

**THE RELATIONSHIP BETWEEN LONELINESS AND SELF-ADJUSTMENT
IN SINGLE WOMEN IN ACEH, INDONESIA: A CROSS-SECTIONAL STUDY**
*Hubungan Antara Kesepian Dengan Penyesuaian Diri Pada Wanita Lajang Di Aceh,
Indonesia: Studi Cross-Sectional*

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ABSTRACT

Background: Single women in this study are defined as unmarried adult women, aged ≥ 30 years, who are employed and reside in Banda Aceh. In societies where marriage is regarded as a social norm, single women are frequently perceived as unhappy and lonely, which may adversely influence their capacity for social adjustment. **Purpose:** This study aims to identify the relationship between levels of loneliness and the ability to adjust among single women. **Methods:** This study used a quantitative approach with a cross-sectional correlational design. The sample consisted of 110 respondents obtained through accidental sampling with a screening process based on inclusion criteria. Data was collected using the SELSA-S and SPDPP instruments and analyzed using JASP software via Pearson's correlation test. **Results:** There was a significant negative relationship between family loneliness and adjustment ($p < 0.001$), whereas romantic loneliness ($p = 0.335$) and social loneliness ($p = 0.510$) did not show a significant relationship. **Conclusion:** These findings indicate that loneliness in the family domain plays a role in the self-adjustment of single women, while other dimensions of loneliness are not significantly associated.

Keywords: loneliness, self-adjustment, single women

ABSTRAK

Latar Belakang: Wanita lajang dalam penelitian ini didefinisikan sebagai perempuan dewasa yang belum menikah, berusia ≥ 30 tahun, bekerja, dan berdomisili di Banda Aceh. Dalam masyarakat yang menempatkan perkawinan sebagai norma sosial, wanita lajang sering dipersepsikan sebagai individu yang tidak bahagia dan kesepian, yang berpotensi memengaruhi kemampuan penyesuaian diri. **Tujuan:** Penelitian ini bertujuan untuk mengidentifikasi hubungan antara tingkat kesepian dengan kemampuan penyesuaian diri pada wanita lajang. **Metode:** Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross-sectional korelasional. Sampel berjumlah 110 responden yang diperoleh melalui teknik accidental sampling dengan proses screening berdasarkan kriteria inklusi. Data dikumpulkan menggunakan instrumen SELSA-S dan SPDPP, serta dianalisis menggunakan perangkat lunak JASP melalui uji korelasi Pearson. **Hasil:** Terdapat hubungan negatif yang signifikan antara kesepian keluarga dan penyesuaian diri ($p < 0.001$), sedangkan kesepian romantis ($p = 0.335$) dan sosial ($p = 0.510$) tidak menunjukkan hubungan yang signifikan. **Kesimpulan:** Temuan ini menunjukkan bahwa kesepian dalam ranah keluarga berperan terhadap penyesuaian diri wanita lajang, sementara dimensi kesepian lainnya tidak berhubungan secara signifikan.

Kata Kunci: kesepian, penyesuaian diri, wanita lajang

INTRODUCTION

Marriage is one of the key developmental tasks of adulthood, involving the formation of intimate relationships and long-term commitments (Arnett, 2016; Cavanaugh & Blanchard-Fields, 2018). Within Indonesian culture, marriage is frequently regarded as a marker of adulthood. Consequently, unmarried women may experience significant social pressure related to their marital status (Himawan, 2019). Unmarried adults, whether men or women, are referred to as singles—a state in which individuals are in the developmental phase leading up to marriage but have not yet entered into a marital union (Pratama & Masykur, 2020). Single individuals in societies that normalize marriage as a standard of adulthood often face social stigma and psychological pressure that associate single status with unhappiness and loneliness (Adamczyk, 2016). These findings remain relevant today, as recent research shows that single women in collectivist societies continue to face social pressure and stigma based on marital status (Kislev, 2019; Adamczyk, 2016). This perspective suggests that single status is still often perceived as a deviation from social norms (Adamczyk, 2016). However, not all perceptions are negative (DePaulo, 2007). As society evolves, single individuals are also viewed as modern, hardworking, independent people who have the freedom to manage their own lives (Septiana & Syafiq, 2013). Thus, single status can be understood through two contrasting perspectives—namely, negative stigma and positive appreciation—both of which have implications for the psychological experiences of the individuals living it (Adamczyk, 2016; DePaulo, 2007).

In collectivist societies, unmarried women frequently encounter normative expectations to marry and have children. Consequently, social pressure related to

marital status may result in psychological stress (Adamczyk, 2016; Kislev, 2019). Based on Central Statistics Agency's data (Badan Pusat Statistik, 2018) showed that the percentage of unmarried women was higher in urban areas (38.32%) than in rural areas (26.92%). The phenomenon of an increasing number of single women in urban areas is linked to higher levels of education, greater economic independence, and the weakening of traditional norms regarding marriage (Kislev, 2019; Adamczyk, 2016). The number of individuals who remain single or delay marriage has increased over time. In Indonesia, this trend has emerged alongside modernization and changing social values, although marriage continues to be strongly valued within Indonesian society (Himawan *et al.*, 2018). Women's decisions to delay or choose not to marry are often linked to career aspirations, financial independence, and a preference for a more autonomous lifestyle (Kislev, 2019; Himawan, 2019). The decision not to marry or to delay marriage, in the context of social pressure and a lack of emotional support, can increase an individual's vulnerability to loneliness (Kislev, 2021).

Loneliness is a psychological condition characterized by a mismatch between expected and actual social relationships and is associated with various negative effects on mental health (Lim *et al.*, 2016; Banerjee & Rai, 2020). Research by Lim *et al.* (2016) stated that loneliness is a feeling of distress that arises when social relationships do not meet an individual's expectations. Research indicated that unmarried individuals in societies that emphasize marriage norms are more vulnerable to loneliness than married individuals (Adamczyk, 2016). Although a person does not always feel lonely when not accompanied by others, feelings of loneliness typically intensify when an individual is alone (Hazer & Boylu, 2010). Life as a single

person can have negative effects, such as feelings of discomfort, social pressure resulting from questions from others about marital status, a sense of alienation from social groups consisting of married people, and the feeling of loneliness itself (Hutapea, 2011).

Loneliness can make it difficult for individuals to form warm, intimate relationships. This condition also carries the risk of triggering various mental health disorders, such as depression, anxiety, prolonged stress, and sleep disorders (insomnia), and may even lead to dementia in old age and difficulties with adaptation (Banerjee & Rai, 2020). Self-adjustment refers to an individual's ability to modify their attitudes and behaviors in response to environmental demands or unexpected conditions, while maintaining a balance between personal needs and the circumstances of their environment (American Psychological Association, 2022; Lamiani *et al.*, 2022). Unmarried adult women often face social stigma, including negative labels such as "old maid" in some communities. In societies where marriage signifies maturity and social legitimacy, remaining single is often regarded as a departure from established social norms. This situation has the potential to influence the self-concept and social adjustment processes of single women (Himawan, 2019; Kislev, 2021). Women who autonomously choose to remain single tend to demonstrate higher levels of well-being and psychological adaptation compared to those who remain single due to external factors (Kislev, 2019; Adamczyk, 2016). Social pressure based on marital status can increase vulnerability to loneliness and psychological distress among single women, particularly in cultures that regard marriage as the primary norm of adult life (Kislev, 2021; Adamczyk, 2016). Based on this discussion, it is evident that loneliness and psychological adjustment are two

interrelated psychological aspects in the lives of single women.

Various previous studies have examined loneliness as a factor related to psychological well-being, depression, anxiety, and the quality of social relationships across different groups (Krause & Parello, 2008; Banerjee & Rai, 2020). Other studies indicated that unmarried individuals are at a higher risk of experiencing loneliness compared to married individuals, particularly in cultural contexts that emphasize the importance of marriage (Adamczyk, 2016; Zhang *et al.*, 2021). Meanwhile, research on adjustment over the past decade has largely focused on adolescent and college student populations and has been linked to emotional regulation, social support, and resilience (Schneider *et al.*, 2017; American Psychological Association, 2022). However, studies specifically examining the relationship between loneliness and adjustment among single adult women in the Indonesian cultural context remain limited.

Based on this research gap, the novelty of this study lies in its effort to simultaneously integrate the variables of loneliness and self-adjustment among single women living under the pressure of social norms regarding marriage. The Indonesian sociocultural context serves as a critical framework for examining the psychological dynamics of single women. This approach seeks to advance theoretical understanding in adult developmental psychology and social psychology, while also offering practical insights into the psychological needs of single women. Although the phenomenon of single women is on the rise, research specifically examining the relationship between loneliness and self-adjustment within the context of Indonesia's collectivist culture remains limited. Hence, the objective of this study is to identify and analyze the

relationship between loneliness and self-adjustment among single women.

On the other hand, research on single women in collectivist societies indicated the existence of strong social pressures regarding marital status (Kislev, 2019; Adamczyk, 2016). Nevertheless, studies that specifically integrate the variables of loneliness and self-adjustment among single adult women in the Indonesian cultural context remain relatively limited. In fact, in societies that view marriage as an indicator of maturity and social success, the psychological dynamics of single women may exhibit distinct characteristics compared to those in individualistic cultural contexts. Given this research gap, the novelty of this study lies in its effort to simultaneously integrate the variables of loneliness and self-adjustment among single women within the Indonesian cultural context. This study positions the pressure of social norms regarding marriage as a crucial backdrop for understanding the psychological dynamics of single women; thus, it is expected to provide a theoretical contribution to the development of adult developmental psychology and social psychology, as well as a practical contribution to understanding the psychological needs of single women.

Thus, the general objective of this study is to examine and analyze the relationship between loneliness and adjustment among single women. Specifically, this study aims to:

- 1) Identify levels of loneliness among single women based on the family, romantic, and social dimensions.
- 2) Identify levels of adjustment among single women.
- 3) Analyze the relationship between each dimension of loneliness and adjustment.
- 4) Determine the direction of the relationship between loneliness and adjustment among single women.

METHOD

Study Design

This study employed a quantitative approach with a cross-sectional, correlational design, aimed at determining the relationship between loneliness and self-adjustment among single women. The population in this study consisted of single women who work and reside in the city of Banda Aceh. Data collection was conducted offline at a single location from September 29 to October 28, 2023.

Population and sample

The population in this study included all unmarried, working women in the Banda Aceh area. The sampling technique used was accidental sampling, in which respondents were selected based on those encountered directly by the researcher and who met the study criteria. The sample selection process was conducted through a screening stage, in which each potential respondent was first assessed for compliance with the inclusion criteria, namely:

- 1) Unmarried women
- 2) Currently employed
- 3) At least 30 years of age
- 4) Residing in banda aceh

Respondents who met all of these criteria were then included in the study sample. Data analysis was performed using Jeffreys's Amazing Statistics Program (JASP) software. The analysis consisted of several stages. First, descriptive analyses were conducted to characterize the respondents and describe the study variables. Second, assumption tests were performed, including the Shapiro–Wilk test for normality and a linearity test using ANOVA. Third, hypothesis testing was conducted using Pearson's product-moment correlation to examine the relationship between loneliness and self-adjustment, both overall and across the three dimensions of loneliness: family,

romantic, and social loneliness. Statistical significance was determined based on a p-value of < 0.05 . In addition, the coefficient of determination (R^2) was calculated to determine the proportion of variance in self-adjustment explained by loneliness.

Data Collection

In this study, two main variables were measured. The dependent variable was loneliness, which was measured using the Social and Emotional Loneliness Scale for Adults—short version (SELSA-S), developed by DiTommaso *et al.* (2004). This scale consists of 15 items and covers three main dimensions: loneliness in the family, romantic, and social contexts. Higher scores indicate higher levels of loneliness in those dimensions. The SELSA-S is a short version of the original SELSA scale and consists of items selected based on item content, response variation, and a balance between positive and negative statements. The romantic subscale includes items 4, 8, 10, 15, and 21; the family subscale includes items 2, 5, 17, 19, and 23; while the social subscale consists of items 2, 3, 4, 9, and 11. Each item is rated on a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree).

Meanwhile, self-adjustment was measured using the Self-Adjustment Scale for Working Women (SPDPP), developed by Wigunawati *et al.* (2022). This scale consists of 15 items and is based on the self-adjustment theory proposed by Runyon and Haber (1984). Each item is rated on a 4-point Likert scale, ranging from 1 (strongly disagree) to 4 (strongly agree). Higher total scores indicate higher levels of self-adjustment.

Data collection was conducted using both offline and online approaches to facilitate participant recruitment and increase accessibility to eligible respondents. The two

approaches were used because eligible single working women were encountered in different settings during the recruitment process. Offline data collection was conducted at several offices and workplaces, where eligible participants could be approached directly. This approach allowed the researchers to explain the study, screen potential participants based on the inclusion criteria, and provide an opportunity for participants to ask questions before completing the questionnaire.

Online data collection was conducted using a Google Form as an alternative for eligible respondents who could not be reached directly at the offline recruitment locations. The online approach provided greater flexibility for participation and allowed eligible respondents to complete the questionnaire without having to be physically present at the data collection sites. Thus, the use of both offline and online approaches was intended to improve access to eligible participants while maintaining the same inclusion criteria and study procedures. Regardless of the recruitment approach, all potential participants were screened to ensure that they were unmarried women, currently employed, aged at least 30 years, and residing in Banda Aceh. A total of 110 respondents met the inclusion criteria and participated in the study. Data collection was conducted from September 29 to October 28, 2023.

Data Analysis

Data were analyzed using Jeffreys's Amazing Statistics Program (JASP). Descriptive statistics were first used to describe the demographic characteristics of the participants. Before conducting the correlation analysis, the normality of the study variables was assessed using the Shapiro–Wilk test. A p-value greater than 0.05 was considered to indicate that the data did not significantly deviate from a normal distribution. Linearity was also assessed

before conducting Pearson's product-moment correlation analysis. Pearson's correlation was used to examine the

relationship between the dimensions of loneliness and self-adjustment.

Table 1. Table of Normality Test Results

Variable	Skewness	Kurtosis	Note
Family loneliness	-0,45	0,774	Normal (EDA)
Romantic loneliness	0,73	-0,069	Normal (EDA)
Social loneliness	0,67	-1,31	Normal
Self adjustment	-0,86	-2,73	Normal

Ethical Clearance

This study received ethical approval from the Health Research Ethics Committee of the Faculty of Medicine at Syiah Kuala University, with registration number KEPPKN: 1171012P and ethics approval number: 166/EA/FK/23, through a full-board review process under the title "The Relationship Between Loneliness and Self-Adjustment Among Single Women."

RESULT

A total of 110 single working women participated in this study. The participants were recruited based on the predetermined inclusion criteria, which included being unmarried, currently employed, at least 30 years of age, and residing in Banda Aceh. The Shapiro-Wilk normality test showed that family loneliness ($p = 0.017$) and romantic loneliness ($p = 0.017$) were not normally distributed ($p < 0.05$), whereas social loneliness ($p = 0.123$) and self-adjustment ($p = 0.343$) did not significantly deviate from a normal distribution ($p > 0.05$). To further examine the distribution of the data, Exploratory Data Analysis (EDA) was conducted by examining skewness and kurtosis.

The results of the analysis showed the following kurtosis and skewness values:

- Family loneliness (kurtosis = 0,774; skewness = -0,45)
- Romantic loneliness (kurtosis = -0,069; skewness = 0,73)

- Social loneliness (kurtosis = -1,31; skewness = 0,67)
- Self adjustment (kurtosis = -2,73; skewness = -0,86)

Based on EDA criteria, data were considered normal if the kurtosis and skewness values fall within the range of ± 1.96 (Howell, 2010). Thus, all variables in this study satisfied the assumption of normality.

The normality of the study variables was assessed using the Shapiro-Wilk test and further examined using Exploratory Data Analysis (EDA). The Shapiro-Wilk test was used to assess whether the observed distribution differed significantly from a normal distribution, with $p > 0.05$ indicating no significant deviation from normality. EDA was additionally conducted by examining skewness and kurtosis values, with values within ± 1.96 considered acceptable based on the criteria used in this study (Howell, 2010). Linearity was assessed using an ANOVA-based test before conducting Pearson's product-moment correlation analysis.

The results showed that:

- Family loneliness and adjustment were significantly and linearly related ($p < 0.001$)
- Romantic loneliness and self-adjustment were not linearly related ($p = 0.360$).
- Social loneliness and adjustment also did not have a linear relationship ($p = 0.715$)

Table 2. of Linearity Test Results

Variable	P-Value	Note
Family Loneliness – Self Adjustment	<0,001	Linier
Romantic Loneliness – Self Adjustment	0,360	Nonlinear
Social Loneliness – Self Adjustment	0,715	Nonlinear

Thus, only the dimension of family loneliness showed a linear relationship with self-adjustment, while the other two

dimensions did not. The correlation test yielded the following results:

Table 3. Based on the theoretical framework and previous research, the hypotheses of this study were as follows:

Hypothesis 1	There is a significant negative relationship between family loneliness and self-adjustment among single women. This means that higher levels of family loneliness are expected to be associated with lower levels of self-adjustment.
Hypothesis 2	There is a significant negative relationship between romantic loneliness and self-adjustment among single women. This means that higher levels of romantic loneliness are expected to be associated with lower levels of self-adjustment.
Hypothesis 3	There is a significant negative relationship between social loneliness and self-adjustment among single women. This means that higher levels of social loneliness are expected to be associated with lower levels of self-adjustment.

Family Loneliness and Self-Adjustment

The correlation coefficient was $r = -0.348$, with a significance level of $p < 0.001$. This indicated a significant negative relationship of weak strength between family loneliness and self-adjustment. In other words, higher levels of family loneliness were associated with lower levels of self-adjustment among single women. Therefore, hypothesis 1 was supported.

Romantic loneliness and self-adjustment

The correlation coefficient was $r = 0.093$, with a p-value of 0.335. These results indicated that there was no significant relationship between romantic loneliness and self-adjustment among single women. Therefore, hypothesis 2 was not supported.

Social Loneliness and Adjustment

The correlation coefficient was $r = -0.063$ with a significance level of $p = 0.510$. These results also indicated that there was no significant relationship. Thus, alternative hypothesis 3 was rejected.

Table 4. of Association Between Loneliness Dimensions and Self-Adjustment

Loneliness Dimension	Direction	Interpretation	Hypothesis
Family loneliness	Negative	Significant	H1 supported
Romantic loneliness	Positive	Not significant	H2 not supported
Social loneliness	Negative	Not significant	H3 not supported

As shown in Table 4, family loneliness was significantly and negatively associated with self-adjustment ($r = -0.348$, $p < 0.001$). This indicated that higher levels of family loneliness were associated with lower levels of self-adjustment among the participants. Therefore, the first hypothesis (H1) was supported.

In contrast, romantic loneliness was not significantly associated with self-adjustment ($r = 0.093$, $p = 0.335$). Although the correlation coefficient was positive, the association was not statistically significant. Therefore, H2 was not supported. Similarly, social loneliness was not significantly associated with self-adjustment ($r = -0.063$,

$p = 0.510$). The negative correlation was very weak and did not reach statistical significance. Therefore, H3 was not supported. Overall, among the three dimensions of loneliness examined, only family loneliness showed a statistically significant association with self-adjustment in this sample.

DISCUSSION

This study found that only familial loneliness was significantly and negatively associated with self-adjustment among single women ($r = -0.348$, $p < 0.001$), whereas romantic and social loneliness were not significant. These findings were consistent with the views of Yildirim (2021) and Rogers (1983) that the family is the primary source of emotional support, particularly in collectivist cultures, and thus the quality of family relationships is a stronger determinant of adaptive capacity than romantic or social relationships (Primanita & Lestari, 2018; Salsabila & Fatonah, 2021).

The results of this study indicated that romantic loneliness is not associated with self-adjustment among single women. These findings were consistent with the study by Anggraeni and Zulfiana (2018), which found that loneliness is not correlated with self-disclosure on social media among unmarried adults. Although Santrock (2003) theoretically emphasized that forming intimate relationships is a developmental task of young adulthood and failure to do so can increase the risk of loneliness (Sari & Listiyandini, 2015; Zhang *et al.*, 2021), the results of this study actually indicated that romantic factors are not the primary determinants of adjustment. This can be explained by the fact that social support received from family and friends can mitigate the impact of romantic loneliness (Masten *et al.*, 2004), making the quality of an individual's relationships more important

than their romantic status itself (Adamszyk, 2016).

The research results also showed that social loneliness is not associated with social adjustment among single women. This finding was consistent with previous research by Harjanto *et al.* (2023), which found no significant relationship between social adjustment and loneliness among university students living away from their hometown, which found no significant association between loneliness and social media use among young adults. One explanation is the role of social support—whether from family or friends—which can mitigate the effects of social loneliness and enhance an individual's well-being (Eshbaugh, 2009). In adulthood, friends become an important source of support that helps individuals cope with developmental challenges (Arnett, 2016; Cavanaugh & Blanchard, 2018).

Furthermore, research showed that social loneliness is not determined solely by the size of one's social network, but rather by the quality of the relationships one maintains (De Jong & Van Tilburg, 2016; Luhmann & Hawkley, 2016). This explained why the single women in this study were able to adjust even though they were not always closely connected romantically or socially, as emotional support from their immediate social circle still met their interpersonal needs. Thus, social loneliness was not a dominant factor influencing adjustment, unlike family loneliness, which was found to play a stronger role.

The results of this study also indicated that self-adjustment and loneliness are influenced not only by family, romantic, and social dimensions but also by external factors such as culture, religion, economics, education, and age. Based on a cultural perspective, stereotypes about single women remain strong, leading to psychological pressure (DePaulo, 2007; Kurniasari &

Leonardi, 2013). However, religiosity may act as a protective factor, particularly in Banda Aceh—a region known for its strong religious traditions—where the internalization of religious values and participation in religious activities can enhance self-acceptance and reduce stigma (Septiana & Syafiq, 2013; Latifa, 2021).

Economic and educational factors may also be relevant to loneliness and self-adjustment; however, these factors were not examined in the present study. Hence, their potential roles should be interpreted cautiously. The findings of this study should be interpreted primarily based on the variables examined, particularly the relationship between family, romantic, and social loneliness and self-adjustment among single women.

This study has several strengths that support its scientific quality and contribution. The use of scientifically validated instruments—namely, the Social and Emotional Loneliness Scale for Adults – Short Version (SELSA-S) and the Working Women’s Self-Adjustment Scale (SPDPP)—ensured the reliability and validity of the measurements of loneliness and self-adjustment. Furthermore, a multidimensional approach to the concept of loneliness—encompassing family, romantic, and social dimensions—allowed for a more comprehensive understanding of the experience of loneliness among single women. The study’s focus on working single women aged 30 and older in Banda Aceh also provided a strong contextual contribution, particularly within a collectivist and religious cultural framework, making the findings socially and culturally relevant. Research procedures that have undergone ethical approval, along with the systematic collection of data, further strengthen the methodological integrity of this study.

However, this study also has several limitations. The use of accidental sampling means that the sample did not fully represent the entire population of single women in Banda Aceh; therefore, the study’s findings should be generalized with caution. The cross-sectional study design also limited this study’s ability to explain causal relationships between loneliness and self-adjustment, as it only described the relationship between variables at a specific point in time. Furthermore, this study involved only employed single women aged 30 years and older who resided in Banda Aceh; therefore, the findings may not be generalizable to unemployed single women, other age groups, women living in other regions, or single men.

This study has several limitations that should be considered when interpreting the findings. First, the use of accidental sampling may have limited the representativeness of the sample. Hence, the findings should be generalized to the broader population of single women in Banda Aceh with caution. Second, the cross-sectional design limited the ability of this study to establish causal relationships between loneliness and self-adjustment, as the variables were assessed at a single point in time. Third, the study included only employed single women aged 30 years and older who resided in Banda Aceh. Therefore, the findings may not be generalizable to unemployed single women, younger or older age groups, women living in other regions, or single men. Future studies should consider more representative sampling methods and longitudinal designs to provide a broader understanding of the relationship between loneliness and self-adjustment.

The findings of this study have policy implications for improving the psychological well-being of single adult women, particularly through strengthening family support. Since family loneliness was the only

dimension of loneliness significantly associated with self-adjustment in this study, policies and community-based programs could encourage families to provide greater emotional support and maintain positive communication with single women. Family-oriented programs, such as counseling or psychoeducation that emphasize effective communication, emotional support, and understanding of the psychological needs of single women, may help create a more supportive family environment. These efforts should focus on strengthening family relationships as an important source of support for the self-adjustment of single women.

CONCLUSION AND SUGGESTION

This study aims to examine the relationship between three types of loneliness—family loneliness, romantic loneliness, and social loneliness—and the ability to adjust among single women. Based on the study's findings, it was discovered that there is a negative correlation between loneliness stemming from family relationships and the ability to adjust. This means that the higher the level of perceived family loneliness, the lower the level of adjustment, and vice versa. These findings indicate the importance of emotional support from the family in facilitating the adjustment process of single women. Close relationships and emotional support from the family, including parents and other family members, play a crucial role in helping individuals overcome the challenges of adjustment.

Meanwhile, the study's findings indicate that loneliness—whether in the context of romantic or social relationships—is not significantly associated with adjustment among single women. This study also reveals that the majority of single women have moderate to high levels of social adjustment. On the other hand, the dimension

in which respondents most frequently reported feeling lonely was the family dimension. Factors such as cultural background, level of religiosity, education, and age also influence levels of loneliness and an individual's ability to adapt to social life.

The practical implications of this study suggest that attention should be given to family relationships when supporting the psychological adjustment of single women. Since family loneliness is the only dimension of loneliness significantly associated with self-adjustment in this study, strengthening emotional support and maintaining positive family relationships may be considered in efforts to support the adjustment of single women. However, further research is needed to determine whether specific forms of family support are effective in improving self-adjustment.

Future research is recommended to use longitudinal designs to examine changes in loneliness and self-adjustment over time and to provide a better understanding of their temporal relationship. Qualitative or mixed-method approaches are also recommended to explore in greater depth how experiences of family loneliness influence the adjustment of single women. Future studies may also consider including single men or other demographic groups to provide a broader understanding of loneliness and self-adjustment across different populations.

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AUTHOR CONTRIBUTION

Author Zahara Geubrina, Dahlia, Afriani, and Zaujatul Amna assisted with data collection and were responsible for sentence structure and grammar, revisions, and data analysis.

CONFLICT OF INTEREST

The authors declare that this study has no conflicts of interest.

DECLARATION OF ARTIFICIAL INTELLIGENCE (AI)

The author acknowledges the use of ChatGPT for language refinement and summarization in the preparation of this manuscript. All AI-generated content has been rigorously reviewed, edited, and validated to ensure accuracy and originality. Full responsibility for the final content of the manuscript rests with the author.

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