

Happiness among Single Women and Married Women Intermediate Adults

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Abstract. This research was conducted to find out happiness in single women and women who have been married in middle adulthood. The subjects of this study were 40 women with adult and middle aged, between 22 to 40 years. The measurement instrument used in this study is the happiness scale. The research method used is quantitative descriptive by using regression analysis to see the level of happiness of women and women who have been married in adulthood. The results of this study indicate that each status and age has its own level of happiness with various factors.

Keywords : Happiness, single women, married women.

Introduction

Marriage is a form of commitment from a commitment that has been made with mutual agreement between men and women, as a basis for trust, loyalty to lead a new beginning of life (Saidiyah & Julianto, 2016). In big cities women who are not married, either because they have not found the right partner or are not married, often get a label as an old maid, not selling well and choosing a lot (Srimaryono & Duta, 2013)

Indonesian society adheres to this norm for generations so parents also teach the same thing to their female children. Parents who have single adult daughters want to get them married in early adulthood so as not to get negative labels from the community and see their daughters grow and develop with potential partners who are able to accompany them for life so that their lives are more secure (Wulandari, 2016).

The women who did choose and decide for themselves to live single must have thought about all the possibilities and consequences that would be received, such as loneliness, lack of intimate relationships with the other, and worries about old age (Gunadi, 2001). The woman is able to enjoy and like her status, busy and active, and has felt safe with herself (Glick & Lin, 2002). This causes women who choose themselves to be single to be able to adjust to their environment and not feel alienated (Pradipta & Prasetyaningrum, 2015)

Hapsari, et al (2007) conducted a study on the conflict of Javanese women who were single in middle adulthood. The results of the study by Hapsari, et al (2007) showed that there were problems and conflicts experienced by 6 of his research informants, where problems and conflicts were experienced, such as: single status that worries parents, feelings of being disturbed, informants towards marriage, some who have feelings of hurt and not desired, but there were also those who did

not feel pressured by the questions about marriage among the informants (Piatkowski, 2012)

The research conducted by Hapsari, et al (2007) discusses more about problems and conflicts, then accompanied by conflict resolution strategies, whereas in this study, researchers want to explore the general conditions experienced by individuals, namely how middle-aged women can feel happiness, even in conditions that have consequences related to their status as single or married. In line with the differences between theoretical studies of development tasks for middle-aged women in an ideal manner with the results of the initial interviews with some of the above informants, this study focuses on knowing the picture of happiness in middle-aged adult women who are single and married, challenges faced and how informants face perceived challenges. This research is expected to be useful by giving an overview of happiness in single and married women, especially for those who still feel the need to increase perceived happiness.

Literature Review

A person is considered happy and achieves life satisfaction when they are married and have a family. Seligman (2005) says that marriage is closely related to happiness. According to Carr (2004), there are two explanations for the relationship of happiness with marriage, that is, happier people are more attractive as partners than unhappy people. The second explanation is that marriage provides many benefits that can make a person happy, including psychological and physical intimacy, having children, building a family, carrying out a role as a parent, strengthening identity and creating offspring. Many want to get married. Then what about women who have different lifestyles, they don't think about marriage (Carr, 2004)

Laswell & Laswell (1987) mention single women are women who are in a period that can be temporary (temporary) or short-term, which is usually passed before marriage or can also be long-term if it is a life choice.

Being single for women can be a life choice, it can also be because they have not found a life partner even though there is a desire to get married. This causes women who choose themselves to be single to be able to adjust to their environment and not feel alienated (Rochefoucauld, Eddington, Ph, & Shuman, n.d.)

On the other hand, most women are single not because they choose to be single but because they do not get a suitable partner even though there is a desire to get married. Single women like this can be classified into temporary voluntary types with traits that are never married and initially want to get married but not actively looking for a partner, delaying to get married because of some activities (education, career, politics) preferably, and temporary involuntary type with traits that are not married and willing to get married and actively looking for a partner but have not found, temporarily delay marriage and seek marriage with a brighter prospect (Wulan & Chotimah, 2005).

Method

This study uses descriptive quantitative research methods. The analysis uses descriptive analysis method with the aim of seeing the description of a variable (Sugiyono, 2010). The data obtained from this study is descriptive happiness analysis for single women and married women of middle adulthood, as well as deepened through demographic observations on tribal areas, marital status, age range, and occupational background.

Subjects in this study were 40 people. Research data was collected by survey. Samples are individuals with female gender, with career background of entrepreneurs, civil servants, housewives, and private employees ranging in age from 25 to 40 years. The sampling technique in this study using purposive sampling technique because the subject to be studied has been determined by the researcher.

This study examines one variable, Happiness, using the Happiness scale instrument. Based on the analysis of Cronbach Alpha coefficient data for happiness scale of 0.950 this number indicates that the reliability coefficient in the variable is in the high category of above 0.50. So it can be concluded that the data obtained is very reliable, which means that the happiness scale can be reused at different times and opportunities.

The initial stage of the research, the researcher first determines the research theme, then the researcher looks for a valid scale to be used as a research instrument. Next the researcher adapted the scale. After the scale adaptation process is complete, the researcher immediately takes the data and asks the subject to fill in each statement on the Questionnaire using google form sent to the specific WhatsApp group. After the data

collection is complete, the researcher analyzes the data, and interprets it.

Analysis of the data used in this study is the descriptive test analysis technique using SPSS 21.0 for Windows.

Result

The subjects of this study were 40 women, aged between 25-40 years, housewives (50%), entrepreneurs (50%), civil servants, and not working, with the percentage of single women (50%) and women who married (50%)

Based on the analysis test using descriptive statistics, the results obtained are the Mean value (average) of $M = 121.45$ with an SD value of 14.118 in single women, and the Mean value (on average) of $M = 120.20$ with SD value = 11,176 for married women.

Table 1. Descriptive Statistics

Based on the descriptive test results in table 2, the mean or average value of single female happiness is greater than the married women of 121.45 rather than 120.20 which means single women have more feelings of happiness than married women in the age range of 25 years up to more than 35 years.

Table 1. One Sample T-test

	T	Df	Sig. (2- tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Single	38,472	19	.000	121,450	114,84	128,06
Married	48,098	19	.000	120,200	114,97	125,43

Discussion

This research was conducted to find out the picture of the happiness of single women and married women. The results showed that single women tend to feel happier than married women. On the happiness scale the statement "My life feels happy", "I enjoy whatever happens in this life" women with single status and aged 30 years and over tend to choose with a statement strongly agree. Based on Yohana's (2013) research, optimal psychological well-being in single women is influenced by several factors, including higher education (the dominant education of the three types of single women is S1), as well as the existence of permanent employment and financial independence. Another factor that also contributes greatly to the psychological well-being of single women is loneliness and social support. Cooper & Watson (1991) suggested that giving direct or indirect social support would improve psychological well-being, physical health, and constructive stress management (Nanik; Wiwin Hendriani, 2016) So from the results of this study indicate women with single status are happier than married women based on the factors that influence it.

Conclusion

This research was conducted to find out the picture of happiness among single women and married women. The results showed that single women tend to be happier than married women. This is reinforced by the existence of previous studies which say that singles tend to be happier than women who are married looking at various factors of having freedom and independence.

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