DETERMINANTS OF PSYCHOLOGICAL WELL-BEING AMONG

SINGLE YOUNG ADULTS IN MALAYSIA:

ATTITUDES TOWARDS SINGLEHOOD,

STEREOTYPES AND SOCIAL SUPPORT

KAN VIVIAN

NGO DA LONG

WONG JIA MAN

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Kan Vivian, Ngo Da Long, Wong Jia Man

Universiti Tunku Abdul Rahman

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Sincerely,

Kan Vivian

Ngo Da Long

Wong Jia Man

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.

Name: Kan Vivian

Student ID: 20AAB06595

Signature:

Date: 25th August 2023

Name: Ngo Da Long

Student ID:18AAB04409

Signature: DaLong

Date: 25th August 2023

Name: Wong Jia Man

Student ID:19AAB05414

Signature:

Date: 25th August 2023

Approval Form

This research paper attached hereto, entitled "Determinants of Psychological Well-Being Among Single Young Adults in Malaysia: Attitudes Towards Singlehood, Stereotypes and Social Support", prepared and submitted by Kan Vivian, Ngo Da Long and Wong Jia Man in partial fulfilment of requirements for the Bachelor ofSocial Science (Hons) Psychology is hereby accepted.

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Supervisor   Date: 25th August 2023

(Dr. Nurul Iman Binti Abdul Jalil)

Abstract

This study investigated the relationship between singlehood, negative stereotypes towards single individuals, social support, and psychological well-being among young adults in Malaysia. Despite initial hypotheses, the results indicated non-significant correlations between attitudes towards singlehood and psychological well-being, negative stereotypes and psychological well-being, and social support and psychological well-being. Cultural variations, societal expectations, and individual experiences in Asian societies, where marriage is culturally significant, may contribute to the lack of significance observed in these relationships. While past studies have suggested negative stereotypes about singlehood, this study demonstrates that such stereotypes may not significantly impact psychological well-being. Additionally, social support, while moderately correlated, did not significantly predict psychological well-being. Theoretical implications highlight the role of Maslow's Hierarchy and social support theories, while practical implications suggest the need for awareness campaigns, educational programs, and policy changes to create a supportive environment for single young adults. Limitations of self-reported measures and cross-sectional design are acknowledged, suggesting the use of objective measures and longitudinal studies for future research. Despite the results not aligning with the hypotheses, this study contributes to understanding singlehood, stereotypes, social support, and psychological well-being in the context of Malaysian young adults and offers directions for future research.

Keywords: Attitudes toward singlehood, negative stereotyping towards single persons, perceived social support, psychological well-being, young adults, Malaysia

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Chapter I

Introduction

Background of the Study

Gargan (1986) has noted that "The married lifestyle is regarded as the social

norm" (p. 200) and as a result, negative stereotypes have arisen to explain the deviance

from the norm. However, more and more people are currently staying in single condition

despite it being the choice or not. As stated by Marriage and Divorce Statistics, Malaysia

2021 (2021), Malaysia's marriages population decreased from 203,661 in 2019 to

184,589 in 2020 (-9.4%), and the Muslims marriages population decreased by 1.8 percent

from 147,847 (2019) to 145,202 (2020), additionally, the non-Muslims marriages

recorded in 2019 was 55,814, declined 29.4 percent comparing to 39,387 (2020). The

decline in the rate of marriage is due to the satisfactory level of freedom and level of

stress among Malaysian youths as a higher level of these can be achieved in singlehood

as compared to married (Menon, 2021), and this is supported by the other study claiming

that people stay single because of their denial in financial and time commitment into a

relationship (Tan et al., 2021). Other than that, Muhamading (2018) from New Straits

Times has also mentioned the three major antecedents of Malaysia's singlehood which

are finance, career, and the inability of getting the right person.

Problem Statement

In Malaysia, there is a lack of studies about singlehood and psychological well-

being. Many past studies focused on the sample of single mothers or the marriage

population (Hamid & Salleh, 2013). When compared to being single, being in a

relationship (whether it be marriage or cohabitation) is connected with greater psychological well-being. The transition back to life as a single person after a divorce is often seen as particularly difficult. However, in comparison to cohabitants who are married, cohabitants who have never married, and cohabitants who have been divorced are more likely to report having an issue with alcohol. The same is true for cohabitants who are responsible for the care of dependent children. Additionally, divorced cohabitants are more likely to report a history of depression than married cohabitants who are in the same situation (Reneflot & Mamelund, 2011). The relevant research should be increased in order to collect and analyse Malaysians' singlehood mental health and well-being. This is to raise up awareness of Malaysian mental health care.

Malaysia, a Muslim country, singlehood is a negative label that is embedded in the thoughts of society as marriage is the faith and kind of fulfillment for Muslims (HASSOUNEH-PHILLIPS, 2001). However, there is a lack of studies focusing on the topic of the singlism within Malaysia context as most of the past studies are implemented in other Countries like Turkey (Sakallı Uğurlu et al., 2018) and Indonesia (Nanik et al., 2018). Therefore, we are expecting to study the stereotypes towards single people and the influenced psychological well-being of the other ethnic group in Malaysia, the Chinese, Indian, and other ethnic groups.

Moreover, past studies paid less effort and with less concern towards the negative stereotype and its impacts on psychological well-being, it is justified through the search for resources. The majority of the studies mainly discussed the gender difference in marriage and singlehood, female is the dominant topic being discussed, and singlism is

the subtopic of the studies (Ibrahim, 2018; Nanik et al., 2018; Sakallı Uğurlu et al., 2018).

Research Objectives

1. To study the predictive effect of singlehood on psychological well-being among young adults in Malaysia.
2. To study the predictive effect of the stereotype on psychological well-being among young adults in Malaysia.
3. To study the predictive effect of social support on psychological well-being among young adults in Malaysia.

Research Questions

1. Does singlehood predict the psychological well-being among single young adults in Malaysia?
2. Does negative stereotype predict the psychological well-being among single young adults in Malaysia?
3. Does social support predict the psychological well-being among single young adults in Malaysia?

Research Hypotheses

H_1: There is a significant relationship between singlehood and psychological well-being among single young adults in Malaysia.

H_2: There is a significant relationship between stereotype and psychological well-being among single young adults in Malaysia.

H₃: There is a significant relationship between social support and psychological well-being among single young adults in Malaysia.

Significance of Study

The decrease in the birth rate due to the increased population of single people would lead to a population decline (HAARTSEN & VENHORST, 2010; Ministerie van Binnenlandse Zaken en Koninkrijksrelaties, 2014; Writer, 2022). Population decline has undesired impacts on educational and demographic aspects such as school closure (Hinojosa, 2019). Therefore, the study could provide awareness and ideas to policy-maker on the relationship between singlehood and population decline, and the relevant parties could establish relevant policy plans to avoid further issues caused by population decline.

Despite that, the variables of this study focus on are singlehood, stereotypes and social support are first to be investigated as the predictors of psychological well-being, creating an opportunity to develop a better understanding of Malaysia communities towards the association between singlehood and psychological well-being, stereotypes and psychological well-being, and social support and psychological well-being. In addition to this, the amount of information of readers regarding the topic could be increased by this study as well. This study has the potential to create awareness with regards to singlehood to make a better understanding among Malaysian citizens about the overlooked issue mentioned before, the impact of population decline.

Another key to remember is that studies regarding singlehood in the research field of Malaysia are scarce (Ibrahim & Hassan, 2009), and the majority of the study pays attention to the population of single mothers (Aw & Sabri, 2020; Benuyenah & Tran, 2020; Yulita et al., 2020) and single father (Saili & Sa, 2019) in Malaysia. Hence, to study the topic regarding singlehood in respect of the area of relationship status instead of singlehood among single mothers and fathers is one of the aims of this study to fill the knowledge gap in the research field of Malaysia and provide support to Malaysian researchers who have interest in this topic to conduct further exploration in future.

Conceptual Definition of Variables

Singlehood

Singlehood is the state of being unmarried, divorced, widowed, or without a partner (Blakeley, 2021).

Stereotype

Negative stereotypes are defined by Voci (2014) as the traits and characteristics that negatively attribute to a social group and have negative impacts on its members. Stereotypes are socio-environmental-based that could be developed from family, friends, social media, or the environment they are stored in individual memory and often endorsed automatically to group members, but they could also be changed and abandoned. In short, stereotypes are the easiest and most economical manner to perceive the world.

Stereotypes can be either positive or negative, and it is not necessary to bring harmful effects. However, the negative impacts caused by stereotypes are not allowed to

overlook as previous studies regarding the stereotype threat which is being described as the targeted stereotyped group and its individual members are concerned about the happen of negative social evaluation or treatment as the results of the stereotypes, reported that the pressure led by the stereotype can undermine targeted group's and its individual members' potential and ability in certain aspects, resulting in hindering their succeed (Spencer et al., 2016). In addition, the stereotypes can have impacts from mild to severe on people's well-being physically such as hypertension and eating disorders (Spencer et al., 2016) and psychologically among LGBT group members (Ojeda-Leitner & Lewis, 2019); and among the aging population in work settings (Cadiz et al., 2022).

Social Support

According to American Psychology Association(n.d.), social support is defined as giving support or comfort to others, usually to assist them in coping with biological, psychological, and social problem. Any interpersonal connection in a person's social network, including those with family, friends, neighbors, colleagues, caretakers, religious organizations, or support groups, might provide support. It can come in the form of physical assistance (such as doing the dishes or giving advice), concrete support in the form of financial or other forms of material aid, or emotional support that makes the recipient feel appreciated, accepted, and understood (*APA Dictionary of Psychology*, n.d.). Moreover, social support also has a broader perspective and a healthy self-image, social support involves having friends and other people including family to turn in times of need or disaster (*Social Support*, n.d.).

Psychological Well-Being

Autonomy, healthy interpersonal relationships, life purpose, mastery, and personal progress are characteristics that are defined and measured by psychological well-being (or Eudaimonia) (Ryff, 1989; Ryff and Keyes, 1995). It is predicated on the idea that happiness is a state of being accompanied by actions that are compatible with one's real potential (Waterman, 1984).

Operational Definition of Variables

Singlehood

In the present investigation, attitudes toward singlehood were evaluated with the use of a nine-item scale called the Attitudes Toward Singlehood Scale (AtSS). Tan, Cheng, and George came up with the idea for the AtSS in 2021, and its scores may vary anywhere from nine to sixty-three. Higher a more favourable attitude about singlehood will be indicated by a score that is closer to the scale's mean. The average of all nine items' scores is used to determine the final score. The higher the score indicates the more positive the attitudes towards singlehood.

Stereotype

The negative stereotype towards single people will be measured through the Negative Stereotype towards Single Persons Scale established by Pignotti and Abell in 2009 to measure the stereotypes towards single people who are being defined as not legally married at the current state in the study (Pignotti & Abell, 2009). To know the level of stereotyping towards single persons, the higher the score obtained from the

measurement, the more the negative stereotypes towards single persons (Pignotti &

Abell, 2009).

Social Support

The Multidimensional Scale of Perceived Social Support (MSPSS) developed by

Zimet, Dahlem, and Farley in 1988 will be used to assess social support for single people.

This scale is used to assess the perceived adequacy of social support from three sources

which are family, friends, and significant other (Zimet et al., 1988). The higher the score

indicates high social support.

Psychological Well-Being

Ryff and Keyes developed the Psychological Well-Being scale (PWB) in 1995. It

consists of 18 items and is used to evaluate six aspects of an individual's well-being and

happiness: autonomy, environmental mastery, personal growth, positive relations with

others, purpose in life, and self-acceptance (Ryff et al., 2007; adapted from Ryff, 1989).

The higher the scores mean the higher the level of psychological well-being.

Chapter II

Literature Review

Singlehood and Psychological well-being

Singlehood is the state of being without a romantic partner. Single people unmarried, divorced, widowed, or without a partner (Blakeley, 2021). The term "single" can apply to a variety of different groups, including the ever-married people (including widowed, divorced, and separated women), as well as the women who have never been married (older and younger, with or without children, cohabiting, living with parents, siblings, strangers or living alone) (Ibrahim & Hassan, 2009).

A study from Apostolou et al. (2020) found there are a significant number of people living in this day and age who would rather not get married, in Western nations, there is a sizeable population of individuals who do not participate in any kind of committed romantic partnership, in America, these people are referred regarded as singles. In research from Apostolou et al. (2020) those factors being single were broken down into 18 categories, and the four broad categories were as follows: Inadequate abilities in flirting, independence, fear of getting hurt, having different objectives, and being overly fussy were among the most prominent causes. There were consistent findings of significant gender and age impacts across a variety of parameters and domains (Apostolou, 2020). Men were more likely than women to say they were single to flirt and because they were not interested in family formation, women said they were single to avoid being hurt and because they did not see themselves as appealing mates, younger people said they were single because they had bad flirting skills, were not

appealing as mates, and did not want commitment, and older people said they were single to be free to do whatever they wanted (Apostolou, 2020).

Marital status was a significant predictor of experienced stress, singlehood had a favourable relationship with perceived stress, particularly the pressures linked to social obligations, loneliness, and finances (Ta et al., 2017). As stated in previous study, Ta et al. (2017) results, which are based on data from a sizable national U.S. sample, offer fresh information on variations in stress levels and causes among married and single people, these findings showed that marriage and singlehood were related with various social statuses and experiences that led to exposure. The social stress model's main objective is to explain how social status hierarchies and inequality affect people's mental and physical health, which is relevant to single adults' experiences because social statuses, including marital status, represent access to social capital, financial resources, and political power (Ta et al., 2017). Besides, according to Adamczyk (2017) fear of being single mediated the link between relationship status and well-being, status satisfaction and fear of being single also acted as mediators in serial, status satisfaction affected fear of being single, which influenced well-being.

In the Western world, the number of long-term singles is rising, yet they are usually disregarded in psychological theory and study (Pepping et al., 2018). Meanwhile, people are debating whether they want to be in a relationship or single (Jamieson, 2019). In many national contexts, the number of young to middle-aged men who have never been married or lived in a marriage-like couple arrangement matches or outnumbers the number of "single" women in the same age group (Jamieson, 2019). However, it is the former who attract disproportionate attention in popular culture and are more likely to be

subjected to stereotyping in media discourse, often in ways that are misogynistic (Jamieson, 2019). According to the studies of Quinn and Earnshaw (2013) exposure to content with a negative effect is associated with elevated levels of psychological discomfort. On the other hand, will people's phycological well-being be affected by being single or married? According to Hsu and Barrett (2020), there is a correlation between one's marital status and their psychological well-being. Those who are currently married do better in psychological well-being than those who have never been married or have been divorced (Hsu & Barrett, 2020).

According Bowker and Nelson (2021), prevalent societal opinion as well as stereotyped views, being single has frequently been linked to feelings of loneliness, social isolation, an absence of social support, as well as feelings of misery. In point of fact, previous studies have shown evidence that the absence of a certain kind of interaction within social networks may be a factor in the experience of loneliness (Bowker & Nelson, 2021). It has been discovered, for example, that those who are married are, on average, less lonely than individuals who are not married (Bowker & Nelson, 2021). Additionally, it has been observed that living with a spouse predicts the lowest levels of loneliness, including romantic loneliness (Bowker & Nelson, 2021). According to Shahidi et al. (2019) the results showed that all aspects of psychology well-being in students may be strongly predicted by loneliness in romantic/sexual and friendship interactions, sample from Islamic Azad University-Tehran Central Branch, 185 students have enrolled in the psychology and sociology departments (IAU-TCB).

Stereotype and Psychological Well-Being

What are stereotypes? Stereotypes are claimed to be generic claims involving characteristic generic content to characterise people into different groups that are associated with "social kinds", the claims indicate the expected roles and functions of the target group and the individual members of the group (Beeghly, 2015). Therefore, the formation of stereotypes towards a social group is always followed by the formation of expectations towards the social group and making an association between the target groups in terms of their behaviours, characteristics and thoughts, with the generic claims. People assume the groups would function accordingly to the expected roles. Beeghly (2015) has also proposed another idea with the perspective of psychologists towards stereotypes as the basis to discuss what is the stereotype. Stereotypes are the concepts or the fundamental items of concepts or the schema that acts as the hypotheses guiding human's thoughts and views on target social groups in social categorization, formation of expectation and influencing in-group members' plans and actions.

Stereotypes exist in any form, targeting different aspects. The studies relevant to stereotypes are from various aspects, for example, age-based stereotypes and gender stereotypes as well as relationship-based stereotypes. Stereotypes are the psychological form of items that provide a direction to humans in cognition as a mental representation of humans in perceiving the world. In more accurate term to describe "stereotype", is belief (Worthy, 2020). From the perspective proposed by Worthy (2022), the stereotype is a cognitive belief that overgeneralizes the characteristics of individual members in a group, developing certain attitudes towards certain groups. The attitudes can be either

positive or negative. There are two types of stereotypes as mentioned by UKEssays (2022) which are individual stereotypes and group stereotypes. Individual stereotypes are similar to impressions, deriving from individual attire, residential location and many more. Moreover, the development of group stereotypes is attributable to the social environment from an individual's early childhood, for instance, the family and peers (Norbekova, 2020; UKEssays, 2022). Additionally, a significant extreme level of stereotypes is proposed as prejudice, the emotional bias, then a more extreme level would become discrimination, the behavioural bias (UKEssays, 2022).

Marriage is a milestone in everyone's life. The positive statements or adjective words are seeming to be the specific claims for married people, while negative statements or adjective words are stigmatizing single people (Sakallı Uğurlu et al., 2018). The married couple is identified as responsible and would have a more satisfying life as compared to single people (*Why Marriage Is Good for You*, 2019). In contrast, there is another study conducted in Turkey revealed that the stereotype towards single people is associated with gender stereotypes (Sakallı Uğurlu et al., 2018), different perspectives from society towards single people are attributed based on gender, although, the claims are still negative. Single men in Turkey are categorized as men who have poorer personality traits with an example such as irresponsible, self-indulgent to desire and immature. Single women are stereotyped in terms of fragility, they are easily damaged when they are not involved in a marriage. Married men and women are then both considered responsible, strong, self-sacrificing and hardworking (Sakallı Uğurlu et al., 2018), furthermore, in the Malaysia context, marriage is the milestone of life and it is assumed that every Muslim should involve themselves in marriage, otherwise, they are

being criticized as incomplete identity and even remaining single is a "problem" (Ibrahim, 2018). In the opposite way, that is how single and married people are identified. Moreover, marriage plays its positive role in mental health with higher life satisfaction and happiness level.

An oversimplified description towards a social group and wishing that the description can use to describe all the individual members of the group is the other form of downgrade individuals with diversity. The negative stereotypes remind the characteristics mentioned in the negative stereotypes to a social group, creating extreme and unnecessary awareness towards the stereotypes which can eventually cause stereotype threat, the feeling of fear arises when the individuals are performing the behaviours described by the stereotypes (*Stereotype Threat | SWD at NIH*, n.d.), to develop. The developed stereotype threat results from negative stereotypes and could lead to lasting adverse impacts on marginalized people. Several adverse effects such as aggression, over-eating, attention sustainability problem and rational decision-making difficulty are the potential consequences of experiencing negative stereotypes (University of Toronto, 2010; Dennehy et al., 2014). In addition, the consequences mentioned above would have a higher chance to be developed into mental illness among the target marginalized group members due to the negative stereotypes experienced (Ojeda-Leitner & Lewis, 2019).

Social Support and Psychological Well-Being

According to Berg and Verbakel (2022) the trend of singlehood is increasing especially after the teenagers had left their home. There are few factors which had

contributed to the rising trend of singlehood are due to the shift in values, the

contraceptive and sexual revolution, educational expansion as well as increasing

uncertainty on the labour market which delays in family formation (Berg & Verbakel,

2022). Besides that, past study also showed that single men are not willing to involved in

family making while single women are afraid of getting hurt in a relationship

(Apostolou,2020). Apostolou(2020) also pointed out that different age affect the factor of

being single, for example young single generation did not view themselves as fitting

partner and they did not want to have commitment while older single generation said that

they are were free to do whatever they want as they have no marriage bondage.

Sarkisian and Gerstel (2015) found that single people have a larger social

platform and high quality of connection with family members and friends compared to

married people. This is due to social support playing an important role in reducing

loneliness among single people (Bernardon et al. 2011). In times of need or disaster,

having friends and other people to turn to, including family, is considered social support

(Leahy-Warren, 2014). Chen et al. (2019) said that people with higher levels of social

support will result in positive coping skills when they face any disaster. As a result,

Pierce et al. (1991) concluded that perceived friendship was the best predictor of a lower

loneliness score, whereas Schmitt and Kurdek (1985) mentioned that perceived social

support from family and friends can buffer against loneliness.

Single people reported less subjectively perceived social support such as comfort,

advice and support from significant others than partnered people as in adulthood,

romantic relationship is considered as a main source of support as partnered people will

seek support from their spouse instead of family and friends (Girme et al., 2022), but

there were no significant differences in family and friend support between both individuals and partnered people (Adamczyk, 2016). However, gender differences in the use of specific sources of support were discovered. Women, for example, are more likely than men to seek social support from friends, coworkers, and family, whereas men are more likely than women to seek social support from their bosses (Day and Livingstone, 2003).

On the other hand, according to Adamczyk had pointed out that single individuals would report a lower level of perceived social support from significant others compared to individuals who are in nonmarital romantic relationships (Adamczyk, 2016) and the other studies also pointed out that this is due to the social support perceived from romantic relationship, so that married individuals have a higher level of perceived social support (Vaingankar et al., 2020; Feder et al, (2019). On the other hand, another study by Adamczyk and Segrin had pointed out that individuals in nonmarital romantic relationships had reported higher emotional well-being but there were no differences in regard to social and psychological well-being (Adamczyk & Segrin, 2015).

Theoretical framework

To investigate the relationship between singlehood and psychological well-being among Malaysians. Singlehood is the main focus key variable to test the Malaysians' well-being been affected. The subject of whether or whether people who aren't in relationships may find fulfilment in their lives has primarily been investigated in relation to persons who are in relationships. This is probably due to the widespread assumption, prevalent in today's modern culture, that everyone aspires to get married and that having a healthy romantic relationship is essential to one's happiness (Oh et al., 2021). It has

been stated that humans have an innate urge to belong to a group and that this need may

be satiated by participating in sexual relationships (Oh et al., 2021). Using Maslow's

Hierarchy of needs can explain the belongingness toward singlehood, as the third level of

human needs, which is social and comprises emotions of belongingness, is satisfied once

physiological and safety requirements have been met (Mcleod, 2020).The theory of

cognitive dissonance is applicable in explaining the association between the variables of

stereotype and psychological well-being. Cognitive dissonance theory refers to the

conflicting beliefs, attitudes and behaviours would result in the creation of a mental

discomfort that prompts a change in one of the attitudes, beliefs, or behaviours to achieve

consistency and ease the discomfort and rebalance things out (Harmon-Jones and Mills,

2019). The beliefs between cognition and behaviours would cause single people to

become confused with their identity, leading to poorer psychological well-being as

people.

This research is to study the relationship between singlehood and social support

among Malaysians. Alwi and Lourdunathan had stated that individuals who are single

had faced significant psychological distress due to the pressure by the society which

expects them to be married (Alwi & Lourdunathan, 2020). Therefore, social support

played an important role in reducing their psychological distress given by the society as

well as all the problems the individual faced in their life, work and family (Adamczyk,

2015).

Social support theory is a theory that is commonly understood as the social

resources on which an individual can rely when dealing with life problems and stressors

(Kort-Butler, 2017). As a result, it is important for single people to seek out social

support in order to improve their psychological well-being.

Conceptual Framework

Independent Variables   Dependent Variables

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  ┌─────────────────┐
  │   Singlehood    │──────────┐
  └─────────────────┘          │
                               ▼
  ┌─────────────────┐     ┌──────────────────┐
  │   Stereotype    │────▶│   Psychological  │
  └─────────────────┘     │    Well-Being    │
                          └──────────────────┘
  ┌─────────────────┐          ▲
  │  Social Support │──────────┘
  └─────────────────┘
```
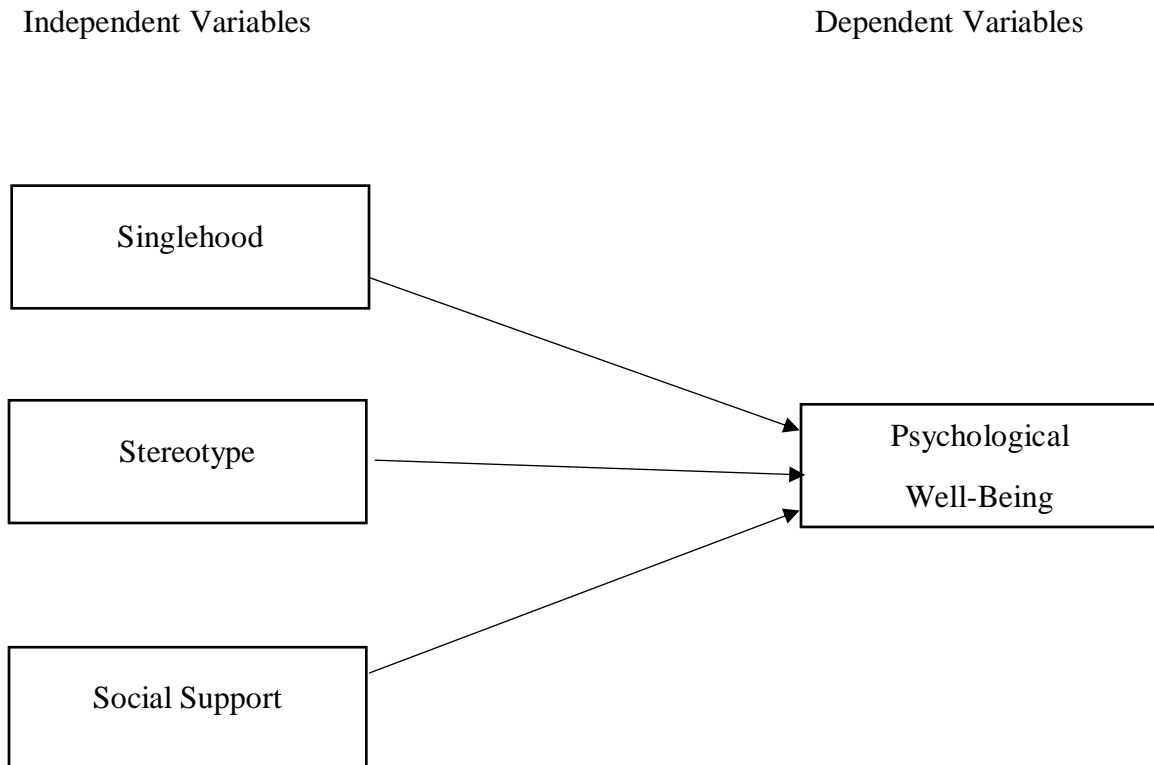
Figure 2.1 Conceptual framework of the predictive relationship between singlehood,

stereotype, social support and psychological well-being. The independent variables are

singlehood, stereotype and social support, and psychological well-being is dependent

variable.

Chapter III

Research Methodology

Research Design

The self-administered questionnaire was used to collect data from the respondents in this study, which used quantitative research. Quantitative research is appropriate for investigating the relationship between the variables of singlehood, stereotype, social support, and psychological well-being. Quantitative research refers to use numbers to find patterns, make predictions, and see if one thing causes another. It helps us figure out what's common and what's likely to happen in a bigger group of people (Bhandari, 2022).

Method Analysis

We use the multiple linear regression analysis method to analyse the data collected in our research study. Multiple linear regression is a statistical strategy that predicts the result of the dependent variable using many independent variables. In addition, multiple linear regression also aims to represent the linear connection between independent variables and the dependent variable (Janković, 2022).

Sampling Procedure

Sampling Method

Purposive and snowball sampling methods are applied in this study to recruit respondent for responding to the survey form. With the use of purposive sampling method by stating out the inclusion criterions: aged 18 to 35 and is a Malaysian, the target sample of this study can be recruited. In addition to this, snowball sampling method is a method where a new respondent is recruited by the other respondents, and

the combination of snowball sampling method and purposive sampling method in this study to recruit the respondents through the referral by respondents.

Purposive sampling, a type of non-probability sampling when researchers pick specific people to be in their study because they believe these people are the best fit. They don't choose randomly; they use their own judgment to decide who should be in the study (Jordan, 2021). As a result, we utilise a purposive sampling strategy in our research since we only aim to recruit single individuals in Malaysia as our target sample.

On the other hand, we also use a snowball sampling method to recruit our target sample. Snowball sampling is a way of finding people for a study who have something unique in common. Instead of picking people randomly, the ones already in the study suggest other people who should join. It's like a chain of recommendations for who should be part of the research (Bhat, 2018). Since we need to collect data from a large number of people, we may save time by using the snowball sampling technique, in which participants of the sample population share the survey they were given with their social networks.

Location of study

The research was carried out in Malaysia, where the survey link was distributed to potential participants through social media channels including WhatsApp and Instagram, and through physical recruitment in Kampar area. The focus of the study was on individuals who met specific eligibility criteria and were currently single.

Research Participants

This investigation engaged a total of 505 participants initially. After careful screening, 138 instances were eliminated. Among these, 118 cases did not complete the questionnaire. Additionally, 20 cases were removed due to univariate outlier's assumption identified. This yielded a final cohort of 367 respondents for the ultimate analyses.

Within this group, there were 198 females (comprising 54.0% of the sample), 162 males (constituting 44.1% of the sample), 1 individual selected non-binary or third gender (comprising 0.3% of the sample), and 6 individuals preferred not to state their gender (1.6% of the sample). Their ages ranged from 18 to 39 years. All participants identified themselves as Malaysian in terms of nationality. The majority belonged to the Chinese ethnic group (84.5%), followed by Malay (10.1%), Indian (4.4%), and other races (1.1%) such as mixed race ("Chindian"). In relation to their relationship status, there were 298 singles (81.2%) and 69 taken (18.8%).

Ethical Clearance Approval

Application forms and the research's supporting documentation will be created and submitted to the University Tunku Abdul Rahman's Scientific and Ethical Review Committee in order to receive ethical approval for the study. The research study can begin after receiving ethical clearance permission. In order to make sure that the research is carried out responsibly and without breaking any ethical laws, ethical approval is required (See Appendix A, p. 73 – 75).

Pilot Study

Following the acquisition of ethical approval, a preliminary investigation was carried out. A total of 3à individuals who satisfied the inclusion criteria outlined in the current investigation were enlisted to participate in the pilot study. In order to assess the viability of the investigation, a pilot study was undertaken wherein all the procedures of the main study were replicated (In, 2017). The online survey utilised Qualtrics as the platform for its creation, and its distribution was conducted using popular social media platforms such as Instagram and WhatsApp. The duration of data collecting for the pilot project spanned a period of one week. The pilot study reported that the Attitudes towards Singlehood Scale (AtSS), Negative Stereotyping of Single Persons Scale (NSSP), Perceived Social Support (PSS), and Psychological Well-Being (PWB) demonstrated high levels of reliability, as indicated by Cronbach's alpha values of .924, .922, .859, and .896 respectively. These findings suggest that all of the instruments used in the study exhibited good internal consistency.

Research Sample

The sample size was calculated by using the Sample Size Table, proposed by The Research Advisors in 2006, modified from Krejcie and Morgan with the formula developed by Krejcie and Morgan in 1970 as fundamental tool to continue the table (The Research Advisors, 2006).

The sample size for this study is determined by comparing the population size of single person in Malaysia, 8.5 million reported by the report of Population and Housing Census of Malaysia 2020 (LAUNCHING OF REPORT ON THE KEY FINDINGS POPULATION AND HOUSING CENSUS OF MALAYSIA 2020, 2022) to the Sample

Size Table. According to the table, total of 384 respondent (*Confidence Level = 95%; Margin of Error = 5.0%*) should be recruited (The Research Advisors, 2006) (See Appendix H, p. 92).

Data Collection Procedures

Sample Criterion

The entire region of Malaysia is suggested as the research location for this project. The target demographic for this study will be Malaysian young adults between the ages of 18 and 35. In addition, the relationship status of respondents would be examined as well, the respondents who are single, and not in a marriage at their current state would be recruited whereas the other would be rejected. By doing this, you may make sure that the study's findings are more trustworthy and broadly applicable.

Actual Study

The study was initiated after assessing its feasibility, and the collection of data occurred from July 11, 2023, to August 12, 2023. The online survey questionnaire was developed utilising the Qualtrics software platform. The information was distributed among potential participants through various social media platforms such as WhatsApp and Instagram, as well as through physical recruitment. The access link of survey questionnaire was converted into a QR-code, and the code was by the research team members demonstrated to the potential respondents in Kampar area.

Furthermore, the study incorporated four instruments that were utilised for data collection purposes. Additionally, the survey included a set of demographic inquiries that encompassed variables such as age, gender, and nationality. The utilisation of this

demographic data fulfilled the objective of ascertaining the eligibility of the participants. Prior to participating in the online survey, individuals were obligated to carefully review the accompanying participant information sheet. The purpose of this document was to clearly outline the objective of the study and obtain the informed consent of the participants. By implementing this measure, it was ensured that the participants comprehended that their responses would solely serve the purpose of academic endeavours, accompanied by a guarantee of maintaining confidentiality. Participants were required to provide their consent by agreeing to the terms and conditions outlined in the consent form before they were able to proceed with the survey. Additionally, the participants were informed about their right to withdraw from the study if they experienced any discomfort or unease regarding the nature of the questions.

The data that was collected was analysed using IBM SPSS Statistics Version 23. The research utilised a multiple linear regression (MLR) technique as its analytical approach. The variables examined in this study include attitudes towards singlehood, negative stereotyping of single individuals, and perceived control. The variable of interest that was examined in this study was the intention to maintain a single status.

Measurement

Attitudes towards Singlehood Scale

Tan Chee Seng and his research team developed the Attitudes towards Singlehood Scale (AtSS) in 2021 in response to the lack of a measurable examination of attitudes about singlehood (Tan et al., 2021). The goal of the survey is to learn about people's attitudes regarding singlehood. The assessment has three dimensions: affective (eg. "I feel happy when I am single"), behavioural (eg. "I choose to commit myself to establish a

career rather than a romantic relationship"), and cognitive (eg. "I do not need to get into a romantic relationship to live a happy life"). Furthermore, there are a total of 9 items.

AtSS employs a 7-Likert scale for the following statements: *"1 = strongly disagree" to "7 = strongly agree"*. Moreover, average the scores on items 1, 2, and 3 to get an affective subscale score. Average the results on items 4, 5, and 6 to produce a behavioural subscale score. Average the results on items 7, 8, and 9 to get a cognitive subscale score. Finally, average the results from all 9 criteria to get an overall score. The final score is determined by taking the average of all nine item scores. The higher the score, the more favourable opinions regarding singlehood.

The extent to which all the items in a test measure the same concept or construct and, therefore, it is connected to the inter-relatedness of the items within the test, were tested and found to have excellent internal consistency reliability (Tan et al., 2021). When a test shows good test-retest reliability, it means that if you take the test again later, you'll get similar results. This makes the test trustworthy and shows that it's measuring things accurately. Besides, the measurement reveals a good concurrent validity with the exception of the cognitive subscale score, the overall and subscale AtSS scores had a positive correlation with general well-being. Convergent validity has a significant positive relationship, with the exception of the behavioural subscale, which has a weak link with social anxiety, the test has good discriminant validity, suggesting little similarities to other constructs like social anxiety. Content validity is utilised to choose the best items for each dimension.

Negative Stereotypes towards Single Person Scale

Negative Stereotypes of Single Person Scale (NSSP) is a psychometric measurement that established by Pignotti and Abell in 2009, designed to measure the stereotype of single people (Pignotti & Abell, 2009). The measurement targets the participants who are single, defined as not married currently and legally. The measurement consists of three dimensions which are "Attitudes towards marriage versus singlehood", "Perceived results of being single", and "Perceived causes of being single", the items in both dimensions are "It's only natural for people to get married.", "Feeling lonely.", "Are immature." and etc. Additionally, there are total of thirty items and only two reverse items exist in the measurement. The dimensions of "Perceived results of being single and "Perceived causes of being single are clarified with stem, "Being single results in……" and "People are single because they……" respectively.

NSSP uses 7-Likert point of scale with the following statements: "*1 = completely disagree*", "*2 = mostly disagree*"; "*3 = slightly disagree*"; "*4 = neither agree nor disagree*"; "*5 = slightly agree*"; "*6 = mostly agree*"; "*7 = completely disagree*". Moreover, to calculate the total score of the measurement, the averages for each dimension are required to obtain, and total score is obtained from the average of all dimensions' score, the score harvested eventually indicates the level of stereotype endorsement. The higher the score obtained, the greater the endorsement of each form of stereotyping towards single persons.

The scales and subscales' alphas in the reliability study were all in the respectable to very good range. No item had a larger loading on an undesired factor, according to the results of the multiple group analysis, which showed that all of the items loaded on the

predicted intended factors. Other than that, convergent and discriminant validity, and factorial validity analysis are utilized to test the validity of the measurement, and the study evident that the factorial validity is excellent, and the discriminant validity is excellent as well, except for the variable of gender difference, however the convergent validity shows weak correlation, therefore, more research on convergent validity is required.

Perceived Social Support Scale

The Multidimensional Scale of Perceived Social Support (MSPSS) is a 12-item scale created to assess how much support individuals feel they get from family, friends, and a significant other. The 12 items use 7-point Likert scale responses, ranging from very strongly disagree to very strongly agree, and are ranked from 1 to 7. It can be distributed into three subscales: friends, family, and a significant other (items *1, 2, 5, 6, 7, 9, 12*). (Items *1, 2, 5, 10*).

To generate a total scale score, sum up the score of all 12 items, then divide by 12. To generate the family subscale score, sum up the scores of items *3, 4, 8,* and *11*, then divide by 4. To generate the friend's subscale score, sum up the scores of items *6, 7, 9,* and *12*, then divide by 4. To generate the significant other subscale score, sum up the scores of items *1, 2, 5,* and *10*, then divide by 4.

Other than that, the MSPSS is divided into three subscales: Family, Friends, and Significant Others. Most studies have found that the MSPSS questionnaire usually has three main parts that go together. People who use the questionnaire often get similar results when they take it again later. This shows that the questions are reliable and give consistent answers. In regular situations, the reliability score is around 0.81 to 0.98, and

in medical situations, it's around 0.92 to 0.94 (Zimet et al., 2010). For concurrent validity, it had found that the MPSS state trait anxiety inventory ($r = 0.20$, $p = 0.004$) and the depression inventory ($r = -0.19$, $p = 0.007$) were negatively correlated, but the Rosenberg self-esteem scale ($r = 0.33$, $p = 0.0001$) was positively correlated. Furthermore, the Rosenberg self-esteem scale was found to correlate with all three sub-scales, whereas the anxiety and depression scales correlated more with the FR sub-scale than the others (Wongpakaranet al.,2011).

Psychological Well-Being Scale

Psychological Well-Being Scale (PWB) is a scale develop to measures six aspects of wellbeing and happiness established by developed by psychologist Carol D. Ryff in 1989 (*Psychological Wellbeing Scale | SPARQtools*, n.d.). The measurement consists of six dimensions which are: Autonomy (e.g., "I have confidence in my opinions, even if they are contrary to the general consensus"); Environmental Mastery (e.g., "In general, I feel I am in charge of the situation in which I live"); Personal Growth (e.g., "I think it is important to have new experiences that challenge how you think about yourself and the world"); Positive Relations With Others (e.g., "People would describe me as a giving person, willing to share my time with others"); Purpose in Life (e.g., "Some people wander aimlessly through life, but I am not one of them"); and Self-acceptance (e.g., "When I look at the story of my life, I am pleased with how things have turned out").

PWB employs a 7-Likert scale for the following statements: *"1 = strongly agree"; "2 = somewhat agree"; "3 = a little agree"; "4 = neither agree or disagree"; "5 = a little disagree"; "6 = somewhat disagree"; "7 = strongly disagree".* Furthermore, the subscale items for autonomy are *Q15*, *Q17*, and *Q18*. The *Q4*, *Q8*, and

Q9 items on the Environmental Mastery subscale. The subscale items for personal growth are *Q11*, *Q12*, and *Q14*. The subscale items for Positive Relations with Others are Q6, *Q13*, and *Q16*. The subscale items for "Purpose in Life" are *Q3*, *Q7*, and *Q10*. *Q1*, *Q2*, and *Q5* are the items on the Self-Acceptance subscale. When it comes to one's mental health, a higher score indicates a better overall degree of happiness.

In another study, the psychological well-being scale's Cronbach Alpha reliability coefficient for the study is 0.85, it shows a good reliability (Ceri & Cicek, 2020). The extent to which socio-demographic traits may affect the structural validity of the PWB measures should be determined by further analysis (Burns & Machin, 2008). According to Burns and Machin (2008) The Ryff's PWB scales are a suitable instrument for general PWB assessment, although the degree to which this can be duplicated across populations will depend on sample factors.

Chapter IV

Results

Outliers Detection

Univariate Outliers

In the current investigation, the identification of univariate outliers was conducted using a boxplot. A total of twenty univariate outliers were recognised and subsequently eliminated from the dataset (see Appendix I, p. 93 – 94).

Multivariate Outliers

The present work utilised the Mahalanobis distance as a method for identifying multivariate outliers. The Mahalanobis distance is a statistical metric that quantifies the degree of multivariate outliers. It is derived from a chi-square distribution and is evaluated using a significance level of $p < .001$ (Filzmoser & Gregorich, 2020). During the study, there is no multivariate outlier being identified as the p-value of each case is less than .001 (see Appendix J, p. 95).

Descriptive Statistics

The descriptive statistics and correlation of the variables in this investigation are presented in Table 4.1. The Pearson correlation coefficient, denoted as r, was employed to investigate the association between two variables. The Pearson correlation coefficients are standardised in a manner that allows them to span a continuum from -1 to +1, and the correlation coefficients are being interpret as "Negligible correlation = 0.00 – 0.10"; "Weak correlation = 0.10 – 0.39"; "Moderate correlation = 0.40 – 0.69"; "Strong

correlation = 0.70 – 0.89"; and "Very strong correlation = 0.90 – 1.00" (Schober et al.,

2018).

The result from analysis reported positive negligible correlation between negative

stereotypes towards single person and perceived social support (r = .001); negative weak

correlation between attitudes towards singlehood and negative stereotypes towards single

person (r = -.211), and between negative stereotypes towards single person and

psychological well-being (r = -.228); positive weak correlation between attitudes towards

singlehood and perceived social support (r = .183), and between attitudes towards

singlehood and psychological well-being (r = .112); and positive moderate correlation

between perceived social support and psychological well-being (r = .354), (See Appendix

K, p. 96).

Table 4.1

Descriptive Statistics and Correlation of the Variables

Variable	M	SD	1	2	3	4
1. Attitudes toward Singlehood	8.83	1.26	-	-.211**	.183**	.112**
2. Negative Stereotypes towards Single Person	104.11	30.97		-	.001	-.228**
3. Perceived Social Support	5.03	1.11			-	.354**
4. Psychological Well-Being	80.74	11.99				-

Normality Assumption

Normality Test

The Kolmogorov-Smirnov (K-S) test to assess the normality assumption in the study was employed. Given that the p-values are less than 0.05, it can be concluded that the variables under consideration are not associated with a normal distribution. Therefore, the violation of K-S assumption of normality test was tested. Additionally, an examination of the skewness and kurtosis was conducted to assess the normality of each distribution following the removal of all outliers. The findings of the study revealed that there were no observed violations in terms of skewness and kurtosis assumptions. Thus, no violations were existed in this normality assumption. Apart from that, the Q-Q plots demonstrated that there were no violations in the assumption of normality, as seen by the points on the plots aligning along a straight, diagonal line.

Despite the failure to meet the assumption for the K-S test, the remaining four measures utilised for assessing normality: skewness and kurtosis, histogram, and Q-Q plot were not found to be in violation (refer to Table 4.2). Therefore, it can be inferred that the four variables, including attitudes towards singlehood, unfavourable stereotyping of single individuals, sense of control, and intention to remain single, exhibited a normal distribution. In addition, the distribution of the sample was not found to be substantially dissimilar from that of the population.

Table 4.2

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

Variables	Kolmogorov-Smirnov			Skewness	Kurtosis	Histogram	Q-Q Plots
	Statistic	df	Sig.				
Attitudes towards Singlehood	.042	367	.176	-.189	-.354	Normal	Normal
Negative Stereotypes toward Single Person	.048	367	.042	.471	.971	Normal	Normal
Social Support	.051	367	.024	.436	.264	Normal	Normal
Psychological Well-Being	.111	367	.000	.622	.244	Normal	Normal

Note. See Appendix L (p. 97), Appendix M (p. 98 – 99), Appendix N (p. 100 – 101) and Appendix O (p. 102 – 103) as the references for SPSS output for K-S test, skewness and kurtosis, histogram, and Q-Q plot for each variable respectively.

Multiple Linear Regression Assumptions

Variable Types

In multiple linear regression analysis, it is necessary for the variables to exhibit independence from one another and to be expressed in metric form, specifically in quantitative terms. The present study successfully met this premise, as all variables included were continuous and independent.

Multicollinearity

The presence of multicollinearity was assessed by conducting collinearity statistics. The tolerance values in the current investigation were presented in Table 4.4. According to Hair et al. (2010), the tolerance cut-off threshold values are defined as being at least 0.1, while the Variance Inflation Factor (VIF) is considered to be at most 10. In the current investigation, it was observed that all VIF values were below 10, indicating a lack of multicollinearity. Additionally, the tolerance value exceeded .1 for attitudes towards singlehood, negative stereotypes towards singlehood, and perceived social support, suggesting that these variables were not highly correlated with other predictors in the model. Hence, it was deduced that the presence of multicollinearity did not transgress the assumptions of the analysis (See Appendix P, p. 104).

Table 4.3

Collinearity Statistics

Variables	Tolerance	Variance Inflation Factor (VIF)
Attitudes towards Singlehood	.922	1.085
Negative Stereotypes toward Single Person	.954	1.048
Social Support	.965	1.036

Independence of error (Durbin-Watson)

The Durbin-Watson test was employed to assess the assumption of error independence. According to Reddy and Sarma (2015), the recommended benchmark for

this test falls between the range of one to three, with a preference for a value that is proximate to two. In the current investigation, it was observed that this assumption remained unbroken, as the recorded value fell inside the range of one to three, namely at 1.999 (See Appendix Q, p. 105).

Linearity, residual normality and homoscedasticity

A scatterplot to examine the assumptions of linearity, residual normality, and homoscedasticity was employed. According to the findings presented in Figure 4.1, the scatter plot demonstrated that the conditions of linearity, residual normality, and homoscedasticity were satisfied.

Figure 4.1

The Scatterplot For Linearity, Residual Normality, and Homoscedasticity Assumptions
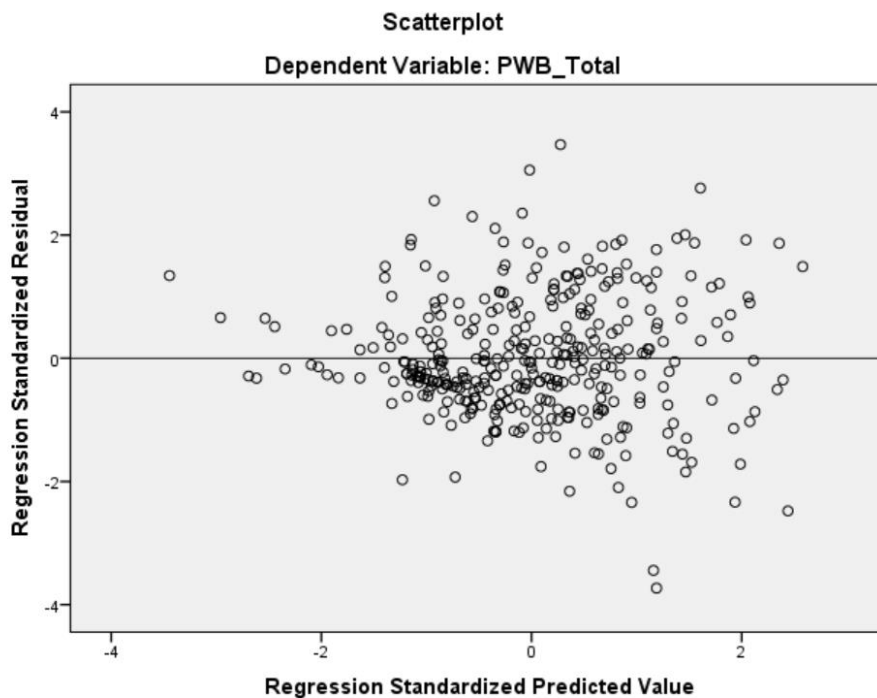
Multiple Linear Regression (MLR) Analysis

The study employed multiple linear regression analysis to investigate the potential associations between attitudes towards singlehood, negative stereotypes towards single person, perceived social support and psychological well-being among young adults in Malaysia. The model was statistically significant, $F(3, 363) = 26.069$, $p < .001$, and accounted for 17.0% for the variance. Negative stereotypes towards single person ($\beta = -.228$, $p < .001$) and perceived social support ($\beta = .354$, $p < .001$) were examined to have a significant association with psychological well-being, whereas attitudes towards singlehood ($\beta = -.001$, $p = .981$) did not have a relationship with psychological well-being (see Table 4.4).

Table 4.4

Results of Regression Coefficient

Variables	B	95% CI for B		SE B	β	R^2	Adj.R^2	p
		LL	*UL*					
						.177	.170	
Attitudes towards Singlehood	-.011	-.942	.920	.473	-.001			.981
Negative Stereotypes toward Single Person	-.088	-.125	-.051	.019	-.228			<.001
Perceived Social Support	3.842	2.809	4.875	.525	.354			<.001

Note. The table demonstrated the regression coefficient results. Dependent variable = psychological well-being. B, unstandardized regression coefficient; CI, confidence interval; LL, lower limit; UL, upper limit; SE B, standard error of the coefficient; β, standardized beta; Adj.R^2, adjusted R^2; *p*, p-value (see Appendix R, p. 106 & Appendix S, p. 107).

Chapter V

Discussion and Conclusion

Discussion

This study is to examine (1) the predictive effect of singlehood on psychological well-being (2) the predictive effect of the negative stereotype towards single person on psychological well-being (3) the predictive effect of social support on psychological well-being among young adults in Malaysia.

The objective of our study was to examine the potential predictive influence of attitudes towards singlehood on the psychological well-being of young adults in Malaysia. Our initial hypothesis suggested that individuals who hold more positive attitudes towards singlehood would exhibit greater degrees of psychological well-being. Nevertheless, the statistical analysis generated an outcome that has no significance between the relation in attitudes towards singlehood and psychological well-being. Cultural variations and individual experiences could be the reasons for the no significance observed in the results. Cultural variations exist in societal perceptions of singlehood, which can influence the ways in which individuals adopt and show up their attitudes. The significance of marriage holds great importance in Asian cultures, thereby leading to raised expectations and potential dissatisfaction among unmarried individuals, particularly within the Asian context, when compared to the other people in Western cultures (Sim, 2022). This is due to single individual cares more on their personal growth, work that are meaningful as well as the freedom they had. On the other hand, married individual tends to give up trying to make any big improvements or doing meaningful things as they had get used to the commitment and responsibility as a married individual

who needed to support their family (DePaulo, 2023). For instant, according to a study conducted by Demo and Acock (1996), it was found that mothers who are in their first marriage tend to experience the highest level of well-being. On the other hand, mothers in stepfamilies also enjoy a relatively high level of well-being. However, divorced mothers and those who remain continuously single tend to have the lowest level of well-being. Hence, the relationship between attitudes towards singlehood and psychological well-being cannot be easily explained, as numerous factors, including cultural variations and individual experiences, contribute to the prediction of psychological well-being.

The result does support the second hypothesis as the present study shows that there is a significant relationship between stereotype and psychological well-being among single young adults in Malaysia. According to previous studies had shown that stereotype towards singlehood had been consider as failure or incomplete as it is assumed that everyone should involve themselves in marriage (Ibrahim, 2018). Single people frequently encounter societal and familial pressures to conform to the established norms and expectations surrounding marriage (Chen & Tong, 2021), if not, the negative stereotyped label would be the outcome. For example, in contemporary China, there has been a noticeable surge in the population of women who possess a high level of education, secure profitable incomes, and exhibit self-sufficiency in their professional pursuits. Nevertheless, it is worth noting that educated career women may encounter certain societal perceptions that challenge the conventional notions of femininity, which often associate it with submissiveness and prioritising others over oneself (Gui, 2020). Consequently, these women might be perceived as deviating from the archetype of a "typical woman" or a prospective spouse (Zhou & He, 2004). In Chinese society, there

exists a term known as "leftover women" which is used to refer to women who have

chosen to prioritise their professional pursuits and have not entered into matrimony by

the time they reach their late twenties (Gui, 2020). According to recent study (Ta et al.,

2017), individuals who are not married tend to experience a higher prevalence of

discrimination, heightened levels of stress, and increased anxiety when compared to their

married counterparts and research by Aronson et al. (2013) has demonstrated that the

phenomenon known as stereotype threat can have detrimental impacts on various aspects

of an individual's well-being, including physiological, psychological (Chang et al., 2021;

Cortland & Kinias, 2019), and self-regulatory processes. These effects can ultimately

contribute to the development of adverse health outcomes.

The result of the third hypothesis shows a significant relationship between social

support and psychological well-being among single young adults in Malaysia. On the

other hand, the variable shows a moderate correlation between social support and

psychological well-being. As highlighted by Bernardon et al. (2011), the significance of

social support becomes particularly evident in its capacity to effectively diminish feelings

of loneliness, particularly within the realm of individuals without current romantic

partnerships. Additionally, social support exhibits a pivotal function in aiding individuals

in managing their personal challenges, bolstering their self-regard, and nurturing a sense

of personal agency, as emphasized by the American Psychological Association (2022).

The spectrum of social support encompasses four distinct categories, each offering a

unique form of assistance. These include material support, encompassing practical aid or

services rendered to others; emotional support, manifested through the expression of

empathy and trust; informational support, involving the provision of advice or

suggestions; and lastly, appraisal support, designed to facilitate individuals in the processes of critical thinking and evaluation (Mburia-Mwalili, n.d.). According to Leahy-Warren (2014) during moments of necessity or calamity, the presence of friends and individuals to rely upon, including family members, is regarded as a form of social support. Expanding on this, as affirmed by Pierce et al. (1991), the presence of friendships emerged as the most influential factor in predicting a reduction in feelings of loneliness, effectively contributing to lower loneliness scores. In a parallel vein, the support extended by one's family network serves as a potent weapon against the loneliness (Schmitt and Kurdek, 1985).

Theoretical Implication

As per previous studies, had found that married lifestyles are regarded as social norm and negative stereotypes had arisen to explain the deviance from the norm (Gargan, 1986). Moreover, studies also show that Malaysia youth prefer to be single due to the satisfactory level of freedom and stress are lower before married (Menon, 2021). According to our current study had shown that the Maslow's Hierarchy and social support theory indeed play a role in perceiving psychological well-being among single individuals. As according to Mcleod, (2020), Maslow's Hierarchy explain the human needs which are social and comprises emotions of belongingness once the physiological and safety requirement being met. Moreover, as the human need required a sense of belonging, social support theory came in where an individual can rely on it when dealing with life problems and stressors. Although some problems faced by singles individuals might not be able to settle down due to the absence of significant others, but they can also gain social support from their family and friends. Moreover, through social support

theory, single individuals also able to widen their social circles as they get to meet more new people compared to married individuals who are being slowly withdrawn away from the society.

Moreover, the cognitive dissonance theory act as the conflicting beliefs, attitudes and behaviour which will change the perspective of single individuals where they will think that they are incompetence or not complete as they are being exposed to negative stereotypes by the society. Therefore, social support theory also play another role in ensuring that the individual who had been exposed to negative stereotypes to have the right support despite being single.

Practical Implication

The practical implication is focused on the psychological well-being among single young adults in Malaysia focusing on attitudes towards singlehood, negative stereotypes, and social support. Those implication provide insights for policymakers, mental health professionals, educators along with individuals in society.

This study had highlighted the need for awareness campaigns and educational programs aimed at challenging negative attitudes and stereotypes about singlehood as these campaigns could help in reducing societal pressure among single young adults to conform to the traditional relationship norms. Moreover, educational program could emphasize the importance of social support for psychological well-being, encouraging individual to build and maintain strong connection with friends, family, and communities.

On the other hand, the development of policies that promote inclusivity and acceptance of diverse relationship statuses especially at workplaces and public

institutions could be implemented by recognizing and accommodate the needs of single employees or citizens. Additionally, government agencies might also consider incorporating psychological adults in Malaysia.

Besides that, for single young adults themselves are encouraged to have self-empowerment and self-acceptance. Recognizing that well-being is often influenced by attitudes, stereotypes and social support network might motivate individuals to actively challenge negative perception and cultivate fulfilling relationships in various areas of their lives. Therefore, the overall practical implication of this study could contribute to a more inclusive and supportive environment for single young adults in Malaysia and enhancing their psychological well-being and overall quality of life.

Limitations

There is a shortage of available data related to the demographic of single young adults in Malaysia on the internet. The consumption of self-reported measures in research studies introduces the potential for response bias and social desirability effects. The potential impact of societal expectations and perceptions on participants' attitudes and well-being may have resulted in a tendency to represent themselves in a more favourable surfaced. The survey's duration has been found to be excessive for participants, leading to quite a few of them choosing to discontinue their participation in the survey before its completion. A number of participants expressed a desire for the creation of surveys in various languages. The present study utilised a cross-sectional research design to investigate the predictive impact of singlehood, negative stereotypes towards single individuals, and social support on the psychological well-being of young adults in Malaysia. However, it is crucial to recognise that cross-sectional studies are subject to a

temporal limitation as they rely on a singular time point for observation (Wang & Cheng, 2020).

Recommendations

It is advisable to conduct further research on the topic of single young adults in Malaysia, as there appears to be a lack of pertinent information available. To enhance the reliability of future research, it is recommended that researchers propose the incorporation of more objective measures or the adoption of multi-method approaches. It is advisable to apply implicit assessments or experimental designs that can tap into participants' attitudes and well-being without relying just on direct self-report measures. This approach can help reduce the potential impact of societal expectations on participants' responses. This phenomenon has the potential to present unconscious attitudes that individuals may be nervous to disclose as a result of societal influences. Provide a shorter version of the survey for participants to complete. It is advisable to offer participants with multiple languages, as this facilitates their comprehension of the survey questions. The application of a longitudinal study is recommended as the preferred research design for investigating psychological well-being. Consequently, future studies employing a longitudinal framework and examining identical variables to those utilised in the present study may yield more precise outcomes related to the predictor under investigation.

Conclusion

In conclusion, the current study in Malaysia supports the second and third of the hypotheses. It also suggests that stereotypes, and social support have impact on

psychological well-being in Malaysia young adults. This study has provided a specific understanding of negative stereotypes and social support as predictors of psychological well-being in the context of Malaysian young adults, which benefits in filling some needed literature gaps. The study also provides insight into the differences in cultural and social norms between Asian and Western countries toward the singlehood and psychological well-being. This study provides a framework for future researchers to conduct additional research on this topic.

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Appendix A

Ethical Approval for Research Project

UNIVERSITI TUNKU ABDUL RAHMAN DU012(A)

Wholly owned by UTAR Education Foundation   Co. No. 578227-M

Re: U/SERC/02/2023

10 January 2023

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 project from Bachelor of Social Science (Honours) Psychology programme enrolled in course UAPZ3013/UAPZ3023. We are pleased to inform you that the application has been approved under <u>Expedited Review</u>.

The details of the research projects are as follows:

No	Research Title	Student's Name	Supervisor's Name	Approval Validity
1.	Personality Traits and Masculinity as Predictors of Homophobia Among Malaysian Young Man	1. Chiew Yee Kuan 2. Esther Ching Qian Han 3. Ling Chui Hong	Dr Chie Qiu Ting	10 January 2023 – 9 January 2024
2.	Social Media Use and Self-esteem as Predictors of the Risk of Experimentation with e-cigarettes Among University Students in Malaysia: Peer Influence as Mediator	1. The Xin Rou 2. Tam Jing Yi Evelyn 3. Yap Xue Li		
3.	"The Soft Things That We Hold Onto" – A Study on the Association Between Attachment Styles, Presence of Transitional Objects and Psychological Security Among Malaysian Young Adults	1. Poon Ying Ying 2. Chow Yu Ying 3. Sam Hei Man		
4.	The Predicting Effects of Attitudes, Subjective Norms, Perceived Behavioral Control on the Intention Towards Food Waste Reduction Behavior Among Malaysian Young Adults	1. Chan Hooi Mui 2. Shirley Lok Xiao Rui 3. Tee Hui Lin	Dr Gan Su Wan	
5.	Parent-Child Relationship, Perceived Social Support, and Perceived Discrimination as Predictors of Well-Being Among LGBTQ Emerging Adults in Malaysia	1. Haw Ying Huei 2. Lee Nie 3. Yashnevathy a/p Govindasamy		
6.	Personal Growth Initiative, Self-efficacy and Social Support as Predictors of Life Satisfaction Among Undergraduate Students in Malaysia	1. Diu Jia Suan 2. Chow Wen Chung 3. Tneh Sin Lin		
7.	Self-esteem, Locus of Control and Hopelessness as Predictors of Depression Among University Students in Malaysia	1. Cheang Yen Thung 2. Chuah Yue Xuan 3. Kelvin Goh Wei Jin	Dr T'ng Soo Ting	

No	Research Title	Student's Name	Supervisor's Name	Approval Validity
8.	Personality Traits and Masculinity as Predictors of Homophobia Among Malaysian Young Man	1. Chiew Yee Kuan 2. Esther Ching Qian Han 3. Ling Chui Hong	Dr Chie Qiu Ting	
9.	Determinants of Psychological Well-being Among Single Young Adults in Malaysia: Attitudes Towards Singlehood, Stereotypes and Social Support	1. Kan Vivian 2. Ngo Da Long 3. Wong Jia Man	Dr Nurul Iman Binti Abdul Jalil	
10.	Self-control, Chronotype, and Future Time Perspective as Predictors of Bedtime Procrastination Among Malaysian Young Adults	1. Isaac Lai Lik Jun 2. Leong Syn Jieh 3. Tan Hor Yinn		
11.	Perceived Stress, Resilience, Self-esteem as Predictors of Life Satisfaction Among University Students in Malaysia	1. Chueh Di-An 2. Hen Cavin 3. Lim Ya Xuan		
12.	The Relationship Between Smartphone Addiction, Internet Gaming Disorder (IGD), and Sleeping Problem (Insomnia) Among Young Undergraduate Students in Malaysia	1. Leong Lerk Yung 2. Liew Yee Hang 3. Shin Bin Shyen	Dr Ooh Seow Ling	
13.	Pornography Use, Body Image, and Relationship Satisfaction Among Malaysian Young Adults	1. Wong Wan Ching 2. Hen Zi Wei 3. Teeba Suriya a/p Kumar		
14.	Anxiety, Social Support and the Association with Psychological Well-Being Among Undergraduate Students	1. Sherine Divya a/p Pubalan 2. Nisa a/p Jothi		
15.	Loneliness and Perceived Social Support as the Predictor of Internet Addiction Among Undergraduates in Malaysia	1. Tan Jia Chyi 2. Tan Tong Yen 3. Vong Yang Yi	Dr Pung Pit Wan	10 January 2023 – 9 January 2024
16.	Depression and Self-efficacy as Predictor to Academic Procrastination Among Undergraduate Students in Malaysia	1. Ricken Chung Li Ken 2. Tay Chong Leng 3. Joel Lee Xin Wei		
17.	Parenting Style as Predictors of Prosocial Behaviours Among Undergraduates in Malaysia	1. Wendy Tan Syn Yao 2. Liong Chu Lam		
18.	Relationship Among Self-control, Grit and Academic Procrastination Among Undergraduates in Malaysia	1. Cheow Pui Kei 2. Lim Jo Yee 3. Yap Yee Qi	Dr Siah Poh Chua	
19.	Dark Triad Personality and Moral Disengagement as the Predictors of Cyberbullying Among Undergraduate Students in Malaysia	1. Li Xin Yan 2. Hew Hui Teng 3. Loh Shao Heng		
20.	The Relationship Between Self-control, Coping Strategy and Online Game Addiction Among Undergraduate Students in Malaysia	1. Lim Chia Huey 2. Lim Shu Yee 3. Tan Shi Wei		
21.	Does Being Angry Dismiss Me from Moral Norm-keeping? An Experimental Study on the Mediating Relationship of Moral Disengagement on Anger and Cyberbullying Intention	1. Chen Win Chuan 2. Tanreet Kaur a/p Suakwinder Singh 3. Wong Puy Lyng	Dr Tan Chee Seng	
22.	The Relationship Between Autonomy, Subjective Socioeconomic Status, and Exposure to Alternative Partners on Social Media and Attitude Towards Singlehood Among Adults in Malaysia	1. Chong Yoke Sun 2. Denisha a/p Vishnasan 3. Lahvaanya a/p Pannir Selvem		
23.	Intimate Partner Violence and Psychological Distress Among Couples in Malaysia: The Role of Stockholm Syndrome	1. Samantha Ng Hui Li 2. Juliana Hoo Ju Yun		
24.	The Mediating Role of Stress Between the Relationship of Perfectionism & Mental Well Being Among Undergraduates in Malaysia	1. Renukaa a/p Siva Kumar 2. Shabeena Yohanes a/p Stevenraj 3. Yugesh a/p Santara Sheeran	Mr Tan Soon Aun	
25.	The Relationship Between Mental Health Literacy, Help-seeking Behaviour, and Socioeconomic Status Among Young Adults in Malaysia	1. Ang Yu Lun 2. Ch'ng Wei Sheng 3. Chua Leewen	Mr Tay Kok Wai	

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 B

Participant Information Sheet

Wholly owned by UTAR Education Foundation
(Co. No. 578227-M)
DU012(A)
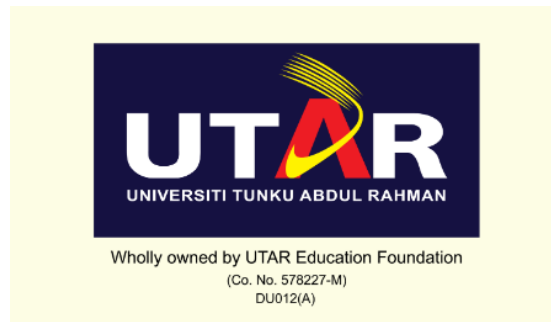
PERSONAL DATA PROTECTION NOTICE

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

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

1) Personal Information and Associated Research Data

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

j) For the purposes of conducting research/ collaboration

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

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

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

Consent:

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

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

8. You may access and update your personal data by writing to us at:

- Kan Vivian (viviankan222@1utar.my)
- Wong Jia Man (jmmen1126@1utar.my)
- Ngo Da Long (dalong@1utar.my)

By selecting "Yes, I agree", it means that I agree to give consent to participate in the study and have read the following:

1. I have read and understood the Participant Information Sheet.
2. I am willing to answer statements and questions about attitudes toward singlehood, negative stereotypes toward single person, social support and psychological well-being.
3. I understand that once my responses are submitted, there will be no method possible to identify, retrieve, or delete my data unless I optionally choose to provide my email address at the end of my responses.
4. I understand that any information I provide is confidential, and that no information that I disclose will lead to the identification in the reports on the project, either by the researcher or by any other party.
5. I consent to my date being used anonymously for academic purposes only.
6. I am aware that I can withdraw and be allowed to drop out at any time possible.
7. I consent to my data being used anonymously for publication.

[ ] Yes, I agree
[ ] No, I do not agree

Please be informed that the questionnaire involves total of 6 parts:

Section A: Demographic Factors
Section B: Attitudes toward Singlehood
Section C: Negative Stereotypes toward Single Person
Section D: Social Support
Section E: Psychological Well-Being
Section F: Email Requesting for Future Amendment of My Responses

Section A to E are compulsory to be respond, and the response for Section F is optional.

The questionnaire will take about 5 to 10 minutes to complete.

Appendix C

Demographic Information

Demographic Factors

Are you a Malaysian?	
Yes	
No	
Are you currently staying in Malaysia?	
Yes	
No	
Which state do you currently live in? (Perak, Selangor, Johor…)	
Please state:	
Gender	
Male	
Female	
Non-binary / third gender	
Prefer not to say	
Age	
Please state:	
Race	
Malay	
Chinese	
Indian	
Other; Please state:	
Religion	
Islam	
Buddhist	
Hinduism	

Christian	
Others; Please state:	
Relationship Status	
Single	
Married	
Divorce	
Taken	
Complex	
Prefer not to say	
Employment Status	
Student	
Employed	
Unemployed	
Current Level of Education	
Preschool	
Elementary	
Secondary	
Foundation, STPM, Matriculation or Diploma	
Bachelor's degree	
Master's Degree	
Doctorate	
Advanced Diploma	
Graduate Certificate and Graduate Diploma	
Postgraduate Certificate and Postgraduate Diploma	
Others; Please state:	

Appendix D

Attitudes towards 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.

	Scales
1. I feel happy when I am single.	1 2 3 4 5 6 7
2. I feel positive for being single.	1 2 3 4 5 6 7
3. I feel comfortable being single	1 2 3 4 5 6 7
4. I choose to commit myself to establish a career rather than a romantic relationship.	1 2 3 4 5 6 7
5. I have better control over my life when I am single.	1 2 3 4 5 6 7
6. I stay single to have more personal space.	1 2 3 4 5 6 7
7. I do not need to get into a romantic relationship to live a happy life	1 2 3 4 5 6 7
8. Engaging in a romantic relationship is not important.	1 2 3 4 5 6 7
9. I think my life is complete even without a romantic partner.	1 2 3 4 5 6 7

Scoring

To generate an affective subscale score, average scores on items 1, 2, and 3. To generate
a behavioral subscale score, average scores on items 4, 5, and 6. To generate a cognitive

subscale score, average scores on items 7, 8, and 9. Finally, to calculate an overall score,

average scores from all 9 items.

Appendix E

Negative Stereotypes towards Single Persons Scale (NSSP)

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

statements:1 = completely disagree; 2 = mostly disagree; 3 = slightly disagree; 4 =

neither agree nor disagree; 5 = slightly agree; 6 = mostly agree; 7 = completely agree.

Dimension 1: Attitudes toward marriage versus singlehood	Scales
1. It's only natural for people to get married.	1 2 3 4 5 6 7
2. Single people can be just as fulfilled as married people. (R)*	1 2 3 4 5 6 7
3. People who claim to be satisfied being unmarried are just kidding themselves.	1 2 3 4 5 6 7
4. If I had a child who grew up and did not marry, I would worry that he/she would never be happy.	1 2 3 4 5 6 7
5. The intimacy of friendship cannot compare to the intimacy of marriage.	1 2 3 4 5 6 7
6. People who do not marry are incomplete.	1 2 3 4 5 6 7
7. My single friends seem to be missing something in their lives.	1 2 3 4 5 6 7
8. People who do not marry can never be truly fulfilled.	1 2 3 4 5 6 7
9. When single people say they are satisfied with their lives, I believe them. (R)	1 2 3 4 5 6 7

Dimension 2: Perceived results of being single.

Stem: Being single results in . . .

11. Feeling lonely.		1 2 3 4 5 6 7
12. Wanting to spend most of ones time meeting potential people to marry.		1 2 3 4 5 6 7
13. Feeling depressed.		1 2 3 4 5 6 7
14. Feeling envious of married people.		1 2 3 4 5 6 7
15. Not being close to anyone.		1 2 3 4 5 6 7
16. Feeling desperate for intimacy.		1 2 3 4 5 6 7
17. Being obsessed with work.		1 2 3 4 5 6 7
18. Dying alone.		1 2 3 4 5 6 7
19. Becoming sexually promiscuous.		1 2 3 4 5 6 7
20. Longing for a spouse.		1 2 3 4 5 6 7

Dimension 3: Perceived causes of being single.

Stem: People are single because they . . .

21. Are immature.		1 2 3 4 5 6 7
22. Are irresponsible.		1 2 3 4 5 6 7
23. Are eccentric.		1 2 3 4 5 6 7
24. Are physically unattractive.		1 2 3 4 5 6 7
25. Are selfish.		1 2 3 4 5 6 7
26. Feel afraid of true intimacy.		1 2 3 4 5 6 7
27. Are difficult to get along with.		1 2 3 4 5 6 7
28. Are too picky.		1 2 3 4 5 6 7

29. Want to be sexually promiscuous.   1 2 3 4 5 6 7

30. Are incapable of making commitments.   1 2 3 4 5 6 7

Scoring System: Items with an "R" are reverse-scored. The averages for each dimension and for total score are required to obtain to indicate the level of stereotype endorsement. The higher the score obtained, the greater the endorsement of each form of stereotyping towards single persons.

Appendix F

Social Support Scale

Instruction: We are interested in how you feel about the following statements. Read each statement carefully. Indicate how you feel about each statement. Circle the "1" if you Very Strongly Disagree, "2" if you Strongly Disagree, "3" if you Mildly Disagree, "4" if you are Neutral, "6" if you are Strongly Agree and "7" if you Very Strongly Agree.

	Scales
1. There is a special person who is around when I am in need.	1 2 3 4 5 6 7
2. There is a special person with whom I can share joys and sorrows.	1 2 3 4 5 6 7
3. My family really tries to help me.	1 2 3 4 5 6 7
4. I get the emotional help & support I need from my family.	1 2 3 4 5 6 7
5. I have a special person who is a real source of comfort to me.	1 2 3 4 5 6 7
6. My friends really try to help me.	1 2 3 4 5 6 7
7. I can count on my friends when things go wrong.	1 2 3 4 5 6 7
8. I can talk about my problems with my family.	1 2 3 4 5 6 7
9. I have friends with whom I can share my joys and sorrows.	1 2 3 4 5 6 7

10. There is a special person in my

life who cares about my feelings.

11. My family is willing to help me

make decisions.

12. I can talk about my problems with

my friends.

Scoring Information

To calculate mean scores:

Significant Other Subscale: Sum across items 1, 2, 5, & 10, then divide by 4.

Family Subscale: Sum across items 3, 4, 8, & 11, then divide by 4.

Friends Subscale: Sum across items 6, 7, 9, & 12, then divide by 4.

Total Scale: Sum across all 12 items, then divide by 12.

Appendix G

Psychological Well-Being (PWB) Scale

Instructions: Circle one response below each statement to indicate how much you agree

or disagree.

Scales

1. I like most parts of my personality.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
2. When I look at the story of my life, I am pleased with how things have turned out so far.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
3. Some people wander aimlessly through life, but I am not one of them.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
4. The demands of everyday life often get me down.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
5. In many ways I feel disappointed about my achievements in life.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
6. Maintaining close	Strongly agree	Somewhat agree	A little	Neither	A little disagree	Somewhat disagree	Strongly disagree

	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
relationships has been difficult and frustrating for me.				agree agree nor disagree			
7. I live life one day at a time and don't really think about the future.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
8. In general, I feel I am in charge of the situation in which I live.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
9. I am good at managing the responsibilities of daily life.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
10. I sometimes feel as if I've done all there is to do in life.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
11. For me, life has been a continuous process of learning, changing, and growth.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
12. I think it is important to have new experiences that challenge how I think about	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree

myself and the world.

13. People would describe me as a giving person, willing to share my time with others.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
14. I gave up trying to make big improvements or changes in my life a long time ago	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
15. I tend to be influenced by people with strong opinions	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
16. I have not experienced many warm and trusting relationships with others.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
17. I have confidence in my own opinions, even if they are different from the way most other people think.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree

18. I judge myself by what I think is important, not by the values of what others think is important.	Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree

Scoring:

The Autonomy subscale items are Q15, Q17, Q18. The Environmental Mastery subscale items are Q4, Q8, Q9. The Personal Growth subscale items are Q11, Q12, Q14. The Positive Relations with Others subscale items are Q6, Q13, Q16. The Purpose in Life subscale items are Q3, Q7, Q10. The Self-Acceptance subscale items are Q1, Q2, and Q5. Q1, Q2, Q3, Q8, Q9, Q11, Q12, Q13, Q17, and Q18 should be reverse-scored. Reverse-scored items are worded in the opposite direction of what the scale is measuring. The formula for reverse-scoring an item is:

((Number of scale points) + 1) - (Respondent's answer))

Appendix H

Sample Size Table

**Required Sample Size[†]**

| Population Size | Confidence = 95% | | | | Confidence = 99% | | | |
| | Margin of Error | | | | Margin of Error | | | |
	5.0%	3.5%	2.5%	1.0%	5.0%	3.5%	2.5%	1.0%
10	10	10	10	10	10	10	10	10
20	19	20	20	20	19	20	20	20
30	28	29	29	30	29	29	30	30
50	44	47	48	50	47	48	49	50
75	63	69	72	74	67	71	73	75
100	80	89	94	99	87	93	96	99
150	108	126	137	148	122	135	142	149
200	132	160	177	196	154	174	186	198
250	152	190	215	244	182	211	229	246
300	169	217	251	291	207	246	270	295
400	196	265	318	384	250	309	348	391
500	217	306	377	475	285	365	421	485
600	234	340	432	565	315	416	490	579
700	248	370	481	653	341	462	554	672
800	260	396	526	739	363	503	615	763
1,000	278	440	606	906	399	575	727	943
1,200	291	474	674	1067	427	636	827	1119
1,500	306	515	759	1297	460	712	959	1376
2,000	322	563	869	1655	498	808	1141	1785
2,500	333	597	952	1984	524	879	1288	2173
3,500	346	641	1068	2565	558	977	1510	2890
5,000	357	678	1176	3288	586	1066	1734	3842
7,500	365	710	1275	4211	610	1147	1960	5165
10,000	370	727	1332	4899	622	1193	2098	6239
25,000	378	760	1448	6939	646	1285	2399	9972
50,000	381	772	1491	8056	655	1318	2520	12455
75,000	382	776	1506	8514	658	1330	2563	13583
100,000	383	778	1513	8762	659	1336	2585	14227
250,000	384	782	1527	9248	662	1347	2626	15555
500,000	384	783	1532	9423	663	1350	2640	16055
1,000,000	384	783	1534	9512	663	1352	2647	16317
2,500,000	384	784	1536	9567	663	1353	2651	16478
10,000,000	384	784	1536	9594	663	1354	2653	16560
100,000,000	384	784	1537	9603	663	1354	2654	16584
300,000,000	384	784	1537	9603	663	1354	2654	16586

Appendix I

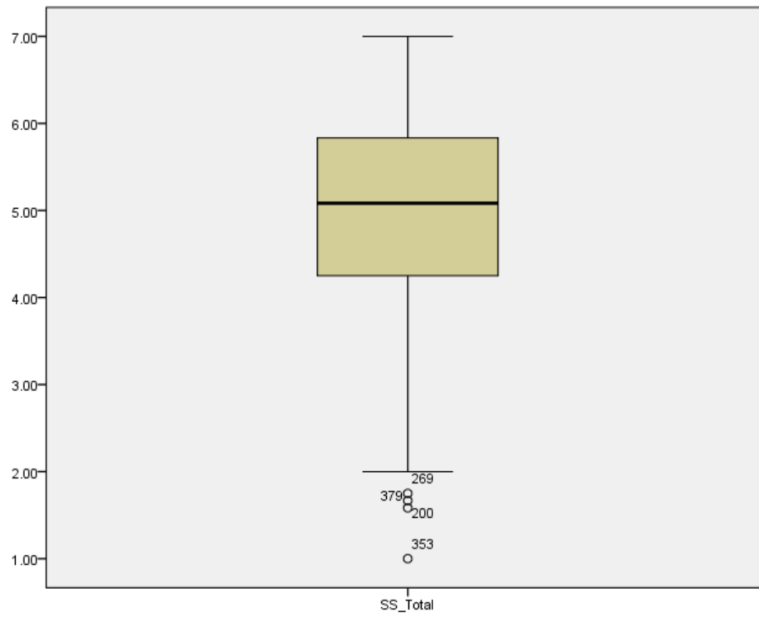## SPSS Output: Univariate Outliers

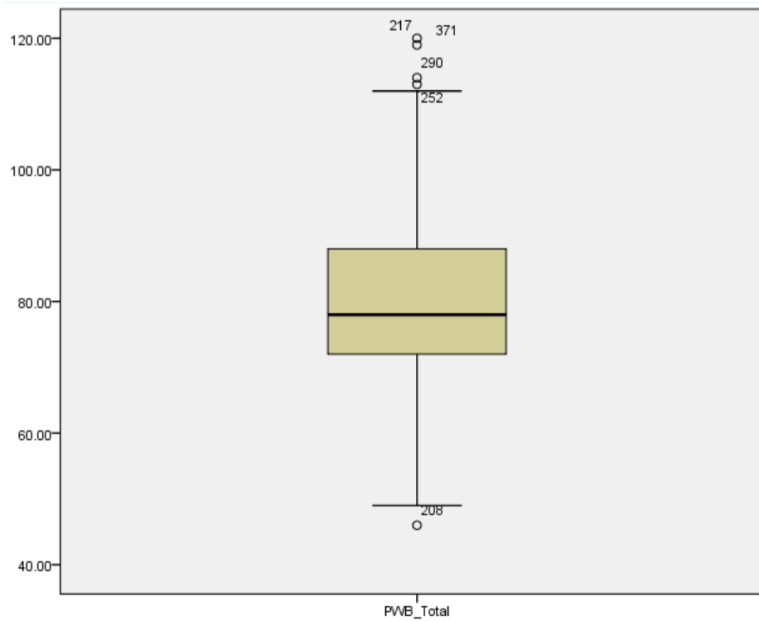### Boxplot of attitudes toward singlehood
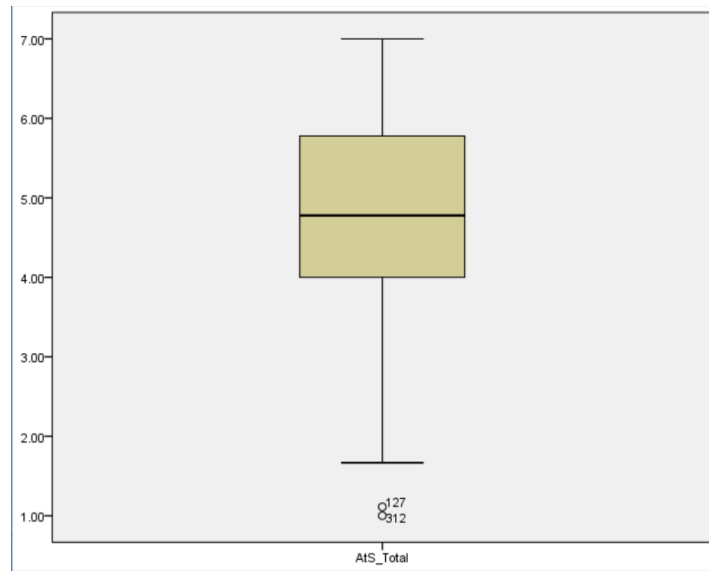
Boxplot of negative stereotypes towards single person
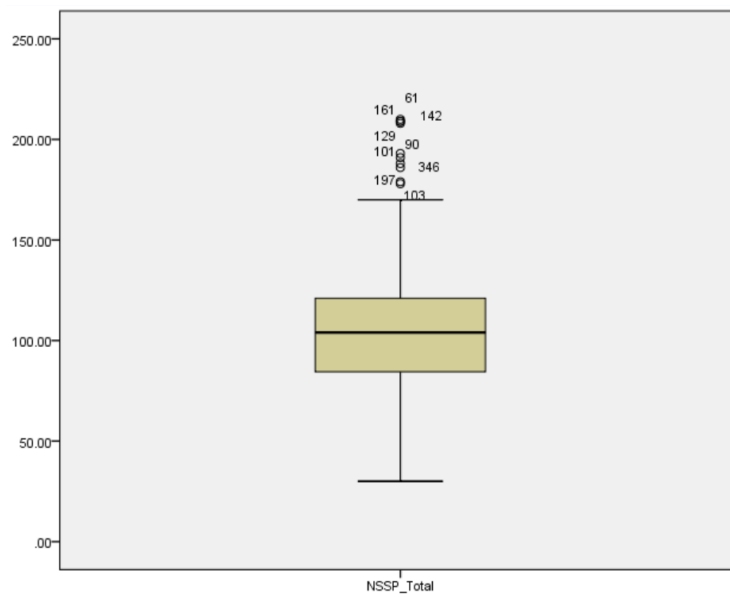
Boxplot of perceived social support

Boxplot of psychological well-being

Appendix J

SPSS Output: Multivariate Outliers

	2R	PWB_13R	PWB_17R	PWB_18R	PWB_Autonomy	PWB_Environment	PWB_PersonalGrowth	PWB_PositiveRelation	PWB_LifePurpose	PWB_SelfAcceptance	PWB_Total	MAH_1	Probability_MH
1	.00	7.00	6.00	6.00	15.00	17.00	14.00	11.00	11.00	15.00	83.00	21.62529460733565	.00008
2	.00	1.00	1.00	1.00	9.00	9.00	9.00	15.00	15.00	9.00	66.00	20.05183	.00017
3	.00	1.00	1.00	1.00	9.00	9.00	9.00	15.00	15.00	9.00	66.00	19.79536	.00019
4	.00	1.00	1.00	1.00	9.00	9.00	9.00	15.00	15.00	9.00	66.00	19.79536	.00019
5	.00	1.00	3.00	1.00	11.00	9.00	9.00	15.00	15.00	9.00	68.00	19.54113	.00021
6	.00	7.00	7.00	7.00	15.00	15.00	15.00	9.00	9.00	15.00	78.00	17.02840	.00070
7	.00	3.00	3.00	3.00	10.00	10.00	11.00	11.00	14.00	11.00	67.00	15.47125	.00146
8	.00	2.00	6.00	6.00	18.00	8.00	15.00	10.00	8.00	9.00	68.00	14.91888	.00189
9	.00	7.00	6.00	6.00	13.00	14.00	20.00	19.00	19.00	17.00	102.00	13.98857	.00292
10	.00	1.00	5.00	6.00	17.00	10.00	11.00	3.00	12.00	11.00	64.00	12.78327	.00513
11	.00	6.00	5.00	5.00	11.00	17.00	13.00	9.00	7.00	8.00	65.00	10.94010	.01205
12	.00	7.00	6.00	1.00	14.00	21.00	21.00	21.00	15.00	21.00	113.00	10.41511	.01535
13	.00	2.00	2.00	2.00	10.00	10.00	11.00	15.00	14.00	10.00	70.00	10.19078	.01701
14	.00	1.00	1.00	2.00	9.00	12.00	9.00	14.00	15.00	10.00	69.00	10.04979	.01815
15	.00	3.00	2.00	2.00	10.00	12.00	18.00	11.00	9.00	13.00	73.00	9.94131	.01907
16	.00	5.00	7.00	7.00	17.00	9.00	12.00	10.00	12.00	15.00	75.00	9.59862	.02230
17	.00	6.00	5.00	5.00	13.00	10.00	17.00	10.00	17.00	7.00	74.00	9.14523	.02742
18	.00	7.00	7.00	7.00	17.00	21.00	15.00	21.00	15.00	21.00	110.00	8.44757	.03761
19	.00	2.00	2.00	2.00	10.00	10.00	11.00	14.00	14.00	10.00	69.00	8.36748	.03900
20	.00	6.00	5.00	5.00	14.00	15.00	18.00	18.00	15.00	15.00	95.00	8.35449	.03923

Appendix K

SPSS Output: Descriptive Statistics

Descriptive Statistics

	Mean	Std. Deviation	N
AtS_Total	4.8314	1.25565	367
NSSP_Total	104.1144	30.97351	367
SS_Total	5.0320	1.10586	367
PWB_Total	80.7357	11.98740	367

Correlations

		AtS_Total	NSSP_Total	SS_Total	PWB_Total
AtS_Total	Pearson Correlation	1	-.211**	.183**	.112*
	Sig. (2-tailed)		.000	.000	.032
	N	367	367	367	367
NSSP_Total	Pearson Correlation	-.211**	1	.001	-.228**
	Sig. (2-tailed)	.000		.985	.000
	N	367	367	367	367
SS_Total	Pearson Correlation	.183**	.001	1	.354**
	Sig. (2-tailed)	.000	.985		.000
	N	367	367	367	367
PWB_Total	Pearson Correlation	.112*	-.228**	.354**	1
	Sig. (2-tailed)	.032	.000	.000	
	N	367	367	367	367

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Appendix L

SPSS Output: Kolmogorov-Smirnov (K-S) test

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
AtS_Total	.042	367	.176	.983	367	.000
NSSP_Total	.048	367	.042	.979	367	.000
SS_Total	.051	367	.024	.980	367	.000
PWB_Total	.111	367	.000	.958	367	.000

a. Lilliefors Significance Correction

Appendix M

SPSS Output: Skewness and Kurtosis

Attitudes towards singlehood

Descriptives

			Statistic	Std. Error
AtS_Total	Mean		4.8314	.06554
	95% Confidence Interval for Mean	Lower Bound	4.7025	
		Upper Bound	4.9603	
	5% Trimmed Mean		4.8603	
	Median		4.8889	
	Variance		1.577	
	Std. Deviation		1.25565	
	Minimum		1.00	
	Maximum		7.00	
	Range		6.00	
	Interquartile Range		1.78	
	Skewness		-.189	.127
	Kurtosis		-.354	.254

Negative stereotypes towards single person

NSSP_Total	Mean		104.1144	1.61680
	95% Confidence Interval for Mean	Lower Bound	100.9350	
		Upper Bound	107.2938	
	5% Trimmed Mean		103.2016	
	Median		104.0000	
	Variance		959.358	
	Std. Deviation		30.97351	
	Minimum		30.00	
	Maximum		210.00	
	Range		180.00	
	Interquartile Range		37.00	
	Skewness		.471	.127
	Kurtosis		.971	.254

Perceived social support

SS_Total	Mean		5.0320	.05773
	95% Confidence Interval for Mean	Lower Bound	4.9185	
		Upper Bound	5.1455	
	5% Trimmed Mean		5.0674	
	Median		5.0833	
	Variance		1.223	
	Std. Deviation		1.10586	
	Minimum		1.00	
	Maximum		7.00	
	Range		6.00	
	Interquartile Range		1.58	
	Skewness		-.436	.127
	Kurtosis		.264	.254

Psychological well-being

| PWB_Total	Mean		80.7357	.62574
	95% Confidence Interval for Mean	Lower Bound	79.5052	
		Upper Bound	81.9662	
	5% Trimmed Mean		80.2852	
	Median		78.0000	
	Variance		143.698	
	Std. Deviation		11.98740	
	Minimum		46.00	
	Maximum		120.00	
	Range		74.00	
	Interquartile Range		16.00	
	Skewness		.622	.127
	Kurtosis		.244	.254

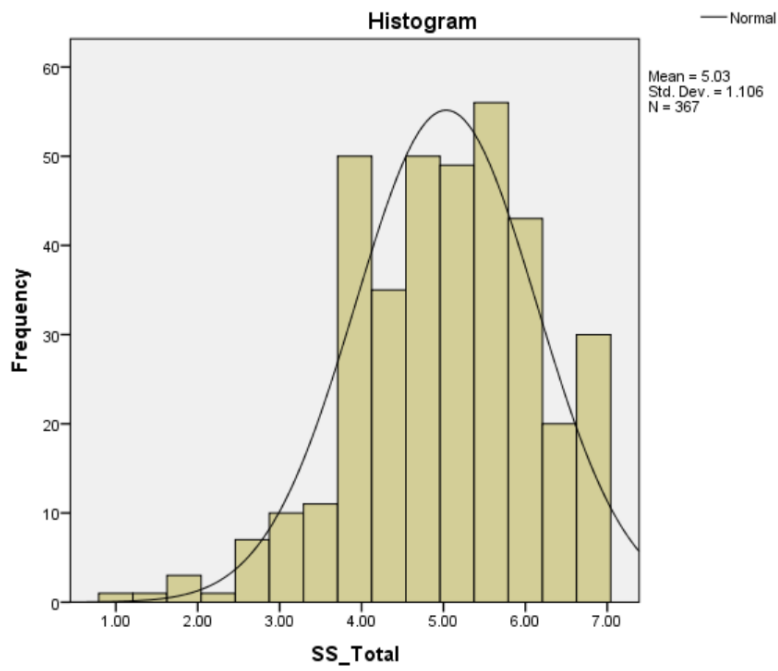**Appendix N**

SPSS Output: Histogram
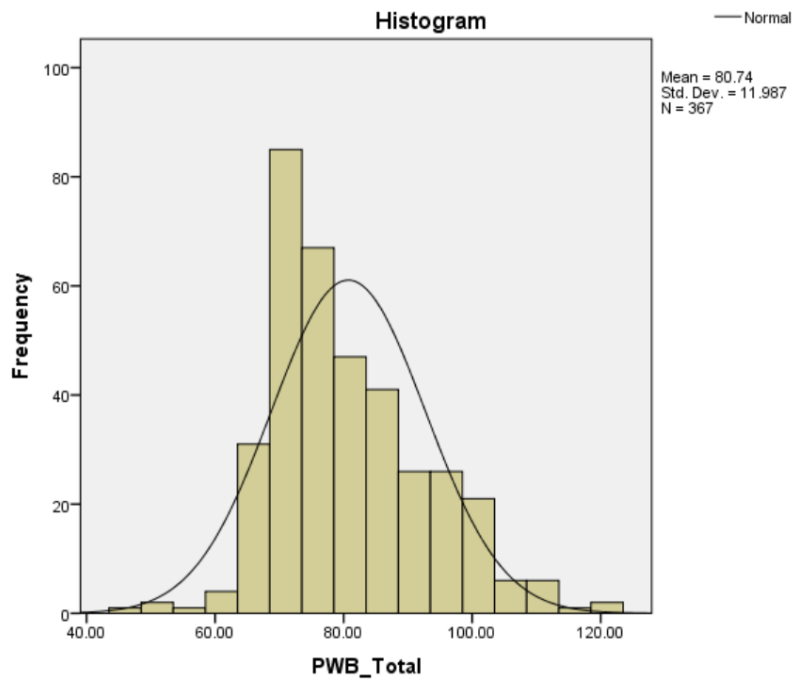
Attitudes towards singlehood
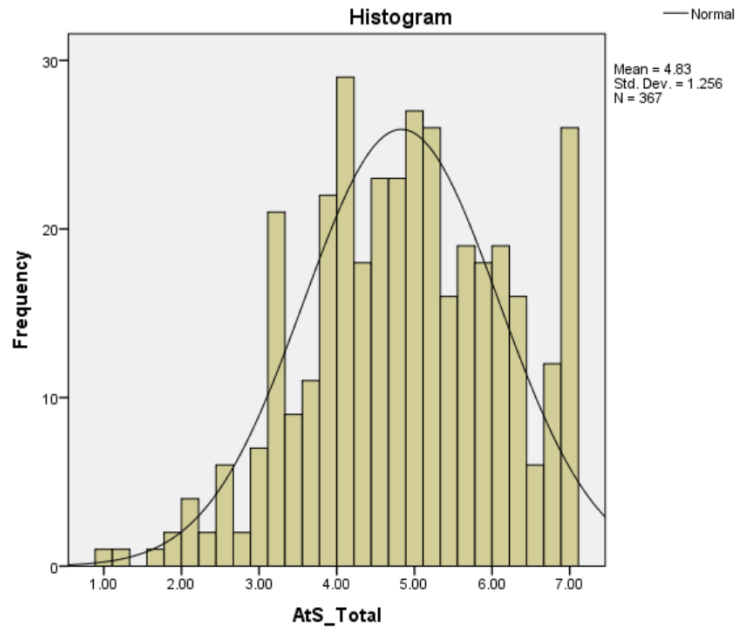
Negative stereotypes towards single person
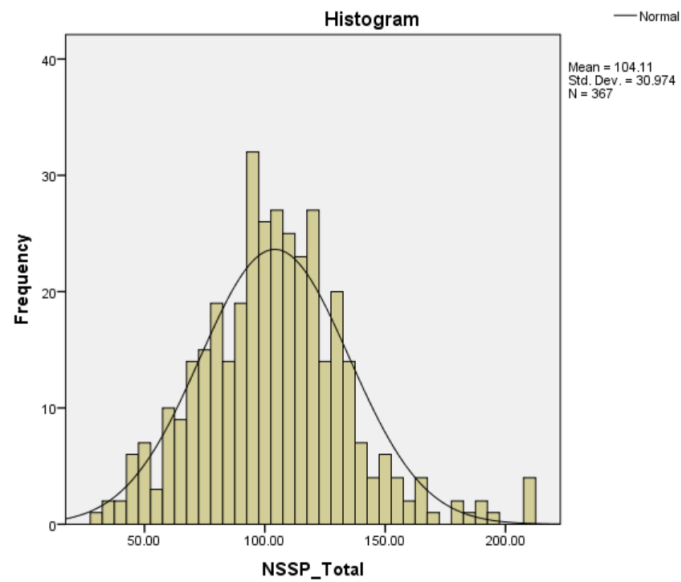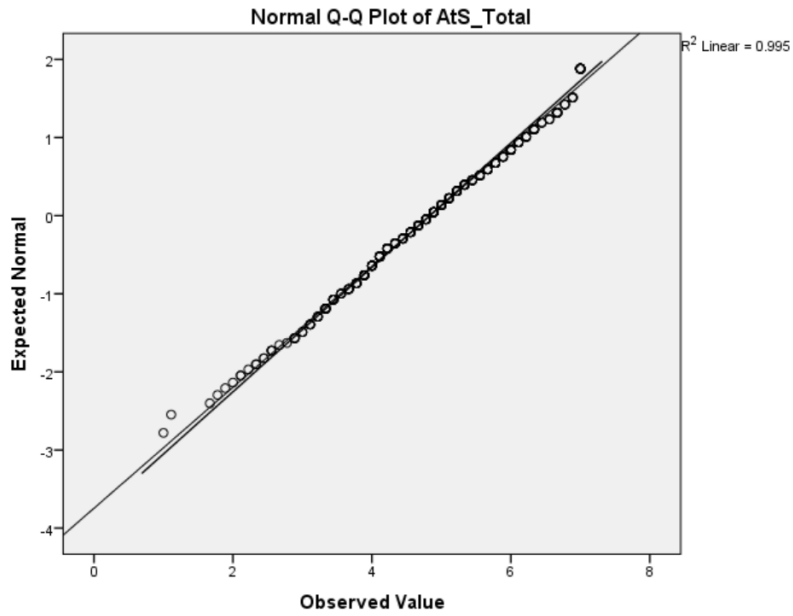
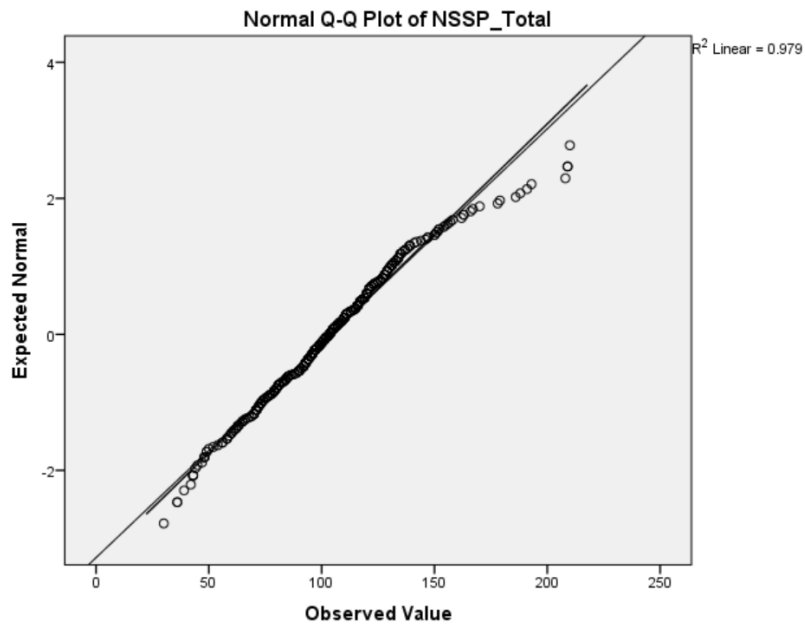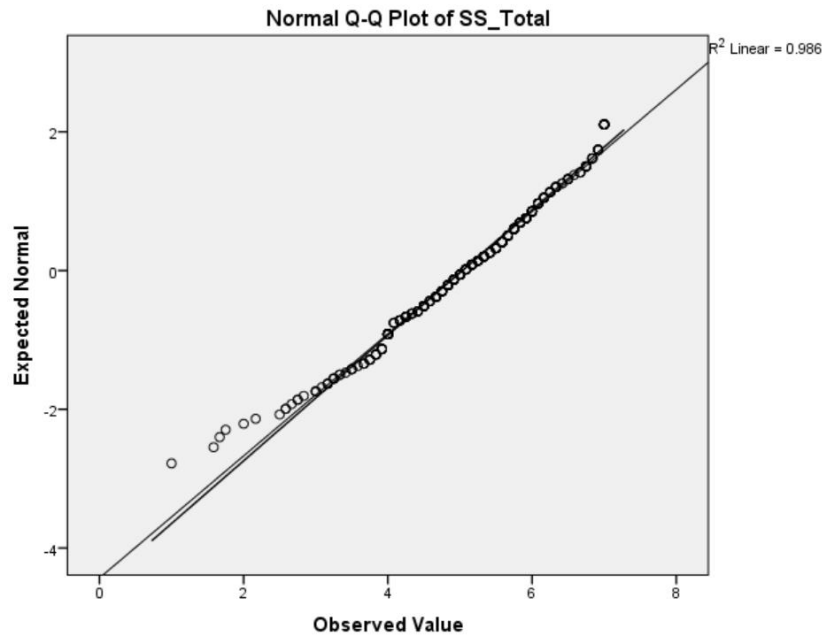**Perceived social support**

Psychological well-being

Appendix O

SPSS Output: Q-Q Plots

Attitudes towards singlehood

Negative stereotypes towards single person

Perceived social support

Normal Q-Q Plot of SS_Total

Psychological well-being

Normal Q-Q Plot of PWB_Total
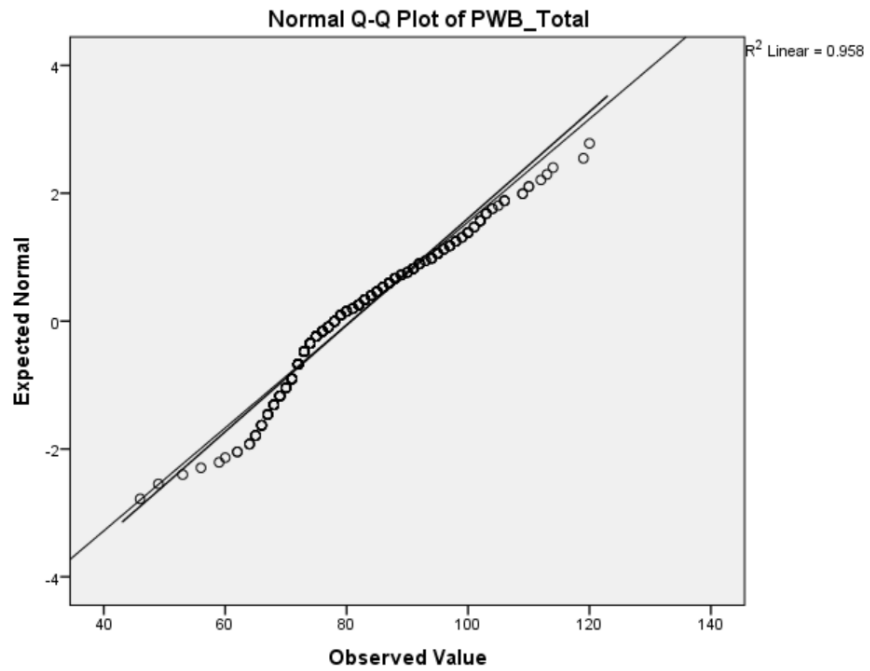
Appendix P

SPSS Output: Multicollinearity

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	70.652	3.954		17.868	.000		
	AtS_Total	-.011	.473	-.001	-.024	.981	.922	1.085
	NSSP_Total	-.088	.019	-.228	-4.681	.000	.954	1.048
	SS_Total	3.842	.525	.354	7.313	.000	.965	1.036

a. Dependent Variable: PWB_Total

Appendix Q

SPSS Output: Independence of error (Durbin-Watson)

Model Summary[b]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.421[a]	.177	.170	10.91805	1.999

a. Predictors: (Constant), SS_Total, NSSP_Total, AtS_Total

b. Dependent Variable: PWB_Total

Appendix R

SPSS Output: Regression Coefficient

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
		B	Std. Error	Beta			Lower Bound	Upper Bound
1	(Constant)	70.652	3.954		17.868	.000	62.876	78.428
	AtS_Total	-.011	.473	-.001	-.024	.981	-.942	.920
	NSSP_Total	-.088	.019	-.228	-4.681	.000	-.125	-.051
	SS_Total	3.842	.525	.354	7.313	.000	2.809	4.875

a. Dependent Variable: PWB_Total

Appendix S

SPSS Output: Regression Coefficients

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.421[a]	.177	.170	10.91805	.177	26.069	3	363	.000

a. Predictors: (Constant), SS_Total, NSSP_Total, AtS_Total