5-1981

Single...Chance or Choice

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FOREWARD

This research paper, entitled "Single...Chance or Choice" has been written to take an inside look at the decisions or options a single person is faced with in their life.

Whether by chance or choice, decisions have been made throughout life to arrive at such a life style. It will help the uninformed single gain a knowledge of options available to them in life and other singles faced with the same decision.

This paper categorizes the three different areas which may effect a singles decision. These groups include pressures put on by society, options available if one stays single, and why singles have chosen the single life style.

I hope this paper will help the single person look at the factors influencing their decision to remain single or marry and gain a greater appreciation for the single life style.

Karen Robinson
TABLE OF CONTENTS

ABSTRACT ........................................ iv

I. INTRODUCTION .................................. 1

II. PRESSURES PUT ON BY SOCIETY .............. 4
    Help Groups - Mental and Religious .............. 8

III. OPTIONS AVAILABLE FOR THE SINGLE LIFE STYLE .. 10
    Singles Raising Children ....................... 13
    Condominiums or Homes ........................... 14

IV. WHY THE SINGLE LIFE STYLE .................. 15
    Free Agency and Loneliness ................. 15
    Singles with a Bad Home Life - Hurt or Jarred . 17
    Singles at Home ............................... 19
    Careers ....................................... 22
    The Right Man Hasn't Come Along - The Dating
    Game ........................................ 23

V. CONCLUSION .................................... 27

BIBLIOGRAPHY .................................... 28
ABSTRACT

Although our society is family oriented, there is a large majority of singles. They are often discriminated against and thought to not have had the chance for marriage. A discussion of why society reacts this way, some options available if one does remain single and the reasons why more and more people are remaining single longer in our society will be presented in this paper.

Following the report, there is a conclusion which summarizes the points presented and explains why I believe the single life style is a viable life style. A bibliography concludes the paper.
Report
SINGE...CHANCE OR CHOICE

I. INTRODUCTION

"It is said to be the largest unrecognized minority group in America, but it has no lobbying efforts, central organization or focus. The group is singles - divorced, widowed or never married - and there is an estimated 190,000 of them in Kansas City Area."¹

One out of every three adults in the United States is single. That is 43 million. Yet in spite of their great numbers, single people find that social pressures still call for "settling down" and raising a family.

Everything points to a better life if one is married. Recent statistics show family life as being a positive move on one's health.

1. The unmarried, whether single, widowed, or divorced, have higher rates of mental illness than the married.

2. Single women are half again as likely to commit suicide and single men twice as likely to do so, as their married counterparts.

3. Unmarried people have significantly higher accident rates and higher rates of serious diseases than married people.

4. Unmarried people, especially men, have higher death rates at every age, than married people.

<table>
<thead>
<tr>
<th>TABLE 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deaths Per 100,000 Persons, 1966-1968</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age 35-44</th>
<th>Age 45-54</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married Men</td>
<td>323</td>
</tr>
<tr>
<td>Single, Widowed, or Divorced Men</td>
<td>1,008</td>
</tr>
<tr>
<td>Married Women</td>
<td>212</td>
</tr>
<tr>
<td>Single, Widowed or Divorced Women</td>
<td>408</td>
</tr>
</tbody>
</table>

Considering that everything points towards family life as being the better way of life, why then are young people staying single? Is it by chance or choice?

This paper will look into the options a single person has available and the reasons for the decisions which have been made.

It will discuss the myths about single people such as written in a recently published magazine "All single women want to get married." "All confirmed bachelors are afraid of responsibility." "All unmarried people are terribly lonely." 3

I believe that every single person, being young or old, has a reason for being in that state, whether it be by choice or chance--there is a reason.

2B. Hunt, M. Hunt, "What's Happening to Marriage and the Family in America," Family Circle, 1 September, 1978, FC, Table 1.

Although research has found single life to be a negative force, different aspects of one's life, singles are gaining in numbers yearly. Successful singles have an aura about them which says it is okay being single. One young single comments "Getting married is less important to me, than feeling that at this point in time, I'm living a successful life."  

They are happy single, whether or not they want to get married is another question.

\[4\] "What it Takes to Succeed on One's Own," p 9.
II. PRESSURES, PUT ON BY SOCIETY

"Everything seems to conspire to make a single person think it's wrong to be single..."\(^5\)

Often demeaning words are used in connection with the singles population of the United States—"spinster", "old maid," promiscuous," "perverted," "rejected," "selfish," "queer," "weird," "rigid," etc.

Pressure to marry is a constant feeling from society put on the single person today. Food sells for less in family size boxes, hotel rates are higher, clubs offer reduced rates for couples, and more problems are added on when one needs to buy insurance, find employment, obtain a loan, or pay taxes. The whole thrust of society is "How come you are not married?" "You couldn't possibly be married."\(^6\)

In interviews with singles, several stated they felt the pressures of marriage when they needed a partner for a particular activity or function. One 49 year old stated, "I miss doing things with a partner and going places. There are some things you need a partner for." Another stated, "I feel pressured when I'm with my family or at a reunion or party where everyone is married except me, then I wish I had someone."

A single person continually walks the line between what is right for her and responding to the opinion of others.

\(^5\)"What it Takes to Succeed on One's Own," p. 7.
\(^6\)Ibid., p. 8.
Young singles are often pressured by relatives, friends, or religion to get married and have children. Then, and only then, could they possibly feel happy or whole.

"Single women who attend movies, plays, parties, dances, or nightclubs may be asked probing questions about why they couldn't find a companion to accompany them. Some restaurants will even refuse to seat a single woman, or will seat her after groups of people have been seated because they object to her occupying a whole table."

The purpose of marriage is changing. In the past, marriage tended to be one's duty to his family and society in general. Today's conventional marriage is turning to a new life style. A life style which says the purpose of life is achieving personal happiness.

In an article published by the Christian Science Monitor a Mrs. Edwards relates the following experience. When I was a freshman in college at the age of 16, I went with a man for three months. 'My parents thought, 'My goodness, that's a long time! Get married!' I got married. Then there was the pressure to have a baby the end of the year, and I did."

"If you value yourself enough, you will make every effort to prove - to yourself and to the world around you - it's okay to be single."

---


8 "What it Takes to Succeed on One's Own," p. 9.

One out of every three adults are single in the United States. Singles are no longer silently tucked away.

"In the late 1960's and early 1970's, the stereotype of unmarried persons as 'lonely losers' began to yield a new stereotype, the 'swinging singles.' A new life style organized around the pool and club house of apartment complexes and condominiums. Only in fairly large cities do these special facilities cater to the single person. In smaller communities, single adults often are discriminated against by employers and landlords. They tend to be regarded as irresponsible and 'wild.'"\(^{10}\)

"Many say they move from smaller communities because of the pressure to marry and because they feel excluded in a town dominated by couples."

The swinging single life style is more common for the urban, educated professional, white collar person; but, is it really a life style or just another stage in one's life. In a study taken in 1978, they found one reason many of us think the young are turning away from marriage is that the number of people who haven't married by 29 have taken a sharp jump in recent years.

**TABLE 2**

Percentage Still not Married at 29

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1970</td>
<td>13.8</td>
<td>8.0</td>
</tr>
<tr>
<td>1976</td>
<td>16.7</td>
<td>10.1</td>
</tr>
</tbody>
</table>

"Most of these people will probably marry in their 30's, for by age 39, few people remain unmarried - and the percentage of men who do so has risen little since 1970, while that of women has actually dropped.

**TABLE 2 (continued)**

Percentage Still not Married at 39

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1970</td>
<td>7.2</td>
<td>5.2</td>
</tr>
<tr>
<td>1976</td>
<td>7.9</td>
<td>5.211</td>
</tr>
</tbody>
</table>

"Thus, young people are not turning away from marriage though some are delaying a good deal longer than formerly. From the above tables, it seems very likely that eventually over 90 percent of young men and close to 95 percent of young women will marry."

Several studies have shown single people to be quit similar to married people in both social and personality characteristic traits.

"Single people are healthy, normal, responsible adults, and they have got to stop putting themselves down.

\[11^\text{Hunt, p. FC4}\]
Somehow single people must learn to really appreciate themselves right now and not wait until the culture does..."12

Help Groups - Mental and Religious

It has just been in recent years that social service agencies, mental health centers and religious groups have seen the need to help and start groups for singles. The idea of the agencies and groups is to help singles find and build some kind of self esteem, self satisfaction, and self sufficiency. They focus on being able to adjust, live, and function well in a society that focuses on marriage.

"The mental health center has expanded the programs to look more at the positive benefits of being single." A magazine article states, "A particular focus will be on helping minorities and the handicapped, which virtually have been left out of existing programs."

These groups represent a distinct shift in the last few years from "lonely hearts club" to looking at being single as a realistic and enjoyable life style. Religious groups are beginning to see a real need to help the single person. "The attitude has been that the church is a family-oriented institution and to talk about single needs was almost a negation of the church's role."

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12"What it Takes, to Succeed on One's Own", p. 7.
Religious groups are accepting the widowed, divorced, and unmarried person and developing self-help programs for them.

In an article by The Christian Science Monitor, Mrs. Peggy Reeves, divorced, remarried and widowed states, "This horrible dream 'I want to get married' destroys people. Singles need to know about healing - healing the heart. When they are able to overcome themselves, they are able to meet the world."\(^14\)

A common and linking goal seems to be prevalent in all mental health groups, religious groups and Social Services, that of making people realize they have a function as a single individual. Even those who are happily married should be preparing themselves to live alone.

\(^{14}\)"A Push for Recognition," p. 4.
III. OPTIONS AVAILABLE FOR THE SINGLE LIFE STYLE

"Age, residential area, and economic status all influence one's life style. Twenty-five year-old singles have no more in common with 45-year old singles then 25- and 45-year-old married people have in common with one another."¹⁵

Life styles in the United States are changing. People are delaying marriage for one reason or another. They are looking at the options of getting married or staying single more seriously than ever before in history.

Somewhere in between frustration and satisfaction, there is a new feeling. Fewer people consider marriage and a family to be the only alternative. Young people are realizing there may be something better to do at a certain point in their lives than getting married.

"'All the kids who didn't have anything else to do got married,' said one lawyer here, 'and now they are 22 or 23 and are realizing there is something more to life.' There are a lot of these people around and available."¹⁶

A study taken by the Institute for Social Research at the University of Michigan concluded from interviews with 2,000 people that singles show much greater dissatisfaction with their personal lives than do married people.

The difference in ones happiness seems to stem from ones attitude and expectations.

¹⁵Leslie, pp. 5-7.

Living alone can be a time of growing in creativity and independence, or a time of desperation. One can see it as an opportunity, a challenge and learn from the results of a decision made, or one can see it as an undesirable burden or task, a lack or skill and potential and self-pity on oneself.

Living alone does not mean turning into a recluse. However, it will require the time and energy of a person to keep social contacts and associate with other groups of people.

"If a girl makes any effort to extend herself, she will meet people. If she sits at home, won't join the ski club, won't join the yacht club, won't participate, she will probably suffer. I think many feel there is going to be an outside solution. The solution is in yourself. If you sit around and wait for others to help you, you are not going to solve anything." 17

Taking courses, meeting people, touring, developing one's skills, talents, and potential will be advantageous to one's single life and attitude.

"The opportunity for personal growth is one of the greatest advantages of the single life, since single people are generally under less pressure to tailor their lives to the needs of others." 18


18 "What It Takes to Succeed on One's Own," pp. 7-9.
Once a person has accepted the option of being single, they accept new challenges and responsibility. The responsible person can appreciate themselves more.

As a single person, you have to take the responsibility to do everything for yourself. You have to earn a living, pay your taxes, take care of the car, and do all the small household chores.

Most happy single people will not rule out the chance of marriage. In fact, the option to stay single or get married can improve a marriage.

"When people really have the option to remain single, they want to make their marriage a good one. Most people start out with the assumption they are not going to be single long. Many have had 'to hit bottom' in order to find out that marriage is not a guarantee of happiness." 19

Many singles decide for various reasons they are not cut out for marriage. Others hide behind the singles image of the bachelors pad, sports car, etc.

Sandra Helton explains,

In my mother's eyes, being married is happiness, and since she wants me to be happy, she feels that is what I should do. My mother has never worked, and she has never known the pleasure of being independent. Her motives are admirable, but her perspective is different. I'm very idealistic when it comes to marriage. When I fall madly in love and feel it is going to work out, I will marry. I think marriage is very important, but it is not everything. I don't feel that I am a temporary person or half a person because I am single. In

19 "What it Takes to Succeed on One's Own," p. 7-9.
fact, I feel much more complete since I started working. I feel more wholeness and satisfaction. I put a lot of importance in my own achievement and competence. I don't want to have to do it vicariously through my husband."

Sandra Helton is only one example, but there are many more singles who feel life has much to offer, it is going on now and they need to take advantage of it and live a happy life regardless of whether they are single or married.

Singles Raising Children

With the popularity of the new singles life comes the possibility and reality of having or raising children.

In the last ten years, more singles have found it possible to adopt children. Few statistics have been found, but several local agencies will place children in single parent homes now.

For many years, agencies would not work with single parents. Who would take care of the child while the parent was at work: What kind of a life style would the child have? What would happen to the child should the parent die?

An article published in the Kansas City Star states, "Of 113 adoptions through the center, ten have been to single parents, she said. In March two single parents out of 15 were approved and waiting for a child to adopt. Five more are being screened. There is no preference given to married couples over singles." 21


Another alternative singles are turning to is purposefully choosing the father, becoming pregnant, having the child and then raising it on their own. Many resort to this so they can raise their own child according to their life style and values. Still others are afraid they may never marry and have the opportunity of having children. This alternative choice is taken frequently.

**Condominiums or Homes**

One of the major changes in the last few years in the life style single people are creating. This is reshaping how people look at them. This change is bringing on an increase in the number of single people purchasing homes and condominiums.

"I'd say there has been a marked increase in single people buying homes in the last three years," said Bob Kenney, Executive Vice President of Hardin Stockton Realtors. The big increase is with unmarried women."

Most realtors are selling more to the single person and beginning to look at it as a whole new market.

Women are living longer than their husbands, getting higher education and becoming more self sufficient. These are all advantages to one's independency.

Singles are beginning to look at investments with the option of a new life style and towards the future and making their own life instead of waiting for someone to make it for them.

IV. WHY THE SINGLE LIFE STYLE

Free Agency and Lonliness

When asked why they liked the single life, the following singles replied:

Dave Hodgson - age 32 - "freedom"

Darrell Alcorn - age 33 - "Being able to make instant decisions"

Cheryl Hughes - age 31 - "The potential for anything to happen"

James Wadsworth - age 28 - "Total freedom"

Kathy Johnson - age 26 - "No worries, I can improve myself in my career, pursue sports and activities, and help others"

Clive Christensen - age 32 - "Independence, that's one thing I would have a problem with. I've been on my own since high school"

Nine out of every ten singles interviewed gave free agency or independence as the reason for why they liked the single life style.

A person can come and go as one chooses. One never worries about being considerate, sloppy, or noisy because he is bothering no one. A single can spend time and money as he chooses. When one chooses the independent and free life style, he also choose to accept the responsibility that comes with it.

When asked why they disliked being single, the same singles replied:

Dave Hodgson - "I get a feeling of limbo, some things are being held up in my life."

Darrell Alcorn - "I hate to cook and I hate not having a steady bridge partner, someone there all the time."
Cheryl Hughes - "The prospect of being alone when I am 65."

James Wadsworth - "Confusions, the misunderstandings, I hate to hurt people."

Kathy Johnson - "The loneliness, life's more fun when you can share it with someone."

Clive Christensen - "Loneliness, cuts off my potential and no progression takes place."

Loneliness - a state of mind. Yet millions of singles find this is their hardest combat zone. One single states, "There are times when there is a million people around you, but you are still lonely."

Most people need practice in how to spend time alone.

"Although our value system strongly advocates individualism, we are constantly bombarded with literature on how to achieve closeness, intimacy, and companionships. We are encouraged to join social groups or organizations." 24

Singles lives are continually crowded with people surrounding them. Why are they lonely?

The terror of loneliness is a threat to one. People go to great lengths to avoid loneliness. A great deal of money, time, property, and personal rights are sacrificed to avoid loneliness.

"The most obvious and meaningful way to avoid loneliness is to establish and maintain intimate relationships with others." 25

24 Loring and Otto, p. 276.

The solution, however, is not that simple for the single person. Experts give several suggestions and ideas in the following articles:

"Living alone can provide time for and an atmosphere conducive to self-exploration and self-discovery. We all need some protected time to 'hear ourselves think,' to ponder, to assimilate, and to create."26

Time spent alone can be used to appraise one's self and work. Time alone can increase self respect and self confidence. As one single put it, "Everybody would get lonely if they let themselves." Singles must take the initiative, time and energy to plan their lives so they have time to ponder, think, and evaluate their lives, yet not allow time to get lonely.

Singles with a Bad Home Life - Hurt or Jarred

A few individuals forgo marriage because they have seen an unhappy conflict between their parents. They often look upon marriage as a risky venture and a burden or job to be done. Studies show a higher percentage of divorce from those marriages where one or both of the partners come from a broken home.

"The line 'you always hurt the one you love' may be true. We hurt those who are closest to us by displacing onto them hostility felt toward others. Since we know our loved ones will accept us even when we are hostile,

26 Loring and Otto, p. 276.
and since we fear that those toward whom we really feel hostile will reject us if we openly express hostility towards them, we unfairly 'take it out' on the persons who love us."27

Other singles may have been jarred or hurt themselves rather than by their parents. This could have a negative effect on one throughout life.

"Helen is competent in her job, attractive, and popular. Several years ago she was happily engaged and preparing for her wedding. At that time her fiance was unexpectedly offered a high salaried position overseas. He took the job, and they parted with the understanding that he would send for her in two weeks and make her his bride. Several years have gone by and Helen has not heard one word from her husband to be. Today she says, 'Little did I realize that he was flying out of my life forever. He is either married to someone else, living alone, or dead. How can I even think of letting myself be affectionate with any other man? In fact, I don't think I could even trust one."28

Often society focuses more on the group than on the individual. (Example: I hate all men, or women are all air heads and fickle.) When in reality it is the individual causing the problem.


One young divorcee states, "I have had it with marriage. After my divorce, I wanted no more deep commitments with a man. They are not worth it, not to be trusted, and impossible to live with. At least that's the way it was with Don. You remember how miserable I felt after the divorce? Well, I think I have it worked out. I don't want the trappings of marriage."²⁹

Singles who have been hurt or jarred often feel bitter and will forgo marriage because of the threat it carries.

Singles at Home

A majority of singles now seem to still live with their parents. A large number of men and women do not marry because of duties to their dependents. Some singles take care of younger siblings or support aged parents. A sense of loyalty may cause an individual to forgo marriage and remain at home until the chance for marriage has diminished.

Over possessive parents often foster such a tie that one feels it is their duty and obligations to remain at home with their parents.

Many singles use living at home as a shelter. They hide from decision making and are given a sense of security when under the shelter of their parents. Still others feel they can serve more people when living at home.

A major study recently released by the United States Census Bureau showed 8.9% of the single women living at home are between the age of 18 and 24.

"Really, I wouldn't know how to take care of myself if I didn't live at home." says Ann, a 23-year-old medical student who, like almost half of the 8.6 million single women in this country, still lives with her family. "It would be very hard for me to cook, shop, and clean for myself, I've always had somebody who looked after me." 30

Another single living at home gives her feelings, "I'm a much more developed woman than others with their freedom and fantastic apartments because they don't have two people to come home to who love and care for them."

Many singles will never leave home and still others are ashamed or embarrassed that they are still at home. Society often attaches a stigma to those singles still living at home.

"Perhaps because of the changes of the last 15 years, it is surprising to learn that about half of the single women in the country still live at home." 31

Randy Resnic, 21, a New York Sales Assistant says, "I feel trapped and frustrated and would prefer to have responsibility on my own, but there are other priorities right now." He said living at home allows him to afford travel and clothes. 32

Many young people find only low-paying jobs which doesn't permit them to leave home until they have worked their way up in the business world.

31 Ibid., pp. 3-5.
32 Ibid., pp. 3-5
Data shows the single person not enrolled in college as most likely to live at home or with relatives.

**TABLE 3**

<table>
<thead>
<tr>
<th>College Students 1971</th>
<th>Percentage Living with Relatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male Students (18-24)</td>
<td>39</td>
</tr>
<tr>
<td>Married with Spouse (16% of students)</td>
<td>4</td>
</tr>
<tr>
<td>Not Married (84%)</td>
<td>45</td>
</tr>
<tr>
<td>Female Students (18-24)</td>
<td>37</td>
</tr>
<tr>
<td>Married with Spouse (12% of students)</td>
<td>7</td>
</tr>
<tr>
<td>Not Married (88%)</td>
<td>41</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>All 18-24 year olds, 1970</th>
<th>Percentage Living with Relatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>40</td>
</tr>
<tr>
<td>Single (67%)</td>
<td>64</td>
</tr>
<tr>
<td>Separated, widowed, or divorced (5%)</td>
<td>37</td>
</tr>
<tr>
<td>Females</td>
<td>39</td>
</tr>
<tr>
<td>Single (49%)</td>
<td>67</td>
</tr>
<tr>
<td>Separated, widowed, and divorced (8%)</td>
<td>53</td>
</tr>
</tbody>
</table>

The majority of singles living at home, especially if they are still at home by their 30's, will never leave home, parental illness, young siblings, or old age sometimes keeps them there. Sometimes they are just afraid to leave.

"She reaches a point of no return," Dr. Antrobers said. "Somewhere in her 30's she would be much too afraid to venture out on her own. She has given up on herself and carved out a world that was secure, but extremely restrictive emotionally." "The pendulum has swung the other way. I once needed them. Now they need me." 

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34 "A Push for Recognition," pp. 3-5.
Careers

"I make money, or I'm counting it. I have a total commitment to what I do, and I'm happiest when I'm in this office creating more business."\(^{35}\) This is what Marilyn E. LaMarche, Vice President of New York's First National Bank in the Investment Division says.

More singles today are choosing to pursue a career instead of taking the alternative and committing themselves to married life. Because many jobs require a great deal of mobility and traveling, the single life is ideal and therefore advantageous in the business world because of its free agency and independence.

Singles are moving up the ladder in careers. "Women delay marriage until well launched in their careers and ready to have children."\(^{36}\)

"Another aspect contributing to the increased number of unmarried persons is that many large firms are hiring more singles, whereas two decades ago, a single person often was considered unstable and irresponsible. A man with a wife and children would have a hard climb up the ladder of success. And a woman, whether married or single, would have even a tougher time."\(^{37}\)

On the other hand, one might find it advantageous to be married, having a wife to act as hostess, to organize and prepare social gatherings. Marriage is a useful, almost necessary tool in certain occupations.

\(^{35}\) "A Push for Recognition," pp. 3-5.

\(^{36}\) Hunt and Hunt, pp. FC-1-8.

"For example, in an intense political campaign, a man who displays a public image of being a devoted husband and father seems to have an edge over a single person. Marital status may not be related to one's ability on the job, but it does carry an aura of respectability."

An attitude change is going on in the country and with it bringing the single person back into the mainstream. All people are now being given the choice of getting married or remaining single.

The Right Man Hasn't Come Along - The Dating Game

"'The right man has not yet come along.' Over one-half of single women gave this as a reason for foregoing marriage."

The continuous conflict between the enjoyment of one's freedom and self-development and the constant quest for someone to share it with often reduces itself to a manhunt (dating game) without consideration of a wide range of other options.

"Women date a little more than six years on the average, while men average more than eight years of dating."

When a group of singles were asked how they felt about dating, the following responses were given:

Cheryl Hughes - "I try not to play it, I think the time for games was when I was 15. Not much honesty comes out of a relationship when the game is played."
Darrell Alcorn - "I hate it. I generally don't go out anymore unless I know the person."

Kay McNamera - "It's for high school students and early twenties."

Denise Potter - "A good way to find yourself. You see how you can handle different situations."

Carolyn Freeman - "I think it's disgusting, there's got to be a more mature way of getting to know someone. It's so Mickey Mouse and fake."

James Wadsworth - "It's a riot and funny, you get yourself in trouble everywhere."

Clive Christensen - "Don't like it, but I play it; there's no other choice at times."

Honesty seems to prevail as the main problem with the dating game. "Singles often become exhausted, bored, or outgrow the conformities and plasticity of the swinging singles scene." 38

Living alone provides solitude and the opportunity for one to pick and choose when he/she wishes to be among other people. Some young singles become so enthralled with the idea of meeting other people, they become socially active in meaningless activities until there is no time left for one's self.

"Participants in the game of singlehood soon become frustrated, desperate, and even more lonely. The game deadens the emotions of sexual interests of the participants and promotes an atmosphere of suspended adolescence." 39

If the game is played too often and relationships continue to fail, the single person may be looking in the wrong area for a relationship.

38 Hunt and Rydman, p. 330.
39 Loring and Otto, p.276.
A game called "Waiting" has been presented by Womanhood in California. It mainly deals with all the little petty things women wait for all their lives. "Waiting for boys to call, waiting for boys to ask them to dance, waiting to be beautiful, waiting to fall in love, waiting to have sex, waiting to get married, waiting for the first baby to come, waiting for children to come home from school, waiting for children to grow up and leave home, waiting to lose weight, and waiting for life to begin. 40

Living in the present is a great way to begin appreciating feelings and experiences as they enter one's life. It can eliminate needless worries and one can gain insight into their own thoughts as well as the personal thoughts of others.

Living in the present has as much merit to it as planning for the future or learning from the past. Thus a single living only in the future can bring frustrations upon herself and maybe waiting for someone who does not exist.

"The fantasy is useful in that it can lead to increased awareness on the part of a woman of the 'masculine' attributes she wants to expand in her own personality. It becomes destructive when a woman desperately attempts to locate one man in real life who measures up to her fantasy. Because finding one many to fulfill this's fantasy is impossible.

40 Loring and Ottó, p. 276.
the fantasy may continue to operate at an unconscious level, resulting in frustration, anger, and despair for the woman."⁴¹

Achieving the desired social life one wants takes time, effort and motivation but it offers an alternative to the pointless pursuit of "Mr. Right." The goal of finding one's mate must be carefully considered by each individual and evaluated as to whether the goal is realistic or a fantasy that will never come true.

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⁴¹ Loring and Otto, p. 276.
V. CONCLUSION

There have been numerous studies taken and books written on the single life style, yet the curiosity still remains among some minds, "Why would one want to stay single?"

From my research, I have concluded that the single life style is a viable life style. My opinion is based on the pressures put on by society, the options now becoming increasingly available to the single and the wide range of why one would want to choose such a life style.

Society is beginning to accept the single person as a whole responsible being. Options are becoming increasingly available in loans, jobs, etc... The single person can now adopt children and have a family.

Many singles choose the life style as a better way of life. Reasons given are valid and provide them with a more satisfactory and pleasant life.

In light of the choice of being single, I believe the single person to be a responsible mature adult whom choose a life style other than that which society dictates that of the single life style.
BIBLIOGRAPHY


