

SINGLEHOOD SATISFACTION AND SENSE OF CONTROL OF MALE EMPLOYEES IN BESTLINK COLLEGE OF THE PHILIPPINES: A BASIS FOR EMPOWERMENT PROGRAM

ABSTRACT

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This study investigates the relationship between singlehood satisfaction and the sense of control among male employees at Bestlink College of the Philippines. It explores how these individuals perceive their single status in the face of societal pressure and stigmatization. Singlehood is defined as not currently being in a committed relationship, either by choice or due to external circumstances. Meanwhile, a sense of control refers to an individual's perceived ability to manage and direct the course of their life. A correlational quantitative research design was employed using purposive sampling. A total of 150 male respondents were selected based on specific criteria, including age, institutional affiliation, and relationship status. Two standardized self-report instruments were used: the Attitude Toward Singlehood Satisfaction (AtSS) scale and the Sense of Control (SC) scale. Data were collected through a survey and analyzed using Pearson correlation to determine the relationship between the two variables. The composite mean scores for singlehood satisfaction were 5.08, 5.12, and 4.33, while the sense of control yielded scores of 4.14 and 5.16. These results suggest that respondents moderately agreed with feeling satisfied in singlehood and having control over their lives. The correlation between the two variables was found to be statistically significant, although the strength of the relationship was weak. Thus, while there is a meaningful association between singlehood satisfaction and sense of control, it is not strongly pronounced among the respondents. The findings demonstrate a significant yet limited relationship between singlehood satisfaction and sense of control among male employees in Bestlink College. The results suggest that personal contentment during singlehood is shaped by both internal decisions and external influences. To support the well-being of single male employees, the researchers developed an Empowerment Program for Single Men. The program includes workshops and seminars focused on goal-setting, decision-making, self-esteem, boundary-setting, and healthy interpersonal relationships, aiming to create a supportive environment where single men can thrive despite societal pressures.

RECOMMENDED CITATION

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