For the first time in human history, there are more single people (52%) than partnered individuals (48%)\(^1\). Those that are single experience lower well-being than those in relationships\(^2\). The link between being single and well-being may be more complex than previously thought. Being in an unhappy marriage can be more detrimental to one’s well-being than being single\(^3\). Single people can be happy if they are motivated to avoid conflicts that occur in relationships\(^4\). Single can have wider benefits such as greater autonomy\(^5\), freedom\(^6\), and have higher levels of socializing\(^6\).

In the current research, we assessed single peoples’ beliefs about societal norms around the benefits of being single versus in a relationship.

### Hypothesis

We hypothesize that as single people endorse more to pro-relationship norms than to pro-singlehood norms, this will lead to an increase in fears of being single, which will in turn undermine daily life satisfaction.

### Study 1 and Study 2 Measures

#### Pro-Singlehood versus Pro-Relationship Norms: During a baseline questionnaire, we assessed participants’ adherence to pro-singlehood versus pro-relationship norms using the Relationship Norms Scale

- “You can achieve everything you want in life even if you are single”
- “Everyone needs a romantic partner that will be there for them”

#### Fear of Being Single: During a baseline questionnaire, we assessed participants’ fears and anxieties about being single using the Fear of Being Single Scale\(^7\)

- “It scares me to think that there might not be anyone out there for me”

#### Daily Life Satisfaction: Participants completed a shortened version of the Life Satisfaction Scale\(^6\) everyday for 14 days

### Results From Study 1 and Study 2

#### Fear of Being Single

<table>
<thead>
<tr>
<th>Study</th>
<th>p Value</th>
<th>Indirect Effect</th>
<th>95% CI</th>
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<tbody>
<tr>
<td>Study 1</td>
<td>&lt; .001</td>
<td>-0.09</td>
<td>-0.13 to -0.06</td>
</tr>
<tr>
<td>Study 2</td>
<td>&lt; .001</td>
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</table>

#### Daily Life Satisfaction

<table>
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<tr>
<th>Study</th>
<th>p Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study 1</td>
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</tr>
<tr>
<td>Study 2</td>
<td>.36</td>
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</tbody>
</table>

### Conclusions and Discussion

In both studies, we found support for our mediation model: As single peoples’ adherence to relationship norms increased, it exacerbated their fear of being single, which undermined their daily life satisfaction.

This research leads to a better understanding of issues that may uniquely influence single peoples’ lives.

This provides evidence of a more nuanced connection between being single and one’s well-being.

Experimental data to test this hypothesis is currently on-going.

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### References