ATTITUDES TOWARD SINGLEHOOD, NEGATIVE STEREOTYPING OF SINGLE PERSONS AND PERCEIVED CONTROL AS DETERMINANTS OF INTENTION TO BE SINGLE AMONG YOUNG ADULTS IN MALAYSIA

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Determinants of Intention to be Single

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Sincerely,

Joanne Chong Hui Qi
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DETERMINANTS OF INTENTION TO BE SINGLE

APPROVAL FORM

This research paper attached hereto, entitled “Attitudes toward singlehood, negative stereotyping of single persons, and perceived control as determinants of the intention to be single among young adults in Malaysia”, prepared and submitted by Joanne Chong Hui Qi, Leong Wen Sam, and Leow Rou Yi in partial fulfilment of requirements for the Bachelor of Social Science (Hons) Psychology is hereby accepted.

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Date: 4th April 2022

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Abstract

Singlehood has become increasingly prevalent among young adults as emerging adulthood is considered as a period of development that could lead to individuals concentrating more on different life domains - thus increasing the tendency to be single. However, there are limited studies that focus on understanding of the intention to be single. The present study investigated the relationship between attitudes toward singlehood, negative stereotyping of single persons, perceived control and intention to be single among young adults in Malaysia by using the theory of planned behaviour (TPB). A quantitative cross-sectional study was conducted online on Malaysian young adults aged between 20 to 29 years old who were currently single. Purposive sampling method was used to recruit a total of 417 participants. The variables of this study were measured by using Attitudes Toward Singlehood Scale (AtSS), Negative Stereotyping of Single Persons Scale (NSSP), Sense of Control Scale (SC), and Intention to be Single Scale (ITS). By using Multiple Linear Regression to analyse the findings, the attitudes toward singlehood and negative stereotyping of single persons were positively related to the intention to be single whereas perceived control was negatively related to the intention to be single among young adults in Malaysia. In conclusion, this study has extended the use of TPB in the context of singlehood and the findings could contribute to the development of social policy in Malaysia through understanding the determinants of the intention to be single.

Keywords: Attitudes toward singlehood, negative stereotyping of single persons, perceived control, intention to be single, young adults, Malaysia
DECLARATION

We declare that the material contained in this paper is the end result of our own work and due to the acknowledgement has been given in the bibliography and references to ALL sources be printed, electronic or personal.

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Chapter I

Introduction

Background of Study

The growing percentage of single persons has drawn the interest of societal scientists in singlehood, even though singlehood is not a contemporary phenomenon (Adamczyk, 2021). A substantial percentage of adults in today's post-industrial areas are single, whereby they are not committed to a romantic relationship (Apostolou et al., 2020). Conley and Collins (2002) describe singles as "an individual who is not currently involved in a close romantic relationship, whether they have been partnered or married in the past," as opposed to "partnered individuals," who are "people who are in close romantic relationships (though not necessarily married)."

The economies of countries in East and South-East Asia have experienced remarkable growth in recent decades, which has resulted in significant societal changes. The economy's growth has led to an increase in educational opportunities and an improved quality of life. As such, people are exposed to lifestyles that contrast with conventional marriage and childbearing, and these changes have led to an increase in the number of individuals considering singlehood. Since the 1970s, the proportion of the Asian single population has gradually increased (Osteria, 2015). As a country in South-East Asia, Malaysia is not exempted from this global phenomenon. Malaysia has undergone remarkable socioeconomic development, which enhances the number of opportunities for people to pursue. This has led to changes in marriage behaviours (Azmawati et al., 2015), resulting in singlehood increasingly prevalent in Malaysia, especially among youths (Menon, 2021).

Past studies have found that individuals who choose to be single are associated with several positive outcomes, such as good mental health and high psychological well-being (Adamczyk, 2016; Hostetler, 2009). Moreover, based on a recent survey entitled "More
Malaysian Youths Likely to Shun Marriage, Bigger Families,” Malaysian youths believe that singlehood offers people more freedom while being in a relationship increases financial obligation (Menon, 2021). This phenomenon could be explained by the sudden and surprising rise of the single positivity movement in today's society. According to Cernik (2019), more people are shattering obsolete stigmas. People could only be happy when they find their true love while embracing the notion of living a contented life on their own instead of in a relationship. In the past, there were presumptions that singles are lonely, dejected, and desperate to become "unsingle", but recently, the choice to be single is about how people live their most authentic and meaningful lives (DePaulo, 2013). In light of this perspective on singlehood, the media has been projecting increasingly positive images of singles. In this regard, the idea of being an active, sociable single in their twenties or thirties who does not require a relationship to be content has grown increasingly popular (Cargan, 1986; DePaulo & Morris, 2006).

Even though single persons are a proliferating population and are not a minority anymore, they may remain to be the victim of negative stereotypes, stigma, and, eventually, discrimination (Cargan, 2007; DePaulo & Morris, 2005). According to a past study conducted by DePaulo and Morris in 2006, the researchers investigated the target participants' perception towards single persons. The participants in the study described the qualities that came to mind when they thought about individuals who were married or single. The results showed that while married people were more seemingly to be characterised with positive attributes (e.g., mature, happy, considerate, and loving), singles were more often associated with negative characteristics (e.g., immature, egocentric, unattractive, and lonely). The perceived disparities between singles and married people were often quite significant in which partnered individuals were perceived more favourably. The negative stereotypes
against single individuals are likely to induce fear and stress upon some individuals to rush into relationships that evoke lower intentions to be single (Cohen, 2018).

People's attitudes are considered to be determined by value orientations, which are often highly influenced by experiences during youth but may be changed by life events and developmental change throughout a person's life (Elder, 1994). In some cases, singles may be more positive to be single, if they value a liberal lifestyle and autonomy. Besides, they could have unfavourable views towards romantic relationships because of unpleasant past relationship experiences, or they may simply modify their attitudes in response to new circumstances (Poortman & Liefbroer, 2010). Apart from that, individuals who consider their singlehood as chosen may feel more liberated in making their own decisions and responding to their single life than those who perceive their singlehood as uncontrollable (Adamczyk, 2016). The extent to which a person thinks they have control over their life prospects rather than being determined by external circumstances like their environment is referred to as perceived control (Gillebaart & De Ridder, 2019).

Alongside the benefits of staying single amidst the negative stereotypes against singlehood, a global trend towards staying single has been identified in contrast to those in romantic relationships (Rich, 2019; Tan et al., 2021; United States Census Bureau, 2017; Wu, 2017). Therefore, it is essential to identify the variables that influence the intention to be single. Since the growing population of singles has been especially prominent among the youths in recent years, Malaysian young adults will be the target participants of this present study. Thus, the present study strives to examine and understand the determinants that influence the intention to be single among young adults in Malaysia.

Problem Statement

Being single in young adulthood has been a progressively common phase of life in this era (Van den Berg & Verbakel, 2021). Consulting firm Morar HPI and Tinder surveyed
1,000 single individuals aged 18 to 25 in 2018 and discovered that 72% of the respondents "consciously selected" to remain single. The majority of them agreed that being single has advantages that extend far beyond romantic relationships (Gollayan, 2018). Considering emerging adulthood as the time of development (i.e., investing in skills to be self-sufficient) could lead to individuals concentrating more on different life domains, thus increasing the tendency to be single among young adults. The issue of singlehood has garnered instant attention and has since been an emerging area of research as it was reported singles are less likely to reproduce. If disregarded, it will lead to societal issues, especially in ageing nations (Ronald et al., 2018). Although recent studies have sought to uncover the reasons people are single, they have concentrated on involuntary singlehood (Apostolou, 2015, 2017, 2019; Apostolou et al., 2020; Pepping & MacDonald, 2018), and as such, the findings may not be generalizable into voluntary singlehood (single by choice).

Since there are limited studies on the voluntary singlehood context, it is of the lesser-known spectrum in understanding the factors that influence an individual's intention to be single. The theory of planned behaviour (TPB), as proposed by Ajzen (1991), is commonly used in forecasting an individual's intention and behaviour. The TPB connotes that the attitudes, subjective norms, as well as perceived behavioural control favourable to a certain behaviour foster the intention to perform the certain behaviour (Ajzen, 1991, 2020). Since the three elements are understood to effectuate behavioural intention, this suggests the idea that they could be the potential variables to determine the intention to be single.

According to Armitage and Christian (2003), attitudes serve to guide an individual's behaviour; thus, having a positive attitude towards singlehood might increase the likelihood of an individual being single. The subjective norm is described as the societal pressures that people experience to engage in a particular behaviour. Consequently, negative stereotypes have emerged to explain the deviance from the norm. In the romantic relationship context,
people are expected to engage in a relationship and get married; single individuals are considered deviant from the societal norm resulting in them being targets of negative stereotypes. The negative stereotypes against single individuals are likely to induce fear and stress upon some individuals to rush into relationships that evoke lower intentions to be single (Cohen, 2018). The subjective assessment of a person's ability to perform discretion and control is referred to as perceived control (Bowen & Johnston, 1999). In this sense, people prefer conditions in which they have control rather than situations in which they are governed by other factors (Klimmt et al., 2007). Hence, it is plausible to assume that individuals with a higher level of perceived control may be able to override the ideology of stigmatising singles, and their intention to be single will be higher. Therefore, we further propose attitudes toward singlehood, negative stereotyping of single persons, and perceived controls as the determinants in the current study, attempting to explain their roles in determining the intention to be single.

Several research gaps require attention and emphasis. One of the research gaps is the lack of study about an individual's intention to be single (Adamczyk, 2016; Hostetler, 2009, 2012). Moreover, the lack of studies regarding the topic of singlehood has prompted the current study to be conducted among young adults in Malaysia. This is because the global trend of young adults remaining single is outpacing the number of individuals engaging in romantic relationships (Rich, 2019; Tan et al., 2021; United States Census Bureau, 2017; Wu, 2017). Hence, we propose examining the determinants of intention to be single by using the TPB, which could be a potential research gap on singlehood among young adults in Malaysia. Therefore, this study should be able to fill the research gap and depict a clearer picture, strengthening the notion that attitudes towards singlehood, negative stereotyping of single persons, and perceived control are the determinants of intention to be single among young adults in Malaysia.
Research Objectives

1. To investigate whether there is a significant relationship between attitudes toward singlehood and intention to be single among young adults in Malaysia.

2. To investigate whether there is a significant relationship between negative stereotyping of single persons and intention to be single among young adults in Malaysia.

3. To investigate whether there is a significant relationship between perceived control and intention to be single among young adults in Malaysia.

Research Questions

1. Is there any significant relationship between attitudes toward singlehood and intention to be single?

2. Is there any significant relationship between negative stereotyping of single persons negatively and intention to be single?

3. Is there any significant relationship between perceived control and intention to be single?

Research Hypotheses

\( H_1 \): There is a significant relationship between attitudes toward singlehood and intention to be single.

\( H_2 \): There is a significant relationship between negative stereotyping of single persons and intention to be single.

\( H_3 \): There is a significant relationship between perceived control and intention to be single.
Significance of Study

According to the United Nations (2020), population ageing is a worldwide phenomenon as almost every country in the world is seeing an increase in the number of elderly; and Malaysia is no exemption from this issue (Department of Statistics Malaysia, 2017; The Star, 2021). Amid the concerns of a decrease in birth rates in Malaysia, the youth's choice of being single has expedited the nation's status to be an ageing nation earlier than expected (Kaos, 2021; Menon, 2021). Essentially, the findings of this study could help policymakers develop and implement a social policy by understanding the factors on the intention to be single.

Since the variables in this study (e.g., attitudes toward singlehood, negative stereotyping of single persons, and perceived control) have not been used as determinants of the intention to be single, this creates an opportunity to investigate the relationship of each variable on the intention to be single. Likewise, the general public can better understand certain people having the intention to be single. In addition, the current study can help to enrich readers' knowledge and information about singlehood as it explores the new domains and areas which could lead to one's propensity to be single.

The studies on the topic of singlehood are scarce in the research field of Malaysia (Azmawati et al., 2015; Ibrahim & Hassan, 2009; Tan et al., 2021). Due to the deficiency of research regarding singlehood in Malaysia, people might not understand the factors that influence the intention to be single in the Malaysian context. Moreover, it is crucial to explore the perceptions of singlehood among young adults, as this age group is found to have a higher prevalence rate of being single (Van den Berg & Verbakel, 2021). Hence, one of the objectives of the present study is to fill in the research gap by examining the determinants of intention to be single (i.e., attitudes toward singlehood, negative stereotyping of single persons, and perceived control) among young adults in Malaysia. In addition, the findings
from the current study could provide support to future researchers who are also interested in studying the intention to be single in the Malaysian context by offering some helpful information about this topic. As mentioned before, the significant increase of the single population is a global social phenomenon that is remarkably understudied and also undertheorized in sociology (Yoshida, 2017). This study has the potential to raise awareness about singlehood, which appears to be on the rise lately, the intention to be single, and its determinants.

**Conceptual Definition**

*Attitudes toward singlehood.* Attitude is defined as a relatively stable assembly of feelings, behavioural tendencies, and beliefs toward socially significant events, objects, symbols or groups (Hogg & Vaughan, 2005). Based on the theory of planned behaviour (TPB), the description of the formation of an attitude towards a behaviour is dependent on an expectancy-value formulation. In particular, attitude towards the behaviour is assumed to be a function of readily accessible beliefs about the likely outcomes of the behaviour, referred to as the behavioural belief. Behavioural belief is the subjective probability of a person whereby performing a particular behaviour will contribute to a certain outcome or offer a specific experience (Ajzen, 2020). In a past study, the authors have adopted the ABC model of attitudes by Ostrom (1969) to depict attitudes toward singlehood in three dimensions - affect (feelings about being single such as like or dislike), behaviour (attitudes toward singlehood influences the behaviour), and cognition (the belief about singlehood; Tan et al., 2021).

*Negative stereotyping of single persons.* In general, stereotypes are beliefs that every member of a specific social group shares certain qualities or behaviours. Negative stereotypes refer to the qualities and attributes that have a negative connotation associated with a social group or organisation members (Baron et al., 1998). To put it simply, negative stereotypes have emerged to explain deviations from the norm in which Cargan (1986) has noted that...
"the married lifestyle is viewed as the societal standard" (p. 200). Stereotyped individuals are outcasted as they are assumed to possess certain devalued and stigmatising characteristics (Fiske, 1998).

**Perceived control.** Perceived control is referred as an individual's belief in their capability of exerting influence internally (i.e., states and behaviours), and externally (i.e., environment) (Langer, 1977; Pagnini et al., 2016; Pearlin & Schooler, 1978; Wallston et al., 1987). An individual's perception can be shaped by the established connections between actions and contingent outcomes, as well as the generalisation of presumed controllability from these links to unfamiliar contexts (Ly et al., 2019).

**Intention to be single.** The intention is defined as the prior conscious decision made to perform a certain behaviour (Vandenbos & American Psychological Association, 2015). Intentions characterise a person's motivation to act in a specific manner and reflect how hard the person is willing to attempt performing a behaviour (Rivis & Sheeran, 2003). In the present study, the intention to be single is conceptually defined as an individual's inclination whether to be in a romantic relationship or not.

**Operational Definition**

**Attitudes toward singlehood.** Attitudes toward singlehood are measured by using the nine-item Attitudes Toward Singlehood Scale (AtSS) in this study. The AtSS was developed by Tan, Cheng, and George in 2021, and the scores of the scale range from 9 to 63. Higher mean score from the scale will indicate a more positive attitude towards singlehood.

**Negative stereotyping of single persons.** In the present study, negative stereotyping of single persons is assessed by the Negative Stereotyping of Single Persons Scale (NSSP) by Pignotti and Abell (2009). The scale consists of thirty items, and the scores range from 30 to 210, whereby the higher scores imply higher levels of negative stereotypes toward single individuals.
**Perceived control.** Perceived control in this study is defined as the individual’s belief of whether they are capable of exerting control in their life (i.e., whether to be single or not). Perceived control is determined by the scores obtained from the Sense of Control Scale (SC) by Lachman and Weaver (1998). The scale consists of twelve items, and the score of the scale ranges from 12 to 84, whereby the higher levels of perceived control will be indicated by the higher scores.

**Intention to be single.** In the current study, individuals’ intentions to be single are characterised by the individual’s purpose of not being in a romantic relationship. The individual’s intention to be single will be endorsed by the measurements of the four-item Intention to be Single Scale (e.g., “I intend to be single”). The scale is adapted and revised from the three-item Intent to Marry Scale (IMS) by Park and Rosén in 2013, which is used to assess the intention of an individual to get married in the future. The score of the Intention to be Single scale ranges from 0 to 24, in which the higher scores will stipulate higher intention to be single.
Chapter II

Literature Review

Theoretical Framework

The theory of planned behaviour (TPB) was proposed by Ajzen in 1985. It is a widely used theory designed to comprehend and forecast behaviours, postulating that behavioural intentions will immediately determine the behaviours (Ajzen 1985, 1991). The TPB, according to Ajzen (1991), is an extension of the theory of reasoned action (TRA). Having to retain all the elements that comprise the TRA, the TPB proposes the addition of perceived behavioural control as the third predictor of intentions. Similar to the original idea of reasoned action, the key factor in the notion of planned behaviour is the person's intention to conduct a specific behaviour. In this context, behavioural intentions are predicted by three factors, namely attitudes toward a behaviour, subjective norms, as well as perceived behavioural control (Ajzen, 1991).
As mentioned, the TPB presumes three conceptually distinct deliberate determinants of intention. Firstly, the attitudes toward a behaviour refer to the extent an individual has a positive or negative view or appraisal of the particular behaviour. Secondly, the subjective norm (i.e., social factor) is referred to whether or not someone feels under social pressure to engage in a particular behaviour. Thirdly, perceived behavioural control refers to the apparent ease or difficulty with which an intended behaviour can be performed. Moreover, perceived behavioural control is assumed to reflect both previous experience and anticipated hindrances (Ajzen, 1991).

Generally, people who have a favourable attitude and subjective norm toward a behaviour, and a strong sense of behavioural control are more likely to predict higher intention to engage in a particular behaviour. The relative importance of the three determinations in predicting intention is assumed to differ across circumstances and behaviours. In some cases, only attitudes have a significant influence on intentions, while in others intentions can be adequately accounted for by attitudes and perceived behavioural control. Besides, there are applications in which all three determinants can contribute independently in predicting behavioural intentions.
The present study aims to examine the determinants of intention to be single among young adults in Malaysia. To gain better comprehension of this topic, a conceptual framework model guided by the theory of planned behaviour (TPB) is adapted and illustrated as above (refer to Figure 2.2). From the theory, the present study attempts to examine attitudes toward singlehood, negative stereotyping of single persons, and perceived control as determinants on the intention to be single. In this sense, (1) the attitude component will be represented by the attitudes toward singlehood; (2) subjective norm component will be represented by the negative stereotyping of single persons; (3) the perceived behavioural control component will be represented by perceived control; and (4) the intention component will be represented by the intention to be single.
The TPB postulates that behavioural intentions will determine a specific behaviour. According to Ajzen (1991), there are three elements influencing the behavioural intentions - attitudes toward the behaviour, subjective norms, as well as perceived behavioural control. Thus, this gave an idea for the relationship between attitudes toward singlehood, negative stereotyping of single persons, perceived control, and the intention to be single. With the positive attitude towards singlehood, lower negative stereotyping of single persons, and higher perceived control, one is predicted to have higher intention to be single.

**Attitudes toward Singlehood**

Attitude towards a behaviour refers to the evaluations of an individual (i.e., favourable or unfavourable) of performing the behaviour in question (Ajzen, 1991). It is a combination of the beliefs in which the behaviour will lead to a particular outcome as well as the evaluations of the outcomes. As a consequence, the degree of each outcome is perceived as positive or negative, and the likelihood that each outcome is viewed as a result of the behaviour determines one's attitude towards that behaviour (Kan & Fabrigar, 2017).

Since the value orientations are considered to be able to determine people’s attitudes, this may provide more insights and explanation in the concept of attitudes toward singlehood. According to Dunn (2018), single individuals value the chance to pursue their interests and passion and involve themselves in work that they find meaningful. In this sense, they seem to put priority on meaningfulness and authentic values. Living life in pursuing what matters most can help to explain why many are drawn to single life. In a longitudinal study by Marks and Lambert in 1998, the value of autonomy and its relations with singles were highlighted as well.

Attitudes toward singlehood is one of the variables used to determine the behavioural intention (i.e., intention to be single) in the current study. According to Tan et al. (2021), the ABC model of attitudes, which Ostrom proposed in 1969, could also serve as a guide in
explaining attitudes toward singleness. It portrays that attitudes toward singleness could be assessed in three dimensions. The first dimension will be the affective component, which is an individual’s feelings (e.g., like or dislike) about being single. The second dimension is the behavioural component, indicating that attitudes toward singleness will influence one’s behaviour. The third dimension will be the cognitive component, which refers to an individual’s belief about singleness.

According to the theory of planned behaviour (TPB), if the attitude towards a particular behaviour is more specific towards the behaviour in question, then the better it is to be expected to predict the behaviour (Aronson et al., 2016). As an example, a past study by Davidson and Jaccard in 1979 that examined the range of attitudes (general attitude to specific attitude) towards birth control pills have posited that the more specific attitudes predicted the actual behaviour (use of birth control pills). Hence, in the present study, the attitude is specified to be the attitude toward singleness to align with the behavioural intention studied.

**Negative Stereotyping of Single Persons**

For individuals living in Asian countries, engaging in a romantic relationship and getting married are considered highly crucial and regarded as a cultural benchmark, such that it is normative for adults (Himawan et al., 2018; Slonim et al., 2015). In this sense, romantic relationships and marriage serve as a symbol of achievement for an individual in society (To, 2015). Consequently, negative stereotypes have emerged to explain the deviance from the norm. Several Asian cultures believed that only persons with severe mental illnesses would remain single for the remainder of their lives (Jones, 2010). As a result, being single in Asian society may expose singles to psychological pressures as a result of a variety of societal negative stigma and prejudice (Himawan et al., 2018). Some individuals might struggle to
acquire a "comfortable definition of the self as a single person" as a result of societal and family pressures (Schwartzberg et al., 1995).

Negative stereotypes are described as unpleasant, offensive, unacceptable attributes towards a social group and its members. In this sense, people have a consistent set of beliefs about the traits and features of single people; postulating that those who remain single over the socially normed marriageable age are labelled as failures and will be negatively stigmatised (Himawan et al., 2017). Additionally, the term “singlism” was coined to explain the uses of stigma, negative stereotypes, as well as discrimination in describing a single individual (DePaulo & Morris, 2006). In the study by Conley and Collins (2002), unpartnered people are the targets of negative stereotypes. For instance, the unpartnered individuals have a higher chance of getting sexually transmitted diseases than partnered individuals. Single individuals are not only viewed more harshly than partnered individuals, they are also subjected to interpersonal social rejection and prejudice. Those who are single are assumed to live worse and less fascinating lifestyles than someone in a relationship. People who have never gone through the maturing process of romantic love are less mature than those who have (DePaulo & Morris, 2005). Lacking a genuine love connection might result in feelings of unmet societal standards and a sense of being flawed (Hertel et al., 2007). Furthermore, even when performance and seniority are considered, single people earn less than married individuals and are less likely to be promoted (Toutkoushian, 1998).

**Perceived Control**

One of the most researched constructs in psychology is the sense of control over life events. Perceived control, in other words, is known as the views about the possibility that one's actions which include the belief that one can determine their behaviour and influence the environment, will result in the desired outcome (Robinson & Lachman, 2017). There have been several theories postulated to explain the construct of perceived control. For instance,
locus of control was introduced to explain the individual differences in beliefs that situations are within internal control or external control (Rotter, 1966). In the same vein, self-efficacy was introduced by Albert Bandura to explain the individual's ability to exert control over the environment. Similarly, self-efficacy was also likened to one of the elements in the theory of planned behaviour (TPB) (i.e., perceived behavioural control) (Thompson et al., 2012; Ly et al., 2019). Together, these theories on perceived control can be deduced and interpreted to the same underlying phenomenon. Perceived control in this study is defined as the individual's belief of whether they are capable of exerting control in their life (i.e., whether to be single or not).

Nowadays, young adults have greater freedom in shaping and directing their life paths which indicates them exercising control in their lives (Poortman & Liefbroer, 2010). The lives of young adults attribute to many domains (i.e., getting an education, establishing careers, romantic relationships, and continued relations with family and friends), which will compete for their intrapersonal as well as interpersonal resources - possibly making it difficult for romantic relationships to be prioritised (Shulman & Connolly, 2013; Willoughby & James, 2017). As per the developmental regulation theories, individuals tend to choose and accommodate their personal goals based on the present developmental transitions, which connotes that young adults emphasize career (Marttinen & Salmela-Aro, 2012; Ranta et al., 2013). Therefore, if the career precedes a romantic relationship, it could denote the intention to be single. A past study stated that an individual's perception of one's capability to exert control over conditions or occurrences might be described broadly as perceived control. Perceived control has long been recognized as an essential factor in mental and physical health as well as a strong predictor of life success (Ly et al., 2019). Among the most researched constructs in psychology is someone's sense of control over life events. Beginning
in the 1960s, it became apparent that the feeling of being in control might help people cope with unpleasant situations and distress. Researchers have found that strengthening the sense of control of an individual can improve happiness (Pagnini et al., 2016). Hence, the significance of perceived control in general well-being, particularly as a predictor of life accomplishments, has been recognized.

According to Thornton and Young-Demarco (2001), a shift in family attitudes and values has occurred, resulting in a larger emphasis on individualization and independence along with a lower commitment to norms. With this, the significance an individual could give on feelings of control is influenced by values connected to the degree an individual view the world individualistically and collectivistically (Senan et al., 2019). Additionally, while there were connections between control and well-being in Asian samples (which are typically assumed to endorse more collectivist values and place less value on control), were weaker compared to non-Asian samples (Senan et al., 2019). Having control over self and the environment has been related to several favourable outcomes in numerous life domains (e.g., satisfaction, health, and psychological well-being; Hostetler, 2009). In a country where marriage is valued, people focus on the ideology of being in a romantic relationship and getting married; being single is stigmatized (Greitemeyer, 2009; Ochnik & Slonim, 2020). As a result, individuals may feel they have little control over whether or not to be in a relationship.

**Intention to be Single**

According to Trandis (1980), as cited by Sheeran in 2002, intentions are self-instructed instructions to obtain certain results or perform a specific behaviour. When a behavioural intention is formed, it signals the end of the contemplation about what the individual will do; this displays how hard the individual is prepared to try and the amount of effort they will exert so that they can achieve desirable outcomes (Ajzen, 1991; Webb &
Sheeran, 2006). Theories such as the theory of reasoned action (TRA), theory of planned behaviour (TPB) and the model of interpersonal behaviour construe intention as a predictor of behaviour (Ajzen, 1985; Ajzen & Madden, 1986).

Based on the TPB, intentions are presumed to seize the motivational factors influencing a person's behaviour. In short, when the factors that influence the behavioural intentions (e.g., attitude) enhance the association between them both, it is able to lead to performing the behaviour - as explained in a past study about the behavioural intentions for teachers to use the internet as a tool for teaching and learning (Phua et al., 2012).

Behavioural intentions have been examined in the relevant context of romantic relationships, such as marriage and divorce (Askarshahi et al., 2019; Kahn, 2007; Shahrabadi et al., 2017). Therefore, it is assumed that there is a behavioural intention to explain the voluntary singlehood movement - which is the intention to be single. Since there are limited studies about behavioural intention in the singlehood context, this provides a new direction to be studied and the source of the inspiration of the present study.

**Attitudes toward Singlehood and Intention to be Single**

According to research, attitudes consist of beliefs and evaluations of behavioural results. The theory of reasoned action (TRA) posits that behaviour is a direct result of factors modified by an individual's attitude (such as behavioural intention) (Fishbein & Ajzen, 1975). In short, this model connotes that attitude significantly influences the intention towards a particular behaviour (Kasilingam, 2020). To date, numerous studies have investigated the connection between attitudes and the intention of a behaviour.

The relationship between attitudes and the intention of behaviour has been widely studied in various contexts. For instance, the relationship between attitudes and intentions was portrayed in the gambling context. León-Jariego, Parrado-González, and Ojea-Rodríguez have conducted a research in 2019 to indicate the relationship between gambling attitudes
and gambling intentions among adolescents. The study found that the gambling attitude can influence one’s gambling intention, suggesting a relationship between attitude and behavioural intention. Similarly, in another study by Ham et al. (2015), the intention to purchase green food items is found to be significantly correlated with the attitudes toward green food purchase, concluding that attitude can determine intention. Likewise, another study showed that positive attitudes toward chatbot (chat robot) technology lead to a higher intention of using mobile shopping, indicating the relationship between attitude and intention in the technological circumstances (Kasilingam, 2020). Furthermore, Asare (2020) depicted that attitudes toward condom use significantly predicted one’s intention to use a condom, showing the relationship between attitude and intention in the healthcare condition.

Similar relationships between attitude and intention were found in romantic relationship contexts. According to Askarshahi et al. (2019), attitude toward divorce was an influential factor in determining the intention to file a divorce petition, portraying the connection between attitude and intention in the context of divorce. Moreover, Lin et al. (2021) stated that intentions to commit dating violence were significantly predicted by the attitudes toward dating violence. Hence, suggesting that there is a relationship between attitude and intention in the context of dating violence. Apart from that, a study by Kahn (2007) showed an association between attitude and intention in the marriage context, whereby attitudes toward marriage are highly predictive of intention to marry. Nonetheless, findings from the studies in various contexts have yielded the same conclusion, which further solidifies that there is a relationship between attitudes and the intentions of a behaviour empirically.

As the culture has shifted toward greater individualization and self-actualization, singlehood has grown to be more appealing and widely accepted (Van den Berg & Verbakel, 2021). One notion suggests it almost certainly implies that positive attitudes toward
singlehood, which is the state of being single, are likely to be the individual’s own choice - indicating their individualistic attitudes (Poortman & Liefbroer, 2010). However, there are limited studies about the relationship between attitudes toward singlehood and intention to be single. Henceforth, it remains unclear whether attitudes toward singlehood can determine an individual’s intention to be single. According to the theory of planned behaviour (TPB), intentions are believed to motivate to perform a behaviour, and positive attitudes will lead to stronger intention towards a behaviour (Ajzen, 1991). Thus, it could be hypothesized there could be a relationship between attitudes toward singlehood and intention to be single.

**Negative Stereotyping of Single Persons and Intention to be Single**

An individual's viewpoint on the normative social pressures influences their intention to perform a particular behaviour - and this is supported by the theory of planned behaviour (TPB) (Ajzen, 1991; Fang et al., 2017). In this sense, this relates to the subjective norms whereby an individual's belief about how the people they care about will perceive the specific behaviour (Aronson et al., 2016). Besides, it is important to be aware of these beliefs when predicting intentions (Hood & Shook, 2014). As mentioned earlier, people who stray from the social norms are subjected to being negatively stereotyped and stigmatized. Therefore, individuals typically evade or refrain from situations and actions that will risk confirming negative stereotypes about their group (Woodcock et al., 2012).

The relationship between negative stereotypes and behavioural intention has been widely studied in diverse contexts. According to von Hippel et al. (2013), senior workers who experience stereotype threats in the workplace are associated with higher intentions to resign and retire. Besides that, the relationship between negative stereotypes and intention has been portrayed in the technological context. Negative stereotypes against older adults were found negatively related to the intention to use technology. Older adults may avoid using technology out of concern of confirming negative stereotypes about their age group's
technological competence (Mariano et al., 2021), indicating the relationship between negative stereotypes and behavioural intention. Apart from that, Seacat and Mickelson (2009) depicted that the overweight women who are exposed to the negative-weight related stereotypes will display lower exercise/dietary health intentions, showing the relationship between negative stereotypes and intention in the health context. Nevertheless, due to the lack of study of the relationship between negative stereotypes and intention in the singlehood context, the relationship between negative stereotyping against single persons and the intention to be single remains unclear.

As mentioned earlier, the emerging rise of the single positivity movement is playing a role in shattering stigmas and the negative stereotypes of single persons by embracing singlehood. One of the terms used as part of rebranding singlehood in the single positivity movement is "self-partnered", in which an individual will not feel obliged to seek contentment by finding a partner since they are already satisfied with themselves (Page, 2019). Even so, it is still obscure to deduce whether the intention to be single will be higher with the decrease in negative stereotypes of single persons along with the single positivity movement. Therefore, the present study hypothesizes that there is a relationship between negative stereotyping of single persons and intention to be single.

**Perceived Control and Intention to be Single**

In research, perceived control is investigated in a variety of ways with varying terminology (e.g., self-efficacy, sense of control, control beliefs, locus of control; Robinson & Lachman, 2017). Despite the varied terminologies, self-efficacy, locus of control, and mastery have been used interchangeably with perceived control (Pagnini et al., 2016). According to the theory of planned behaviour (TPB), there is an association between perceived behavioural control and behavioural intention, stating that people will portray a stronger intention towards a certain behaviour when they perceive that they have control over
it. Furthermore, the TPB also proposes a direct relationship between perceived control and the intention to execute a specific behaviour (Ajzen, 1991; Ajzen & Madden, 1986).

Previous literature has depicted the association of perceived behavioural control and behavioural intention in several contexts. For example, the relationship between perceived behavioural control and intention to execute a specific behaviour is shown in the healthcare context. Perceived control in using a condom is found to be a precursor of the intention to use condom, indicating a relationship between perceived behavioural control and intention in the context of healthcare (Morales et al., 2018). Likewise, in another study about the nurses' assessment of patients' pain, the researchers deduced that perceived control could contribute independently to predicting behavioural intention. This is aligned with other studies that have adopted the TPB and concluded that the variables of TPB are reasonably accurate precursors of behavioural intention (Nash et al., 1993). However, in a study by Mahon, Cowan and Mccarthy's study in 2006, perceived control failed to be the significant predictor in the consumption of ready meals and takeaways. The results were also similar in other studies in the food context (Higuchi et al., 2017; Towler & Shepherd, 1991).

In the context of romantic relationships, similar relationships between perceived behavioural control and intention were identified. According to Shahrabadi et al. (2017), perceived behavioural control was proven as a significant predictor of the intention to marry among Iranian undergraduate students, suggesting that there is a relationship between perceived behavioural control and behavioural intention in the marriage context. Furthermore, Askarshahi et al. (2019) hypothesized a relationship between the perceived behavioural control to divorce as well as the intention to file a divorce petition; however, the study found that perceived behavioural control is not a strong precursor of intention in the context of divorce.
With the different past findings in various contexts that have yielded different conclusions, it remains unclear whether perceived control can determine the intention to be single due to limited research in the singlehood context. Nonetheless, previous literature that has adopted the TPB has shown that the inclusion of perceived control enhances the prediction of intention to execute a behaviour (Ajzen & Madden, 1986; Schifter & Ajzen, 1985). Therefore, it is plausible to assume that there is a relationship between perceived control and the intention to be single, which will be examined in the present study.
Chapter III
Methodology

Research Design

The current study adopted a quantitative, cross-sectional research design. The quantitative method was employed because the primary focus of quantitative research is generalizability—ensuring that the information acquired is representative of the population from which data was collected (Palinkas et al., 2013). Notably, the quantitative study's analytical approach includes the effective use of statistical data, which could be computed by the ubiquitously used Statistical Package for Social Science (SPSS) (McDonald et al., 2020; Ozgur et al., 2015).

As for the incorporation of cross-sectional design in this study, it aimed to examine the one-time measurement of the outcome as well as the exposures among the participants according to the inclusion and exclusion of a study (Setia, 2016a). The purpose of a cross-sectional study is to acquire accurate data that will allow valid conclusions to be formed, as well as to generate new theories which could be tested in future research (Zangirolami-Raimundo et al., 2018). The current study used a cross-sectional design as it is possible to estimate the prevalence of the desired outcome since the sample is usually obtained from the entire population. In addition, the cross-sectional design is inexpensive, and it is relatively convenient to be performed (Levin, 2006).

Sample Size

To obtain the sample size, the present study used the A-priori Sample Size Calculator for Multiple Regression by Dr Daniel Soper in 2015. There are four components included in the sample size calculation which are: (1) anticipated effect size (a measure of the strength of the relationship between 2 variables in which 0.02 is interpreted as small, 0.15 as a medium, and above 0.35 as large (Wilkinson, 1999; Cohen, 1988) (2) desired statistical power...
DETERMINANTS OF INTENTION TO BE SINGLE

(probability of rejecting the null hypothesis in which the value is conventionally greater than 0.8 (Soper, 2015), (3) number of predictors, and (4) probability level - also referred to as the p-value, alpha value and the type-I error rate which is conventionally less than or equal than 0.05 so that significance can be claimed (Soper, 2015).

Since there is no supporting literature between the three variables in the present study (i.e., attitudes toward singlehood, negative stereotyping of single persons, and perceived control) with the intention to be single, we assumed that there will be a small effect size between the three variables with the intention to be single. The present calculation included 0.06 for the anticipated effect size, 0.95 for the desired statistical power, three predictors, and the probability level of 0.05. Based on the calculation, the target number of participants had to be at least 289.

Sampling Method

Non-probability sampling methods were employed in this study. Non-randomized methods were used in this sampling method to generate the sample (Wolf et al., 2016). To be more specific, this study used the purposive sampling method to recruit the participants. This sampling design primarily focused on the researcher's judgement as to which individuals will provide useful information to achieve the objectives of the study (Etikan & Kabiru, 2017). The purposive sampling method is suitable to be used in the current study as it only involved participants who met the inclusion criteria. Additionally, this sampling method is more approachable, affordable, and convenient (Acharya et al., 2013).

In the purposive sampling method, it was denoted that the participants are directly selected by the researchers (Stratton, 2021). In this sense, purposive sampling was employed as researchers might want to explore or understand an issue in greater depth for a particular population instead of focusing on the "generalisability" of the results (Setia, 2016b). Similarly, the current study strived to gain a better understanding of the determinants of the
intention to be single (i.e., attitudes toward singlehood, negative stereotyping of single persons, and perceived control) among young adults in Malaysia. Thus, this sampling method was suitable to be used in the present study as the participants who meet the requirements of the study are exclusively selected.

In line with the purposive sampling method, the target participants were approached purposefully by sending online surveys through social networks (e.g., Facebook, WhatsApp and Instagram). The inclusion criteria of the present study were Malaysian young adults who are single (i.e., not committed in a romantic relationship) and aged between 20 to 29 years old. On the other hand, the exclusion criteria of this study encompassed individuals who are non-Malaysian, with ages below 20 years old and above 29 years old, and those who are committed to a romantic relationship.

The Commonwealth Secretariat (2021) defined youth as individuals aged between 15 to 29. In this study, the age between 20 to 29 was selected to be one of the inclusion criteria as individuals who are aged between 15 and 19 is still focusing on their education as well as self-development (Buchmann & Kriesi, 2011; Van den Berg & Verbakel, 2021), the question of singlehood and marriage has yet to be taken into consideration.

Location of Study

The study was conducted across Malaysia by delivering the link of survey on social media platforms such as Facebook, WhatsApp and Instagram to the participants. The individuals who are single and met the inclusion criteria were the targeted participants of this study.

Research Participants

In this study, 417 participants were recruited. However, 124 cases were removed after filtering the 108 cases that did not fulfil the inclusion criteria (i.e., in a romantic relationship;
non-Malaysian; aged below 20 and above 30), as well as 10 cases with missing values (i.e.,
data with less than 90% completion of the survey). Additionally, 5 cases of univariate outliers
and 1 case of multivariate outlier were also removed, with a total of 293 remaining
respondents for the final analyses. There were 224 females (73.7%) and 80 males (26.3%)
who aged between 20 to 29 years old ($M = 23.11, SD = 2.086$) participated in this study.
Based on their nationality, all of them reported that they were Malaysian. Majority of them
were Chinese (77%), followed by Malay (11.8%), Indian (9.5%) and other races (1.6%) such
as Bajau, Eurasian, Iban, Melanau and Native Sarawak. In terms of the relationship status, all
of them are currently single.

**Ethical Clearance Approval**

The Universiti Tunku Abdul Rahman Scientific and Ethical Review Committee (ref:
U/SERC/282/2021) reviewed and approved to ensure the present study will be conducted
ethically.

**Pilot Study**

After obtaining ethical approval, a pilot study was conducted. Thirty-five participants
that met the inclusion criteria of the present study were recruited for the pilot study. The pilot
study was conducted by replicating all the procedures of the main study to validate the
feasibility of the study (In, 2017). In other words, the feasibility of the study was used to
analyse the practicality of the main study in terms of execution and utility, and it frequently
includes an assessment of resources for the main study, such as time and costs
(Gudmundsdottir & Brock-Utne, 2010). The online survey for the pilot study was created by
using Qualtrics and distribution online through social media (i.e., Facebook and WhatsApp).
The data collection for pilot study lasted for one week. The Cronbach’s alpha value for
Attitudes toward Singlehood Scale (AtSS), Negative Stereotyping of Single Persons Scale
(NSSP), Sense of Control Scale (SC), and Intention to be Single Scale (ITS) were found to be .935, .979, .851, and .916 respectively, which indicated good reliability for all of the instruments (Hinton et al., 2004).

**Actual Study**

The actual study was conducted after assessing the feasibility of the study, and the data collection process was from 23rd January 2022 to 28th February 2022. Qualtrics software was used to create the online survey questionnaire. The survey questionnaire was distributed to the potential research participants via social media platforms (e.g., Facebook, WhatsApp and Instagram).

Apart of the four instruments used in the study, the survey also included demographic questions (i.e., age, sex, and nationality). This information was useful for the researchers to identify whether the individual is eligible to participate in the study. Participants were required to read the attached participant information sheet, which consisted of the purpose of the study as well as the informed consent before they started to answer the online survey questionnaire. This ensured that the participants were aware that the responses collected are only used for academic purposes, and their information will be kept confidential. Only after agreeing to the terms and conditions in the consent form, the participants were able to continue to participate in the survey. The participants were informed that they have the right to withdraw from the survey if they were uncomfortable answering the questions. The data collected was analysed by using IBM SPSS Statistics Version 23. The statistical analysis used in this study is multiple linear regression (MLR). The independent variables were attitudes toward singlehood, negative stereotyping of single persons and perceived control, while the dependent variable was the intention to be single. At the end of the project, 100 qualified participants who completed the entire survey were randomly selected to receive RM5 TNG E-WALLET credit as a token of appreciation.
Instruments

**Attitudes toward Singlehood.** The Attitudes towards Singlehood Scale (AtSS) was developed by Tan and colleagues (2021) to measure individuals’ attitudes toward singlehood. The AtSS consists of nine items such as “I feel happy when I am single”, “I feel positive for being single” and “I feel comfortable being single”. All items were rated on a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree). The scores of the scale range from 9 to 63, the average scores of the nine items were calculated to obtain the overall score for the scale. Higher mean scores indicated a more positive attitude towards singlehood. The reliability of the AtSS was tested by using Cronbach’s alpha. The scale showed a good internal consistency whereby Cronbach’s alpha is greater than .82. Moreover, the researchers have noted a good validity in the 9-item AtSS with values of .975 in comparative fit index (CFI), .963 in Tucker–Lewis index (TLI), .097 root mean square error of approximation (RMSEA), .030 standardized root mean square residual (SRMR), and 8830.834 in Bayesian information criterion (BIC) (Tan et al., 2021). In the present study, Cronbach’s Alpha value was .897.

**Negative Stereotyping of Single Persons.** The Negative Stereotyping of Single Persons Scale (NSSP) was developed by Pignotti and Abell (2009). The NSSP aimed to measure negative stereotyping of single people. It consists of thirty items, whereby items 2 and 9 are reversed scored. There are three dimensions in this scale, which are: (1) attitudes toward marriage versus singlehood, (2) perceived results of being single, and (3) perceived causes of being single. All the items were rated on a 7-point Likert scale, ranging from 1 (completely disagree) to 7 (completely agree). The scores of NSSP ranged from 30 to 210, whereby the average score for the total scale as well as the average score for the three dimensions of the scale were calculated by the final scores. Higher scores indicated a greater endorsement of each form of stereotyping. The scale showed a good internal consistency with
coefficient alphas ranging from .87 to .91 on the proposed subscales. The developers have also concluded that the NSSP has a good factorial validity - with values of .98 in CFI, .06 in SRMR, and .06 in RMSEA. In the present study, Cronbach’s Alpha value was .952.

**Perceived Control.** The Sense of Control Scale (SC) was developed by Lachman and Weaver (1998) to evaluate the individual’s perceived control. It consisted of twelve items to measure one’s perceived control in two categories, perceived constraints (item 1, 2, 4, 5, 7, 9, 10, and 11) and personal mastery (item 3, 6, 8, and 12). The subscale for personal mastery measured what people feel they can control themselves while the perceived constraints subscale measured what people feel they cannot control. The sample items are “I often feel helpless in dealing with the problems of life.” (perceived constraints), and “I can do just about anything I really set my mind to do” (personal mastery). All the answers were rated on a 7-point Likert scale which ranges from 1 (strongly disagree) to 7 (strongly agree). The scores of the SC ranged from 1 to 84, and the scoring method was obtained by summing up all the scores of the twelve items. Higher scores indicated a greater sense of control to their life prospects rather than being affected by external circumstances. The scoring will be excluded if more than two items were missing in the mastery category, or if more than four items were missing from the constraints category. SC showed a good internal consistency in both perceived constraints subscale (Cronbach’s α = 0.86) and personal mastery subscale (Cronbach’s α = 0.70). In the present study, the items and instructions of the SC were modified to fit in the singlehood context. An example of the modified item would be item 5, “Being single is beyond my control” instead of “What happens in my life is often beyond my control”. In the present study, Cronbach's Alpha value was .867.

**Intention to be Single.** The Intention to be Single Scale (ITS) was adopted and revised from the 3-items Intention to Marry Scale (IMS) by Park and Rosén in 2013, which is used to assess the intention of an individual to get married in the future. The Intention to be
Single Scale consisted of four items to measure one’s intentions of being single such as “I want to be single,” “I intend to get married someday,” “I do not hope to be in a romantic relationship,” and “I intend to be single by choice.” The four items were answered based on a 7-point Likert scale (0 = strongly disagree, 6 = strongly agree). The scores of the Intention to be Single scale ranged from 0 to 24, and the total score was calculated by summing up each item score. The higher score indicated a higher intention to be single. In the present study, Cronbach's Alpha value was .862.
Chapter IV
Results

Outliers Detection

Univariate Outliers

In the present study, univariate outliers were detected through boxplot, 5 univariate outliers were found and removed from the data (see Appendix I, p. 77).

Multivariate Outlier

Mahalanobis distance was used to identify the multivariate outliers in the present study. The Mahalanobis distance measures the extent of multivariate outliers which is based on a chi-square distribution, assessed using $p < .001$ (Filzmoser & Gregorich, 2020). In the analysis, Case Number 49 was identified as the multivariate outlier and was removed as the $p$-value was less than .001. (see Appendix J, p. 81).

Descriptive Statistics

Table 4.1 shows the descriptive statistics and correlation of the variables in this study. Pearson’s correlation coefficient, $r$ was used to examine the relationship between two variables. Through the analysis, negative insignificant correlation was found between attitudes towards singlehood and negative stereotyping of single persons, attitudes toward singlehood and perceived control, negative stereotyping of single persons and intention to be single, and perceived control and intention to be single. Moreover, a moderate correlation was found between attitudes towards singlehood and intention to be single, and negative stereotyping of single persons and perceived control.
Table 4.1

Descriptive Statistics and Correlation of the Variables

<table>
<thead>
<tr>
<th>Variable</th>
<th>M</th>
<th>SD</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Attitudes toward singlehood</td>
<td>51.37</td>
<td>8.799</td>
<td>-</td>
<td>-.472**</td>
<td>-.276**</td>
<td>.635**</td>
</tr>
<tr>
<td>2. Negative stereotyping of single persons</td>
<td>86.22</td>
<td>31.829</td>
<td>-</td>
<td>.605**</td>
<td>-.495**</td>
<td></td>
</tr>
<tr>
<td>3. Perceived control</td>
<td>38.11</td>
<td>12.325</td>
<td>-</td>
<td>-</td>
<td>-.316**</td>
<td></td>
</tr>
<tr>
<td>4. Intention to be single</td>
<td>12.41</td>
<td>6.14</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td></td>
</tr>
</tbody>
</table>

Normality Assumption

Normality Test

The Kolmogorov-Smirnov (K-S) test was used to examine the assumption of normality in the study. Since the values are smaller than .05, the variables are not normally distributed. Hence, the assumption of normality was violated. The results were still tolerable as past findings portrayed that studies with large sample size might obtain significant results (Ghasemi & Zahediasl, 2012; Mendes & Pala, 2003). Besides, the skewness as well as kurtosis were analysed to check on the normality of each distribution after all the outliers have been removed. The results indicated that there were no violations for the assumption of skewness as well as kurtosis. The values of skewness and kurtosis in the present study did not exceed the benchmark ranging from -2 to +2 (George & Mallery, 2010; Gravetter & Wallnau, 2014; Trochim & Donnelly, 2008). Besides, the histograms of the variables used in this study (i.e., attitudes toward singlehood, negative stereotyping of single persons, sense of control, and intention to be single) were in a bell-shaped curve. Hence, there were no violations in this normality assumption. The same result whereby there are no violations in the normality assumption was shown through Q-Q plots, in which the points of the Q-Q plots lie on a straight, diagonal line.
Although the assumption for the K-S test was not met, the other four measures (i.e., skewness and kurtosis, histogram, and Q-Q plot) in normality checking were not violated (see Table 4.2). Hence, it can be concluded that the four variables (i.e., attitudes toward singlehood, negative stereotyping of single persons, sense of control, and intention to be single) were normally distributed, and the sample distribution was not significantly different from the population.

Table 4.2

Kolmogorov-Smirnov Test, Skewness and Kurtosis, Histogram, and Q-Q Plots

<table>
<thead>
<tr>
<th>Variables</th>
<th>Kolmogorov-Smirnov Statistic</th>
<th>df</th>
<th>Skewness</th>
<th>Kurtosis</th>
<th>Histogram</th>
<th>Q-Q plots</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attitudes toward singlehood</td>
<td>.097</td>
<td>293</td>
<td>.001</td>
<td>-.540</td>
<td>-.398 Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>Negative stereotyping of single persons</td>
<td>.063</td>
<td>293</td>
<td>.007</td>
<td>.069</td>
<td>-.539 Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>Perceived control</td>
<td>.102</td>
<td>293</td>
<td>.001</td>
<td>-.515</td>
<td>-.698 Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>Intention to be single</td>
<td>.091</td>
<td>293</td>
<td>.001</td>
<td>.177</td>
<td>-.329 Normal</td>
<td>Normal</td>
</tr>
</tbody>
</table>

*see (Appendix K, p. 82, Appendix L, p. 86, Appendix M, p. 90, Appendix N, p. 91 For SPSS output.

Multiple Linear Regression Assumptions

Variable Types

According to Berry (1993), the variables used in the study have to be independent of each other and in metric form (quantitative) in multiple linear regression. This assumption had been met in the present study as all of the variables were continuous and are independent.
Multicollinearity

The assumption of multicollinearity was examined by performing the collinearity statistics. In the present study, the tolerance values were indicated at the table below (Table 4.4). The cut-off threshold values for tolerance is ≤ .1 and the Variance Inflation Factor (VIF) ≥ 10 (Hair et al., 2010). In the present study, the VIF values were all less than 10 and the tolerance value is more than .1 for attitudes towards singlehood, negative stereotyping towards singlehood, and sense of control. Therefore, it was concluded that the multicollinearity was not violated.

Table 4.3
Collinearity Statistics

<table>
<thead>
<tr>
<th></th>
<th>Tolerance</th>
<th>VIF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attitudes toward singlehood</td>
<td>.770</td>
<td>1.287</td>
</tr>
<tr>
<td>Negative stereotyping of single</td>
<td>.533</td>
<td>1.876</td>
</tr>
<tr>
<td>persons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Perceived control</td>
<td>.634</td>
<td>1.578</td>
</tr>
</tbody>
</table>

Independence of error (Durbin-Watson)

The Durbin Watson test was used to check for the assumption of the independence of error. The suggested benchmark of this test is in the range of one to three, and preferably the value is close to two (Reddy & Sarma, 2015). In the present study, this assumption was not violated as the value was in the range of one to three at 1.790.

Linearity, residual normality and homoscedasticity

A scatterplot was used to analyse the assumptions of linearity, residual normality and homoscedasticity. Based on Figure 4.1, the scatter plot showed that the assumptions for linearity, residual normality as well as homoscedasticity were met.
Multiple Linear Regression (MLR) Analysis

Multiple linear regression was used to examine if the attitudes towards singlehood, negative stereotyping of single persons, and perceived control have a relationship with the intention to be single among young adults in Malaysia. The model was statistically significant, $F(3, 289) = 79.872, p < .001$, and accounted for 44.8% of the variance. Attitudes towards singlehood ($\beta = .517, p < .001$) and negative stereotyping toward singlehood ($\beta = -.230, p < .001$) were found to have a significant relationship of the intention to be single. On the other hand, perceived control ($\beta = -.034, p = .528$) did not have a relationship with the intention to be single (see Table 4.4).
### Result of Regression Coefficient

<table>
<thead>
<tr>
<th>Variables</th>
<th>B</th>
<th>95% CI for B</th>
<th>SE B</th>
<th>β</th>
<th>R²</th>
<th>Adj. R²</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>LL</td>
<td>UL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attitudes toward singlehood</td>
<td>.361</td>
<td>.293-.429</td>
<td>.034</td>
<td>.517</td>
<td>&lt;.001</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative stereotyping of single</td>
<td>-.044</td>
<td>-.067-.022</td>
<td>.011</td>
<td>-.230</td>
<td>&lt;.001</td>
<td></td>
<td></td>
</tr>
<tr>
<td>persons</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Perceived control</td>
<td>-.017</td>
<td>-.071-.036</td>
<td>.027</td>
<td>-.034</td>
<td>.528</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Note.* Dependent variable = intention to be single. B, unstandardized regression coefficient; CI, confidence interval; LL, lower limit; UL, upper limit; SE B, standard error of the coefficient; β, standardized beta; Adj. R², adjusted R²; p, p-value

*see Appendix O, p. 92 for SPSS output.*
CHAPTER V
Discussion and Conclusion

Discussion

The present study adopted the theory of planned behaviour (TPB) by Ajzen (1985) to examine (1) the relationship between attitudes toward singlehood and intention to be single (2) the relationship between negative stereotyping of single persons negatively and intention to be single (3) the relationship between perceived control and intention to be single.

Both attitudes toward singlehood and negative stereotyping of single persons have significant relationships with the intention to be single. These results are aligned with the concept of TPB, which posits that a specific attitude towards a behaviour and the influence of normative social pressures are expected to predict the behaviour (Ajzen, 1991). As mentioned in the Literature Review, past studies have yielded the same relationships between attitudes toward a behaviour and behavioural intention as well as relationship between negative stereotypes and behavioural intention in different contexts such as romantic relationship, health, gambling and technology context (Asare, 2020; Askarshahi et al., 2019; Kahn, 2007; Kasilingam, 2020; León-Jariego et al., 2019; Lin et al., 2021; Seacat & Mickelson, 2009). Similar relationships have also been explained by the theory of reasoned action (TRA). According to the TRA, attitudes toward the behaviour as well as the subjective norms is determined by their intention to do the behaviour (Fishbein & Ajzen, 1975; Silverman et al., 2016). Nevertheless, since the findings from this study and in various contexts have yielded the same conclusion, this can further empirically solidify that there is a relationship between attitudes and the intentions of behaviour as well as a relationship between subjective norm and behavioural intention.

The results do not support the third hypothesis of the present study, indicating that perceived control is not a determinant of the intention to be single. Although there were no
past studies in the singlehood context to support the findings in this study; however, similar results were found in previous literature of various contexts (e.g., divorce and food consumption). According to Askarshahi et al. (2019), perceived behavioural control is a weak indicator of behavioural intention because the individual’s control on decision making can be affected by different factors that are, in many situations, beyond the individual’s control (e.g., financial concern, family pressure, and career development). Similarly, perceived control has been suggested to be negatively associated with being susceptible towards social pressure in which individuals who have low levels of perceived control and self-efficacy are more ready to accept situations offered by others (Bandura, 1982; Jones, 1986). According to Ajzen (2006), although the three predictors of TPB are independent of each other conceptually, oftentimes these factors are interrelated empirically because multiple predictors could be influenced by the same predictor. In a past study guided by TPB, the researchers have concluded that the influence of subjective norms could be particularly pertinent for novel behaviours which are challenging in terms of control. In this sense, when individuals have visible features that signal difference, stressing similarity to others is presumably a coping strategy to prevent themselves from being negatively stereotyped (Jones et al., 2014). Based on this reason, it is plausible to assume that people might give in to the social pressure, and thus not showing the intention to be single even though perceived control is present.

**Theoretical implication**

As the views on singlehood are ambivalent (some argue that single people are miserable and unhappy, while others argue that singlehood can be embraced and fulfilling), it is critical to present scientific and empirical research findings on singlehood, in a reliable manner (Adamczyk, 2021). The implication of the theory of planned behaviour (TPB) in the current study can achieve the objective which is to fill the research gap by examining the determinants of the intention to be single among young adults in Malaysia. The present study
has provided additional support and gave a new perspective to the TPB. According to Bosnjak et al. (2020), the TPB is one of the most widely used theories in social as well as behavioural sciences whereby the TPB has received broad attention in various areas (e.g., environmental science, the health sciences, business and management). The current study has demonstrated that TPB is also applicable in the context of singlehood. Findings of this study can provide further support for the efficacy of the TPB in explaining determinants of the intention to be single. The insignificant result of perceived control as a determinant of the intention to be single could be affected by other reasons. As such, perceived control and self-efficacy were found to have different bases (Povey et al., 2000). Perhaps, a measure of self-efficacy instead of perceived control could have improved predictability on the intention to be single among young adults in Malaysia.

**Practical Implication**

The practical implication of this study is the prominent role of attitudes toward singlehood and negative stereotyping of single persons in determining the intention to be single. Due to the scarce research of the determinants of intention to be single in Malaysia, the present study could contribute data for the local researchers as well as professionals to develop and modify the interventions to manage the attitudes of individuals toward singlehood. Through the findings of this study, policymakers could distinguish the current trends and perceptions of the younger generation toward singlehood. For instance, the government can implement a social policy such as an incentive program for newlyweds and new parents as a way to address the low birth rates and to reduce the progress of the country to be an ageing nation.

Apart from that, the current study has taken a prior step in filling the literature gap by investigating the determinants of the intention to be single among young adults in the Malaysian context. As past empirical findings in Malaysia are limited to support this study,
the findings of the current study could contribute to future researchers who are interested in this topic by providing insights for better comprehension on this area of research. The findings of this study not only offer a foundation for future researchers to further probe other possible variables that are related to the intention to be single, but it also suggests a new direction for future research on the determinants of the intention to be single.

Limitations & Recommendation

The present study has its own limitations that need to be addressed. As Malaysia is a multicultural and multi-ethnic society, the findings could not truly represent the Malaysian population. However, the majority of the respondents in the current study were Chinese (77%). In this sense, the Malaysian population statistics indicated that the Bumiputera comprised 69.6%, and the non-Bumiputera comprised 30.4% of the population in 2020 (Mahidin, 2020). Perhaps, the characteristics of different ethnicities could lead to different findings as the experience of singlehood is similar across cultures, yet also varying due to religious and cultural diversity. For instance, the Malays have a belief in the notion of “jodoh” which is fate determined by God in meeting life partners (Ibrahim & Hassan, 2009). Therefore, the racial group of the participants is not proportionate to the population statistics, causing it not to truly represent the nation’s population. In order to address this limitation, a stratified sampling method is suggested as every single individual has an equal chance to take part in the study, regardless of their ethnicity. Thus, the study is able to reflect on the Malaysian population and avoid biases.

The second limitation of the study will be an issue of generalisability across countries because of the cultural differences. In this sense, this issue can be distinguished through the standpoint of Geert Hofstede’s 6-D model of national culture which includes six dimensions of culture (i.e., long-term orientation, power distance, indulgence, individualism, uncertainty power distance, and masculinity). Countries (rather than individuals) are distinguished from
one another on the basis of their cultural characteristics, which signify independent preferences for one state of circumstances over another (Hofstede, 2013). The differences in culture in Asian and Western contexts were also portrayed in past research - denoting clear cultural differences in both regions (Garcia et al., 2014; Nisbett & Masuda, 2003; Zhong et al., 2006). The dimension of individualism-collectivism has been used most intensively in comparisons between the Western and Asian contexts, and this framework has contributed to literature in an extensive range of topics (e.g., subjective well-being, emotion, cognition and choice-making) (Hamamura, 2012). The present study’s limited generalizability to solely young adults can be addressed by performing a second study with a balanced ratio of adults from different age groups. Ultimately, this improves the generalizability of findings in future research. As a result, doing cross-country research may increase the generalizability of the findings.

Lastly, the third limitation is the use of cross-sectional design in the current study. In this context, trends such as the changes in attitudes or behaviour over time could not be observed through conducting a cross-sectional study because this research design only collects data from one sample at a single time. Hence, it is suggested to use multiple cross-sectional studies for examining the changes in exposure as well as the effect of a specific population. Multiple cross-sectional studies postulate that there will be at least two samples collected once each time from the target population (Setia, 2016a). For this reason, the multiple cross-sectional designs can be implemented to identify if there are changes in whether perceived control is a determinant of the intention to be single in different samples which is able to either alter the concomitant direction of this determinant of the intention to be single or further strengthen the notion that perceived control is not a significant determinant of intention to be single. Not only that, the use of longitudinal study is also
suggested as an alternative because it is able to offer insights on the determinants of the intention to be single among Malaysians across time.

Conclusion

In sum, the present study supported (1) the first hypothesis, whereby there is a significant relationship between attitudes toward singlehood and intention to be single, and (2) the second hypothesis, in which there is a significant relationship between negative stereotyping of single persons and intention to be single. However, perceived control was not found to have a significant relationship with the intention to be single. Therefore, this study has provided a better understanding of the determinants of intention to be single, which could be of help to peruse the underlying factors of voluntary singlehood, as well as distinguishing it from involuntary singlehood. Lastly, the current study can contribute as a reference for future researchers who wish to continue this study by expanding the theory of planned behaviour (TPB) to further examine the behaviour, which is voluntary singlehood in a multicultural and collectivistic country such as Malaysia.
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Appendix B

Ethical Approval for Research Project

Re: U/SERC/282/2021
8 December 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:

<table>
<thead>
<tr>
<th>No</th>
<th>Research Title</th>
<th>Student’s Name</th>
<th>Supervisor’s Name</th>
<th>Approval Validity</th>
</tr>
</thead>
</table>
| 1  | Perceived Stress, Self-control, and Subjective Well-being as Predictors in Predicting Social Media Addiction Among Young Adults During the Covid-19 Pandemic in Malaysia | 1. Chiam Kok Yi  
2. Choo Jing Keat  
3. Lee Jia Hao | Dr Pung Pit Wan |                                            |
| 2  | Predicting Roles of Perceived Social Support and Perceived Academic Stress on Internet Addiction Among Undergraduate Students in Malaysia | 1. Chan Yung Ming  
2. Ooi K xmin  
3. Lai Ting Sian | Dr Tan Chee Seng |                                            |
| 3  | Attitudes toward Singlehood, Negative Stereotyping of Single Persons, and Perceived Control as Determinants of the Intention to be Single Among Young Adults in Malaysia | 1. Joanne Chong Hui Qi  
2. Leong Wen Sam  
3. Leow Rou yi | Dr Tan Chee Seng |                                            |
| 4  | The Effect of Career Self-Efficacy, Career Outcome Expectations, And Future Career Anxiety on Final Undergraduate Year Last Semester Students’ Career Choice | 1. Tan Za Sen  
2. Lee Quam Xuan  
3. Viven Anak Thomas | Dr Suh Poh Chua | 8 December 2021 - 7 December 2022 |
| 5  | The Relationship Between Sense of Coherence, Coping Strategies and Suicidal Ideation Among Youths in Malaysia | 1. Nur Imanita Amami Binti Mustakim  
2. Rashmika b/p Elangovan  
3. Shahdidah a/p Ramesh | Dr Suh Poh Chua |                                            |
| 6  | Non-Attachment and Sense of Coherence: Their Relationships with Happiness | 1. Gan Wei Xuan  
2. Kasthuri Matha Kumar  
3. Stephanie Wong Zi Shan | Dr Suh Poh Chua |                                            |
| 7  | Grit, Social Relationship and Academic Performance: Their Relationships Among Undergraduates in Malaysia | 1. Fimunay pall Singh  
2. Akhn Singh a/l Ranjit Singh | Ms S T ng Soo Ting |                                            |
| 8  | Flow Experience, Stress, and Mindfulness as Predictors of Internet Addiction Among University Students in Malaysia | 1. Avinash a/l Thiruvelvan  
2. Lim Shu Jing | Ms S T ng Soo Ting |                                            |
| 9  | The Mediating Role of Emotion Regulation in the Relationship Between Negative Emotion, Positive Emotion, and Emotional Eating Among Young Adults in Malaysia | 1. Chong Xuan Ni  
2. Heng Woe Keat  
3. Ream, Yu | Ms S T ng Soo Ting |                                            |
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.

Should the students collect personal data of participants in their studies, please have the participants sign the attached Personal Data Protection Statement for records.

Thank you.

Yours sincerely,

Professor Ts Dr Faidz bin Abd Rahman
Chairman
UTAR Scientific and Ethical Review Committee

c.c Dean, Faculty of Arts and Social Science
Director, Institute of Postgraduate Studies and Research
Appendix C

Participant Information Sheet

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

Personal Data Protection Statement

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.

Notice:

The purposes for which your personal data may be used are inclusive but not limited to:

- For assessment of any application to UTAR
- For processing any benefits and services
- For communication purposes
- For advertorial and news
- For general administration and record purposes
- For enhancing the value of education
- For educational and related purposes consequential to UTAR
- For the purpose of our corporate governance
- For consideration as a guarantor for UTAR staff/ student applying for his/her scholarship/study loan

2. 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.
3. 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.

4. UTAR is committed to 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.

**Consent Form for Research Participation and Personal Data Protection**

**Title of Project:** Attitudes towards singlehood, Negative stereotyping of single persons, and Perceived control as determinants of the Intention to be Single among Young Adults in Malaysia.

**NOTE:** This consent form will remain with the UTAR researchers for their records.

I understand I have been asked to take part in the research project specified above by a group of researchers from UTAR. I have had the project explained to me, and I have read the Explanatory Statement, which I keep for my records

<table>
<thead>
<tr>
<th>I understand that:</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will be asked to complete a questionnaire about attitude towards singlehood, negative stereotypes of single persons, and perceived control on the intention to be single among young adults in Malaysia.</td>
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<tr>
<td>My participation is voluntary, that I can choose not to participate in part or all of the project, and that I can withdraw at any stage of the project without being penalised or disadvantaged in any way.</td>
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<tr>
<td>I may ask at any time for my data to be withdrawn from the project</td>
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<tr>
<td>No information I have provided that could lead to the identification of any other individual will be disclosed in any reports on the project, or to any other party.</td>
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<tr>
<td>I will remain anonymous at all times in any reports or publications from the project.</td>
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</table>
It is my sole responsibility to look after my own safety for the above project. In the event of any misfortune or accidental injury involving me, whether or not due solely to personal negligence or otherwise, I hereby declare that UTAR shall not be held responsible.

By submitting this form, I hereby authorise and consent to UTAR processing (including disclosing) my personal data and any updates of my information, for the purposes and/or for any other purposes related to the purpose.

I acknowledge that if I do not consent or subsequently withdraw my consent to the processing and disclosure of my personal data, UTAR will not be able to fulfil their obligations or to contact me or to assist me in respect of the purposes and/or for any other purposes related to the purpose.

Acknowledgment of Personal Data Protection Notice

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

( ) I disagree that my personal data will be processed.
Appendix D

Demographic Information

*Instruction:* Please select your answer and they will be kept confidential.

1. Age: ___________
2. Gender: (a) Male (b) Female
3. Nationality: (a) Malaysian (b) Non-Malaysian
4. Race: (a) Malay (b) Chinese (c) Indian (d) Others
5. Are you single (currently not in a romantic relationship)? E.g., no boyfriend/girlfriend, not married/ no spouse: (a) Yes (b) No
Appendix E

Attitudes toward Singlehood Scale (AtSS)

Attitudes toward Singlehood Scale (AtSS)

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.

<table>
<thead>
<tr>
<th>No.</th>
<th>Questions</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>I feel happy when I am single.</td>
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<td>2.</td>
<td>I feel positive for being single.</td>
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<td>3.</td>
<td>I feel comfortable being single.</td>
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<td>4.</td>
<td>I choose to commit myself to establish a career rather than a romantic relationship.</td>
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<td>5.</td>
<td>I have better control over my life when I am single.</td>
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<td>6.</td>
<td>I stay single to have more personal space.</td>
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<td>7.</td>
<td>I do not need to get into a romantic relationship to live a happy life.</td>
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<td>8.</td>
<td>Engaging in a romantic relationship is not important.</td>
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<td>9.</td>
<td>I think my life is complete even without a romantic partner.</td>
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Appendix F

Negative Stereotyping of Single Persons Scale (NSSP)

Please indicate the extent to which you agree/disagree with the following statements:

<table>
<thead>
<tr>
<th>No.</th>
<th>Questions</th>
<th>1</th>
<th>2</th>
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<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>It’s only natural for people to get married.</td>
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<td>2.*</td>
<td>Single people can be just as fulfilled as married people.</td>
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<td>3</td>
<td>People who claim to be satisfied being unmarried are just kidding themselves.</td>
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<td>4</td>
<td>If I had a child who grew up and did not marry, I would worry that he/she would never be happy.</td>
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<tr>
<td>5</td>
<td>The intimacy of friendship cannot compare to the intimacy of marriage.</td>
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<td>6</td>
<td>People who do not marry are incomplete.</td>
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<tr>
<td>7</td>
<td>My single friends seem to be missing something in their lives.</td>
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<tr>
<td>8</td>
<td>People who do not marry can never be truly fulfilled.</td>
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<td>9.*</td>
<td>When single people say they are satisfied with their lives, I believe them.</td>
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<td>10</td>
<td>There is something wrong with someone who doesn’t want to get married.</td>
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</tbody>
</table>

Dimension 1: Attitudes toward marriage versus singlehood
Dimension 2: Perceived results of being single.

**Stem:** Being single results in...

<table>
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<th>No.</th>
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<th>6</th>
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</thead>
<tbody>
<tr>
<td>11</td>
<td>Feeling lonely.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>12</td>
<td>Wanting to spend most of one's time meeting potential people to marry.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>13</td>
<td>Feeling depressed.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>14</td>
<td>Feeling envious of married people.</td>
<td></td>
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<td></td>
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<tr>
<td>15</td>
<td>Not being close to anyone.</td>
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<tr>
<td>16</td>
<td>Feeling desperate for intimacy.</td>
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<tr>
<td>17</td>
<td>Being obsessed with work.</td>
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<tr>
<td>18</td>
<td>Dying alone.</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Becoming sexually promiscuous.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Longing for a spouse.</td>
<td></td>
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</tbody>
</table>
### Dimension 3: Perceived causes of being single.

**Stem:** People are single because they...

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</thead>
<tbody>
<tr>
<td>21.</td>
<td>Are immature.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<td>6</td>
<td>7</td>
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<tr>
<td>22.</td>
<td>Are irresponsible.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>23.</td>
<td>Are eccentric.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<td>6</td>
<td>7</td>
</tr>
<tr>
<td>24.</td>
<td>Are physically unattractive.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>25.</td>
<td>Are selfish.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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<td>7</td>
</tr>
<tr>
<td>26.</td>
<td>Feel afraid of true intimacy.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>27.</td>
<td>Are difficult to get along with.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>28.</td>
<td>Are too picky.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>29.</td>
<td>Want to be sexually promiscuous.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>30.</td>
<td>Are incapable of making commitments.</td>
<td>1</td>
<td>2</td>
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<td>7</td>
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</table>
Appendix G

Sense of Control Scale (SC)

Sense of Control Scale

Perceived control refers to the extent to which a person thinks they have control over their life prospects (e.g., being in a romantic relationship or not), rather than being determined by external circumstances like their environment. This scale measures one’s perceived control in determining their choice to be single. For each statement, please check the box corresponding to the answer that best represents your level of agreement with each statement as it applies to you.

Select a score from 1 (Strongly disagree) to 7 (Strongly agree) to indicate the extent to which you agree with the item.

<table>
<thead>
<tr>
<th>No.</th>
<th>Questions</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>There is little I can do to change many of the important things (i.e., whether to engage in a romantic relationship) in my life.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td>2.</td>
<td>I often feel helpless in dealing with the problems of not being in a romantic relationship.</td>
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<tr>
<td>3.*</td>
<td>I can do just about anything (i.e., whether to engage in a romantic relationship) I really set my mind to do.</td>
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<td>4.</td>
<td>Other people determine whether I should be in a romantic relationship or not.</td>
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<td>5.</td>
<td>Being single is beyond my control.</td>
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<td>6.*</td>
<td>When I really want to be single, I usually find a way to make it possible.</td>
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<tr>
<td>7.</td>
<td>There are many things that interfere with my choice to be single.</td>
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<td>8.*</td>
<td>Whether or not I am able to choose to be single is in my own hands.</td>
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<tr>
<td>9.</td>
<td>I have little control over the situations that happen to me.</td>
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<tr>
<td>10.</td>
<td>There is really no way I can solve the issue of not being in a romantic relationship.</td>
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<tr>
<td>11.</td>
<td>Sometimes I feel that I am being pushed around in life.</td>
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<tr>
<td>12.</td>
<td>What happens to me in the future mostly depends on me.</td>
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</table>
Appendix H

Intention to be Single Scale (ITS)

Intention to be Single Scale

This short scale is designed to measure an individual’s intentions of being single (four items), with summed scores ranging from 0 to 24. Higher scores indicate a more positive intent to be single.

<table>
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<tr>
<th></th>
<th>0</th>
<th>1</th>
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<th>5</th>
<th>6</th>
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<td>1. No</td>
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<td>2</td>
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<td>5</td>
</tr>
<tr>
<td>1.</td>
<td>I want to be single.</td>
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<tr>
<td>2.*</td>
<td>I intend to get married someday.</td>
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<tr>
<td>3.</td>
<td>I do not hope to be in a romantic relationship.</td>
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<tr>
<td>4.</td>
<td>I intend to be single by choice.</td>
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</table>

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Moderately disagree</th>
<th>Slightly disagree or agree</th>
<th>Slightly agree</th>
<th>Moderately agree</th>
<th>Strongly agree</th>
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</thead>
<tbody>
<tr>
<td>Strongly disagree</td>
<td>Moderately disagree</td>
<td>Slightly disagree or agree</td>
<td>Slightly agree</td>
<td>Moderately agree</td>
<td>Strongly agree</td>
</tr>
<tr>
<td>No.</td>
<td>Questions</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
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</table>
Appendix I

SPSS Output: Univariate outliers

Boxplot of attitudes toward singlehood
Boxplot of negative stereotyping of single persons
Boxplot of perceived control
Boxplot of intention to be single
Appendix J

SPSS Output: Multivariate Outlier
Appendix K

SPSS Output: Histogram

Histogram of attitudes towards singlehood

Mean = 51.37
Std Dev = 3.799
N = 203
Histogram of negative stereotyping of single persons
Histogram of perceived control
Histogram of intention to be single
Appendix L

SPSS Output: Q-Q plot

Q-Q Plot of attitudes towards singlehood
Q-Q Plot of negative stereotyping of single persons
Q-Q Plot of perceived control
Q-Q Plot of intention to be single
Appendix N

SPSS Output: Skewness and Kurtosis
Appendix O

SPSS Output: Regression coefficient
### Regression Table

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<tr>
<th>Model</th>
<th>R Square</th>
<th>R Square Adjusted</th>
<th>F</th>
<th>Sig.</th>
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<tbody>
<tr>
<td>Total</td>
<td>0.12902</td>
<td>0.02821</td>
<td>0.93873</td>
<td>0.0009</td>
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</tbody>
</table>

### Model Summary

<table>
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<th>R Square</th>
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<th>F</th>
<th>Sig.</th>
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<tr>
<td>Total</td>
<td>0.12902</td>
<td>0.02821</td>
<td>0.93873</td>
<td>0.0009</td>
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### ANOVA Table

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<tr>
<td>Total</td>
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<td>0.0009</td>
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### Coefficients Table

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<th>Unstandardized Coefficients</th>
<th>Standardized Coefficients</th>
<th>Beta</th>
<th>Std. Error</th>
<th>t</th>
<th>Sig.</th>
<th>95% Confidence Interval for B</th>
<th>Lower Bound</th>
<th>Upper Bound</th>
<th>Tolerance</th>
<th>VIF</th>
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<tbody>
<tr>
<td>Total</td>
<td>1.650</td>
<td>2.395</td>
<td>0.030</td>
<td>0.208</td>
<td>0.869</td>
<td>0.368</td>
<td>0.254</td>
<td>0.734</td>
<td>0.878</td>
<td>1.191</td>
<td>1.807</td>
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### Correlations Table

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<th>VIF</th>
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<tr>
<td>Total</td>
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<td>0.124</td>
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