

Descriptive Study of The Perceived Advantages and Disadvantages of Being Single Women

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Abstract

Purpose: This research explored the perceived advantages and disadvantages of being single women in order to better understand the influencing factors of single women's psychological well-being, especially in Indonesia.

Method: Research respondents were 128 respondents in four groups of 25-70 years of age, consisting of 41 single women, 49 married women, 13 single men, and 25 married men. Data collection was conducted with purposive incidental sampling. Measurement was conducted using an open questionnaire. Data analysis was conducted in two stages: (1) listing all results, then grouping and categorizing with quantitative content analysis; and (2) conducting descriptive statistical comparison means one-way anova and crosstab (chi-square).

Result: Results on perceived advantages showed differences in means and significant association (average $p < 0.05$) on: (1) giving life for family and free for relationship with work; (2) being self, enjoy life, more interesting with religion; (3) being self with age; (4) on free to travel with sex; (5) focus on education with culture background; (6) free travel, more interesting, and focus on education with four different categories. Results on perceived disadvantages also showed differences in means and significant association (average $p < 0.05$) on: (1) well-being threatening social treatment with age; (2) moral pressure with cultural background.

Conclusion: Perceived advantage of being single women indicated that the appreciation of single women already existed and could be considered as a way in anticipating the impact of perceived disadvantage on the psychological well-being of single women. This condition should be studied further in future research.

Keywords: *advantages; disadvantages; single women*

1st International Conference on Healthy Living

INCOHELIV

**Urban Healthy Living In Family,
Educational, Industrial, Organizational,
Social, And Clinical Settings**

BOOK OF ABSTRACT

FACULTY OF PSYCHOLOGY
UNIVERSITY OF SURABAYA

MAY 29TH - 30TH, 2024

Organized By:

**Faculty of Psychology
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INCOHELIV

BOOK OF ABSTRACT

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BOOK OF ABSTRACT

The 1st International Conference of Healthy Living (Incoheliv)

URBAN HEALTHY LIVING IN FAMILY, EDUCATIONAL, INDUSTRIAL, ORGANIZATIONAL, SOCIAL, AND CLINICAL SETTINGS

Advisor:

Rector of University of Surabaya
Dr. Benny Lianto, MMBAT

Supervisor:

Dean of Faculty of Psychology, University of Surabaya
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Dilarang memperbanyak karya tulis ini
dalam bentuk dan dengan cara apapun
tanpa izin tertulis dari penerbit.

Rector's Welcoming Remarks

Assalamualaikum Wr. Wb.

Peace be upon us all.

Om Swastiastu, Namó Buddhaya

Multicultural Greetings from Ubaya,

Honorable speakers and panelists of the 1st INCOHELIV Conference,

- Dean of the Faculty of Psychology, Universitas Surabaya,
- All the 1st INCOHELIV committee members and participants
- Distinguished guests, Ladies and Gentlemen,



Good morning, I am very honored to preside on and deliver the opening remarks of this 1st International Conference on Healthy Living (INCOHELIV) themed "Urban Healthy Living in Family, Educational, Industrial, Organizational, Social, and Clinical Settings." It is an honour to meet with professionals and scholars from around the world to investigate the complex connections between urban settings and psychological well-being.

In our rapidly urbanizing world, urban cities offer both opportunities and problems for improving mental health and general quality of life. As psychologists, researchers, educators, and practitioners, we are now coming together to discuss how urban surroundings influence our experiences in family relationships, educational institutions, workplaces, communities, and clinical settings.

In family contexts, we realize how urban living affects familial relationships, parenting methods, and resilience in the face of urban challenges. Urban schools have an important role in shaping our children's cognitive, emotional, and social development, necessitating exploring techniques for fostering supportive and inclusive learning environments.

Urban industrial and organizational contexts impact individual and organizational well-being, necessitating novel approaches to improving work-life balance and mental health care. Social connections in metropolitan settings significantly impact our sense of belonging, social cohesion, and civic involvement. While, in clinical settings, the specific problems that urban locations present have an impact on access to mental health treatments and care delivery.

Throughout this conference, let us participate in thoughtful debate, share research findings, and exchange best practices to advance our understanding of urban healthy living. I extend my gratitude to everyone here who joined in this important discussion. May our discussions lead to actionable ideas that improve urban well-being and contribute to global psychological practice and research growth.

Let me conclude my remarks by wishing you a productive but pleasant discussion at this conference. May all our fruitful works come to excellent results. I now declare the 1st INCOHELIV "Urban Healthy Living in Family, Educational, Industrial, Organizational, Social, and Clinical Settings" is officially opened.

Assalamualaikum Wr. Wb.

Peace be upon us all.

Om Shanti Shanti Shanti Om, Namo Buddhaya

Multicultural Greetings from Ubaya

Warm Regards,

Dr. Ir. Benny Lianto, MMBAT

Rector of University of Surabaya



Dean's Opening Remarks

Our distinguished speakers, participants, and colleagues

I am honored to extend a warm welcome to you at the 1st International Conference of Healthy Living (Incoheliv). This conference is held as our response to the increasing awareness of a healthy living lifestyle in a global community that is in line with the vision of Universitas Surabaya Faculty of Psychology, which aims to achieve excellence in addressing urban issues. INCOHELIV represents a journey to address the obstacles, innovations, and possibilities in cultivating a healthier and more vibrant urban lifestyle.

INCOHELIV aims to be a forum for academics, practitioners, and researchers to share knowledge, experience, and innovations related to mental and physical health themes.

I extend my gratitude to the Doctor of Psychology Program management for initiating this international conference through various scientific activities such as seminars, workshops, panel discussions, and scientific presentations. As we gather in this conference, we are reminded of the importance of collaboration and communication in advancing our shared goals. I hope this conference will be a productive and enlightening experience for all of us, especially in contributing our knowledge and expertise to promote healthy urban lifestyles.

Finally, I express my gratitude to our honorable invited speakers for the conference and workshops, participants, sponsors, and the committee for contributing to this international conference.

Let us begin this conference with a spirit of openness, curiosity, and collaboration. I wish you all a productive and enjoyable conference.

Warm regards,

Dr. Evy Tjahjono, S.Psi., M.G.E., Psikolog

Dean of Faculty of Psychology

University of Surabaya

Conference Chair's Welcoming Remarks



Dear distinguished participants and colleagues,

I am honored to welcome you to the First International Conference of Healthy Living (Incoheliv) held online on the 29th – 30th of May 2024. This forum is dedicated to advancing knowledge and fostering collaboration in urban healthy living in family, educational, organizational, social, and clinical settings. Our organizing committee has worked tirelessly to bring together experts, scholars, and practitioners worldwide to explore the theme of healthy living in many aspects of life.

The keynote and invited speakers in the Incoheliv come from 6 countries: Australia, Netherlands, USA, Taiwan, Malaysia and Indonesia. The invited symposium consists of 5 scholars from Taiwan and Indonesia, and the around 48 papers in panel sessions will be presented by scholars from Nigeria, Pakistan, Philippines, and Indonesia.

Pre-conference workshops are held hybrid from May 27th to 28th, 2024, and discuss three themes: Universal Design Learning, Strategies of Violence Prevention, and Bibliometric. They are presented by international reputation speakers from Taiwan and Indonesia and attended by many audiences.

From keynote and invited speakers presentations to panel discussions, and workshops, we encourage moments where ideas can flourish, connections can be built, and new horizons can be explored. This conference will serve as a catalyst for positive change, collaborations and initiatives that will improve the future of healthy living issues for years to come.

I extend my gratitude to all the honorable speakers, sponsors, volunteers, and participants for their invaluable contribution to this endeavor. Your passion, expertise, and commitment have been significantly instrumental in making this conference happen. Thank you for joining us on this journey. My warmest wishes for a productive and enriching conference experience.

Warm regards,

Dr. Artiawati, MAppPsych.
Conference Chair

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SPEAKERS

Photo - Name	Expertise and Institution	Topic
<p>Prof. Irene Blackberry, Ph.D</p> 	<p>Gerontology and Primary Health Care, La Trobe University, Australia</p>	<p>The Future living of Seniors</p>
<p>Yuh-Shan Ho, Ph.D</p> 	<p>Global leader in Science Studies: ranked 1st (Career Impact) and 2nd (single recent Impact) in 2022</p>	<p>Quantifying impact: Bibliometric analysis in health sciences.</p>
<p>Karen Parsonson, Ph.D</p> 	<p>Clinical and Forensic Psychology, University of Houston Victoria, USA</p>	<p>"It Takes a Village". Unravelling the Complex Trajectory of Involvement in the Criminal Justice System: A Preventative Approach That Requires Societal Investment</p>
<p>Dr. Yohan Kurniawan</p> 	<p>Experimental Psychology and Parapsychology, University of Malaysia, Kelantan, Malaysia</p>	<p>Analysis of a metaphysical situation using Clinical Psychology approach and aura energy</p>

<p>Prof. Teguh Wijaya Mulya, Ph.D</p> 	<p>Critical Psychology, University of Surabaya, Indonesia</p>	<p>Mental Health through a Critical Lens</p>
<p>Prof. Sandra Mulkens, Ph.D</p> 	<p>Clinical-Psychotherapist, Maastricht University, Netherland</p>	<p>Not afraid of ARFID: What is this 'new' feeding/ eating disorder?</p>

SYMPOSIUM

Invited Symposium: Work Family Interface Research

Chaired by Dr. Artiawati, MAppPsych, Psikolog

Name	Institution	Topic
Kartika Widiningtyas, M.Si	University of Surabaya	The Factors Influencing Work Family Conflict among Working Fathers
Stefani Patricia Cahayadi, S.Psi	National Quemoy Taiwan	The Moderating Effect of Job Autonomy on Telework Intensity and Work-Family Conflict
Dr. Rusmalia Dewi, M.Si., Psikolog	Semarang University	The Role of Meaningfulness of Work as the Mediator between Work Family Climate and Work Family Conflict
Paxia Dyani Ariadna Salsabilita, M.Sc	National Sun Yat-Sen University, Kaohsiung, Taiwan	The Moderating Effect of Social Support on Presenteeism and Work-Family Conflict

PROGRAM SCHEDULE

Zoom Link : <https://ubaya.id/1st-incoheliv>

Meeting code : 834 3960 1947

Password : 456789

Day 1 - Wednesday, May 29th, 2024 (GMT+7)

Plenary Session		
07.45 - 08.15	Open registration	
08.15 - 08.30	Opening video	MC
08.30 - 09.00	Welcoming speech 1	Rector
	Welcoming speech 2	Chairman
	Welcoming speech 3	Dean
Keynotes Session		
09.00 - 10.00	Session 1: The Future Living of Seniors	Keynote speaker: Prof. Irene Blackberry Moderator: Ni Putu Adelia Kesumaningsari, S.Psi, M.Sc
Invited Session		
10.00 - 11.00	Session 2: Quantifying impact: Bibliometric analysis in health sciences.	Invited speaker: Yuh Shan Ho, Ph.D. Moderator: Dr. Ide Bagus Siaputra, S.Psi
Symposium		
Invited Symposium: Work Family Interface Research Chaired by Dr. Artiawati, MAppPsych, Psikolog		
11.00 - 12.00	The Factors Influencing Work Family Conflict among Working Fathers	Invited symposia: Kartika Widiningtyas, S.Psi., M.Si
	The Moderating Effect of Job Autonomy on Telework Intensity and Work-Family Conflict	Invited symposia: Stefani Patricia Cahayadi, S.Psi

	The role of Meaningfulness of Work as the Mediator between Work Family Climate and Work Family Conflict	Invited symposia: Dr. Rusmalia Dewi, M.Si., Psikolog
	The Moderating Effect of Social Support on Presentation and Work-Family Conflict	Invited symposia Paxia Dyani Ariadna Salsabilita, S.Psi., M.Sc
12.00 - 13.00	Break	
Parallel Session		
13.00 - 14.30	Industry & Organization Psychology	Please check the detail information on "Parallel Session Schedule"
14.30 - 16.00	Developmental Psychology	Please check the detail information on "Parallel Session Schedule"

Day 2 - Thursday, May 30th, 2024 (GMT+7)

Plenary Session		
07.45 - 08.15	Open Registration	
08.15 - 08.30	Opening Conference Day-2	MC
Invited Session		
08.30 - 09.30	Session 3: "It Takes a Village". Unravelling the Complex Trajectory of Involvement in the Criminal Justice System: A Preventative Approach That Requires Societal Investment	Invited Speaker: Karen Parsonson Ph.D Moderator: I Gusti Ayu Putu Wulan Budisetyani, S.Psi., M.Psi
09.30 - 10.30	Session 4: Analysis of a metaphysical situation using Clinical Psychology approach and aura energy	Invited Speaker: Dr. Yohan Kurniawan Moderator: Ananta Yudianto, S.Sos., M.Si
Parallel Session		
10.30 - 12.00	Clinical Psychology	Please check the detail information on "Parallel Session Schedule"
12.00 - 13.00	Break	

Invited Session		
13.00 - 14.00	Session 5: Mental Health through a Critical Lens	Invited Speaker: Prof. Teguh Wijaya Mulya, Ph.D Moderator: Dr. Dra. N.K. Endah Triwijati, M.A
14.00 - 15.00	Session 6: Not afraid of ARFID: What is this 'new' feeding/eating disorder?	Invited Speaker: Prof. Sandra Mulken, Ph.D Moderator: Dr. Monique Elizabeth Sukanto, S.Psi., M.Si., Psikolog
15.00 - 15.15	Break	
Parallel Session		
15.15 - 16.45	Educational Psychology	Please check the detail information on “Parallel Session Schedule”
16.45 - 17.00	Closing Ceremony	MC

PARALLEL SESSION SCHEDULE

Parallel sessions are conducted in breakout rooms based on your research focus area. Please join via the same Zoom link as the conference:

Zoom Link : <https://ubaya.id/1st-incoheliv>
Meeting code : **834 3960 1947**
Password : **456789**

Ensure you join the breakout room according to the Parallel Session schedule below.

Day 1 (29th of May, 2024)

Parallel Session 1: Urban Family & Clinical Psychology

Time: 1 - 2.30 pm (GMT+7)

Subtheme: Family Dynamics (Moderator: Dr. Setiasih, M.Kes, Psikolog)	
Breakout Room: PS1_1	
The Effect Of Marital Commitment And Adult Attachment Style On Marital Flourishing	Sri Juwita Kusumawardhani
Impact of Domestic Task Inequality Toward Parental Stress on Dual Earner Couples	Callista Dian Puspita
The Effect of Psychoeducation on Fear of Childbirth: Litterature Review	Eva Nur Rachmah
Conceptualizing Social Support In Families of Children With Special Needs: A Systematic Review Literature	Iis Solihah
Subtheme: Mental Health & Well-Being (Moderator: Dr. Dra. Elly Yuliandari Gunatirin, M.Si.)	
Breakout Room: PS1_2	
Exploring Problematic Internet Use Tendency among Emerging Adults: An Overview	Vania Ardelia
The effects of music listening on emerging adulthood in dealing with grief of losing parents during the COVID-19 pandemic	Penny Handayani

The Influence of Adult Attachment on Mental Wellbeing in Young Adults	Anggi Mayangsari
Adults and Pre-Elderly's Informal Caregivers Perceived Burden	Devina Rahmasari
Qualitative Study: The Psychological Well-Being of Nurses Caring for COVID-19 Patients	Made Dharmawan Rama Adhyatma
Subtheme: Psychological Perspectives in Health (Moderator: Johanna Natalia, S.Psi., M.Mus.PhD)	
Breakout Room: PS1_3	
The Influence of Japanese City Pop Music on Emerging Adults' Sleep Quality	Ezra Sadjiarto
Meta Analysis Correlation Between Academic Stress And Sleep Quality In Urban Living	Catherine Stephanie
Does Virtual Reality Affect Breast Cancer Patients' Pain? (A Literature Review)	Afifah Salsabila
Women During Menopausal Transition: Psychological, Somatic-Vegetative and Urogenital Symptoms	Budi Sarasati

Day 1 (29th of May, 2024)

Parallel Session 2: Urban Industrial & Organizational Psychology

Time: 2.30 - 4 pm (GMT+7)

Subtheme: Parent-Child Relation : Developmental Impacts (Moderator: Afinnisa Rasyida, S.Psi, M.Psi, Psikolog)	
Breakout Room: PS2_1	
The Effect of Loneliness and Absence of Father's Role on Aggressive Behavior In Adolescents	Ita Susana
The Influence of Father Involvement on Adolescents' Sexual Self Concept	Mirna Wahyu Agustina
Does Parenting Style Work on Gadget Addiction? A Cross-Sectional Study Among Adolescence	Riza Hayati Ifroh
Nutrition Nurturers: Empowering Primary School Children Through Innovative Dietary Education and Parental Engagement	Faizan Ahmad Shakir

Subtheme: Modern Workforce & Psychological Perspectives (Moderator: Constantinus Wahju Prijonggo, S.Psi., M.M. PhD)

Breakout Room: PS2_2

The Position of State-Owned Enterprises: Towards A Health Sector Super Holding Company Paradigm	Muhammad Juang Rambe
Relationship Between Growth Mindset And Cognitive Flexibility of Workforce Agility in PT X	Rezkha Tiara
Leadership Transition: Challenges Faced By Millennial Leaders in Leading Multigenerational Employees at A Service Company in Surabaya	Nahdah Sabrina Ismudarmawan
Reviewing Counterproductive Work Behavior, Organizational Culture, and Big Five Personalities in Millennial Employees in Tuban Regency	Nilam Cahya Deltavia
Designing A Peer Counseling Module to Overcome Work Family Conflict of Kowal (Navy Women'S Corp) in Indonesia Navy X Service	Wahyu Gunawan

Day 2 (30th of May, 2024)

Parallel Session 3: Urban Education & Social Psychology

Time: 10.30 am – 12.00 pm (GMT+7)

Subtheme: Promoting Students and School Well-Being (Moderator: Dr. Fitriani Yustikasari Lubis, M.Si, Psikolog)

Breakout Room: PS3_1

The Relationship Between Peer Social Support and Self-Regulated Learning in Samarinda Ulu State Junior High School Students	Lukman Ansari Nahrudin
Final Year Student Academic Stress: What is the Role of Hardiness?	Helmy Krisnayanti
Mental Health Awareness Intervention For Junior High School Students In Jakarta	Anindya Paramita, M.Psi., Psikolog
School Well-Being In High Schools That Implement The 05.30 Am Policy	Christin Bulla

Subtheme: Social and Forensic Psychology Issues (Margaretha, S.Psi., P.G.Dip. Psych., G.Cert.Ed., M.Sc)

Breakout Room: PS3_2

Understanding the characteristics of suicide in Gunung Kidul Regency: A retrospective analysis	Nastiti Lestari
Self-Concept Overview of Narcotics Recidivists in Surabaya	Deby Indah Aristasari
The Role of Resilience in Self-Esteem among Bullying Victims	Stefani Virlia
John Rawls Theory of Justice and Its Implementation In Indonesian National Health Policy: A Critical Analysis of The Abolition of Mandatory Spending	Muhammad Juang Rambe

Day 2 (30th of May, 2024)

Parallel Session 4: Urban Education & Social Psychology

Time: 3.15 - 4.45 pm (GMT+7)

Subtheme: Learning & Innovation (Moderator: Pramesti Pradna Paramita, M.Ed. Psych., Ph.D., Psikolog)

Breakout Room: PS4_1

Goal Orientation of Regular and Working Undergraduate Students in The First Year of College: A Phenomenological Study	Firsty Oktaria
Internal Structure Validation of A Teacher Autonomy Scale Through Confirmatory Factor Analysis	Gayuk Zulaika
The Use of Artificial Intelligence (AI) in Student Learning Process in The Digital Era	Faujiah
Descriptive Analysis Pra-Operational Stages in Geometrical Acknowledge of Early Child	Zahidah Nabilah
Effectiveness of Emotion Regulation Training to Increase Students' Learning Concentration	Woro Ayu Prianggraeni

Subtheme: Positive Mental Health (Moderator: Made Diah Lestari, S.Psi., M.Psi., Ph.D)	
Breakout Room: PS4_2	
Publication Trends Analysis on Positive Mental Health: A 63-Years Bibliometric Review	Petrayuna Dian Omega
Exploring Community Gardens on Mental Well-Being Among Urban Dwellers in Lagos, Nigeria	Lydia Philip
Phototherapy to Increase Self-Compassion in College Students	Marcelina Tesselonika
Descriptive Study of the Perceived Advantages and Disadvantages of Being Single Women	Nanik Nanik
Phenomenological Study: Spiritual Life of Older Adults	Berliany Venny Sipollo
Subtheme: Women's Adjustment: Family, Career, Education (Moderator: Dr. Dra. L. Verina Halim Secapramana, M.M.)	
Breakout Room: PS4_3	
Navigating The Differences: Indonesian Women's Reentry Experiences After Studying in The West	Aloysia Haryono
Stress Dynamics: A Comparative Study of Housewives And Career Women	Nathania Astrella
Navigating Positive and Negative Emotional Feeling to Be A Working Mothers	Yulia Hairina
Self-Compassion and Postpartum Depression in Mother: A Meta-Analysis	Mayenrisari Arifin A. Pasinringi

CONFERENCE RULES & PROCEDURES

- Please join the Main Room 10 minutes before the session starts
- Before attending the Conference, please ensure that your Zoom account name follows the format below:

Format : Name (the one for registration)_Institution

Example: Jessica Lie_University of Surabaya

- Please stay in the conference room throughout the whole session.
- The certificate will be given to the participant who joins the conference and completes the presence documents during the conference.
- Please make sure all participants are muted throughout the presentation
- All participants can ask questions through the Q&A feature throughout the presentation. Regarding the time limit, our team will select the questions based on priority to be answered by the presenter.
- The MC and moderators will allow participants to unmute their devices for direct conversations when needed.
- **Regarding on The Parallel session:**
 - For presenter:
 - Please join the Breakout Room 10 minutes before the session starts. Ensure you join the correct room based on “The Parallel Session Schedule”
 - Every presenter will have 10 minutes for presentations followed by 7 minutes QnA.
 - For participant
 - All Participants can join and move to any Breakout Room based on their interest topic. Please ensure to move to another parallel session after the ongoing presentation has been completed.

