



Single Women's Happiness In Terms Of Social Support And Religiosity

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Abstract: *In Indonesia, single women still get a negative stigma. They are considered "incomplete" individuals because they haven't or don't want to get married. The society also sees the single women in concern even though they can also get happiness, with the social support and religiosity they have. This study aims to determine the relationship between social support and religiosity and happiness in single women. The participants of the study were 82 single women aged 26-45 who were unmarried. Data retrieval was carried out by distributing questionnaires using google form by online and the measurement using likert scale. This study uses a quantitative research method. The hypothesis test that was used in this research using SPSS program. The results showed that there was a relationship between social support and religiosity and happiness. The correlation results obtained of 0.650 showed a strong relationship with the direction of positive correlation, it means the higher the social support and religiosity of single women, the higher their happiness either.*

Keywords: *Social Support, Religiosity, Happiness, Singleness.*

Abstrak: Di Indonesia, wanita lajang masih mendapatkan stigma negatif. Mereka dianggap sebagai individu yang "tidak lengkap" karena belum atau tidak ingin menikah. Masyarakat juga memandang wanita lajang dengan penuh keprihatinan, padahal mereka juga bisa mendapatkan kebahagiaan dengan dukungan sosial dan religiusitas yang mereka miliki. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dan religiusitas dengan kebahagiaan pada wanita lajang. Partisipan penelitian ini adalah 82 wanita lajang berusia 26-45 tahun yang belum menikah. Pengambilan data dilakukan dengan menyebarkan kuesioner menggunakan google form secara online dan pengukuran menggunakan skala likert. Penelitian ini menggunakan metode penelitian kuantitatif. Uji hipotesis yang digunakan dalam penelitian ini menggunakan program SPSS. Hasil penelitian menunjukkan bahwa terdapat hubungan antara dukungan sosial dan religiusitas dengan kebahagiaan. Hasil korelasi yang diperoleh sebesar 0,650 menunjukkan hubungan yang kuat dengan arah korelasi positif, artinya semakin tinggi dukungan sosial dan religiusitas pada wanita lajang maka semakin tinggi pula kebahagiaan mereka.

Kata kunci: Dukungan Sosial, Religiusitas, Kebahagiaan, Kesendirian.



Introduction

The phenomenon of single women is still not widely exposed in Indonesia. BPS data in 2020 shows that out of 31.75 million people, there are 48.24% of adult women who are unmarried, this number increased from previous years (Salsa Aulia Nahruriza, 2022). Individuals have the assumption that marriage does not have to be done in a certain age range, this is shown by the number of young individuals who remain single and postpone marriage (Karel K. Himawan, 2020). The phenomenon of single women is closely related to the interaction of social, cultural and religious values (Karel Karsten Himawan, 2020). Single women in Indonesia aged 30 years and above will face various pressures in their environment due to eastern cultures that consider adult women who live alone as "incomplete" individuals and must produce descendant and take care of children (Ailia Mulyani and Yunita Sari, 2024). Single women are stigmatized by society labeling them as "pasted", "past the times" and "unsold", and are considered to have the wrong personality in them (Mulyani and Yunita Sari, 2024). They also often receive negative labels as "weird," "cold," and "matrealistic" (Nanik Nanik et al, 2022).

The stigma causes single women feeling afraid of their single status, thereby lowering the level of psychological well-being (Nanik et al., 2022). Erikson explained that in early adulthood, around the age of 26 to 39, having an intimate relationship is very important and when this is not done the individual will feel isolated which including melancholy and anxiety feelings (Chin Siang Ang et al, 2020).

Literature studies show that single women are divided into three groups, namely those who have positive experiences, negative experiences, and ambivalent experiences when they have not found a suitable partner (Ang, Lee, and Lie). The group with positive experiences felt free and have time for themselves (Ang, Lee, and Lie). Groups with negative experiences feel the need for someone to accompany them to have intimate relationships with the opposite sex because loneliness feels sad (Ang, Lee, and Lie), they will also feel inadequate and question themselves, feel isolated, and can become depressed (Ang, Lee, and Lie). The ambivalent group is a group of single women who feel independent, have a lot of time for themselves, but sometimes feel lonely, have an empty heart and pay attention to the judgments of others (Firda Nurfaizah et al, 2021). Of the three groups, the majority of single women belong to the ambivalent group (Ang, Lee, and Lie). The ambivalent group is an illustration that despite the negative impact of being single, single women can be happy with their solitude. Seligman explained happiness as the positive emotions that a person feels as well as the overall involvement of the individual in something he or she likes (Psikologi et al). Aristotle argued that happiness is the main goal of human beings by interpreting life, actualizing themselves, and optimizing individual potential (Reza Fahlevi et al). Happiness itself is subjective, so each human has a different meaning and view of happiness, and the source of happiness (Fahlevi et al).

Happiness can come vertically or horizontally. Vertical happiness is happiness that is closely related to religiosity. Religiosity is an important factor in a person's happiness. The research that was conducted by Pello and Soertjaningsih on 2 single adult women showed that the most powerful main factor when living single is religiosity (Sindhya Mariam et al, 2020). Religiosity helps individuals interpret time in their lives positively, including the time of singleness (Himawan). Research by Akhrani and Nuryanti of 135 disaster relief volunteers showed that the role of religiosity accounted for 19.6% in the happiness of disaster relief volunteers (Lusy Asa Akhrani and Sofia Nuryanti, 2021). Religiosity has a role in increasing happiness. A close

relationship with God and involvement in religious activities will help single women face their single status (Himawan).

Beyond a close relationship with God, humans are social beings so they need social support from their environment. Single women need social support to avoid feelings of loneliness and self-isolating behavior (Shakiba Pourasad Shahrak,, 2021). The support provided can be emotional, such as attention, affection, and informational empathy, instrumental, such as goods or objects, and feedback assessments of behaviors performed (Hayatul Amna and Yara Andita Anastasya, 2023). In the previous study, two research participants who are single women aged 50 and 52 felt that it was okay to be single because of the support from their siblings (Rima Nur Hidayati, 2021). Research by Natasha and Desiningrum on three participants who were single women aged 40, 47, and 55 years showed that social support made them calm, cared for, loved, and confident (Siefra Andrea Natasha and Dinie Ratri Desiningrum, 2018). Another study conducted in New Zealand showed that single adults have lower levels of psychological well-being compared to adults in couples due to the lack of social support, discrimination, and negative treatment experienced due to single status (Yuthika U. Girmé et al, 2022). This shows that social support, and especially long-term support from the family, is an important factor in composing happiness (Sarah Afifah Nasution and Nailul Fauziah) .

The phenomena that mentioned before are the background for researchers to conduct research on The relationship between social support and religiosity and happiness in the context of single adult women empirically, and the results of the research are expected to help develop a branch of science that studies singleness and happiness.

Method

This study uses a quantitative approach with a survey research type to study populations both on a large and small scale. The researcher used a non-probability sample because it did not know how large the number of groups or population of samples used in this study was. The criteria for selecting participants are 1). Women aged 26-45 years, 2). Not dating, and 3). Unmarried.

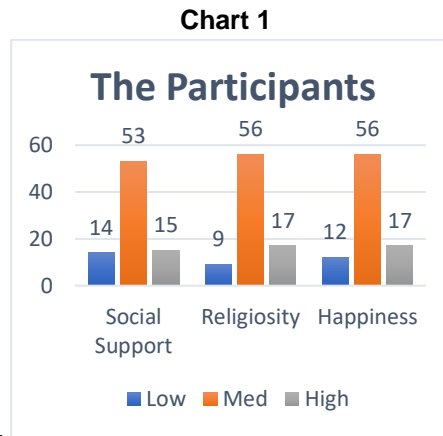
Data retrieval was carried out by distributing questionnaires using google form by online and the measurement using likert scale with five categories, "always", "often", "sometimes", "rarely", and "never". The hypothesis test that was used in this research using SPSS program.

The independent variables of this study were social support and religiosity. King defined social support as feedback from a person that indicates that the individual is loved, valued, respected, engaged, and cared in his or her environment (Rovika, Herni 2021). Meanwhile, Ancok explained religiosity as an individual perspective and a level of commitment to religion (Sungadi Sungadi, 2020). The dependent variable of this study is happiness. Seligman defined happiness as the positive emotions that a person feels as well as the overall involvement of the individual in something he or she likes (Jurnal Psikologi et al).

This study used The Medical Outcomes Study – Social Support Survey (MOS-SSS) that compiled by Sherbourne and Stewart to measure social support with a reliability coefficient of r of 0.97. Centrality of the Religious Scale compiled by Huber and Huber is a scale that used to measure religiosity in general, consisting of 15 core questions and 5 multiple-choice questions. The reliability coefficient r on the religiosity scale is 0.84 The researcher used only 15 core questions. The Happiness Scale used

by the researcher is the Indonesian Indigenous Peoples Scale which was compiled and developed in 2010 by Anggoro and Widiharso (Tasya Augustiya et al, 2020). This scale measures the level of happiness felt by individuals shown by 4 aspects, namely family ties, personal achievements or achievements, social relationships, and spiritual needs. The reliability coefficient r of this scale is 0.90. The three scales show a strong level of reliability so the authors choose to use them.

Results and Discussion



Based on chart 1 (N=82), the participants with low categorization were 17.1% or 14 people in the social support variable, 11% or 9 people in the religiosity variable, and 14.6% or 12 people in the happiness variable. Participants with a moderate level of categorization were 64.6% or 53 people in the social support variable, 68.3% or 56 people in the religiosity variable and happiness variable. Finally, participants with a high level of categorization were 18.3% or 15 people in the social support variable, 20.7% or 17 people in the religiosity variable, and 17.1% or 17 people in the happiness variable. In conclusion, among of the 82 participants, most of them are in the moderate category of these three variables.

The participants who were 26 years old were 65.8% or 54 people, 27 years old were 32.9% or 27 people, 28 and 29 years old were 3.65% or 3 people, 30 years old were 4.87% or 4 people, and participants who were 31, 32, 33, and 40 were 1.21% or 1 person each category.

Amount 86.5% or 71 people came from Java and the remaining are 23.5% or 11 people came from outside Java. The last education of the participants was dominated by 80.48% or 66 people are bachelor degree, 7.31% or 6 people are magister degree, 1.21% or 1 person is associate degree, and 9.75% or 8 people are senior high school.

Before conducting a multiple correlation analysis test to see if there is a strong relationship between variable x and variable y , an assumption test is carried out by conducting a normality test and a linearity test.

Table 1.
Normality Test

| Kolmogorov-Smirnov | |
|--------------------|--------|
| | Sig. |
| Social Support | 0,200* |
| Religiosity | 0,200* |

| | |
|-----------|--------|
| Happiness | 0,200* |
|-----------|--------|

Table 1 shows that the scale of social support, religiosity, and happiness has a significance value of 0.200. This indicates that the data has a normal distribution due to the value of $p > 0.05$.

Table 2.
Linearity Test

| Variable | Linearity |
|------------------------------|-----------|
| Social Support and Happiness | 0,000 |
| Religiosity and Happiness | 0,000 |

Based on table 2, it can be seen that the significance value obtained for social support and happiness and religiosity and happiness is 0.000 which means it has a linear relationship because the p value < 0.05 . The linear relationship between social support and religiosity and happiness shows and confirms that social support and religiosity are essential for improving happiness in single women.

Social support, which is in the form of positive relationships with others, will give single women feelings of being valued, accepted, comfortable, and safe (Amna and Andita Anastasya). These positive experiences will increase happiness in single women. Not only happiness, social support also improves physical health and lowers stress (Hubungan Antara et al, 2022). This is in line with research by Girme, et al in New Zealand and Canada which found that single adults have lower psychological well-being compared to adults who have a partner, because single adults get more negative treatment compared to married adults or adults who already have a partner (Girme et al).

Religiosity is an important component that individuals must have because the direction and purpose of life are based on it (Akhrani and Nuryanti). Religiosity can be nurtured with faith and shown by religious activities that become strength and comfort when individuals face difficult times (Mariam et al). Religiosity gives single women a clearer picture of their status (Katarzyna Adamczyk et al, 2024). These studies prove that religiosity can be a positive coping in single women (Adamczyk et al.). The stronger the individual's belief in God's power, the easier it will be for a single woman to happily pass through her single life.

Table 3.
Correlation Test

| | Social Support | Religiosity | Happiness |
|----------------|----------------|-------------|-----------|
| Social Support | 1 | 0,152 | 0,374* |
| Religiosity | 0,152 | 1 | 0,582** |
| Happiness | 0,374** | 0,582** | 1 |
| | 0,001 | 0,000 | |

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

Based on the table 3, the results of the correlation test showed that the relationship between the variables of social support and happiness was 0.374 which had a statistically significant calculation ($p = 0.001$). By category, the correlation

coefficient between social support and happiness was low. Furthermore, the relationship between the variables of religiosity and happiness is 0.582 which has a statistically significant calculation ($p = 0.000$). By category, the correlation coefficient between social support and happiness was moderate. Both results show a positive relationship direction. The higher the social support for single women, the higher the happiness, and the higher the religiosity, the higher the happiness.

These results are in line with the research of Khuzaimah, et al on the elderly at the Binjai Medan nursing home which shows that there is a relationship between social support and happiness (Ummu Khuzaimah et al, 2021). Social support is one of the important predictors of happiness which includes the amount and quality of support is given. For the elderly, social support is obtained from friends and caregivers in orphanages, which reduces the dependence and problems of the elderly with their families (Khuzaimah et al.). Reducing conflict and a feeling of more independence increases happiness for elderly. Another study by Akhrani and Nuryanti on 135 disaster relief volunteers, there was a significant relationship between religiosity and happiness which contributed as much as 19.6% (Akhrani and Nuryanti). Activities carried out by volunteers are activities to help disaster victims which are not easy to do and can cause stress, but the helping activities that carried out are a symbol of gratitude to God and an indicator of a person's religiosity, when volunteers help, satisfaction will appear as a symbol of happy feelings (Akhrani and Nuryanti).

Table 4
Multiple Correlation Test

| Model | R | R Square | Adjusted R Square | Std. Error of The Estimate |
|-------|--------------------|----------|-------------------|----------------------------|
| 1 | 0,650 ^a | 0,422 | 0,408 | 11,403 |

a. Predictors: (Constans), Religiosity (X2), Social Support (X1)

b. Dependent Variable: Happiness (Y)

Based on the multiple correlation test carried out, a correlation value (R) of 0.650 was obtained. The determinant coefficient (R²) is 0.422, meaning that the influence of social support and religiosity on happiness is 42.2% while the rest is influenced by other variables.

The results showed that there was a relationship between social support and religiosity and happiness. Social support affects a person's psychological well-being, when single women are psychologically prosperous, happiness will be created (Farah Yuliani, Nur Afni Safarina, and Rahmia Dewi, 2023). On the other hand, when single women do not receive social support, problems will arise directly on their psychological well-being impacting their happiness.

Social support from friends, best friends, and family will overcome the loneliness that single women often feel (Shahrak, Brand, and Taghizadeh). Single women are not by choice, they are more at risk of feeling lonely because they tend to feel limited in their activities when they are single and because they do not have interaction with the opposite gender (Jurnal Psikologi Unsyiah et al). They also feel inferior them due to their single status. This will put them in the wrong position, felling lonely and having trouble getting along with the people around them.

On the other hand, single women of their own choice have lower stress levels compared to singles without their choice (Artikel Penelitian et al), making it easier for single women to socialize and maintain their psychological well-being. This is in line

with Chapman and Guven's research which in their research, the level of happiness is not determined by marriage. Single women can also create their happiness even if they are not or will not get married. In addition to social support, religiosity also provides happiness.

Research by Akhrani and Nuryanti shows that natural disaster volunteers who help disaster victims bring happiness because helping is one of the religious commandments (Akhrani and Nuryanti). Similar to single women, when they have a high level of religiosity, their psychological well-being will increase (Himawan). When they have a high level of religiosity, they no longer do and think things based on human judgment, but based on the judgment of God Almighty. The stigma from people about their single status does not have much negative impact on their psychological well-being.

Research by Himawan said that on 635 male and female participants aged 26-50 years shows that religiosity is proven to contribute to the welfare of single men and women in Indonesia (Himawan).

Himawan also conducted interview with several participants who felt that a single period was a period of introspection, self-improvement, and spiritual understanding (Himawan). This kind of mindset will increase religiosity so that single women who are single not because of choice can reduce their worries because they are not married because of choice can reduce their worries because they are not married and at the same time can continue to maintain their happiness.

Social support and religiosity that correlate with happiness in single women suggest that a balance of vertical relationships with God Almighty, and horizontal relationships with fellow human beings is necessary. Social support will help in social relationships and religiosity will help strengthen the relationship with God. Both are complementary parts so that the psychological well-being of single women is maintained.

The stigma given to single women is not a natural thing to do. The sentences and judgemental views can put pressure and burden on single women. This knowledge can be a reference in the future to educate the society about point of view of single woman. Some of the limitations of the research conducted include a limited number of participants, uneven domicile of participants which are mostly dominated by the island of Java, and research participants that focus on women.

Conclusion

The conclusion obtained from the results of this study is that there is a relationship between social support and religiosity and happiness in single women. The correlation obtained was 0.650, indicating that there was a strong relationship with the direction of positive correlation. This is interpreted as the higher the social support and religiosity of single women, the higher their happiness, and vice versa.

Social support is an important factor for single women to overcome their status as single, especially because of the stigma and discrimination that they often get. When social support becomes support from the outside, religiosity becomes spirituality support for single women. The more single women believe that being single is not a punishment from God, and that solitude has a positive meaning in religion, the lower the stress level that single women have so that they will be easier to feel happy.

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