EXPLORING SOCIETAL PERCEPTION OF BEING-SINGLE: AN INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS

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DEDICATION

To my beloved BABA and MAMA Jani

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ABSTRACT

This qualitative research intended to realize societal views of being single by looking at people's thoughts, feelings, and experiences. Eight participants four men and four women were intentionally chosen. By Interpretative Phenomenological Analysis and for the analysis NVIVO software is applied, the three themes emerged as Social and cultural Pressure, Emotional and Psychological Struggles, and Individual and Relationship Dynamics. The results indicated that pressure from society reached its peak in the early to mid-30s, where men were subject to financial pressures and women had emotional pressures due to parental influence. Women also reported greater emotional distress and issues of trust, whereas men talked about career and financial issues. Men spoke about sexual desires more freely, while women spoke about relational trust. With increasing age, both men and women moved from societal pressures to self-acceptance and independence. The research helped to know the ways in which societal norms influenced the emotional and relational lives of single individuals, providing insights to promote inclusivity and inform supportive policies and services.

Key words: singlehood, societal pressure, emotional struggle, relationship dynamic

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