperament types tested, specific recommendations and coping strategies are given for the survival status of a single temperament type and mental health problems.

Coping Strategies of "ENY" with Different Temperament Types

Multi-blood (extroverted, stable): This type of temperament is approachable, sociable, friendly to people, and he is always talkative in group activities, has a leadership style, is lively, and is more susceptible to external stimulation. The leisure participation method of the "ENY" belonging to the multi-blood temperament type is mainly a social way, mainly to promote the relationship between the individual and the society through social interaction or the same interests and hobbies. These people have a higher sense of belonging in the city. They feel confident that they have the ability to solve their own personal problems, and their daily social increase rarely encounters mental health problems such as anxiety and tension. Good social relationships and a fulfilling amateur life make them feel that they have a sense of presence in this city. The "empty nest" of this kind of "ENY" is their own initiative, and they enjoy it. Of course, some unexpected external stimuli sometimes make them unprepared, and there may be temporary anxiety and stress. This requires expanding social support and tolerance to help them resolve the problem.

Bile (extroversion, nervous hypersensitivity): This type of temperament is optimistic and
active, but easy to get angry, more active, aggressive and impulsive, with large fluctuations in mood, easy to excite and change. The "ENY" belonging to the type of bile temperament is similar to the multi-blood type, but their feelings are more sensitive. The feelings of unsatisfactory things will be lower, the resistance to depression is worse, and the frequent socialization is did not achieve the desired relationship between the individual and the society. City's sense of belonging is suddenly strong and weak, and sometimes they will have confidence in themselves but sometimes they feel that the whole person has been abandoned by society. There may be some mental health problems from time to time. Try to improve their living space as much as possible, and provide some single-family apartments with good conditions and affordable prices. The apartment community can also organize social activities to expand their social reach. The most important thing is to psychologically guide them and actively face the situation they are facing.

Mucus (introversion, stable): This type of temperament is more passive and temperate in life, not good at words and communication, doing things carefully and patiently, having strong thinking ability, and calm and stable, strongly convincing. The lifestyle of "ENY", which belongs to the type of mucus temperament, tends to be personal and likes to relax. They have a low sense of belonging to the city but are confident in their work and life. Although the socialization is not very wide, they also has their own social circle, simultaneously also close the psychological distance of community interaction. Their attitude toward "empty nest" is positive and agreeing most of the time. We still need to encourage them to participate in recreational and friendship social activities, to know different people and to enrich their lives and work.

Depressive (introversion, nervous): This type of temperament has a pessimistic attitude towards things, is more anxious and conservative, does not want to step out of the comfort zone, and is quiet and lonely, more serious, moody, and completely follow the mood. The lifestyle of the "ENY" belonging to the type of depressed temperament is personal and comparative. They always look at everything negatively, work and life are more anxious, facing different levels of mental health problems. The loneliness of life and the setbacks of work lead to their lower urban belonging and life satisfaction. They must first carry out psychological health counseling, and carry out more activities to enhance confidence and frustration, while at the same time expanding social aspects. Secondly, advocating correct values, "empty nest" is not synonymous with loneliness, depression, and degeneration. It is a normal lifestyle concept. In this process, we can continuously improve ourselves and strive for a better life.

Conclusion

The professional field involved in temperament theory is closely related to psychology. It has certain practical research significance to infiltrate this theoretical content into the social group of "ENY". Through the accurate positioning of the "ENY" temperament type, we can propose some social-related policies and community interactions to help "ENY" to pass the "empty nest" period, avoiding the undesirable development trend and triggering more serious psychosocial problems. Through the cognitive understanding of temperament theory, the "ENY" of different temperament types can better adjust their mentality in work and life. When encountering problems, they can find corresponding implementation countermeasures and face a more active and healthy life, harvesting a happier and more valuable life.
References


