

## PSYCHOLOGICAL WELL-BEING DESCRIPTION OF SINGLE WOMEN IN MID ADULTS WORKING IN BANDUNG CITY

**Sumiyati**

email : sumiyatisiradju@gmail.com

Faculty of Psychology

Program Study Masters of Psychology Profession

Persada Indonesia University Y.A.I. Street Jakarta Indonesia

### ABSTRACT

Researching about Psychological Well-Being For Adult Single Woman who works in Bandung City. Bandung city is the one of the great modern city where the people keep their prevailing norms particularly in relationship with other gender. Many of them are mature middle aged women who are single. One of the development tasks of middle adulthood are related build to family. Psychological well-being describes the individuals attitude in order to know a unique potential and optimizes it in every aspect of life, especially when it's facing the various obstacles and alteration of life. PWB is high if it has a good self-acceptance, relate positively among others, having independence, environment controlling, having the goal of life, and developing the self potential. This research is a descriptive study with quantitative methods. This measurement is formed basic from RPWB (Ryff's Scale of Psychological well-being) which modify it. The study of population was a single woman in the middle age who work in the Bandung City with snowball sampling technique so can be found 32 respondents. The validity and reliability in this research are not measure because this research is to referenced the basic measurement which have a legal measure. The research gives to conclusion that 24 respondents have a high PWB and 8 respondents have a low PWB due to past trauma, unconfident with their single status and getting too old to have a relationship with the opposite sex. Psychological well-being need to be concerned by single women who are in middle adulthood who work for determining the impact that will be accepted by their individuals.

**Keywords:** Psychological Well-Being, Single Women, Middle Adulthood.