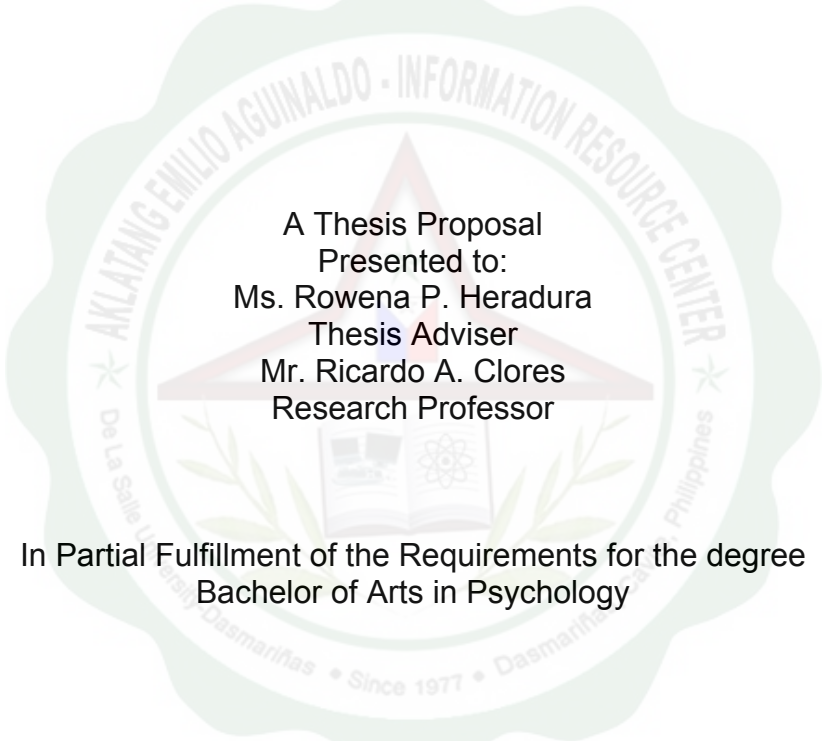




De La Salle University- Dasmariñas

De La Salle University- Dasmariñas
College of Liberal Arts
Behavioral Science Department

Psychological Well- Being of Middle Aged Spinsters



A Thesis Proposal
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In Partial Fulfillment of the Requirements for the degree
Bachelor of Arts in Psychology

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ABSTRACT

NAME OF THE INSTITUTION: De La Salle University- Dasmariñas

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TITLE: Psychological Well Being of Middle Aged Spinsters

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OBJECTIVES OF THE STUDY

A.) GENERAL

1. To know psychological well being of middle aged spinsters

B.) SPECIFIC

1. To identify the demographic profile of the respondents in terms of:

- a. age
- b. educational attainment
- c. occupation
- d. length of the position
- e. monthly salary



f. number of relationship

2. To identify the psychological well-being of the respondents in terms of:

- a. autonomy
- b. environmental mastery
- c. personal growth
- d. positive relations with others
- e. purpose in life
- f. self-acceptance

SCOPE AND LIMITATION

The respondents in the research are the middle aged spinsters. It is composed of single, professional, unmarried, age 40-50 years old women and has no sexual or romantic relationship during the process of conducting the survey. The research primarily focuses and limited in the psychological well-being of middle aged spinsters specifically using the Ryff's Psychological Well-Being Scale. However, the research instrument is applied in Western based culture because there is still no highly developed instrument for psychological well-being in Asian based culture. Thus, it is must be use in Filipino to make it applicable. The researchers were able to gather at least thirty participants.



RESEARCH PROCEDURE

The procedure was firmly pursued in order for the researchers to accomplish the information and statistics in the study.

1. The researchers gathered information from references on significant publications, books, articles, internet sources that are related to the study. It contains writings related to psychological well-being and single spinsters.
2. They send a request from the measurement of Psychological Well-Being through an electronic mail to Dr. Carol Ryff. The author responds with the attached files of 14-item handout Psychological Well-Being and the form in word 6 format.
3. The researcher asked permission through an approved letter from the Thesis Adviser and Professor, Chairman of Behavioral Sciences Department and Dean of College of Liberal Arts to the possible respondents for the research
4. The researchers administered the Ryff's Psychological Well-being Scale and self-made questionnaire for the demographics of the respondents.
5. The researchers collected the survey questionnaires.
6. The researchers systematized the data collected from the answers, classified the scores using the scale of Ryff's Psychological Well-Being and the self-



7. made questionnaire and analyzed in which scale will the respondents will be high and low.
8. The researchers constructed their own range of scores since the test manual and scoring send by the author has no standard range of scores. The high score ranges from 84-59, moderate score ranges from 58-26 and low score ranges from 25- and below.

MAJOR FINDINGS OF THE STUDY

1. Majority of the respondent's age ranges to 46-50 years old. Most of them are college graduate. Their common occupation is teacher, most respondent's salary fall under 11, 000 – 20, 000 pesos. Most common range of their position is in 10 to 30 years. In terms of the relationship of the respondents, it shows that most of them have a 1 to 5 possible romantic or sexual relationship involvement.
2. Most of the respondents have a high psychological well being in Personal Growth. They have a persistent increasing and growing of oneself. They are not afraid to explore their own potential in facing new experiences. They are aware of their development within their identity and behavior over time. They



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have a greater chance in reflecting their self knowledge and effectiveness. The respondents have a good interpersonal relationship. They have a fine rapport towards with other people and their environment. It is one of their sources of satisfaction. Findings of this study as well as previous study can support the fact that single and never been married women have still lot of time having societal connection with their associates.

3. Most of the respondents have a low psychological well being in Autonomy. They are anxious regarding the outlooks and appraisal of other people to them. When it comes to their essential decision making, they tend to confide on opinions of others. They just follow the social pressures in considering and performing in certain customs. In addition, they have a poor intrapersonal relationship with their self. They have dissatisfied regarding their attitude towards self. They are restless standing alone with their principles. This result as well as other studies can prove that spinsters be likely to feel alone and being unwanted. They need other people for their assurance regarding their decision making and they need built-in companionship.



CONCLUSION

This part presents the integration of results, investigation as well as other studies and researches done that contribute to the final overview of this study.

1. The demographic profile of the respondents shows influence in their psychological well being. The researchers are referring to their age, monthly salary and number of relationships.
2. The respondents have higher psychological well being in the Personal Growth scale. Respondents likely has the ability to improve their own potential as an individual even they are single. Several studies also show that being employed as well as having a personal income can sustain the personal needs of an individual. Middle aged spinsters are good at creating situations that will enable them to improve their quality of life, and to achieve wellness. Thus, they have a good interpersonal relationship.
3. However, most of the respondents have a low psychological well being regarding their autonomy as an individual. Researchers can conclude that because of their low number of romantic or sexual relationship, it reveals that they are having a hard time in making decisions on their own and affects their attitude towards self. In addition, lack in sense of self-freedom and



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individuality due to rootedness associated with obligations, overprotection, and cultural trait of kinship or strong family ties has contribute in their autonomy. Thus they have poor intrapersonal relationship.

RECOMMENDATION

The researchers would like to recommend the following:

Middle aged Spinsters

Middle aged spinsters should be confident with their situation. They should not be humiliated of who they are. They can maximize or enhance their potentials as an individual. They can expand more their horizon. They should be independent enough in handling decision- making as much as possible and lessen their reliance towards their environment.

Family of the Respondents

Family of the said respondents must be able to understand some irregularities in the behavior and some different attributes of their family member as a middle aged spinster. To be more aware in some of their capabilities and their considered weakness in some aspects and must be sensitive in dealing with



them. They should be more in understanding and support them in order to elicit the potential of the respondents.

Psychologists/ Test Developers

Psychologists/ Test Developers should develop a Filipino version of the psychological well being for the accuracy of measurement that fits in the culture of the respondents. This test will be a very helpful since there is still no highly developed Psychological Well Being Test in Asian countries.

Organizations of Women

Organizations to become actively involved in promoting activities that would allow women empowerment and career advancement. Also, they can promote equality towards middle aged spinsters since society usually have stigma or stereotypes in their status

Facilitators of Group Process

Facilitators of Group Process should create more activities regarding in the development of interpersonal and intrapersonal relationships. It can help a lot for the middle aged spinsters to discover their own abilities and improve their selves. Group process like workshops for self-awareness maturity is a great help for them to expand their independency and self-acceptance.



Future Researchers

Future researchers should have a bigger population (e.g. more different types of occupation) because it can strengthen or can oppose the findings of this research. They can also use a case study for further determine the psychological well being and its underlying causes. They can also study the single men and can make a comparative study to determine who has a higher psychological well being and vice versa. They can also make a correlational study regarding the psychological well being and other variables. Time allocations should be addressed well to avoid any constraints for a future study.