ROLE OF HAPPINESS BELIEF: MEDIATING LYING FLATISM

AND ATTITUDES TOWARD SINGLEHOOD

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Approval Form

This research paper attached here, entitled "Role of happiness belief: Mediating lying flatism and attitudes toward singlehood" prepared and submitted by "Heng Zeng Qing and Chin Joey" in partial fulfillment of the requirements for the Bachelor of Social Science (Hons) Psychology is hereby accepted.

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Supervisor

(Dr. Tan Chee-Seng)

LYING FLATISM AND ATTITUDES TOWARD SINGLEHOOD

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Abstract

The number of singlehood is rising gradually in Malaysia, while lying flatism, a new emerging life attitude in which individuals refused to participate in consumerist lifestyles, is anticipated to affect the attitudes toward singlehood through the mediation of the individuals' belief that happiness can be achieved without romantic relationships (happiness belief). Therefore, this study is to examine the mediating effect of happiness belief between lying flatism and attitudes toward singlehood. Quantitative cross-sectional research was adopted with 232 participants recruited through purposive and snowball sampling methods among single Malaysian aged between 18 to 24. Qualtrics questionnaire which consisted of nine sections was distributed online. The sections were demographic data, questionnaires of control variables – Negative Stereotyping of Single Persons (NSSP) and Fear of Being Single (FBSS), a pre-manipulation single item for feelings toward lying flatism, essay for manipulation, a post-manipulation single item for feelings toward lying flatism, single item for Happiness Belief (HB), Attitudes toward Singlehood Scale (AtSS), identification of participants for the token of appreciation, and debriefing. With gender, singlism and fear of being single being controlled, the present study shows that there were significant relationships found between feelings toward lying flatism, happiness belief and attitudes toward singlehood. Happiness belief was found to be positively correlated with attitudes toward singlehood. It also supported to mediate the relationship between feelings toward lying flatism and attitudes toward singlehood. Findings in this study can be contributed to the possible reason for individuals' attitudes toward singlehood.

Keywords: Lying flatism, happiness belief, attitudes toward singlehood

Declaration

We hereby declare that the material contained in this paper entitled "Role of happiness belief: Mediating lying flatism and attitudes toward singlehood" submitted is the end result of our own work, and the acknowledgement has been given in the references to all sources be they printed, electronic or personal.

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Chapter I

Introduction

Background of study

The number of singles has been increasing and it has now become an individual choice since marriage is no longer perceived as a universal life goal (Adamczyk, 2017; Ochnik & Slonim, 2020; Lehmann et al, 2015). Steadily increase in the number of singles (either never married or not in a romantic relationship) were reported in the UK (Office of National Statistics, 2020), US, France (Statista Research Department, 2021), Singapore (Amsyar, 2021), Japan, South Korea and Taiwan (Esteve et al, 2020). Meanwhile in Malaysia, although the proportion of singles is not as high as compared to other Asia countries, the proportion of singles is also reported to be gradually increasing over the years (Himawan et al, 2018).

Meanwhile, a rising singlehood population among young adults has been reported in the US (DePaulo, 2017), Singapore (Yong, 2016), South Korea (Qian, 2019) and Japan (Research shows that Japanese young people increasingly stay single, 2020). Singlehood has then begun to be accepted as a favourable lifestyle and became a widely known phenomenon in both Western and Asia regions, with the Asia Pacific reported having the highest number of single citizens (Himawan et al, 2018; Rude, 2020). However, in Malaysian societies, being or staying single could be viewed as a social failure, and apparently, single individuals often receive pressure from family, friends and society to marry (Himawan et al, 2018).

Problem Statement

Lying flatism, or as known as '躺平主义' (pinyin: tǎng píng zhǔ yì), is a new movement and life attitude started among Generation Z in China (Methven, 2021; Xin, 2021). It represents a blameless and silent protest to the unfairness of society where personal efforts

can no longer be effective to alter the industrial and structural factors (Xin, 2021). Similar trends were found in Japan as a low desired society, Korea as the Sampo generation and have even developed to Sippo generation, the UK as Not in Education, Employment or Training (NEET) and the US as Boomerang Generation. Young people have started to embrace different lifestyles and perspectives in response to the tough competition of surviving in society (Ditching the rat race, Chinese millennials choose to 'lie flat', 2021; Xin, 2021).

Individuals who practice lying flatism have refused to participate in consumerist lifestyles, that is to earn money, purchase a car or house, involve in marriage or having children (Sarkar, 2021). However, with the practice of this new trendy lifestyle, the social and marital norms of adults should be involved in marriage when they reach a certain age were challenged. Chinese netizens have expressed their comments and attitudes towards the topic of 'No marriage among young adults with 'why suffer from a relationship when staying single is full of benefits?' and 'reasons are only needed for getting into marriage but not singlehood' (Shen TuCao, 2021).

Not surprisingly, singlehood has then been related to lying flatism among Chinese netizens, news and blogs. Individuals who have positive feelings toward lying flatism and not involve themselves in romantic relationships have shown possibilities that feelings toward lying flatism could contribute to individuals' attitudes toward singlehood. Although theoretically feelings toward lying flatism is related to attitudes toward singlehood, this assumption has not been empirically tested in any context. In addition, it is also unsure of why and how this relationship occurs. Hence, examining the relationship between feelings toward lying flatism and attitudes toward singlehood and its underlying mechanism among young adults is important. It could furnish a better understanding of lying flatism and attitudes toward singlehood among students and the public.

Meanwhile, lying flatist decided to not do anything to avoid the pressure of modern urban life as conforming to expectations has become a struggle for them (Mowbray, 2021; Sarkar, 2021). They choose this lifestyle and live happily without marriage or romantic relationships (Teh, 2021; Xu & Luo; 2021). With this, the belief that happiness could be achieved without a romantic relationship (referred to as 'happiness belief' in this study as a short form) is possible to mediate the relationship of feelings toward lying flatism and attitudes toward singlehood as the happiness feeling is desirable. However, no empirical evidence could be found to prove this relationship. Therefore, we would like to propose happiness belief as a mediator in the current study to further examine the relationship between feelings toward lying flatism and attitudes toward singlehood.

Research Objectives

The objectives of this study are as below:

1. To examine the relationship between feelings toward lying flatism and attitudes toward singlehood among young adults in Malaysia.

2. To examine the mediating role of happiness belief in the relationship between feelings toward lying flatism and attitudes toward singlehood among young adults in Malaysia.

Research Questions

In conducting this study, four research questions were formulated:

RQ_1: Does feelings toward lying flatism positively predict attitudes toward singlehood among young adults in Malaysia?

RQ_2: Does feelings toward lying flatism positively predict happiness belief among young adults in Malaysia?

RQ₃: Does happiness belief have a positive relationship with attitudes toward

singlehood among young adults in Malaysia?

RQ₄: Does happiness belief mediate the relationship between feelings toward lying

flatism and attitudes toward singlehood among young adults in Malaysia?

Hypothesis

The hypotheses of this study are formulated based on the research questions:

H₁: Feelings toward lying flatism can positively predict attitudes toward singlehood among

young adults in Malaysia.

H₂: Feelings toward lying flatism can positively predict happiness belief among young adults

in Malaysia.

H₃: The happiness belief has a positive relationship with attitudes toward singlehood among

young adults in Malaysia.

H₄: The happiness belief mediates the relationship between feelings toward lying flatism and

attitudes toward singlehood among young adults in Malaysia.

Significance of study

As both lying flatism and singlehood are the trends and individual choices of the

younger generation, this spikes our interest in knowing if there is any relationship

between these two preferred lifestyles among young adults in Malaysia. Since

singlehood is becoming a favourable lifestyle in both Western and Asia regions

(Himawan et al, 2018; Rude, 2020), the factor that affecting the attitudes toward

singlehood among young adults, which can later affect their behaviour of staying single,

is valuable to be investigated. By focusing on the trending phenomenon – feelings

toward lying flatism as the potential predictor of attitudes toward singlehood, this study

would like to introduce a new perspective to the singlehood research field by explaining the underlying mechanism of individuals who are staying single.

Besides, according to the fertility rate latest in 2019 from The World Bank (n.d.), the birth rate is gradually reducing. Meanwhile, Ma (2021) have mentioned that lying flatism bring significant impact on the reducing birth rate, which will further impact the economy with older populations, lesser consumers and workers in the long run (The economic impact of falling birth rates, 2019). Lying flatism which is avoiding romantic relationships, marriage and children (Chen, 2021; DW News, 2021; Jiang, 2021) will indirectly bring an impact on the reducing birth rate by increasing the singlehood decision. Therefore, by studying the impact of feelings toward lying flatism on one's attitudes toward singlehood, it can contribute on the ideas in promoting or increasing the birth rates by understanding the rationale of lying flatists on singlehood decision.

Also, by understanding how the happiness belief plays the mediator role in mediating the relationship between feelings toward lying flatism and attitudes toward singlehood, future research, or studies on the related field (lying flatism and singlehood) can have a better understanding, knowledge and ideas about the association between these two variables (why does the relationship occur and how feelings toward lying flatism can influence the attitudes toward singlehood).

Conceptual Definitions

Lying Flatism. Lying flatism is an anti-consumerism movement, lifestyle or life philosophy that is originated from mainland China. It brings out the meaning of lying flatist (individuals who practice lying flatism) do very little or nothing at all as a silent protest in response to the over the competition of limited resources in the society (Ma, 2021; Xin, 2021).

Singlehood. Singlehood refers to the state of being uninvolved in a romantic relationship or unmarried (Bell, 2013), and has been assumed to be an attitude and expression of choice to stay single (Adamczyk, 2017).

Belief that happiness could be achieved without a romantic relationship. Happiness belief refers to an individual's belief that a romantic relationship is not a compulsory condition for happiness.

Operational Definitions

Lying Flatism. Feelings toward lying flatism will be measured by a single item after psychological manipulation towards participants. Single item rated by participants will define the effectiveness of manipulation.

Singlehood. Singlehood is defined according to the score of attitudes toward singlehood (AtS) with higher scores representing having positive attitudes toward singlehood.

Belief that happiness could be achieved without a romantic relationship. Happiness belief is defined based on the single item originated by Park et al (2020), with a higher value representing a strong belief that individuals can be happy without romantic relationships.

Chapter II

Literature Review

This chapter is reviewing the emergence of lying flatism, past studies of singlehood, the components in the Attitudes toward Singlehood (AtS), and the relationship between feelings toward lying flatism, happiness belief and attitudes toward singlehood. Besides, the theory regarding planned action and the scope of our study are being discussed in this section.

Definition and Causes of Lying flatism

According to Ma (2021) and Yu (2021), lying flatism is a trending life philosophy which became more and more popular among young adults. This trending lifestyle was being arisen by a post named "Lying down flat signifies justice (躺平即是正义)" in April 2021 on Baidu Tieba, a mainland Chinese forum (Lam, 2021; Yu, 2021). Lying flatism is a state of living in which individuals are not having a desire toward their life, not focusing on anything and are not willing to move forward (Lam, 2021). They reduced their materialistic desire, refused to get job promotions, do not engage in a romantic relationship, do not plan to buy a house nor a car, and forgo marriage and children (Rattray, 2021, Su, 2021). Instead of working hard in fighting for a better life, individuals who practice lying flatism only wish to maintain a standard of living that is as low as possible. What they want is only to think of themselves, focusing on their own state of feeling and living in their current moment (Chen, 2021; DW News, 2021; Ma, 2021; Jiang, 2021).

News qq (2021) have mentioned that the logic behind lying flatism is based on a concept introduced by a Greek Philosopher, Protagoras, "Man is the Measure of All Things". This concept has mentioned that human is the ultimate source of value, which

means that human should be the measurement of everything, therefore, individuals should place their own feelings at the centre of everything. This logic was being applied to lying flatism as lying flatists decided to place themselves in the first place, focus on their own lives and enjoy the current moment (Yu, 2021).

On the other hand, according to BBC (2021), the severe culture of working overtime in the China Industry is causing people to practice lying flatism. China's technology workers have a well-known extreme overtime system named "996", working for 12 hours per day (from 9 am to 9 pm) and 6 days per week. This hustle culture asserted an intense pressure on the employees. The workers felt exhausted and meaningless to this working system, thus, practice lying flatism as they need some time to away from the stressful circumstances and just rest.

Moreover, according to Xin (2021), individuals are adopting lying flatism to represent a silent protest to their feeling of unfairness. Lying flatism is being interpreted as a non-violent way of resisting the system and the exploitation from capitalists. They are refusing to become a money-making machine for the capitalist. Therefore, individuals decided to lie flat as they want to have control in their own destiny, but not being a working machine for capitalists (DW News, 2021; Lam, 2021; Xin, 2021).

Past Studies on Singlehood and Explanation on Attitudes toward Singlehood

Past Studies on the Reasons of Singlehood

According to Bell (2013) and Park et al. (2020), singlehood is a state of being unmarried or not involving in a romantic relationship. Past studies (Austrom & Hanel, 1985; Frazier et al., 1996; Lewis & Moon, 1997) have highlighted some primary reasons for unmarried among single adults, which are personal choice, external condition and personal deficiency. Individuals choose to stay single as there are too many interesting or

potential selections for them (personal choice). Some indicated that their right partner has not occurred yet (external), thus, they are staying single; while some individuals' reason for being single is their own perception of deficits (e.g., feel that oneself is unattractive).

Moreover, Apostolou (2017) also discussed the fitness-increasing strategy in explaining one's current singlehood decision. Individuals are willing to sacrifice their current relationship and stay single to invest in themselves for their own improvement and the better qualities required in attaining a better mate. Thus, increased one's value or attractiveness in the future mating market to have better chances of successful mating.

Another study done by Apostolou, et al. (2020) has also explained several main reasons for being single among individuals who are staying single. The most common factors including poor flirting skills, retaining one's freedom, fear of being hurt, owning different priorities and being too picky. Meanwhile, men are more likely to prefer singlehood as they desire the freedom to flirt; women are staying single to avoid getting hurt and perceived themselves as an undesirable mate.

Past Studies on the Wellbeing among Romantic Relationships and Singlehood

On the other hand, according to Hazan and Zeifman, (1994), a romantic relationship is the most crucial relationship among most adults. Involvement in a high-quality romantic relationship can predict greater well-being compared to the individuals who are staying single (Hudson et al., 2019); while Hope et al. (1999) also mentioned that individuals who are engaging in romantic relationships or marriage are able to promote better well-being compared to individuals who are staying single. Lehmann et al. (2015) have mentioned that the benefits of having a romantic relationship have been reporting in previous research, which including better life quality, health, well-being, and

reduced distress. Meanwhile, the past study indicated that individuals who are staying single and without a romantic partner are more likely to feel lonely or disconnected (Forsyth & Johnson, 1995), and the absence of this companionship is a common cause of individuals' fear of being single (Spielmann et al., 2013), which is negatively correlated with one's well-being (Adamczyk, 2017).

However, a recent study (Tan et al., 2021) have mentioned that a romantic relationship or marriage is not always beneficial to the individuals' well-being. Individuals who are always single can experience similar happiness with individuals who are currently married (Depaulo & Morries, 2006). According to Park et al. (2020), some past studies mentioned that single individuals can cultivate a higher life satisfaction (Cockrum & White, 1985) and healthier mental condition (Stokes & Moorman, 2017) by maintaining a high quality of social connection. The presence of social connections other than the romantic relationship can promote single individuals' wellbeing as well.

Benefits of Singlehood

Not only that, but the benefits of staying single are also slowly being recognized (e.g., Darrington et al., 2005; Lehmann et al., 2015). Previous research (Darrington et al., 2005; Whillans, 2013) found that individuals can have control over their personal time as they are no longer worrying about others' schedules and just focusing on their own schedule.

Baumbusch (2008) also mentioned that individuals who are staying single are free from meeting the expectation in order to attract a romantic partner. Single individuals are also owning the freedom to control one's own finance.

Attitudes toward Singlehood (AtS)

According to Tan et al. (2021), Attitudes toward Singlehood (AtS) is adopting

Ostrom's (1969) ABC model of attitudes to distinguish attitudes toward singlehood into three aspects, which are affective, behavioural and cognitive. The affective element including an individual's feelings about singlehood; the behavioural element involves an individual's actions which are affected by their attitudes toward singlehood; the cognitive element indicates the individual's belief about being single. Individuals who are having positive attitudes toward singlehood are more likely to be happier with their singlehood condition; meanwhile, having a positive relationship with life satisfaction and wellbeing among individuals who are staying single.

Feelings toward Lying Flatism and Attitudes toward Singlehood

The relationship between feelings toward lying flatism and attitudes toward singlehood can be displayed in terms of frequent disappointment. According to Chen (2021) and DW News (2021), individuals who are practising lying flatism are being disappointed by society and stop working hard in their life as they realized that no matter how much effort they spent to achieve upward social mobility, they are still at the same stage. In the same vein, lying flatists who experienced too many failures in seeking a romantic relationship might stop engaging in it due to the frequent disappointment. Lying flatists found that no matter how hard they tried, they are still remaining single as meeting the right partner is too difficult. Sanlian Life Weekly (2021) highlighted that lying flatists feel anxious when they have put the effort in achieving something (i.e., seeking partners) but still failed at the end of it. They feel totally relieved and away from disappointment only when they are lying flat and stop trying. With this, individuals who have feelings toward lying flatism are predicted to have positive attitudes toward singlehood as the relief feeling to being single with no disappointment in seeking a romantic relationship is desirable.

Moreover, according to News qq (2021), nowadays, more and more young adults are

choosing to stay single and insisting on the "lying-flat view of romantic relationships (躺平式恋爱观)". They prefer to remain their current calm and plain lifestyle, following their own will and mode of living rather than being interrupted by another person (Yu, 2021). They are satisfied with their singlehood status as fearfulness arise whenever people approach them and interrupt their life (News qq, 2021). Therefore, young adults who have feelings toward lying flatism are predicted to have positive attitudes toward singlehood as they feel good about being single (no longer fearful about others' intrusion).

Furthermore, according to ELLE MEN (2021), Japanese are also practising the mindset of lying flatism, named "Awakening Generation (醒悟时代)". They are not interested in a romantic relationship as it is not something very important for them, it is not the first goal in their life. Instead, they would spend their time improving their social ties with friends. Meanwhile, according to Darrington et al. (2005), enhancing the emotional bond with friends can promote the development of positive attitudes toward singlehood. Hence, individuals who have feelings toward lying flatism are predicted to have positive attitudes toward singlehood as they prefer to reinforce the bonding with family and friends instead of a romantic partner.

Feelings toward Lying Flatism and Happiness Belief

Individuals who are practising lying flatism avoid having a romantic relationship, marriage and children (Chen, 2021; DW News, 2021; Jiang, 2021). Meanwhile, they are enjoying their life (Chen, 2021), feeling bless towards their current condition (Chen, 2021), and experiencing happiness in a different way (Yu, 2021). Lying flatists who aim to only afford with minimum spending (Chen, 2021) are enjoying their life with more resources to allocate when staying single. Apostolou (2017) mentioned that engaging and maintaining a romantic relationship costs a person's resources, including time and money. Similarly,

Baumbusch, (2008) also highlighted individuals are free to control their own finance by staying single. Lying flatists are no longer responsible for their partner's expenses in singlehood and retain more resources for themselves to achieve a minimum spending lifestyle. Thus, they are more likely to believe that they can achieve happiness without romantic relationships. In other words, according to the perspective mentioned above, feelings toward lying flatism can positively predict happiness belief as they believe that they can still experience a different kind of happiness in their singlehood life with more resources to allocate.

Besides, the lying flatist who posted the essay that erupted the trend of lying flatism, Luo, mentioned that instead of chasing the ideal of success shaped within the society, individuals choose to lie down (Zhang & Liu 2021). In certain societies (e.g., China), success in life is defined as getting married and having children (Ani, 2021; Chen, 2021), while staying single represented social failure in Malaysia (Himawan et al., 2018). Attaining a romantic relationship, marriage and children are always demanded not only by the parents but also by the members of society (Darrington et al., 2005). However, lying flatists are more satisfying to live a life in their own way instead of fulfilling the social demand that is largely promoted in the community (Lam, 2021; Lam, 2021; Mowbray, 2021; Song, 2021). They have their own control over the lives that they want to live in (Chen, 2021; 2021). When lying flatists are able to control their life by defying the social demands (i.e., engaging in a romantic relationship), they are living a joyous life as according to Bookwala and Fekete (2009), individuals who possess higher personal control (i.e., ability to control over life events) are associated with the superior wellbeing. To wrap up, according to the explanation above, individuals who have feelings toward lying flatism are predicted to believe that happiness can be achieved without a romantic relationship as they live their single life happily by owning control of their life (i.e., not following the societal norm to engage in a

romantic relationship).

In addition, lying flatists are believing that they can be happy in the absence of romantic relationships as they are no longer experiencing the stresses from it. Individuals choose to lie flat to avoid overwhelming stress (News qq, 2021). As mentioned in the previous discussion, lying flatists avoid engaging in a romantic relationship. This might be due to the overtly stressed in engaging or retaining a romantic relationship as according to Van Zantvliet et al. (2018), romantic relationships can be a stressful process. Meanwhile, stress will lead to poorer subjective happiness (Schiffrin & Nelson, 2008). Lying flatists believe that they can feel delightful toward their life even without romantic relationships as according to Song (2021), an individual who is practising lying flatism, Chu Qiao is feeling more relief now as she is no longer anxious about the ending of a relationship that previously being experienced in dating. When one is able to reduce their stress level and alleviate their pressure, they are more likely to experience happiness as according to Sarıçam (2015) and Schiffrin and Nelson (2008), the declination of one's stress level can lead to happiness. In short, according to the brief discussion above, individuals who have feelings toward lying flatism are predicted to believe that their happiness can be achieved without engaging in a romantic relationship as they are able to reduce stress when staying single, thus, improved one's subjective happiness.

Happiness Belief and Attitudes toward Singlehood

Individuals' happiness without engaging in romantic relationships is associated with positive attitudes toward singlehood by having a satisfying current life. Past studies (DePaulo, 2013; DePaulo & Morris, 2006) have mentioned that individuals who are staying single are possible to be as happy and healthy as the individuals who are currently married. When one is enjoying his or her life without engaging in a romantic relationship but through

other ways (e.g., having supportive friendship), they can satisfy with their current singlehood life (Cockrum & White, 1985). Therefore, happiness belief can predict positive attitudes toward singlehood as high life satisfaction when staying single is desirable.

Moreover, the relationship between the individuals' happiness belief and attitudes toward singlehood can be illustrated in terms of the sense of belongingness. As discussed previously, single individuals who are having a higher quality of social networks other than romantic relationships (e.g., friends, family) can also promote better wellbeing (Cockrum & White, 1985; Stokes & Moorman, 2017). This is because they are still owning a sense of belongingness and posing a lower level of loneliness in the absence of romantic relationships (Park et al., 2020). Since individuals believe that they can still live happily when staying single by gaining a sense of belongingness through intimate connection with friends and family, they are more likely to elicit positive attitudes toward singlehood.

Furthermore, Darrington et al. (2005) have mentioned that individuals who realized the positive effect around them when staying single are having positive attitudes toward singlehood. Individuals who recognized the positive influence (e.g., happiness) or benefits of singlehood (e.g., freedom, independence; Baumbusch, 2008) will therefore own positive attitudes toward singlehood. Apostolou (2017) also mentioned that young adults choose to stay single as they have different life priorities. Some single individuals are not interested in getting a romantic partner but focusing on their own academic or career path (Darrington et al., 2005) for the sense of achievement. When individuals experienced happiness and positive outcome without romantic relationships, positive attitudes toward singlehood are more likely to arise.

Theoretical Framework

The Theory of Reasoned Action (TRA; Ajzen & Fishbein, 1980; Fishbein & Ajzen,

1975) is a cognitive theory that provides a conceptual framework for interpreting and predicting the behaviour of living individuals in certain contexts. The authors reinforced that predicting and understanding the behaviour of individuals is a crucial component in the societal context. It assists "to solve an applied problem and make policy decisions" (1980, p. 4).

According to LaCaille (2013), in the Theory of Reasoned Action, the intention to carry out a specific behaviour represents the main predictor of the individuals' decision in carrying out or engaging in the behaviour. Meanwhile, the other two components, attitudes and subjective norms are predicting one's intention. In other words, the more the individual perceive certain behaviour positively and the more the individual regards the action as signified to the significant others (e.g., friends, family, society), the higher the chance of developing the intention to perform the behaviour.

In terms of theoretical factors, firstly, LaCaille (2013) mentioned that behavioural beliefs are associated with attitudes. A formed belief about the consequences of a specific behaviour will later contribute to the evaluation (attitude) of the consequences of the behaviour. The more desirable the attitude, the stronger the intention towards certain behaviour. Secondly, normative beliefs are associated with subjective norms. Normative beliefs are defined as the individual's perception toward the expectation of significant others. The normative beliefs are therefore contributed to the individual's motivation to obey. The more significant the perceived norm, the stronger the intention towards a specific behaviour.

According to Ajzen and Fishbein (2005), the background factors before the formation of one's beliefs served as the origins of the beliefs in the theory. The factors including three dimensions, which are individual (e.g., personality, values), social (e.g., education, religion), and information (e.g., knowledge, media). These factors are assumed to contribute an indirect

impact on the behaviour. However, the dotted arrow in figure 1 indicated that the association

between the background factors and the beliefs is possible but it is not compulsory to present.
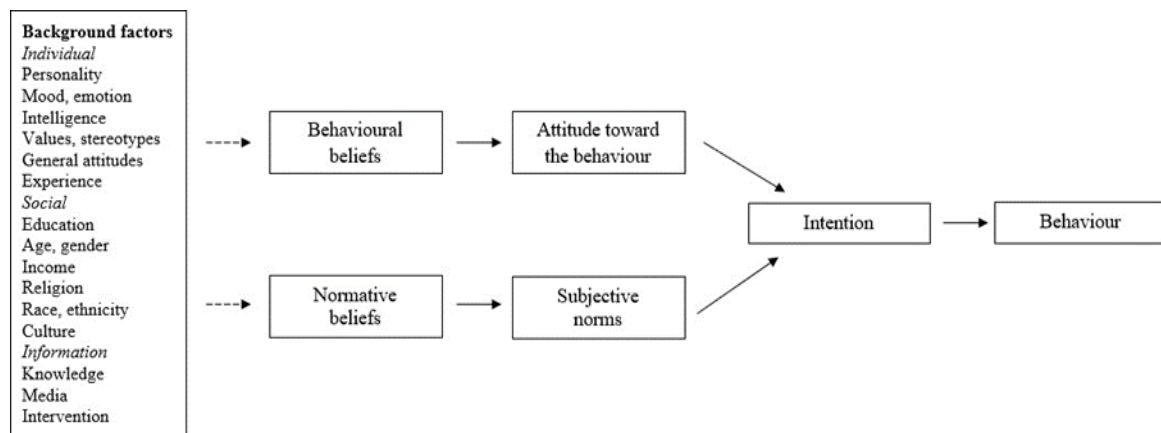
Figure 2.1. Theoretical Framework for The Theory of Reasoned Action (TRA)

Conceptual Framework

In our study, we are adopting a part of the Theory of Reasoned Action, from the

background factor to the attitude, in examining the phenomena. This study is focusing on the

impact of the identified background factor on the attitudes toward behaviour with behavioural

beliefs as mediation. We identified the feelings toward lying flatism as an emotion from the

background factor; the belief that happiness can be achieved without a romantic relationship

(happiness belief) served as the behavioural beliefs in the model; finally, the Attitudes toward

Singlehood (AtS) will fit into the attitudes toward the behaviour based on the model.

As shown in Figure 2, there are three paths in the model to be investigated. *(1) Path a*

pertaining to the linkage between the predictor (feelings toward lying flatism) and the

mediator (happiness belief). To our best understanding, even though there is no prior study

examined the relationship between feelings toward lying flatism and happiness belief, it is

plausible to anticipate that individuals who have feelings toward lying flatism are having

greater happiness belief; *(2) Path b* is about the relation between the mediator (happiness

belief) and the outcome variable (attitudes toward singlehood, AtS). To our best knowledge,

there is limited research regarding the association between these two variables, however, it is plausible to presume that the happiness belief is having a relationship with the attitudes toward singlehood; *(3) Path c* pertaining to the association between the predictor (feelings toward lying flatism) and the outcome variable (attitudes toward singlehood, AtS). Considering the scarce research on the linkage between these two variables, however, it is plausible to expect that lying flatism will be predicted more positive attitudes toward singlehood.
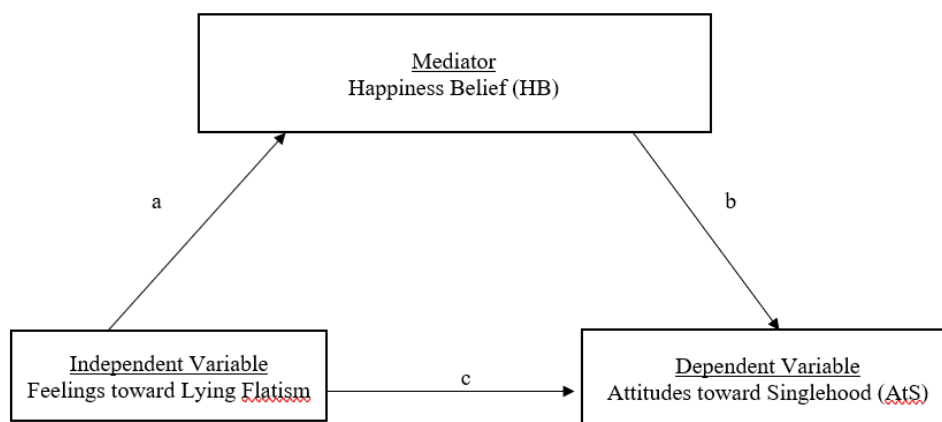
Figure 2.2. Conceptual framework of the relationship between feelings toward lying flatism, happiness belief and attitudes toward singlehood.

Chapter III

Methodology

Research Design

The current study has adopted the cross-sectional research design, which allows the data collection from the samples in the target population at the same time. According to Cherry (2019) and Setia (2016), cross-sectional allows the researcher to measure the outcome and attain the information at the participants' current condition; it is also enabling the different variables to be examined at one time as well. Moreover, the cross-sectional research design was being applied in this study as Levin (2006) has mentioned that this research design is able to save more resources in both time and money.

Quantitative data of this study was collected using questionnaires through an online survey. Quantitative method was chosen in this study as the collected data are able to be analysed with statistical analysis (McLeod, 2019), have no time-limit and are able to cover most aspects of the topic (Debois, 2019).

Survey research design was applied in our study in obtaining the participants' responses or data. This design was being chosen as it eases the data collection by reaching the target population in a large scale (Jones et al., 2013). The online survey of this topic was spread to the participants virtually and they have answered the online questionnaire via Qualtrics.

Research Sample

The target population in present study was individuals who age 18 to 24 in Malaysia. As according to Xin (2021), lying flatism is embraced by generation Z who were born between 1997 to 2012 (Debczak, 2019). With the age range of 9 -24 of generation Z in 2021, we have focused on individuals aged 18- 24 as lying flatists are mostly concentrated in this

age range (Zhihu, 2021). Also, individuals who are aged below 18 (9-17 years old) were not selected as participants in our study as parental consent will be needed in order for them to participate in our research.

The minimum required sample size needed in the present study was 225 participants with the target power of .95 (refer to appendix E, p. 84) as calculated with Monte Carlo Power Analysis for Indirect Effects (Schoemann et al., 2017). A total of 522 participants were recruited in the initial stage. However, 290 responses were omitted from the data analysis due to the univariate outlier, inappropriate consent, missing data, incomplete questionnaire (stopped responding since the first part – demographic section), violation of the inclusion criteria and essay instruction, and wrong attention checking item (refer to table 3.1, p. 21). Therefore, a total of 232 successful responses were being recorded and further processed in the data analysis.

The present study was using purposive and snowball sampling method to recruit participants. Purposive sampling is a non-random sampling method that requires no fixed number of participants. This sampling method allows researchers to identify and select the participants based on selection criteria (Etikan et al., 2016). In present study, the criteria of recruited participants were individuals who aged between 18 to 24 years old, who are single (currently not in a romantic relationship), and Malaysian who are currently living in Malaysia. Besides, snowball sampling is also one of the non-random sampling methods. According to Parker et al (2019), this method enables the researchers to start recruiting from a small group of participants (seeds) who met the inclusion criteria. The consented participants will later recommend the other potential participants, who will then in turn invite the others who met the inclusion criteria of the research to participate, and so on.

The present study is adopting non-random sampling method instead of random

sampling method as it is extremely difficult to collect the full list of single Malaysian who aged between 18 to 24 in a short period of time. According to McLeod (2019), in order to apply random sampling method, one of the probability samplings, it requires to involve the whole target population so that every individual has the equal chance of being chosen in the study. Therefore, without a full list of the target population for selection process to take place, random sampling method is not applicable in the present study.

Table 3.1

Omitted responses

Omitted data (reason)	Frequency
Univariate outlier	1
Inappropriate consent	25
Disagreed	16
Skipped consent	9
Missing data	4
Negative Stereotyping Single Persons	1
Post-manipulation single item	1
Happiness Belief	2
Stopped responding since the first section (demographic section)	62
Violation of inclusion criteria	68
Nationality (non-Malaysian)	3
Current location (not currently staying in Malaysia)	1
Relationship status (not currently single)	51
Age (beyond the age range – 18 to 24)	13
Violation of essay instruction (essay for lying flatism)	40

Table 3.1

Omitted responses

Omitted data (reason)	Frequency
Wrong attention checking item	90
Negative Stereotyping Single Persons checking item 9	49
Negative Stereotyping Single Persons checking item 26	30
Fear of Being Single checking item 4	5
Attitudes toward Singlehood checking item 6	6
Total	290

Research Location

Due to Standard operation procedures (SOPs) of the Movement control Order (MCO), we were unable to distribute our survey physically. With this, the survey was distributed as an online questionnaire using the web-based survey platform – Qualtrics. The survey was distributed together with the promotional poster (refer to appendix F, p. 85) through several social media platform (Instagram, Facebook, etc.).

Instrumentation

There were three self-report instruments (single item for positive feelings toward singlehood, single item for Happiness Belief and Attitudes toward Singlehood Scale) were being utilized in the present study, and all the instruments adapted were in English language.

Feelings toward Lying Flatism

Psychology manipulation that aims to influence individual's feelings towards lying flatism and self-rated single item were used to measure individual's feelings toward lying flatism in the present study. The participants were randomly assigned to one of the two groups: experimental group or control group through Qualtrics randomiser. Participants in

both experimental group and control group were being assigned with a written task based on the given topic. Writing task is chosen as it could be easily completed and manipulate self-awareness (Silvia & Eichstaedt, 2004) by allowing participants to induce their positive feelings towards lying flatism. In the experimental group, three statements regarding lying flatism were provided for the participants to refer but they are allowed to write anything to support the topic given other than just answering the questions. Statement like *(1) Practicing lying flatism allows individuals to away from stressful circumstances; (2) Lying flatism allows us to live in current movement and focus on own state of feelings; (3) Practicing lying flatism can avoid pressure and expectations of family, friends and society,* are provided as references for participants in experimental group to support lying flatism.

On the other hand, participants in the control group will be assigned to a topic named "weather" that is neutral (Cuncic, 2021) and does not induce any feelings. Similarly, they will also be provided with three questions as references to write about the topic. The questions and statement provided are *(1) How is the weather today? Was it the same as yesterday's? (2) Which month has the most comfortable weather in your hometown? (3) Share with us any interesting myths about weather.*

After completing the writing task, we hypothesize that participants in experimental group were being manipulated by having positive feeling towards lying flatism. To measure the effectiveness of manipulation, participants will be required to rate a single item created for feelings toward lying flatism and proceed with the rest of the instruments in this study. The single item of "To what extent you are feeling positive towards lying flatism" will be rated with 5-Likert point from 1 *(very negative)* to 5 *(very positive)* to define the participants' feelings on this item. Individual who scores high in the single item is predicted to elicit a positive feeling towards lying flatism.

Belief that happiness can be achieved without romantic relationship (Happiness belief)

This item was originated from 'Belief that happiness can be achieved without marriage' by Park et al. (2020). Instead of separating the questions into women and men as the original items by Park et al. (2020), it was modified to happiness belief single item scale. Participants have rated the single item "I believe that I can have full and happy lives without a romantic relationship" on a scale ranging from 1 *(strongly disagree)* to 7 *(strongly agree)*. The higher value rated represents a strong belief that individuals can be happy without romantic relationships.

Attitudes toward Singlehood Scale

Attitudes toward Singlehood Scale (AtSS) was used to measure attitudes of young adults toward singlehood. This scale consists of 9 items with 3 items under 3 subscales of affective, behavioural and cognitive. Affective subscales include items of "I feel happy when I am single", "I feel positive for being single" and "I feel comfortable bring single". 3 items of " I choose to commit myself to establish a career rather than a romantic relationship", "I have better control over my life when I am single" and "I stay single to have more personal space" are under behavioural subscale, followed by 3 cognitive subscale items of "I do not need to get into a romantic relationship to live a happy life", "Engaging in a romantic relationship is not important" and "I think my life is complete even without a romantic partner". The scoring method of this scale is to calculate and average the average scores of 9 items. AtSS is using a 7-Likert point from 1 *(strongly disagree)* to 7 *(strongly agree)* to indicate the extent to which individual agrees with the item. Higher score indicates that individual has positive attitudes toward singlehood, and vice versa. Both Cronbach alpha and McDonald omega coefficients in the study by Tan et al. (2021) were greater than .82, which showed excellent reliability of the scale. Besides, AtSS shows a good validity as convergent,

discriminant and criterion validity were supported.

Control Variables

Negative Stereotyping of Single Persons Scale and Fear of Being Single Scale were being utilized for the two control variables, singlism and fear of being single respectively. All the instruments adapted were in English language as well.

Singlism

According to DePaulo and Morris (2005), singlism refers to the negative stereotype and discrimination toward individuals who are staying single. Individuals who are holding the characteristics of singlism are more likely to contribute to negative attitudes toward singlehood as according to DePaulo and Morris (2005), singlism refers to individuals who are posing an antisingles attitude. Therefore, it is necessary to control this variable in the present study as it can influence one's attitudes toward singlehood. A 30-item Negative Stereotyping of Single Persons Scale (NSSP) by Pignotti and Abell (2009) was adapted in measuring the presence of singlism. The scoring method is to average the total scale and average each dimension of the scale. It is a 7-point Likert scale ranging from 1 (*strongly disagree*) to 7 (*strongly agree*), and the higher score will represent greater stereotype. The Cronbach alpha of this scale range from .87 to .91.

Fear of Being Single

According to Spielmann et al (2013), fear of being single is interpreted as a state of being anxious or distress in the absence of a romantic partner or when staying single. However, lying flatist insist their "lying-flat view of romantic relationships (躺平式恋爱观)" (News qq, 2021), which is practicing a single calm and plain lifestyle instead of being interrupted by another person (Yu, 2021). These are two different attitudes that contradicting

with each other as lying flatist is pursuing a single life, while people with the fear of being

single is demanding for a romantic partner. Therefore, this variable is anticipated to influence

the participant's feelings toward the new phenomenon in the current study as individuals with

higher level of fear of being single might have a negative feelings toward lying flatism, which

is a singlehood lifestyle as mentioned by News qq (2021). For this variable, a 6-item Fear of

Being Single Scale (FBSS) was being adapted in measuring the extent to which individuals

are fear of being single. FBSS is using a 5-Likert point from 1 *(not at all true)* to 5 *(very true)*

to indicate the extent to which individual agrees with the item. The Cronbach alpha of this

scale range from .83 to .87, while the convergent and discriminant validity were supported.

Gender

According to a study by Tan et al. (2021), gender could contribute to the score in

attitudes toward singlehood. In the study, male participants were found to have a lower score

in AtS compared with female participants. Hence, it is important to control gender in current

study as it might influence individuals' attitudes toward singlehood. This study has recruited

participants from two gender groups, which is female and male to control the effect of gender

differences on the attitudes toward singlehood.

Research Procedure

In the present study, participants who met the inclusion criteria were recruited through

purposive and snowball sampling to complete the survey distributed through the web-based

survey platform, Qualtrics. Before the data collection, ethical approval to include human

subjects will be applied and obtained from Universiti Tunku Abdul Rahman's Scientific and

Ethical Review Committee (refer to appendix G, p. 86).

A promotional poster was being distributed with the Qualtrics survey link through

online platform to reach the potential participants who met the inclusion criteria. Before the

participants start responding, they have read the information sheet on the first page of the Qualtrics survey form. The information includes the introduction of the study, the procedures, confidentiality, and the contact details of the researchers. Next, consent form was signed as an acknowledgement of the voluntary participation and indicates the withdrawal rights of the participants. This is because according to American Psychological Association (2017), the Ethical Principles of Psychologists and Code of Conduct mentioned that research conducted must have obtained informed consent from participants in order to protect both investigator and participant.

After the consent form is signed, participants start responding on the survey. The survey form included nine parts: Section A (demographic data), Section B (questionnaires of two control variables – Negative Stereotyping of Single Persons and Fear of Being Single), Section C (pre-manipulation single item for lying flatism), Section D (essay for experimental and controlled group), Section E (post-manipulation single item for lying flatism), Section F (single item for Happiness Belief), Section G (Attitudes toward Singlehood Scale), Section H (identification of participants for the token of appreciation), and Section I (debriefing).

In Section D (essay for manipulation), participants were randomly assigned to the controlled and experimental group through Qualtrics randomization function. Participants in the experimental group were required to write a short essay to support lying flatism; while the control group were required to write a neutral topic, which is 'Weather'. Participants were being directed to the rest of the study once they have completed the essay. Before the end of the survey, participants were being debriefed about the actual purpose and procedures of the study. A PDF copy of the debriefing was also available for the participants to download as their reference (refer to appendix H, p. 87). After the participants have completed the whole survey (to the end of the survey), successful respondents were being transferred RM5 via TNG e-wallet as a token of appreciation. The collected responses were being further

processed and analysed with IBM SPSS Statistics Version 23 for Windows.

Pilot Study

According to Anesthesiol (2017), pilot study served as a smaller-sized work that

enables the researcher in planning and modifying the main study. In the present study, the

pilot study was administrated prior to the actual study with 6 individuals who have met the

inclusion criteria (single and currently not in a romantic relationship, age ranged between 18

to 24, Malaysian, currently living in Malaysia). The pilot study was done via an online

platform – Qualtrics survey, and the feedback was collected from the participants. The

feedback included vague words and statements which are difficult to be understood, the

formatting of the essay text entry, unclear instruction and the duration of the essay writing.

Corrective actions to the feedbacks mentioned by the respondents were taken before the

actual study was conducted.

Data Analysis Plan

The data collected were being exported to **IBM SPSS Statistical Version 23** for

further processing and interpretation. Descriptive statistics of demographic categorical

variable such as gender, ethnicity, relationship status, singlehood duration and work status

were measured in terms of frequency and percentage. While the descriptive statistics of

demographic continuous variable such as age was measured in terms of frequency,

percentage, mean, standard deviation, minimum and maximum value. In addition, descriptive

statistics of other continuous variables such as singlism, fear of being single, feelings toward

lying flatism, happiness belief and attitudes toward singlehood were measured in terms of

frequency, mean, standard deviation, minimum and maximum value.

Preliminary analyses for the five variables' normality assumption were being checked

with skewness, kurtosis and Kolmogorov–Smirnov test. Boxplot was administrated as well to

determine the univariate outliers and the detected outlier was removed.

To measure if the written task manipulation is effective in inducing participants' positive feelings toward lying flatism, independent samples t-Test were being ran to analyse the group differences in the feelings toward lying flatism between experimental and controlled group. Paired samples t-Test were being administrated to analyse the difference in the feelings toward lying flatism before and after the essay writing in each group.

Process Macro v4.0 by Hayes (model 4) was being utilized in testing the mediation model (Hayes, 2013) of the relationship between feelings toward lying flatism, happiness belief and attitudes toward singlehood. Meanwhile, gender, singlism and fear of being single were being controlled.

Chapter IV

Result

Assumptions of Normality

Three normality indicators were being used in testing the assumption of normality (assumptions of parametric data). The three normality indicators included skewness, kurtosis, and Kolmogorov-Smirnov test. Boxplots also being administrated in identifying the univariate outliers.

Skewness and Kurtosis

Table 4.1 contains the result of skewness and kurtosis for the five variables, which were singlism, fear of being single, feelings toward lying flatism, happiness belief, and attitudes toward singlehood. Since all the values of skewness and kurtosis were within the acceptable range of ± 2 (Gravetter & Wallnau, 2014), all the variables showed no violation for the skewness and kurtosis indicators.

Test of Normality (Kolmogorov-Smirnov Test)

Table 4.1 shows that the result of the K-S test for the five variables as mentioned above. Referring to the result, there were only singlism and attitudes toward singlehood were significantly normal. Therefore, the sample distributions were not significantly different from the normal distribution. Conversely, fear of being single, feelings toward lying flatism, and happiness belief were significantly non-normal. Thus, the sample distributions were significantly different from the normal distribution. Since there were only two out of five variables were significantly normal, the assumption of K-S test is violated.

Boxplot

Univariate outliers were found and identified from the boxplots through the labelled

case numbers. In the present study, 1 univariate outlier (K169) was found and was removed from the data set (refer to appendix I2, p. 91).

Table 4.1

Skewness, Kurtosis, and Kolmogorov-Smirnov Test of the Variables

| | N | Skewness | | Kurtosis | | Kolmogorov-Smirnov[a] | | |
| | | | Std. | | Std. | | | |
	Statistic	Statistic	Error	Statistic	Error	Statistic	df	Sig.
Singlism	232	-.056	.160	-.673	.318	.050	232	.200*
Fear of Being Single	232	.300	.160	-.556	.318	.079	232	.001
Feelings toward lying flatism	232	-.098	.160	-.366	.318	.208	232	.000
Happiness Belief	232	-.382	.160	-.574	.318	.171	232	.000
Total Attitudes toward Singlehood	232	-.173	.160	-.381	.318	.055	232	.083

Note. *. This is a lower bound of the true significance.

    a. Lilliefors Significance Correction.

Descriptive Statistics

Demographic Background

Table 4.2 displayed the descriptive statistics of the sample in the present study. The sample included a total of 232 participants which ages ranged between 18 to 24 ($M = 21.37$, $SD = 1.332$). Females were 20% outnumbered males in this study as there were 139 female (59.9%) and 93 male (40.1%) respondents. In terms of ethnicity, Chinese participants was the highest ethnic group (86.6%), followed by Indian (6.9%), Malay (5.6%), and the other ethnic group (0.9%).

According to table 4.2, majority of the participants never engaged in a romantic

relationship (62.5%). All the participants were currently single (not in a romantic relationship), while the highest singlehood duration among those who are currently single was less than 3 months (53.4%). In terms of work status, majority of the participants were currently studying (88.4%), 19 participants (8.2%) were currently employed, and 3 respondents (1.3%) were undergoing internship, a freelancer, and waiting for job offer (others).

Table 4.2

Demographic Descriptive Statistics of the Sample (N = 232)

	N	Percentage	Min	Max	Mean	Std. Deviation
Age	232	100%	18	24	21.37	1.332
18	4	1.7				
19	10	4.3				
20	40	17.2				
21	87	37.5				
22	41	17.7				
23	33	14.2				
24	17	7.3				
Gender	232	100%				
Male	93	40.1%				
Female	139	59.9%				
Ethnicity	232	100%				
Malay	13	5.6%				
Chinese	201	86.6%				
Indian	16	6.9%				
Others	2	0.9%				

Table 4.2 (cont.)

Demographic Descriptive Statistics of the Sample (N = 232)

	N	Percentage
Relationship experience	232	100%
Experienced romantic relationship	87	37.5%
Not experienced romantic relationship	145	62.5%
Singlehood duration	212	91.4%
Less than 3 months	124	53.4%
3 – 6 months	16	6.9%
7 – 11 months	8	3.4%
1 – 2 years	26	11.2%
2 – 5 years	24	10.3%
5 – 10 years	2	0.9%
10 years and longer	12	5.2%
Work status	231	99.6%
Studying	205	88.4%
Employed	19	8.2%
Unemployed (actively looking for work)	4	1.7%
Others	3	1.3%

Note. M = mean, *SD* = standard deviation, Min = minimum, Max = maximum.

Frequency Distribution of Variables

The percentage, mean (*M*), standard deviations (*SD*), maximum and minimum values of all variables for both groups were computed.

Experimental Group. For participants under control group, the mean scores for both continuous control variables, the singlism and fear of being single were 91.98 (*SD* = 24.550) and 14.81 (*SD* = 5.413) respectively. Meanwhile, feelings toward lying flatism displayed a

mean score of 3.15 (*SD* = .887). Next, the mean scores for the mediator (happiness belief)

and the outcome variable (attitudes toward singlehood) were 4.95 (*SD* = 1.576) and 45.56

(*SD* = 8.496) respectively.

Controlled Group. For participants under control group, the mean scores for both

continuous control variables, the singlism and fear of being single were 90.92 (*SD* = 23.508)

and 14.13 (*SD* = 5.200) respectively. Meanwhile, feelings toward lying flatism displayed a

mean score of 2.89 (*SD* = .976). Next, the mean scores for the mediator (happiness belief)

and the outcome variable (attitudes toward singlehood) were 4.93 (*SD* = 1.343) and 45.78

(*SD* = 8.506) respectively. The result for each variable were summarised in Table 4.1.

Table 4.3

Frequency Distribution of the Sample (N = 232)

	Control Group (*n* = 116)				Experimental Group (*n* = 116)				
	M	*SD*	Min	Max	*M*	*SD*	Min	Max	Cohen's *d*
Singlism	90.62	23.508	33	143	91.98	24.550	43	147	-.0.09
Fear of Being Single	14.13	5.200	6	27	14.81	5.413	6	28	-0.13
Feelings toward lying flatism	2.89	.976	1	5	3.15	.887	1	5	-0.28
Happiness Belief	4.93	1.343	2	7	4.95	1.576	1	7	-0.01
Attitudes toward Singlehood	45.78	8.506	27	63	45.56	9.496	19	63	0.02
Valid N (listwise)	116								

Note. M = mean, *SD* = standard deviation, Min = minimum, Max = maximum.

Inferential Statistics

Independent Samples t-Test

To test the effectiveness of the feelings toward lying flatism manipulation, independent samples t-Test was conducted to compare the feelings toward lying flatism in between experimental and controlled group. Result shows that there is a significant difference in the feelings towards lying flatism for experimental group ($M = .32$, $SD = .717$) and controlled group ($M = .03$, $SD = .335$); $t(163) = 3.986$, $p < .001$, $d = -0.55$.

Referring to table 4.4, the independent samples t-Test result for the feelings toward lying flatism before the essay writing was not significantly different between both experimental group ($M = 2.83$, $SD = .897$) and controlled group ($M = 2.86$, $SD = .959$); $t(230) = .283$, $p = .778$, $d = .032$. However, the feeling toward lying flatism after the essay writing was significantly different between both experimental ($M = 3.15$, $SD = .887$) and controlled group ($M = 2.89$, $SD = .976$); $t(230) = 2.112$, $p = .036$, $d = -0.28$.

Table 4.4

Results for Levene's Test and Independent Samples t-Test (N = 230)

	Levene's Test for Equality of Variances		Controlled		Experimental		t	p
	F	Sig.	*M*	*SD*	*M*	*SD*		
Pre manipulation	1.162	.282	2.86	.959	2.83	.897	.283	.778
Post manipulation	1.004	.317	2.89	.976	3.15	.887	-2.112	.036
Difference	81.398	.000	.03	.335	.32	.717	3.986	.000

Paired Samples t-Test

Paired samples t-Test was administrated in order to determine if there is a difference in the feelings toward lying flatism before and after the essay writing. Table 4.5 shows that there was a significant difference in the score for the feelings toward lying flatism among the experimental group before ($M = 2.83$, $SD = .897$) and after the essay writing ($M = 3.15$, $SD = .887$); $t(115) = 4.788$, $p < .001$, $d = .446$. However, there was no significant difference in the score for the feelings toward lying flatism among the controlled group before ($M = 2.86$, $SD = .959$) and after the essay writing ($M = 2.89$, $SD = .976$); $t(115) = .831$, $p = .408$, $d = .089$.

Table 4.5

Results for Paired Samples t-Test

	Controlled					Experimental				
	M	*SD*	t	df	*p*	*M*	*SD*	t	df	*p*
Pre Manipulation	2.86	.959				2.83	.897			
Post Manipulation	2.89	.976				3.15	.887			
Difference	.026	.335	.831	115	.408	.319	.717	4.788	115	.000

Pearson's Correlation Analysis

Pearson's correlation coefficient (r) was computed to examine the strength of the relationship between two variables. Referring to table 4.6, after gender, singlism and fear of being single were controlled, the results showed that feelings toward lying flatism has a low and positive significant correlation with both happiness belief, $r(232) = 0.26$, $p < .001$, and attitudes toward singlehood, $r(232) = .28$, $p < .001$. In addition, there was a moderate and positive significant correlation between happiness belief and attitudes toward singlehood, $r(232) = .59$, $p < .001$.

Table 4.6

Pearson's Correlation Coefficient Among Variables (N = 227)

	Feeling toward Lying Flatism	Happiness Belief	Attitudes toward Singlehood
Feelings toward Lying Flatism	1.00		
Happiness Belief	.26**	1.00	
Attitudes toward Singlehood	.28**	.59**	1.00

Note: ** Correlation is significant at $p < .001$ (2-tailed).

Control variables: gender, singlism, fear of being single.

Regression Analysis

Regression analysis was applied to examine the regression of feelings toward lying flatism on happiness belief and attitudes toward singlehood. The result with gender, singlism and fear of being single being controlled indicated that feelings toward lying flatism was a significant predictor of attitudes toward singlehood, $B = 1.12$, $SE = .45$, 95% CI [.24, 2.00], $\beta = .12$, $p = .013$. Meanwhile, the feelings toward lying flatism was a significant predictor of happiness belief as well, $B = .35$, $SE = .09$, 95% CI [.18, .53], $\beta = .23$, $p < .001$.

Mediation Analysis

Model 4 of PROCESS Macro v4.0 by Hayes (2013) with 10000 bootstrapping and 95% confidence intervals (CI) were administrated. It was aimed to investigate if happiness belief mediated the relationship between feelings toward lying flatism and attitudes toward singlehood, with gender, singlism and fear of being single being controlled.

The results with gender, singlism and fear of being single being controlled showed that all path a, path b and path c' effect of the feelings toward lying flatism on happiness belief ($B = .35$, $SE = .09$, 95% CI [.18, .53], $\beta = .23$, $p < .001$), happiness belief on attitudes

toward singlehood (B = 3.31, SE = .33, 95% CI [2.66, 3.95], β = .54, p < .001), and feelings

toward lying flatism on attitudes toward singlehood (B = 1.12, SE = .45, 95% CI [.24, 2.00], β

= .12, p = .013) were significant. In addition, the direct effect of feelings toward lying flatism

on attitudes toward singlehood, B = 1.12, SE = .45, 95% CI [.24, 2.00] and the indirect effect

of feelings toward lying flatism on attitudes toward singlehood through happiness belief, B =

1.17, SE = .34, 95% CI [.52, 1.87] were found to be significant.

The total effect of the feelings toward lying flatism on attitudes toward singlehood

was also significant, B = 2.29, SE = .52, 95% CI [1.27, 3.31]. In short, referring to the 95%

confidence intervals (CI), indirect effect, direct effect and total effect were all statistically

significant as all the confidence interval (CI) were not consisting of zero (Hayes, 2013). Since

the direct and indirect effect were statistically significant, it was indicated that the mediation

did occur in the present study, which is happiness belief is able to mediate between feelings

toward lying flatism and attitudes toward singlehood. The result for the mediation model was

summarized and presented in figure 4.1.

Figure 4.1

Summary of Mediation Model
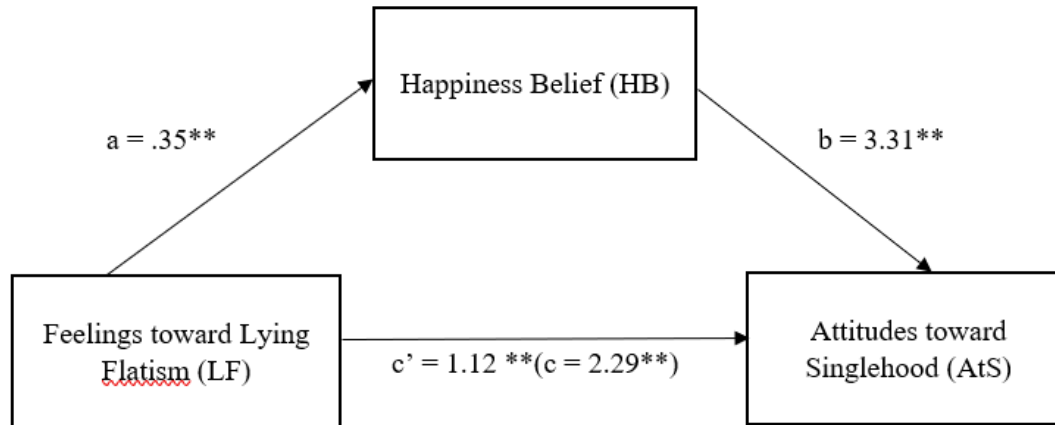
Note. The above mediation model illustrated the unstandardized regression coefficients for the relationship between feelings toward lying flatism and attitudes toward singlehood as mediated by happiness belief, with singlism and fear of being single being controlled. The unstandardized regression coefficients for total effect between feelings toward lying flatism and attitudes toward singlehood is in parentheses. $**p < .001$.

Summary of Findings

Table 4.7

Regression Analysis Results with Singlism and Fear of Being Single being Controlled (N = 232)

Hypothesis	Results		Decision
	β	p	
H_1: Feelings toward lying flatism can positively predict attitudes toward singlehood among young adults in Malaysia.	.23	.000	Supported
H_2: Feelings toward lying flatism can positively predict happiness belief among young adults in Malaysia.	.12	.013	Supported

Note. β = standardized coefficients; *p* = significant value.

Table 4.8

Pearson Product-Moment Correlation Result with Singlism and Fear of Being Single being Controlled (N = 232)

Hypothesis	Results		Decision
	r	p	
H_3: The happiness belief has a positive relationship with attitudes toward singlehood among young adults in Malaysia.	.59	.000	Supported

Note. r = Pearson's correlation coefficient; *p* = significant value.

Table 4.9

Mediation Analysis Results with Singlism and Fear of Being Single being Controlled (N =

232)

Hypothesis	Results			Decision
	B	*SE*	95% CI	
H_4: Happiness belief can mediate between feelings toward lying flatism and attitudes toward singlehood.	1.17	.34	[.52, 1.87]	Supported

Note. B = unstandardized regression coefficients; *SE* = standard error; CI = confidence

interval.

Chapter V

Discussion

As mentioned in previous chapter, this study aims to examine the relationship between feelings toward lying flatism and attitudes toward singlehood among young adults in Malaysia. In addition, the present study also examined the mediating role of happiness belief in relationship between feelings toward lying flatism and attitudes toward singlehood among young adults in Malaysia.

The result of present study indicated the effect of feelings toward lying flatism on happiness belief and attitudes toward singlehood. that there was a significant relationship between feelings toward lying flatism and attitudes toward singlehood. The present study's findings also revealed that there was a significant correlation between happiness belief and attitudes toward singlehood. Our mediator, happiness belief has also been supported by our mediation model to mediate the relationship between feelings toward lying flatism and attitudes toward singlehood.

H₁: Feelings toward lying flatism can positively predict attitudes toward singlehood among young adults in Malaysia.

This hypothesis is supported. The result of this study showed that there is a positive relationship between feelings toward lying flatism and attitudes toward singlehood. The direct effect of feelings toward lying flatism on attitudes toward singlehood is supported. It indicates that individuals who have positive feelings toward lying flatism are more likely to have positive attitudes toward singlehood. It is in accordance with the "lying-flat view of romantic relationship (躺平式恋爱观)" proposed by the news articles, where individuals who have positive feelings toward lying flatism find engaging in a romantic relationship has less freedom and control over their life (News qq, 2021; Shen TuCao, 2021). They realised that

engaging in romantic relationship has no longer be a must-complete task in their life and staying single can be less troublesome than getting into a romantic relationship or marriage (News qq, 2021; Feng, 2021). For example, they will have more resources to support their minimal spending lifestyle since they are no longer worrying about the plans to purchase a house or car for upbringing the family (News qq, 2021). They feel more positive and benefited when staying or being single compared to engaging in a romantic relationship, hence, have positive attitudes toward singlehood.

Moreover, the result is also in line with the news article which mentioned that lying flatists prefer to enhance their emotional bonding with the social network other than romantic relationship (ELLE MEN, 2021), which in turn develop positive attitudes toward singlehood (Darrington et al., 2005). Individuals who are posing positive feelings toward lying flatism prioritize their time for their pets (Song, 2021) or friends (ELLE MEN, 2021) but not romantic relationship and enjoying their singlehood life. Therefore, one's positive feelings toward lying flatism is related to their positive attitudes toward singlehood.

H₂: Feelings toward lying flatism can positively predict happiness belief among young adults in Malaysia.

This hypothesis is supported as the path from feelings toward lying flatism to happiness belief was significant. It shows that individuals who have positive feelings toward lying flatism are more likely to believe that happiness could be achieved without a romantic relationship. This is in accordance with Chen (2021) and Baumbusch (2008), who mentioned that individuals who have positive feelings toward lying flatism are experiencing different kind of happiness as they are now free to control their own finance. With that, they get to focus more on themselves instead of their romantic partner. In return, the independence and freedom on allocating own resources could result in happiness (Jackson, 2018).

Furthermore, the result also consistent with the news articles by Chen (2021; 2021) and Luo (the lying flatist who first posted an article about lying flatism), where individuals are challenging the social demands by not engaging in a romantic relationship to gain more control over and enjoy their life. Although they might not be able to change the negative consequences such as being dismissed than accepted by society since they do not meet sociocultural expectations (Gross & Vostroknutov, 2021; Himawan et al., 2017; Himawan et al., 2018), they can still achieve happiness through the feeling of control over personal events or-else not under control situation (i.e., engaging in a romantic relationship). This sense of control over self that is related to positive outcomes such as happiness (Adamczyk, 2016), affect individuals who have positive feelings toward lying flatism can believe that happiness could be achieved without a romantic relationship.

H3: The happiness belief has a positive relationship with attitudes toward singlehood among young adults in Malaysia.

This hypothesis is supported. According to the result obtained, happiness belief has a significantly positive relationship with attitudes toward singlehood. It indicates that individuals who are believing that happiness can be achieved without romantic relationships are more likely to have positive attitudes toward singlehood. This result is similar with the past studies which mentioned that individuals who are enjoying their life with supportive social ties other than romantic relationship are satisfied with singlehood (Cockrum & White, 1985; Stokes & Moorman, 2017). The satisfaction from other fulfilling relationships (such as supportive family and friends) and important areas of life (such as work and leisure) are significant in maintenance of happiness as well (Oh et al., 2021). When the individuals believe that they can enjoy life with other social support rather than romantic relationships, they are more satisfied with singlehood and more likely to develop positive attitudes toward singlehood.

Apart from that, when the individuals are able to live happily without romantic relationships by maintaining a low level of loneliness, they are posing a higher satisfaction or positive toward singlehood (Park et al., 2020). The result in the present study is in accordance with the study conducted by Ochnik and Slonim (2020) which mentioned that individuals with low level of loneliness can achieve a greater satisfaction toward singlehood. This is because when the individuals believe that they can still achieve happiness by developing a sense of belongingness and maintaining a low level of loneliness in the absence of romantic relationship, they are more likely to develop positive attitudes toward singlehood.

Besides, this finding is consistent with the study mentioned that individuals who perceived the positive outcome (happiness) around them during singlehood are posing positive attitudes toward singlehood (Darrington et al., 2005). This is because when the individuals realized the benefits of staying single that lead them to live happily, such as freedom mentioned by Baumbusch (2008), they are more likely to develop positive attitudes toward singlehood. Other than that, this is also due to the different life priorities among individuals. Only counting on romantic relationship to feel happiness and fulfil the other needs seems to be unrealistic (Finkel et al., 2014). When one perceived their happiness comes from the achievement other than romantic relationship (e.g., academic or career; Darrington et al., 2005), they are more likely to develop positive attitudes toward singlehood.

Taken together, happiness does not necessarily come from romantic relationship only, but also other areas of life. When individuals are believing that happiness could be achieved without romantic relationship, individuals will elicit positive attitudes toward singlehood.

H4: The happiness belief mediates the relationship between feelings toward lying flatism and attitudes toward singlehood among young adults in Malaysia.

This hypothesis is supported. Based on the result obtained in present study, indirect

effect of feelings toward lying flatism on attitudes toward singlehood through happiness belief is supported. It indicates that happiness belief plays a notable role in the relationship between feelings toward lying flatism and attitudes toward singlehood. This finding could be explained by the adopted Theory of Reasoned Action (TRA) where the feelings toward lying flatism (emotion from the background factor) can determine one's attitudes toward singlehood via their behavioural beliefs (the belief that happiness can be achieved without romantic relationship). It shows that individuals who are having positive feelings toward lying flatism, is posing a greater happiness belief, while the happiness belief that an individual developed is further relating to one's positive attitudes toward singlehood.

Implications of the Study

Theoretical Implication. The theory being applied in the present study is Theory of Reasoned Action (TRA), which including three components that were being adapted in this study (emotion background factor, behavioural beliefs, and attitude). Present study has attempted to fill in the knowledge gap by demonstrating that feelings toward the new living phenomenon, feelings toward lying flatism is having a positive and significant relationship with the attitudes toward singlehood, through the mediation by happiness belief. The result of this study is in line with the TRA by providing a deeper understanding that how happiness belief as the behavioural beliefs is able to mediate the relationship between the feelings toward lying flatism (emotion component in TRA) and the attitudes toward singlehood (attitude component). The present study also discovered a new variable in behavioural beliefs that can mediate the other two variables which were in accordance with the components in TRA. Therefore, the proposed mediation model by utilizing the TRA is suitable in explaining the investigated phenomenon in the present study.

Practical Implication. The present study that investigates lying flatism, a new living phenomenon might be the first of many research that examine the underlying rationale of it on attitudes toward singlehood. Since positive feelings toward lying flatism is supported to have a relationship with positive attitudes toward singlehood in the present study, it provides a new direction for future researchers who are studying and reviewing the possible reasons of positive attitudes toward singlehood in future studies by considering lying flatism as one of the possible factors.

Furthermore, supported mediation model might be the first of many research that explains how feelings toward lying flatism can determine one's attitude toward singlehood via the belief that happiness can be achieved without romantic relationship. Therefore, the findings can be applied on the new emerging lifestyle research field. This could also help future researchers to apply this finding and understand why young adults who have positive feelings toward lying flatism decided to break the norm by not engaging in romantic relationship.

On the other hand, individuals who refused to conform to the societal norm (i.e., not engaging in a romantic relationship) can also experience negative consequences in return (Gross & Vostroknutov, 2021). By utilising the findings of this study, it gets to expand public's understanding on the possible reasons of people who are still prefer staying single even though they need to bear with the negative consequences from the society toward single individuals.

Limitations of Study

The present study has contributed essential findings on the relationship between lying flatism and attitudes toward singlehood with happiness belief as the mediator among Malaysian young adults. However, there are several limitations found in present study as

well.

Firstly, as participants are providing their name, phone number and email address in the survey for verification purposes, they no longer remain anonymous. This could lead to social desirability effect which mentioned that participants might respond in the way that is socially acceptable (Salkind, 2012). This social desirability concern might cause biased answers and results from the participants when they tend to make their answer seems more desirable to avoid judgment.

Next, due to the time limit in the present study, we have implemented cross-sectional research design which only involved data collection at one particular time. Even though cross-sectional research design is able to save more resources in both time and money, it does not support the casual relationships between the variables (Thelle and Laake, 2015). Hence, the question of causal relationship of feelings toward lying flatism on happiness belief and attitudes toward singlehood are still remain unanswered.

Apart from that, present study only focusing on individuals who are single and currently not in a romantic relationship. With that, we cannot investigate the feelings toward lying flatism in the other relationship status group (e.g., married, in a romantic relationship, cohabitate). With this, we are also unable to examine if there is a difference in the result of the attitudes toward singlehood when the individuals from the other relationship status group are having positive feelings toward lying flatism, and if the mediation role of happiness belief is still significant among the samples other than single individuals.

Lastly, there were two scales used in the present study (pre and post single item for feelings toward lying flatism, happiness belief) were single item, which were believed to be questionable or unreliable (Sarstedt & Wilczynski, 2009) due to the unknown reliability and validity.

Recommendations of the Study

In present study, there are several limitations that could be avoided by the future researchers, as well as the unanswered questions that could be further explored by future researchers. Firstly, future researchers are recommended to conduct the study by keeping the information completely anonymity and confidential where participants are not required to fill in personal information or meet the researcher. This is to promote a sense of safety among the respondents when answering the survey, thus, they are comfortable in revealing the truthful response throughout the survey.

Other than that, future researchers who are conducting the similar studies are recommended to perform a longitudinal research design, which allowed the same samples of participants to respond over time. The causal inference could be drawn with longitudinal research design (Wunsch et al., 2010), which later furnish a better understanding on the causal relationship between the variables, which were feelings toward lying flatism, happiness belief, and attitudes toward singlehood.

Next, the targeted sample in future studies is also recommended to include individuals other than those who are currently single to understand their feelings towards lying flatism, thus, examine a broader range of result of the attitudes toward singlehood, and if happiness belief can still mediate the relationship of the variables in different relationship status group. Since present study has examined on single individuals in general without considering their voluntary or involuntary singlehood status, future study is also recommended to take this into account and examine the differences between voluntary and involuntary single individuals' perspectives towards lying flatism, attitudes toward singlehood and happiness belief.

In addition, since multi-item construct can outperform single item construct to certain extent (Sarstedt & Wilczynski, 2009), future study is recommended to apply or develop a

multi-item construct for studies that are going to measure feelings toward lying flatism and happiness belief, which can achieve the psychometric test with acceptable range.

Conclusion

In Malaysia, the number of singles has been gradually increasing over the years. However, singles in Malaysia could be also viewed as a social failure and receive pressure from others to marry. Meanwhile, lying flatism, a new lifestyle embraced by young people has been practiced in response to the over-competition of the limited resources in society. It is predicted to be related to the attitudes toward singlehood via the mediation of happiness belief. Therefore, the present study aimed to examine the relationship between feelings toward lying flatism and attitudes toward singlehood among young adults in Malaysia. The present study also aimed to find out the mediating role of happiness belief between feelings toward lying flatism and attitudes toward singlehood among young adults in Malaysia.

In this quantitative cross-sectional study, 528 participants were recruited with the inclusion criteria of single, aged between 18 – 24, Malaysian and currently living in Malaysia. Respondents were recruited via convenient and snowball sampling from October 2021 to November 2021 through the online survey platform, Qualtrics. Pre- and post-manipulation single item for feelings toward lying flatism, a single item for Happiness Belief (HB) and Attitudes toward Singlehood Scale (AtSS) were the instruments used to measure the variables in the present study. The present study has also controlled singlism and fear of being single with Negative Stereotyping of Single Persons (NSSP) and Fear of Being Single (FBSS), respectively. There is a total of 232 successful responses after data screening and cleaning, with 139 females and 93 males aged range from 18 to 24 (M = 21.37, SD = 1.332). Among the sample, there are a majority of Chinese participants (86.6%), followed by Indian (6.9%), Malay (5.6%) and other ethnic groups (0.9%).

Preliminary analyses for the variables were conducted to check the assumption prior to the data analysis. The results showed that the feelings toward lying flatism was a significant predictor to attitudes toward singlehood and happiness belief. This is because individuals who have positive feelings toward lying flatism realised that engaging in a romantic relationship has no longer be a must-complete task in their life and prioritized positivity by placing a higher value on happiness than the negative emotions.

Model 4 of Process Macro was conducted for mediation analysis. The present study found that happiness belief was supported to mediate the relationship between feelings toward lying flatism and attitudes toward singlehood. This model is supported by the Theory of Reasoned Action that explains how feelings toward lying flatism (value from the background factor) can determine one's attitudes toward singlehood via his or her behavioural beliefs (the belief that happiness can be achieved without a romantic relationship).

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Appendix A

Brief Introduction and Procedures for Participants Reference
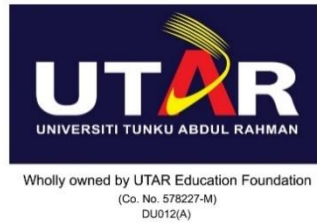
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DU012(A)

UNIVERSITI TUNKU ABDUL RAHMAN
DEPARTMENT OF PSYCHOLOGY AND COUNSELLING
FACULTY OF ARTS AND SOCIAL SCIENCE

Introduction
We are Year 3 Sem 2 Bachelor of Social Science (Hons) Psychology students from Universiti Tunku Abdul Rahman. We would like to conduct a research study to fulfil UAPZ3013 Final Year Project I and UAPZ 3023 Final Year Project II requirements. This study aims to examine the association between a living phenomenon and relationship attitudes among young adults in Malaysia.
You are invited to participate in our study as long as you fulfil the following criteria:
1. Malaysian
2. Currently living in Malaysia
3. Aged between 18 to 24 years old
4. Single, currently not in a romantic relationship (relationship status)

Procedures
This study contains four sections. You are required to read the instructions carefully and answer all the questions accordingly. First, you will be required to sign the consent form as your acknowledgement of the voluntary participation. Next, you are needed to complete the demographic information and four questionnaires. After that, you are requested to write an essay (within 10 minutes) based on the topic given. Lastly, you are required to complete three questionnaires after the essay writing. Successful and qualified participants (**agreed to participate, acknowledged the agreement of Personal Data Protection Notice, attentive in answering the survey, completed the survey - the end of the survey**) will receive a token of appreciation (RM 5 via TNG e-wallet). This study will take approximately 15-20 minutes to complete.

Confidentiality and Voluntary participation
All information provided in this study will remain confidential. The responses recorded will only be used for academic purposes and will not be disclosed to any unauthorized personnel, other than the researchers. Your responses and information recorded are de-identifiable and will be coded numerically for research analysis, discussion and presentation. Your participation is voluntary, and you have the right to withdraw from current research anytime without prejudice. Your participation is highly appreciated.

Contact details
Please feel free to contact the researchers at hengzq23@1utar.my (Ms Heng Zeng Qing) or joeychin@1utar.my (Ms Chin Joey) if you require any further information or have any questions regarding the procedures of this study.

Appendix B

Informed Consent

Appendix B1: Personal Data Protection Statement

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Personal Data Protection Statement

Please be informed that in accordance with Personal Data Protection Act 2010 ("PDPA") which came into force on 15 November 2013, Universiti Tunku Abdul Rahman ("UTAR") is hereby bound to make notice and require consent in relation to collection, recording, storage, usage and retention of personal information.

1. Personal data refers to any information which may directly or indirectly identify a person which could include sensitive personal data and expression of opinion. Among others it includes:
a) Name
b) Identity card
c) Place of Birth
d) Address
e) Education History
f) Employment History
g) Medical History
h) Blood type
i) Race
j) Religion
k) Photo
l) Personal Information and Associated Research Data

2. The purposes for which your personal data may be used are inclusive but not limited to:
a) For assessment of any application to UTAR
b) For processing any benefits and services
c) For communication purposes
d) For advertorial and news
e) For general administration and record purposes
f) For enhancing the value of education
g) For educational and related purposes consequential to UTAR
h) For replying any responds to complaints and enquiries
i) For the purpose of our corporate governance
j) For the purposes of conducting research/ collaboration

Appendix B1: Personal Data Protection Statement – continued

3. Your personal data may be transferred and/or disclosed to third party and/or UTAR collaborative partners including but not limited to the respective and appointed outsourcing agents for purpose of fulfilling our obligations to you in respect of the purposes and all such other purposes that are related to the purposes and also in providing integrated services, maintaining and storing records. Your data may be shared when required by laws and when disclosure is necessary to comply with applicable laws.

4. Any personal information retained by UTAR shall be destroyed and/or deleted in accordance with our retention policy applicable for us in the event such information is no longer required.

5. UTAR is committed in ensuring the confidentiality, protection, security and accuracy of your personal information made available to us and it has been our ongoing strict policy to ensure that your personal information is accurate, complete, not misleading and updated. UTAR would also ensure that your personal data shall not be used for political and commercial purposes.

Appendix B2: Agreement to Participate

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Consent Form for Research Participation and Personal Data Protection

6. By submitting or providing your personal data to UTAR, you had consented and agreed for your personal data to be used in accordance with the terms and conditions in the Notice and our relevant policy.

7. If you do not consent or subsequently withdraw your consent to the processing and disclosure of your personal data, UTAR will not be able to fulfil our obligations or to contact you or to assist you in respect of the purposes and/or for any other purposes related to the purpose.

8. This study is approved by UTAR:
UTAR Scientific and Ethical Review Committee: Professor Ts Dr Faidz bin Abd Rahman
Re: U/SERC/196/2021

9. This project will be supervised by **Dr Tan Chee-Seng** and he shall be contacted at **tcseng@utar.edu.my**.

10. You may access and update your personal data by writing to us at **hengzq23@1utar.my** or **joeychin@1utar.my**.

<u>Acknowledgment of Personal Data Protection Notice</u>

[   ] I have been notified by you and that I hereby understood, consented and agreed per UTAR above notice.

[   ] I disagree, my personal data will not be processed.

Appendix C

Demographic Information

Instruction: Kindly complete this section with your personal details.

1. Gender

	Male		Female

2. Nationality

	Malaysian		Others: _____

3. Current staying location:

	Malaysia		Others: _____

4. Race

	Malay		Chinese
	Indian		Others: _____

5. Age: _____

6. Have you been into a romantic relationship before?

	Yes		No

7. Relationship status:

	Single		In a romantic relationship
	Married		Others: _____

Appendix C

Demographic Information – continued

8. Relationship status (duration):

If relationship status "single" is selected

	Less than 3 months		3 – 6 months
	7 – 11 months		1 – 2 years
	2 – 5 years		5 – 10 years
	10 years and longer		

9. Work Status:

	Studying		Employed
	Unemployed – actively looking for work		Unemployed – not looking for work
	Others: _____		

10. Profession:

If work status "employed" is selected

11. Approximate monthly income (RM):

If work status "employed" is selected

12. Approximate monthly spending (RM):

Identification for token of appreciation:

1. Name:

2. Email address:

3. Mobile number for TNG e-wallet (for the token of appreciation, e.g., 016 123 1234):

Appendix D

Questionnaires

Appendix D1: Negative Stereotyping of Single Persons Scale (NSSP)

Instruction: Please select a score from 1 (Strongly disagree) to 7 (Strongly agree) to indicate

the extent to which you agree with the item.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1. It's only natural for people to get married.	1	2	3	4	5	6	7
2. Single people can be just as fulfilled as married people.	1	2	3	4	5	6	7
3. People who claim to be satisfied being unmarried are just kidding themselves.	1	2	3	4	5	6	7
4. If I had a child who grew up and did not marry, I would worry that he/she would never be happy.	1	2	3	4	5	6	7
5. The intimacy of friendship cannot compare to the intimacy of marriage.	1	2	3	4	5	6	7
6. People who do not marry are incomplete.	1	2	3	4	5	6	7

Appendix D1: Negative Stereotyping of Single Persons Scale (NSSP) – continued

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
7. My single friends seem to be missing something in their lives.	1	2	3	4	5	6	7
8. People who do not marry can never be truly fulfilled.	1	2	3	4	5	6	7
9. Kindly select "strongly agree" for this item.	1	2	3	4	5	6	7
10. When single people say they are satisfied with their lives, I believe them.	1	2	3	4	5	6	7
11. There is something wrong with someone who doesn't want to get married.	1	2	3	4	5	6	7
Being single results in . . .							
12. Feeling lonely.	1	2	3	4	5	6	7
13. Wanting to spend most of ones time meeting potential people to marry.	1	2	3	4	5	6	7
14. Feeling depressed.	1	2	3	4	5	6	7

Appendix D1: Negative Stereotyping of Single Persons Scale (NSSP) – continued

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
15. Feeling envious of married people.	1	2	3	4	5	6	7
16. Not being close to anyone.	1	2	3	4	5	6	7
17. Feeling desperate for intimacy.	1	2	3	4	5	6	7
18. Being obsessed with work.	1	2	3	4	5	6	7
19. Dying alone.	1	2	3	4	5	6	7
20. Becoming sexually promiscuous.	1	2	3	4	5	6	7
21. Longing for a spouse.	1	2	3	4	5	6	7
People are single because they . . .							
22. Are immature.	1	2	3	4	5	6	7
23. Are irresponsible.	1	2	3	4	5	6	7
24. Are eccentric.	1	2	3	4	5	6	7
25. Are physically unattractive.	1	2	3	4	5	6	7
26. Kindly select "strongly disagree" for this item.	1	2	3	4	5	6	7
27. Are selfish.	1	2	3	4	5	6	7
28. Feel afraid of true intimacy.	1	2	3	4	5	6	7

Appendix D1: Negative Stereotyping of Single Persons Scale (NSSP) – continued

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
29. Are difficult to get along with.	1	2	3	4	5	6	7
30. Are too picky.	1	2	3	4	5	6	7
31. Want to be sexually promiscuous.	1	2	3	4	5	6	7
32. Are incapable of making commitments.	1	2	3	4	5	6	7

Appendix D2: Fear of Being Single Scale (FBSS)

Instruction: Please select a score from 1 (not at all true) to 5 (very true) to indicate the extent to which you agree or disagree with the statement.

	Not at all true	Slightly true	Neutral	Moderately true	Very true
1. It scares me to think there might not be anyone out there for me.	1	2	3	4	5
2. I feel it is close to being too late for me to fi nd the love of my life.	1	2	3	4	5
3. I feel anxious when I think about being single forever.	1	2	3	4	5
4. Kindly select "very true" for this item.	1	2	3	4	5
5. I need to find a partner before I'm too old to have and raise children.	1	2	3	4	5
6. If I end up alone in life, I will probably feel like there is something wrong with me.	1	2	3	4	5
7. As I get older, it will get harder and harder to find someone.	1	2	3	4	5

Appendix D3: Satisfaction with Life Scale

Instructions: Below are five statements that you may agree or disagree with. Using the 1 - 7

scale below, indicate your agreement with each item by placing the appropriate number on

the line preceding that item. Please be open and honest in your responding.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
1. In most ways my life is close to my ideal.	1	2	3	4	5	6	7
2. The conditions of my life are excellent.	1	2	3	4	5	6	7
3. I am satisfied with my life.	1	2	3	4	5	6	7
4. So far I have gotten the important things I want in life.	1	2	3	4	5	6	7
5. If I could live my life over, I would change almost nothing.	1	2	3	4	5	6	7

Appendix D4: Brief Introduction and Pre-manipulation Single Item for Feelings toward

Lying Flatism

Brief introduction about Lying Flatism:

Lying flatism, or as known as '躺平主义' (pinyin: tǎng píng zhǔ yì), is a new movement and life attitude started among Generation Z in China. Individuals who lie flat are not having a desire toward their life and maintain a minimum spending lifestyle. For example, they reduced their materialistic desire. They refused to get job promotions, do not engage in a romantic relationship, do not plan to buy a house nor a car, and forgo marriage and children. Lying flatists aim to only think of themselves, only focusing on their own state of feeling and living in their current moment.

Instruction: Please select a number from 1 (very negative) to 5 (very positive) to indicate

your choice on the statement.

	Very negative	Negative	Moderate	Positive	Very positive
To what extent you are feeling positive toward lying flatism?	1	2	3	4	5

Appendix D5: Written Task for Experimental Group

Brief introduction about Lying Flatism:

Lying flatism, or as known as '躺平主义' (pinyin: tăng píng zhǔ yì), is a new movement and life attitude started among Generation Z in China. Individuals who lie flat are not having a desire toward their life and maintain a minimum spending lifestyle.

Instruction: Please write an essay to indicate your reason(s) on how Lying Flatism can be beneficial. There are three questions below provided for your reference to complete this section, but you are allowed to **write anything in your opinion to support this topic***. There is no word limit for this essay. The time limit for this section is 10 minutes.*

State your opinion to support the statements below:
(1) Practicing lying flatism allows individuals to away from stressful circumstances.
(2) Lying flatism allows us to live in current movement and focus on own state of feelings.
(3) Practicing lying flatism can avoid pressure and expectations of family, friends and society.

You are also allowed to write anything based on your opinion. There is NO right or wrong answer.
You may start writing to support Lying Flatism (躺平主义).

Appendix D6: Written Task for Controlled Group

Instruction: Please write an essay about Weather. There are three questions below provided for your reference to complete this section, but you are allowed to write anything in your opinion regarding this topic. There is no word limit for this essay. The time limit for this section is 10 minutes.

Questions for reference:
(1) How is the weather today? Was it the same as yesterday's?
(2) Which month has the most comfortable weather in your hometown?
(3) Share with us any interesting myths about weather. You are also allowed to write anything based on your opinion.

There is NO right or wrong answer.
You may start writing about Weather.

Appendix D7: Post-manipulation Single Item for Feelings toward Lying Flatism

Instruction: Please select a number from 1 (very negative) to 5 (very positive) to indicate

your choice on the statement.

	Very negative	Negative	Moderate	Positive	Very positive
To what extent you are feeling positive toward lying flatism?	1	2	3	4	5

Appendix D8: Single Item of Happiness Belief

Instruction: Please select a score from 1 (strongly disagree) to 7 (strongly agree) to indicate

the extent to which you agree on this statement.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I believe that I can have full and happy lives without a romantic relationship.	1	2	3	4	5	6	7

Appendix D9: Attitudes toward Singlehood Scale (AtSS)

Instruction: Below are 9 items that may or may not apply to you. Select a score from 1

(Strongly disagree) to 7 (Strongly agree) to indicate the extent to which you agree with the

item.

There is NO right or wrong answer.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1. I feel happy when I am single.	1	2	3	4	5	6	7
2. I feel positive for being single.	1	2	3	4	5	6	7
3. I feel comfortable being single.	1	2	3	4	5	6	7
4. I choose to commit myself to establish a career rather than a romantic relationship.	1	2	3	4	5	6	7
5. I have better control over my life when I am single.	1	2	3	4	5	6	7
6. Kindly select "disagree" for this item.	1	2	3	4	5	6	7
7. I stay single to have more personal space.	1	2	3	4	5	6	7

Appendix D9: Attitudes toward Singlehood Scale (AtSS) – continued

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
8. I do not need to get into a romantic relationship to live a happy life.	1	2	3	4	5	6	7
9. Engaging in a romantic relationship is not important.	1	2	3	4	5	6	7
10. I think my life is complete even without a romantic partner.	1	2	3	4	5	6	7

Appendix E

Sample size calculated with Monte Carlo Power Analysis

Appendix F

Promotional Poster

This study has been approved by UTAR SERC (Re: U/SERC/196/2021)

To examine the association between
a living phenomenon and relationship
attitudes among young adults in Malaysia.

Calling for participants!

Scan to join as participants

INCLUSION CRITERIA:

18-24 years old

Single
*currently not in a
romantic
relationship

Malaysian
*currently living
in Malaysia

Receive RM5
Touch 'n Go credit!*

*Successful and qualified individuals who completed
whole study. Subject to the token availability
and researchers' discretion.
Supervisor: Dr Tan Chee Seng

UTAR
UNIVERSITI TUNKU ABDUL RAHMAN

Further enquiries, you may contact us at:
Heng Zeng Qing: **hengzq23@1utar.my**
Chin Joey: **joeychin@1utar.my**
**The researchers are available to be contacted
from 20 - 31 Oct 2021 (10am - 10pm)**

Appendix G

Ethical Approval Letter for Research Project and Data Collection

UNIVERSITI TUNKU ABDUL RAHMAN
Wholly Owned by UTAR Education Foundation (Company No. 578227-M)

Re: U/SERC/196/2021

3 September 2021

Dr Pung Pit Wan
Head, Department of Psychology and Counselling
Faculty of Arts and Social Science
Universiti Tunku Abdul Rahman
Jalan Universiti, Bandar Baru Barat
31900 Kampar, Perak.

Dear Dr Pung,

Ethical Approval For Research Project/Protocol

We refer to the application for ethical approval for your students' research projects from Bachelor of Social Science (Hons) Psychology programme enrolled in course UAPZ3013/UAPZ3023. We are pleased to inform you that the application has been approved under Expedited Review.

The details of the research projects are as follows:

No	Research Title	Student's Name	Supervisor's Name	Approval Validity
1.	Role of Happiness Belief: Mediating Lying Flatism and Attitudes Toward Singlehood	1. Heng Zeng Qing 2. Chin Joey	Dr Tan Chee Seng	3 September 2021 – 2 September 2022
2.	The Association Between Online Self-Presentation and Emotional Well-Being Among Emerging Adults in Malaysia: The Mediating Role of Online Friendship Quality	1. Avethra Muthu Pandian 2. Cheong Wan Ning 3. Lee Sue Qin	Mr Tan Soon Aun	3 September 2021 – 2 September 2022

The conduct of this research is subject to the following:

(1) The participants' informed consent be obtained prior to the commencement of the research;

(2) Confidentiality of participants' personal data must be maintained; and

(3) Compliance with procedures set out in related policies of UTAR such as the UTAR Research Ethics and Code of Conduct, Code of Practice for Research Involving Humans and other related policies/guidelines.

(4) Written consent be obtained from the institution(s)/company(ies) in which the physical or/and online survey will be carried out, prior to the commencement of the research.

Appendix H

Debriefing

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**UNIVERSITI TUNKU ABDUL RAHMAN
DEPARTMENT OF PSYCHOLOGY AND COUNSELLING
FACULTY OF ARTS AND SOCIAL SCIENCE
ROLE OF HAPPINESS BELIEF: MEDIATING LYING FLATISM AND ATTITUDES
TOWARD SINGLEHOOD**

DEBRIEFING

Purpose of Study
The study aims to examine the relationship between feelings toward lying flatism and attitudes toward singlehood among young adults in Malaysia. In addition, we would also like to examine the mediating role of happiness belief (the belief that happiness can be achieved without a romantic relationship) in the relationship between the feelings toward lying flatism and attitudes toward singlehood among young adults in Malaysia.

Procedures
In this study, participants were randomly assigned into the experimental group and controlled group. If you are writing an essay about lying flatism, you are in an experimental group. In contrast, if you are writing an essay about the weather, you belong to the controlled group without feeling anything about lying flatism. With this, we can compare the effectiveness of the psychological manipulation towards the experimental group, which inducing participants' positive feelings about lying flatism.

Risks and Discomfort
The use of deception could likely arouse psychological discomfort. Through this full debriefing, we hope to relieve the uncomfortable feelings. However, if the discomfort remains, please do not hesitate to email us at hengzq23@1utar.my (Ms Heng Zeng Qing) or joeychin@1utar.my (Ms Chin Joey). You may email our supervisor, Dr Tan Chee-Seng at tcseng@utar.edu.my if you need further clarification regarding this research project. You could also contact UTAR Counselling Guidance Unit via Facebook chat at https://www.facebook.com/CGUpkcampus/ (UTARian) or contact Befrienders 24 hours hotline at 603-76272929 (non-UTARian).
Click this link to download this debriefing copy for your reference: https://drive.google.com/file/d/11LFBaAcAmd_fUzuP99Jrh74PLHxrvDkR/view?usp=sharing

Appendix I

Result – SPSS Output

Appendix I1: SPSS Output of Skewness, Kurtosis and Kolmogorov-Smirnov (K-S Test)

Descriptives

			Statistic	Std. Error
Total Negative Stereotyping of Single Persons Scale	Mean		91.45	1.575
	95% Confidence Interval for Mean	Lower Bound	88.35	
		Upper Bound	94.56	
	5% Trimmed Mean		91.69	
	Median		92.00	
	Variance		575.435	
	Std. Deviation		23.988	
	Minimum		33	
	Maximum		147	
	Range		114	
	Interquartile Range		36	
	Skewness		-.056	.160
	Kurtosis		-.673	.318
Total Fear of Being Single Scale	Mean		14.47	.348
	95% Confidence Interval for Mean	Lower Bound	13.78	
		Upper Bound	15.16	
	5% Trimmed Mean		14.31	
	Median		14.00	
	Variance		28.164	
	Std. Deviation		5.307	
	Minimum		6	
	Maximum		28	
	Range		22	
	Interquartile Range		8	
	Skewness		.300	.160
	Kurtosis		-.556	.318
Post-manipulation single-item	Mean		3.02	.062
	95% Confidence Interval for Mean	Lower Bound	2.90	
		Upper Bound	3.14	
	5% Trimmed Mean		3.03	
	Median		3.00	
	Variance		.883	

Appendix I1: SPSS Output of Skewness, Kurtosis and Kolmogorov-Smirnov (K-S Test)

– continued

	Std. Deviation		.940	
	Minimum		1	
	Maximum		5	
	Range		4	
	Interquartile Range		2	
	Skewness		-.098	.160
	Kurtosis		-.366	.318
Happiness Belief	Mean		4.94	.096
	95% Confidence Interval for Mean	Lower Bound	4.75	
		Upper Bound	5.13	
	5% Trimmed Mean		5.00	
	Median		5.00	
	Variance		2.135	
	Std. Deviation		1.461	
	Minimum		1	
	Maximum		7	
	Range		6	
	Interquartile Range		2	
	Skewness		-.382	.160
	Kurtosis		-.574	.318
Total Attitudes toward Singlehood	Mean		45.67	.591
	95% Confidence Interval for Mean	Lower Bound	44.50	
		Upper Bound	46.83	
	5% Trimmed Mean		45.78	
	Median		45.50	
	Variance		80.924	
	Std. Deviation		8.996	
	Minimum		19	
	Maximum		63	
	Range		44	
	Interquartile Range		14	
	Skewness		-.173	.160
	Kurtosis		-.381	.318

Appendix I1: SPSS Output of Skewness, Kurtosis and Kolmogorov-Smirnov (K-S Test)

– continued

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Total Negative Stereotyping of Single Persons Scale	.050	232	.200[*]	.988	232	.048
Total Fear of Being Single Scale	.079	232	.001	.972	232	.000
Post-manipulation single-item	.208	232	.000	.900	232	.000
Happiness Belief	.171	232	.000	.928	232	.000
Total Attitudes toward Singlehood	.055	232	.083	.987	232	.039

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Appendix I2: Univariate Outliers Detected through Boxplot

Total Attitudes toward Singlehood
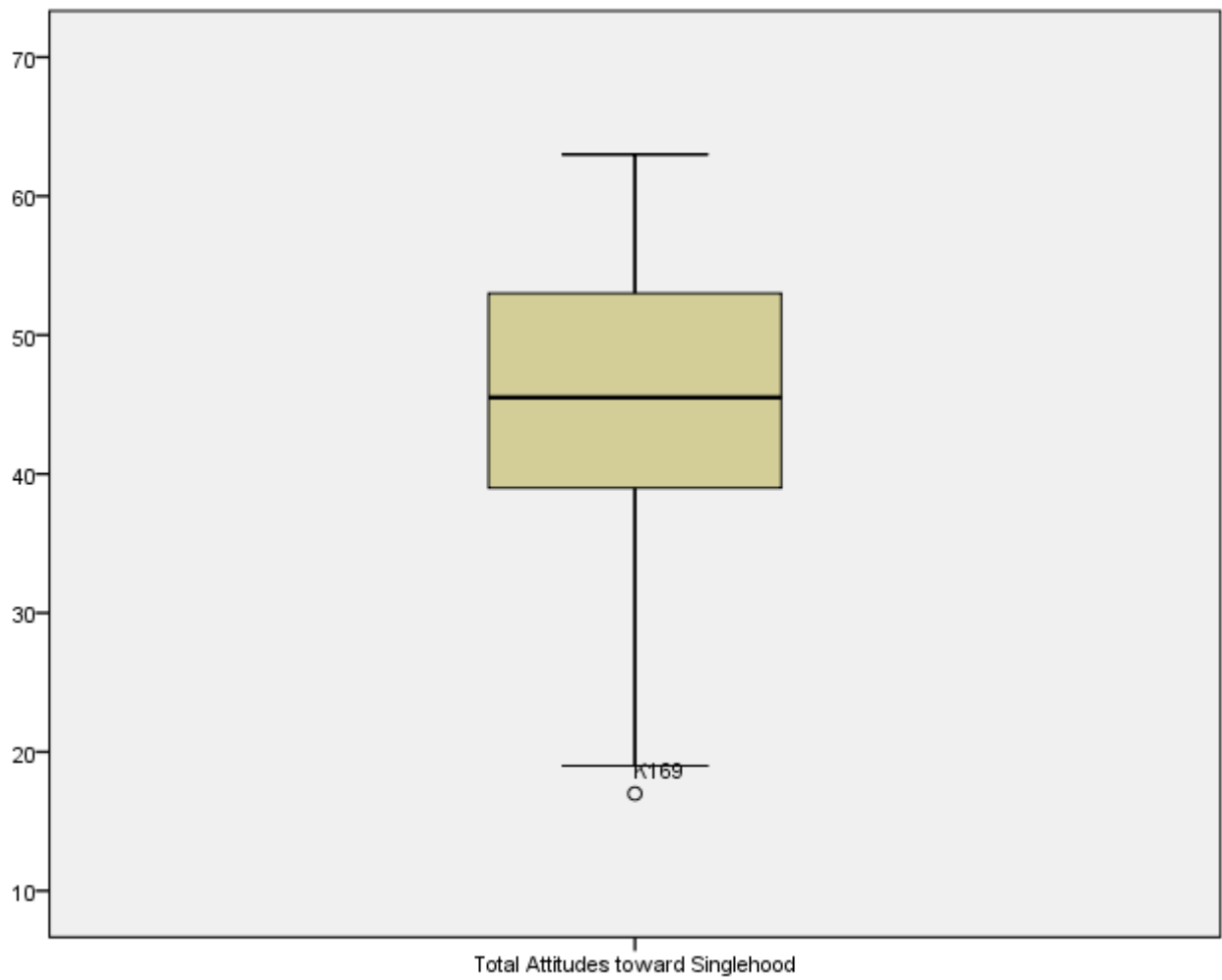
Appendix I3: Descriptive Statistics for Demographic Background

Statistics

Age

N	Valid	232
	Missing	0
Mean		21.37
Std. Deviation		1.332
Range		6
Minimum		18
Maximum		24

Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18	4	1.7	1.7	1.7
	19	10	4.3	4.3	6.0
	20	40	17.2	17.2	23.3
	21	87	37.5	37.5	60.8
	22	41	17.7	17.7	78.4
	23	33	14.2	14.2	92.7
	24	17	7.3	7.3	100.0
	Total	232	100.0	100.0	

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	93	40.1	40.1	40.1
	Female	139	59.9	59.9	100.0
	Total	232	100.0	100.0	

Have you been in a romantic relationship before?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	87	37.5	37.5	37.5
	No	145	62.5	62.5	100.0
	Total	232	100.0	100.0	

Appendix I3: Descriptive Statistics for Demographic Background – continued

Race - Selected Choice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Malay	13	5.6	5.6	5.6
	Chinese	201	86.6	86.6	92.2
	Indian	16	6.9	6.9	99.1
	Others:	2	.9	.9	100.0
	Total	232	100.0	100.0	

Relationship status (duration)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 3 months	124	53.4	58.5	58.5
	3 - 6 months	16	6.9	7.5	66.0
	7 - 11 months	8	3.4	3.8	69.8
	1 - 2 years	26	11.2	12.3	82.1
	2 - 5 years	24	10.3	11.3	93.4
	5 - 10 years	2	.9	.9	94.3
	10 years and longer	12	5.2	5.7	100.0
	Total	212	91.4	100.0	
Missing	System	20	8.6		
Total		232	100.0		

Work Status - Selected Choice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Studying	205	88.4	88.7	88.7
	Employed	19	8.2	8.2	97.0
	Unemployed – actively looking for work	4	1.7	1.7	98.7
	Others	3	1.3	1.3	100.0
	Total	231	99.6	100.0	
Missing	System	1	.4		
Total		232	100.0		

Appendix I4: SPSS Output of Frequency Distribution for Controlled and Experimental Group

Descriptive Statistics[a]

	N	Minimum	Maximum	Mean	Std. Deviation	Skewness		Kurtosis	
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Std. Error
Total Negative Stereotyping of Single Persons Scale	116	33	143	90.92	23.508	-.217	.225	-.435	.446
Total Fear of Being Single Scale	116	6	27	14.13	5.200	.225	.225	-.636	.446
Post-manipulation single-item	116	1	5	2.89	.976	.057	.225	-.440	.446
Happiness Belief	116	2	7	4.93	1.343	-.113	.225	-.947	.446
Total Attitudes toward Singlehood	116	27	63	45.78	8.506	.092	.225	-.660	.446
Valid N (listwise)	116								

a. Experimental and Controlled group = Controlled

Descriptive Statistics[a]

	N	Minimum	Maximum	Mean	Std. Deviation	Skewness		Kurtosis	
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Std. Error
Total Negative Stereotyping of Single Persons Scale	116	43	147	91.98	24.550	.079	.225	-.885	.446
Total Fear of Being Single Scale	116	6	28	14.81	5.413	.357	.225	-.518	.446
Post-manipulation single-item	116	1	5	3.15	.887	-.217	.225	-.132	.446
Happiness Belief	116	1	7	4.95	1.576	-.551	.225	-.439	.446
Total Attitudes toward Singlehood	116	19	63	45.56	9.496	-.358	.225	-.244	.446
Valid N (listwise)	116								

a. Experimental and Controlled group = Experimental

Appendix I5: SPSS Output of Independent Samples t-Test for Controlled and

Experimental Group

Group Statistics

	Experimental and Controlled group	N	Mean	Std. Deviation	Std. Error Mean
Difference between Post and Pre test	Controlled	116	.03	.335	.031
	Experimental	116	.32	.717	.067

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference Lower	95% Confidence Interval of the Difference Upper
Difference between Post and Pre test	Equal variances assumed	81.398	.000	-3.986	230	.000	-.293	.074	-.438	-.148
	Equal variances not assumed			-3.986	162.923	.000	-.293	.074	-.438	-.148

Appendix I5: SPSS Output of Independent Samples t-Test for Controlled and

Experimental Group – continued

Group Statistics

	Experimental and Controlled group	N	Mean	Std. Deviation	Std. Error Mean
Pre-manipulation single-item	Controlled	116	2.86	.959	.089
	Experimental	116	2.83	.897	.083
Post-manipulation single-item	Controlled	116	2.89	.976	.091
	Experimental	116	3.15	.887	.082

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
								Std. Error Differenc e	95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Differenc e		Lower	Upper
Pre-manipulation single-item	Equal variances assumed	1.162	.282	.283	230	.778	.034	.122	-.206	.275
	Equal variances not assumed			.283	228.979	.778	.034	.122	-.206	.275
Post-manipulation single-item	Equal variances assumed	1.004	.317	-2.112	230	.036	-.259	.122	-.500	-.017
	Equal variances not assumed			-2.112	227.936	.036	-.259	.122	-.500	-.017

Appendix I6: SPSS Output of Paired Samples t-Test for Controlled and Experimental Group

Paired Samples Statistics^a

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Post-manipulation single-item	2.89	116	.976	.091
	Pre-manipulation single-item	2.86	116	.959	.089

a. Experimental and Controlled group = Controlled

Paired Samples Correlations^a

		N	Correlation	Sig.
Pair 1	Post-manipulation single-item & Pre-manipulation single-item	116	.940	.000

a. Experimental and Controlled group = Controlled

Paired Samples Test^a

| | | Paired Differences | | | | | | | |
| | | | | | 95% Confidence Interval of the Difference | | | | |
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	Sig. (2-tailed)
Pair 1	Post-manipulation single-item - Pre-manipulation single-item	.026	.335	.031	-.036	.088	.831	115	.408

a. Experimental and Controlled group = Controlled

Appendix I6: SPSS Output of Paired Samples t-Test for Controlled and Experimental

Group – continued

Paired Samples Statistics^a

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Post-manipulation single-item	3.15	116	.887	.082
	Pre-manipulation single-item	2.83	116	.897	.083

a. Experimental and Controlled group = Experimental

Paired Samples Correlations^a

		N	Correlation	Sig.
Pair 1	Post-manipulation single-item & Pre-manipulation single-item	116	.677	.000

a. Experimental and Controlled group = Experimental

Paired Samples Test^a

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Post-manipulation single-item - Pre-manipulation single-item	.319	.717	.067	.187	.451	4.788	115	.000

a. Experimental and Controlled group = Experimental

Appendix I7: SPSS Output of Pearson's Correlation Coefficient

Descriptive Statistics

	Mean	Std. Deviation	N
Post-manipulation single-item	3.02	.940	232
Happiness Belief	4.94	1.461	232
Total Attitudes toward Singlehood	45.67	8.996	232
Female dummy coding	.60	.491	232
Total Negative Stereotyping of Single Persons Scale	91.45	23.988	232
Total Fear of Being Single Scale	14.47	5.307	232

Correlations

Control Variables			Post-manipulation single-item	Happiness Belief	Total Attitudes toward Singlehood
Female dummy coding & Total Negative Stereotyping of Single Persons Scale & Total Fear of Being Single Scale	Post-manipulation single-item	Correlation	1.000	.261	.282
		Significance (2-tailed)	.	.000	.000
		df	0	227	227
	Happiness Belief	Correlation	.261	1.000	.588
		Significance (2-tailed)	.000	.	.000
		df	227	0	227
	Total Attitudes toward Singlehood	Correlation	.282	.588	1.000
		Significance (2-tailed)	.000	.000	.
		df	227	227	0

Appendix I8: SPSS Output of Mediation Analysis using Hayes' PROCESS Macro Model 4

```
Run MATRIX procedure:

***************** PROCESS Procedure for SPSS Version 4.0 ****************

          Written by Andrew F. Hayes, Ph.D.        www.afhayes.com
    Documentation available in Hayes (2022). www.guilford.com/p/hayes3


************************************************************************
Model  : 4
     Y  : T_ATSS
     X  : Post
     M  : HB


Covariates:
 GEN      T_NSSP    T_FBSS


Sample
Size:  232


************************************************************************
OUTCOME VARIABLE:
 HB


Model Summary
          R         R-sq        MSE          F        df1         df2          p
      .5465       .2987      1.5235    24.1725     4.0000   227.0000       .0000


Model
              coeff         se          t          p        LLCI        ULCI
constant     5.9431      .4740    12.5383      .0000      5.0091      6.8771
Post          .3540      .0870     4.0706      .0001       .1826       .5254
GEN           .3569      .1738     2.0532      .0412       .0144       .6994
T_NSSP       -.0127      .0042    -2.9854      .0031      -.0210      -.0043
T_FBSS       -.0779      .0184    -4.2328      .0000      -.1142      -.0416


Standardized coefficients
              coeff
Post          .2276
GEN           .1200
T_NSSP       -.2079
T_FBSS       -.2830


************************************************************************
OUTCOME VARIABLE:
 T_ATSS


Model Summary
          R         R-sq        MSE          F        df1         df2          p
      .7399       .5474     37.4372    54.6656     5.0000   226.0000       .0000


Model
              coeff         se          t          p        LLCI        ULCI
constant    31.9823     3.0568    10.4626      .0000     25.9588     38.0058
Post         1.1197      .4465     2.5074      .0129       .2397      1.9996
HB           3.3059      .3290    10.0480      .0000      2.6576      3.9542
GEN          1.9727      .8696     2.2686      .0242       .2592      3.6863
T_NSSP       -.0507      .0214    -2.3658      .0188      -.0929      -.0085
T_FBSS       -.1774      .0948    -1.8719      .0625      -.3642       .0093
```

Appendix I8: SPSS Output of Mediation Analysis using Hayes' PROCESS Macro Model 4 –

continued

```
Standardized coefficients
          coeff
Post        .1169
HB          .5370
GEN         .1077
T_NSSP     -.1352
T_FBSS     -.1047


************************* TOTAL EFFECT MODEL ***************************
OUTCOME VARIABLE:
 T_ATSS

Model Summary
          R        R-sq        MSE          F        df1        df2          p
      .5875       .3452    53.9231    29.9171     4.0000   227.0000      .0000

Model
            coeff          se           t           p        LLCI        ULCI
constant   51.6296      2.8199     18.3089       .0000     46.0731     57.1862
Post        2.2899       .5174      4.4261       .0000      1.2705      3.3094
GEN         3.1525      1.0341      3.0487       .0026      1.1149      5.1901
T_NSSP      -.0926       .0252     -3.6685       .0003      -.1423      -.0428
T_FBSS      -.4350       .1095     -3.9722       .0001      -.6507      -.2192

Standardized coefficients
          coeff
Post        .2392
GEN         .1721
T_NSSP     -.2468
T_FBSS     -.2566


************** TOTAL, DIRECT, AND INDIRECT EFFECTS OF X ON Y **************

Total effect of X on Y
     Effect          se           t           p        LLCI        ULCI        c_cs
     2.2899       .5174      4.4261       .0000      1.2705      3.3094       .2392

Direct effect of X on Y
     Effect          se           t           p        LLCI        ULCI       c'_cs
     1.1197       .4465      2.5074       .0129       .2397      1.9996       .1169

Indirect effect(s) of X on Y:
        Effect      BootSE    BootLLCI    BootULCI
HB      1.1703       .3417       .5221      1.8647

Completely standardized indirect effect(s) of X on Y:
        Effect      BootSE    BootLLCI    BootULCI
HB       .1222       .0355       .0549       .1936


********************** ANALYSIS NOTES AND ERRORS **********************

Level of confidence for all confidence intervals in output:
   95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:
   10000

------ END MATRIX -----
```

UNIVERSITI TUNKU ABDUL RAHMAN
FACULTY OF ARTS AND SOCIAL SCIENCE
DEPARTMENT OF PSYCHOLOGY AND COUNSELLING

UAPZ 3023 Final Year Project II

Quantitative Research Project Evaluation Form

TURNITIN: *'In assessing this work you are agreeing that it has been submitted to the University-recognised originality checking service which is Turnitin. The report generated by Turnitin is used as evidence to show that the students' final report contains the similarity level below 20%.'*

Project Title: ROLE OF HAPPINESS BELIEF: MEDIATING LYING FLATISM AND ATTITUDES TOWARD SINGLEHOOD	
Supervisor: Dr. Tan Chee-Seng	

Student's Name:	Student's ID
1. Heng Zeng Qing	1. 18AAB04219
2. Chin Joey	2. 18AAB04502

INSTRUCTIONS:
Please score each descriptor based on the scale provided below:

1. Please award 0 mark for no attempt.

2. For criteria **7**:
   Please retrieve the marks from "**Oral Presentation Evaluation Form**".

1. ABSTRACT (5%)	Max Score	Score
a. State the main hypotheses/research objectives.	5%	
b. Describe the methodology: • Research design • Sampling method • Sample size • Location of study • Instruments/apparatus/outcome measures • Data gathering procedures	5%	
c. Describe the characteristics of participants.	5%	
d. Highlight the outcomes of the study.	5%	
e. Conclusions, implications, and applications.	5%	
Sum	25%	/25%
Subtotal (Sum/5)	5%	/5%

Remark:

2. METHODOLOGY (25%)	Max Score	Score
a. Research design/framework: • For experiment, report experimental manipulation, participant flow, treatment fidelity, baseline data, adverse events and side effects, assignment method and implementation, masking. (*if applicable with the study design) • For non-experiment, describe the design of the study and data used.	5%	
b. Sampling procedures: • Justification of sampling method/technique used. • Description of location of study. • Procedures of ethical clearance approval. (Provide reference number of approval letter)	5%	
c. Sample size, power, and precision: • Justification of sample size. • Achieved actual sample size and response rate. • Power analysis or other methods (if applicable).	5%	
d. Clear explanation of data collection procedures: • Inclusion and exclusion criteria • Procedures of obtaining consent • Description of data collection procedures • Provide dates/duration of recruitment repeated measures or follow-up. • Agreement and payment (if any)	5%	
e. Explanation of instruments/questionnaire used: • Description of instruments	5%	

	Max Score	Score
• Scoring system • Meaning of scores • Reliability and validity		
Subtotal	25%	/25%

Remark:

3. RESULTS (20%)	**Max Score**	**Score**
a. Descriptive statistics: • Demographic characteristics • Topic-specific characteristics	5%	
b. Data diagnostic and missing data: • Frequency and percentages of missing data. (if applicable) • Methods employed for addressing missing data. (if applicable) • Criteria for post data-collection exclusion of participants. • Criteria for imputation of missing data. • Defining and processing of statistical outliers. • Analyses of data distributions. • Data transformation (if applicable).	5%	
c. Appropriate data analysis for each hypothesis or research objective.	5%	
d. Accurate interpretation of statistical analyses: • Accurate report and interpretation of confidence intervals or statistical significance. • Report of p values and minimally sufficient sets of statistics (e.g., dfs, MS, $MS error$). • Accurate report and interpretation of effect sizes. • Report any problems with statistical assumptions.	5%	
Subtotal	20%	/20%

Remark:

4. DISCUSSION AND CONCLUSION (20%)	**Max Score**	**Score**
a. Constructive discussion of findings: • Provide statement of support or nonsupport for all hypotheses. • Analyze similar and/or dissimilar results. • Rational justifications for statistical results.	8%	

	Max Score	Score
b. Implication of the study: • Theoretical implication for future research. • Practical implication for programs and policies.	4%	
c. Relevant limitations of the study.	4%	
d. Recommendations for future research.	4%	
Subtotal	20%	/20%

Remark:

5. LANGUAGE AND ORGANIZATION (5%)	**Max Score**	**Score**
a. Language proficiency	3%	
b. Content organization	1%	
c. Complete documentation (e.g., action plan, originality report)	1%	
Subtotal	5%	/5%

Remark:

6. APA STYLE AND REFERENCING (5%)	**Max Score**	**Score**
a. 7th Edition APA Style	5%	/5%

Remark:

*ORAL PRESENTATION (20%)	Score		
	Student 1	Student 2	Student 3
Subtotal	/20%	/20%	/20%

Remark:

PENALTY	**Max Score**	**Score**	
Maximum of 10 marks for LATE SUBMISSION (within 24hours), or POOR CONSULTATION ATTENDANCE with supervisor. *Late submission after 24hours will not be graded	10%		
	Student 1	Student 2	Student 3
**FINAL MARK/TOTAL	/100%	/100%	/100%

***Overall Comments:

_____

_____

_____

_____

_____

Signature: _____   **Date:** _____

<u>**Notes:**</u>
1. **Subtotal**:   The sum of scores for each assessment criterion
2. **FINAL MARK/TOTAL**:   The summation of all subtotal score
3. Plagiarism is **NOT ACCEPTABLE**. Parameters of originality required and limits approved by UTAR are as follows:
   (i) **Overall similarity index is 20% or below**, and
   (ii) **Matching of individual sources listed must be less than 3%** each, and
   (iii) Matching texts in continuous block must **not exceed 8 words**
   Note: Parameters (i) – (ii) shall exclude quotes, references and text matches which are less than 8 words.
   Any works violate the above originality requirements will NOT be accepted. Students have to redo the report and meet the requirements in **SEVEN (7)** days.

*The marks of "Oral Presentation" are to be retrieved from **"Oral Presentation Evaluation Form".**
**It is compulsory for the supervisor/examiner to give the overall comments for the research projects with A- and above or F grading.

Action Plan of UAPZ 3013 (group-based) Final Year Project I for Jan & May trimester

Supervisee's Name: Heng Zeng Qing, Chin Joey

Supervisor's Name: Dr. Tan Chee Seng

Task Description	Duration	Date/Time	Supervisee's Signature	Supervisor's Signature	Supervisor's Remarks	Next Appointment Date/Time
Introduction	W1-W2					
Submit Chapter 1: Introduction		7.6.2021/9pm				15.6.2021/3pm
Amending Chapter 1: Introduction		15.6.2021/3pm				22.6.2021/4pm
Literature Review	W3-W6					
Submit Chapter 2: Literature Review		22.6.2021/4pm 29.6.2021/4pm 6.7.2021/5pm				29.6.2021/4pm 6.7.2021/5pm 23.7.2021/4pm
Amending Chapter 2: Literature Review						
Proposed Methodology	W7-W10					
Submit Chapter 3: Proposed Methodology		23.7.2021/4pm				10.8.2021/5pm
Amending Chapter 3: Methodology		10.8.2021/5pm				
Submission of first draft*	Monday of Week 10	submit the first draft to Turnitin.com to check similarity rate				
Amendment	W10					
Submission of final draft*	Monday of W11	final submission to supervisor				
Oral Presentation		Oral Presentation Schedule will be released and your supervisor will inform you				

Notes:
1. The listed duration is for reference only, supervisors can adjust the period according to the topics and content of the projects.
2. *Deadline for submission can not be changed, one mark will be deducted per day for late submission.
3. Supervisees are to take the active role to make appointments with their supervisors.
4. Both supervisors and supervisees should keep a copy of this record.
5. This record is to be submitted together with the submission of the FYP II.

Action Plan of UAPZ 3023 (group-based)Final Year Project II for Oct trimester

Supervisee's Name: Heng Zeng Qing, Chin Joey

Supervisor's Name: Dr. Tan Chee-Seng

Task Description	Duration	Date/Time	Supervisee's Signature	Supervisor's Signature	Supervisor's Remarks	Next Appointment Date/Time
Methodology, Data Collection & Data Analysis	Trimester break-W1	7.10.2021/5.00pm				1.11.2021/2.30pm
Finding & Analysis	W2-W3					
Discuss Findings & Analysis with Supervisor		1.11.2021/2.30pm				5.11.2021/3.00pm
Amending Findings & Analysis		5.11.2021/3.00pm				15.11.2021/2.00pm
Discussion & Conclusion	W4-W5					
Discuss Discussion & Conclusion with Supervisor		15.11.2021/2.00pm				
Amending Discussion & Conclusion		15.11.2021/2.00pm				
Submission of first draft*	W5	submit the first draft to Turnitin.com to check similarity rate				
Amendment	W5					
Submission of final FYP (FYP I + FYP II)*	W6	final submission to supervisor				
Oral Presentation		Oral Presentation Schedule will be released and your supervisor will inform you				

Notes:
1. The listed duration is for reference only, supervisors can adjust the period according to the topics and content of the projects.
2. *Deadline for submission can not be changed, one mark will be deducted per day for late submission.
3. Supervisees are to take the active role to make appointments with their supervisors.
4. Both supervisors and supervisees should keep a copy of this rec 5. This record is to be submitted together with the submission of the FYP II.

FACULTY OF ARTS AND SOCIAL SCIENCE
UNIVERSITI TUNKU ABDUL RAHMAN

Date: 22 November 2021

SUBMISSION OF FINAL YEAR PROJECT /DISSERTATION/THESIS

It is hereby certified that_____Chin Joey_____(ID No:_____1804502____)
has completed this final year project entitled
"Role of happiness belief: Mediating lying flatism and attitudes toward singlehood"
under the supervision of_____Dr. Tan Chee-Seng_____(Supervisor) from the
Department of_____Psychology and Counselling_____, Faculty of
Arts and Social Science.

I understand that University will upload softcopy of my final year project in pdf
format into UTAR Institutional Repository, which may be made accessible to
UTAR community and public.

Yours truly,

_____
Name: Chin Joey

FACULTY OF <u>ARTS AND SOCIAL SCIENCE</u>
UNIVERSITI TUNKU ABDUL RAHMAN

Date: 22 November 2021

SUBMISSION OF FINAL YEAR PROJECT /DISSERTATION/THESIS

It is hereby certified that_____Heng Zeng Qing_____(ID No:_____1804219____)
has completed this final year project entitled
"Role of happiness belief: Mediating lying flatism and attitudes toward singlehood"
under the supervision of_____Dr. Tan Chee-Seng_____(Supervisor) from the
Department of_____Psychology and Counselling_____, Faculty of
Arts and Social Science.

I understand that University will upload softcopy of my final year project in pdf
format into UTAR Institutional Repository, which may be made accessible to
UTAR community and public.

Yours truly,

_____

Name: Heng Zeng Qing

FACULTY OF ARTS AND SOCIAL SCIENCE _____

Full Name(s) of Candidate(s)	Heng Zeng Qing, Chin Joey
ID Number(s)	18AAB04219, 18AAB04502
Programme / Course	Bachelor of Social Science (Hons) Psychology
Title of Final Year Project	Role of happiness belief: Mediating lying flatism and attitudes toward singlehood

Similarity	**Supervisor's Comments (Compulsory if parameters of originality exceeds the limits approved by UTAR)**
Overall similarity index: 13____ % **Similarity by source** Internet Sources: 9____ % Publications: 4____ % Student Papers: 3____ %	
Number of individual sources listed of more than 3% similarity: N/A_____	

Parameters of originality required and limits approved by UTAR are as follows:
  (i)   **Overall similarity index is 20% and below, and**
  (ii) **Matching of individual sources listed must be less than 3% each, and**
  (iii) **Matching texts in continuous block must not exceed 8 words**
Note: Parameters (i) – (ii) shall exclude quotes, bibliography and text matches which are less than 8 words.

Note Supervisor/Candidate(s) is/are required to provide softcopy of full set of the originality report to Faculty/Institute

**Based on the above results, I hereby declare that I am satisfied with the originality of the Final Year Project Report submitted by my student(s) as named above.**

_____   _____

Signature of Supervisor   Signature of Co-Supervisor

Name: _____   Name: _____

Date: _____   Date: _____