

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

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### 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.

### INTRODUCTION

Middle adulthood is the least studied life span. Currently, in society, middle adulthood is considered a separate stage of life with its own societal norms, rules, opportunities and challenges, generally the middle age range is between 40 and 60 years old. (Hurlock, 1980).

One of the important tasks that needs to be developed in middle age is the effort to create a satisfying relationship with a partner (Hurlock, 1980). In line with the developmental tasks of middle adulthood which are related to family life, there are demands that at this time individuals must live a domestic life, whether as a husband or wife or even have children. Individuals should have a partner to share work and feelings where the developmental tasks related to these things have been completed in early adulthood. In essence, starting a family, getting married, running a household, having children, looking after children, educating children until they are adults must be done during middle adulthood.

From the explanation above, it can be said that the happiness or well-being of an individual, especially those entering middle adulthood, is related to two aspects, namely marriage and work. Marriage is one aspect of developmental tasks that starts from early adulthood, so that when individuals enter middle adulthood they can maintain prosperity in their marriage.

Middle adult individuals have gone through various experiences in their lives. Therefore, many middle adult individuals have become leaders in their environment, both in their family environment and where they live, as well as their work environment. This means that middle adult individuals who work have more responsibilities because they are trusted by some of their co-workers. It can be said that this middle adult individual has great responsibility so that he is seen by other people as a workaholic.

When a middle adult is busy with routine work, the possibility of having a romantic relationship with the opposite sex is somewhat neglected. Routine work requires middle adults to be more professional in carrying out the tasks given in their work. Both for financial pursuits and awards that will be obtained in the future. Because this is a self-achievement from within every middle adult individual, of course each individual has different goals.

According to Stein, 1976 (in Novia Sari, 2011) singles are individuals who are not married or involved in homosexual or heterosexual relationships. This indicates that singleness is a condition where an individual does not have a life partner to share and have relationships with, both physically, emotionally and socially.

In this regard, the characteristics of middle adult individuals who live single are that they tend to have high education so they want to get better achievements, choose higher career achievements until they forget their duty to live in a family and believe that marriage will control them. (Dacey & Travers, in Santrock, 2002). This shows that the majority of middle adults who live single are working individuals.

Bandung is a big city where there are many workers. Bandung is also one of the largest cities in Indonesia after Jakarta. (in <http://bandung.go.id/?fa=sekilas.detail&id=10>). Where many people transmigrate to Bandung to get decent work. From the temporary data that researchers observed, Bandung is the midpoint of modern culture and traditional culture from many cities in Indonesia. This makes Bandung a gathering place for workers. Not a few workers who work in the city of Bandung are middle-aged or middle-aged.

From data that researchers obtained from the Bandung City Central Statistics Agency, in 2022 the population of Bandung will reach 2,390,441 people. Where the number of women is 1,179,054 people. It can be said that the number of women in the city of Bandung almost equals the number of men. The number of female workers in Bandung City is 305,257 people. And the number of women who are not married or who can be said to be single is 24,515 people in the 40-50 year range. The data does not contain data specifications on the number of single women working. It can be said that the number of single women in the middle adult age range who work in Bandung City can be said to be quite large.

Judging from the number of middle-aged women who work in the city of Bandung, currently women can be said to be equal to men in the field of work. This has led to the emergence of high personal standards for women in choosing their partners, especially women who have a high education and a good career. In this situation, women will have great responsibility for their work. According to Kartini Kartono (2006), women generally tend to work too hard (overworked) because they are driven by a very deep awareness of the importance of their duties or emotional attitudes.

From the explanation above, women want a partner who meets their expectations, but when they haven't found a suitable partner, women will keep themselves busy with their work. This makes the time to find a partner a little neglected.

The local community's view of the status of single middle-aged adults in initial research is that they still cannot understand and accept when someone is middle-aged and single. One of the assumptions of single middle adults, especially women, is that they cannot socialize well, are too selective in choosing a partner, and so on. Of course, single women in the middle-adult age range reap environmental reactions and responses that make it possible for middle-adult women to feel uncomfortable with themselves when society knows about the single status attached to these middle-adult women.

Psychological Well-Being (Ryff, 1989) is an individual's attitude towards his ability to recognize his own unique potential and optimize this potential in various aspects of his life, especially to face various challenges and changes in life.

If single middle-aged women who work in the city of Bandung are associated with psychological well-being, this is appropriate because according to Ryff, middle-aged women have a high level of control over the surrounding environment because of their age and experience. So they can interact with the surrounding environment well. Gender is also a determining factor in psychological well-being, where women have higher scores on positive relationships and can maintain good relationships with other people.

Assessment of individual attitudes towards their ability to recognize and optimize their potential, especially for single middle adults, which is manifested in the following dimensions:

1. Self-Acceptance, when a single middle-aged woman who is single is comfortable with the single status she currently has. Based on the phenomenon obtained, the single status of middle-aged women who work does not mean it hinders everything they have. So that even middle-aged women can have a positive attitude towards themselves and can evaluate themselves.

A high score on this dimension indicates a middle-aged single woman who has a positive attitude, recognizes and accepts all aspects of herself, including her good and bad qualities and can look at the past with positive feelings.

Low scores on this dimension appear in middle-aged single women who are mostly dissatisfied with themselves, they feel uncomfortable with what happened in their past lives, worry about their personal qualities and want to change them.

2. Having positive relationships with other people (positive relations with others), At a time when Indonesian culture says that a single middle adult is taboo, individuals who are in the middle adulthood age range, especially women, can relate well to other people, both with family, co-workers, friends, even the community around them.

High scores appear in single women who are warm, have satisfying and trusting relationships with others, care about the well-being of others and have the capacity for empathy, influence and intimacy as well as giving and receiving everything in their relationships.

A low score indicates that a person lacks close relationships and trust with others, finds it difficult to be warm and open and feels concern for the welfare of others. They feel frustrated and isolated with social relationships. Single women today don't want commitment to anyone else.

3. Independence (Autonomy), namely where single middle-aged women, when they have a career, can be independent both financially and in other ways. Are these middle adults able

to be independent on their own or are they still influenced by other people around them?

A high score in this dimension indicates a single, middle-aged woman who decides everything herself and does not depend on others, or resists social pressure and regulates behavior based on personal judgment. These individuals evaluate themselves according to personal standards.

Low scores indicate middle-aged single women who care too much about other people's expectations, they depend on other people's judgments before making important decisions, their thoughts and actions are influenced by social pressure.

4. Mastery of the environment (environmental mastery), when middle adults can master the environment. How he is responsible for what he does. Most middle adults scored high on the dimension of mastery of the environment. Because they can adapt well to their surrounding environment. And even when asked about their single status, middle-aged women who were single were able to explain from the point of view of the single middle-aged person.

High scores in this dimension are obtained by single, middle-aged female individuals with a sense of mastery and competence around them, who can use emerging opportunities effectively and can select or create the right context for their needs and their personal values. Low scores indicate difficulty in managing daily affairs, or changing or improving their environment and a lack of ability to make the most of opportunities that arise as well as a lack of control over the world around them.

5. Having a purpose in life (Purpose In Live), when a single woman in middle adulthood is able to think about what will happen in the future when she maintains the single status she has currently obtained. Then how can single middle adults evaluate the meaningfulness of their future life goals?

High scores in this dimension appear in single female individuals in middle adulthood who have a purpose and direction in life, they feel that both their past and present lives are meaningful, they hold beliefs that give purpose to their lives as well as a purpose and reason for living.

Low scores appear in single female individuals who feel that their life is meaningless and has no purpose and direction, they cannot see any point in their past experiences.

6. Personal development (Personal Growth), single middle adult women evaluate individual abilities to recognize and develop their capacities, potential and skills. Especially in what job is he just stagnating or is the single middle adult able to produce in middle age and single at the moment.

A high score on this dimension shows that single, middle-aged women who work in the city of Bandung want to continue to develop. They observe their own growth and development, are open to new experiences, they feel they have fulfilled their potential, can see improvements in themselves and behavior over time and make changes to increase their self-knowledge and effectiveness.

Low scores on this dimension appear in single women with a sense of personal stagnation, with no improvement and development over time, they feel bored and lack interest in living life.

High PWB can be seen from the overall total score obtained and the high level of each PWB aspect and vice versa with a low total PWB score. Attitudes towards experiences make a person surrender to the situation and make his psychological well-being low or try to improve his life which will make his psychological well-being increase.

## RESEARCH METHODS

This research uses quantitative methods with a quantitative descriptive type. The variable involved in this research is Psychological well-being. The research respondents were 32 people with the characteristics of middle adult women (40-60 years), single, still working, and domiciled in the city of Bandung. In this research, Snowball Sampling is used, a technique for determining samples that are initially small, then enlarge (Sugiyono, 2011).

Researchers used primary data using questionnaire techniques as the first tool and interview techniques as supporting data. The measuring instrument used comes from Ryff's Psychological Well-Being Scale (RPWB) compiled by Carol D. Ryff. In this measuring instrument there are 84 statement items consisting of 44 positive statements and 40 negative statements, with different answer choices. Each statement has 6 alternative answers, namely Strongly Disagree, Disagree Somewhat, Somewhat Disagree Slightly, Somewhat Agree Slightly, Agree Somewhat, and Strongly Agree. Agree).

The data analysis method used in this research is a descriptive analysis method which aims to determine the status and describe phenomena based on the data collected. Meanwhile, the descriptive statistical analysis used in this research is Frequency Distribution.

## RESULTS AND DISCUSSION

### Results

This research involved 32 respondents with the characteristics of single women in middle adulthood who work in the city of Bandung. The following is a presentation of data in tabulated form which is arranged based on the demographic data attached to the questionnaire given to research respondents or what can be called the respondent's personal data.

Table 1. Respondent Demographic Data

Profile	Sub	PWB		Σ
		High	Low	
Age	40 - 45	40,6%	21,9%	62,5%
	46 - 50	31,3%	6,2%	37,5%
Religion	Islam	53,1%	21,9%	75%
	Protestant	6,2%	3,1%	9,4%
	Catholic	12,5%	3,1%	15,6%
Child to-	1	37,5%	12,5%	50%
	2	18,7%	6,3%	25%
	3	12,5%	6,3%	18,8%
	5	3,1%	-	3,1%
	7	-	3,1%	3,1%
Ethnic group	Sunda	37,5%	12,5%	50%
	Java	15,6%	12,5%	28,1%
	Padang	6,3%	3,1%	9,4%
	Batak	6,3%	-	6,3%
	Menado	3,1%	-	3,1%
	Buginese	3,1%	-	3,1%
Work	Facilitator	37,5%	6,2%	43,7%
	Finance	12,5%	-	12,5%
	Admin	3,1%	9,4%	12,5%
	HRD	6,3%	6,3%	12,6%
	Manager	6,3%	-	6,3%
	Marketing	3,1%	3,1%	6,3%
	Doctor	-	3,1%	3,1%
	Lecturer	3,1%	-	3,1%
	HRD	3,1%	3,1%	6,3%

Last Education	D3	3,2%	15,6%	18,7%
	S1	56,3%	12,5%	68,8%
	S2	12,5%	-	12,5%
Income/ month	1 - 4 Million	12,5%	-	12,5%
	4 - 8 Million	34,4%	25%	56,3%
	> 8 Million	25%	6,3%	31,3%
Health Complaints	There is	50%	6,3%	56,3%
	There isn't any	21,9%	21,9%	43,7%
Living Together	Parent	28,1%	21,9%	50%
	Alone	34,4%	6,3%	40,6%
	Older Brother	6,3%	-	6,3%
	Younger Brother	3,1%	-	3,1%
Single for a long time	< 5 years	31,4%	12,5%	43,9%
	5-10 Years	15,7%	3,1%	18,8%
	> 10 years	24,9%	12,4%	37,3
Reasons for being single	Have not got it yet	31,3%	3,1%	34,4%
	Career	18,8%	3,1%	21,9%
	Trauma	-	9,4%	9,4%
	Parents' priorities	9,4%	-	9,4%
	Too old	-	6,3%	6,3%
	Not PD	-	6,3%	6,3%
	Homosexual	3,1%	-	3,1%
	Childfree	3,1%	-	3,1%
	Not sold	-	3,1%	3,1%
	Never been in a relationship	3,1%	-	3,1%

In general, the description of the Psychological Well Being of single women in the middle adult age range who work in Bandung City is divided into two categories, namely high and low.

Table 2.PWB Categorization

No.	PWB	f	%
1.	Tall	23	71,9
2.	Low	9	28,1
Amount		32	100

Table 3.PWB Categorization Per Dimension

No.	Dimensions	Height	Low
1.	Self-Acceptance	71,9%	28,1%
2.	Positive Relations With Other	65,6%	34,4%
3.	Autonomy	53,1%	46,9%
4.	Environmental Mastery	71,9%	28,1%
5.	Purpose in Life	78,1%	21,9%
6.	Personal Growth	93,8%	6,3%

## DISCUSSION

In this study, the majority of research respondents showed PWB in the high category as seen from the total scores obtained and the results of the interviews they obtained. The highest score among all single female respondents in middle adulthood who worked in Bandung City was 23 people (71.9%). Individuals who have high PWB will have a positive attitude towards themselves and others, have good relationships with other people, are able to make decisions and regulate their own behavior, are able to choose or shape an environment that they feel is appropriate to the individual, and have a sense of direction or being able to give meaning to one's life. High psychological well-being will give rise to a feeling of comfort, peace and



happiness in individuals, and make individuals able to view positively the achievement of their potential in the past (Ryff, 1995). Individuals with high PWB are assumed to be able to increase their role in the surrounding environment because of their positive psychological functioning, in accordance with their abilities and capacities (Ryff, 1989).

From the explanation above, it can be said that in general, single women of middle adulthood, currently in the city of Bandung, have escaped the idea that their single status affects their activities and comfort at work. Based on data from interviews obtained by researchers, the majority of respondents prioritize their career or focus on their current job. This is because the age is approaching retirement and planning must be more mature after retirement. According to all respondents, currently research respondents prefer social activities, especially respondents with jobs that are related to social activities, which makes research respondents more positive in social relations with the surrounding environment, although some respondents are less able to socialize with members of the opposite sex outside their lives daily.

Research respondents who are still working make respondents more independent in their daily lives when they are already in their middle ages. Independent in this case means that some respondents already have their own house, although some still live with the respondent's parents. Can overcome and regulate social pressure, especially in terms of the single status that research respondents obtain according to their thoughts or behavior according to the rules that apply around them, but the self-worth of research respondents is based on their own personal standards.

Respondents with jobs already have subordinates who can be directed to complete a job that the respondent wants. Even though the research respondents were single, all respondents were able to ignore their single status when asked by colleagues or subordinates. Regarding future life goals, in general all research respondents have strong plans for their future lives. Most are thinking about becoming entrepreneurs with the potential they currently have.

From the explanation outlined above, in general all respondents are trying to improve their lives, especially with their single status in middle adulthood, which will increase their psychological well-being.

## **CLOSING**

### **Conclusion**

In general, the respondents in this study, namely women who are currently single, are in middle adulthood aged 40-50 years and work in the city of Bandung, who have psychological well-being which can be said to be high. In general, all research respondents in this study felt capable enough to recognize what potentials exist within themselves and optimize the existence of these potentials in their daily lives optimally, even though the respondents in this study were single and had never been married. not young anymore.

Of the 32 research respondents, single women in middle adulthood, there were 8 respondents who had a low total psychological well-being score or were less prosperous themselves. Respondents who had a total score according to RPWB norms in the low category had various reasons for being single, such as not being confident about starting a relationship, trauma, and being too old for their age to find a partner. This is due to a physical appearance that is not the same as most other women (black, short, or less attractive). From this, respondents who have a PWB in the low category are very uncomfortable with their single condition which causes a lack of balance in relationships in the environment and the meaning of their life.

Personal Growth is a dimension that has a high total score. Personal growth is the continuous achievement of skills, talents and opportunities available for personal development and to realize one's potential. In addition, personal development includes the capacity to remain open to new experiences and to identify challenges in real situations. This is indicated by a feeling of continuous and potential development, being open to new experiences, and having increased and effective knowledge.

The lowest dimension obtained is in the Autonomy (Independence) dimension. Autonomy is a search for self-determination and personal authority or independence in society which sometimes leads to an attitude of obedience or conformity. The ability to withstand social pressures so as to think and act in one particular way, as well as to guide and evaluate behavior based on internalized standards and values, is important in this domain.

Single women in middle adulthood who work in the city of Bandung, have high psychological well-being because on average all respondents are single because of their own desires and those who reach middle adulthood want to develop their potential at work or focus on work first. This makes respondents more comfortable and does not care about the impact of their single status on the surrounding environment.

### Suggestion

In connection with the conclusions presented above, this research is a theory that is rarely used, because of the limited age used by Carol D. Ryff to achieve optimum aging. For future researchers who are interested in this research, it is hoped that they can consider the measuring instruments that will be used, whether to adapt, modify or create separate items. Because this research is research regarding the perceived negative impact of the respondent's single status, the items used must really not offend the feelings felt by the respondent.

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