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# THE MEANING OF LIFE AND ITS RELATIONSHIP TO PSYCHOLOGICAL SECURITY AMONG SINGLE INDIVIDUALS IN JORDAN

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## ABSTRACT

*The present study aimed to identify the meaning of life and its relationship to psychological security among single individuals in Jordan, and to determine whether these variables differ according to gender, age, and employment status. The study sample consisted of (300) single individuals in Jordan. To achieve the study's objectives, a Meaning of Life Scale consisting of 42 items and a Psychological Security Scale consisting of 28 items were developed. After establishing the validity and reliability of both scales, they were administered to the study sample. The results indicated that the level of meaning of life was high, while the level of psychological security was moderate. Significant differences were found in the meaning of life and psychological security among single individuals attributable to age and employment status, in favor of younger participants and those who were employed. However, no statistically significant differences were found in the meaning of life or psychological security attributable to gender. The findings also revealed a positive correlation between the meaning of life and psychological security among single individuals. In light of these results, the researchers recommend implementing individual and group counseling programs to enhance the meaning of life and promote psychological security among single individuals aged 40–50.*

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**KEYWORDS:** Single Individuals; Meaning of Life; Psychological Security.

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## 1. INTRODUCTION

Marriage is a lasting institution and a fundamental basis for the continuity of human life. It represents an important stage in the lives of spouses, distinct from their preceding life circumstances, and is considered one of the highest social relationships between men and women. It contributes to fulfilling their essential needs—physical, psychological, social, and sexual. Marriage also introduces cooperation, affection, reassurance, tranquility, and compassion between partners, in addition to serving as a means of protecting honor, lineage, and the continuity of offspring (Sha'shou', 2023).

In contemporary societies, a noticeable rise in the age of marriage has emerged, attributed to multiple factors—social, economic, psychological, political, cultural, and intellectual. These shifts reshape the individual's needs and requirements, often leading to a lack of psychological stability. This, in turn, negatively affects one's sense of security, reassurance, lifestyle, and life satisfaction (Abu Saleh, 2022).

According to the annual report (2024) issued by the Jordanian Chief Justice Department and Sharia Courts, the age group between 30 and 40 years recorded the highest percentage of marriage contracts in Jordan, representing 13.6% of all documented marriages. This age group accounted for 19,901 marriage contracts, indicating an increasing trend in the age of marriage in Jordan (Chief Justice Department, 2024).

Findings from Al-Ghazawi (2020) and Alhajaj *et al.* (2021) showed that the reasons behind delayed marriage in Jordan, from the perspective of single men and women, include economic factors—such as the financial requirements of marriage, the rising cost of living, and unemployment; personal factors—such as the desire for self-fulfillment, higher education, achieving academic or professional status, and maintaining independence; social factors—such as family caregiving responsibilities, parental interference in marriage decisions, and young men's hesitance toward highly educated women; cultural factors—such as media portraying marriage as detrimental to happiness, or social media encouraging unregulated relationships; and psychological factors—such as negative perceptions of marriage shaped by rising divorce rates or unsuccessful marital experiences within one's family or social circle.

Delayed marriage poses risks that may affect psychological and social well-being, leading to

anxiety, stress, isolation, delinquency, a lack of stability, and reduced psychological security (Al-Rousan & Al-Sharman, 2025; Al-Mashmom, 2015). Such conditions may threaten the self, causing distress and psychological discomfort, and may lead individuals to seek need-fulfillment in socially unacceptable ways (Cory, 2011).

Maslow (1943) identified three fundamental contributors to the lack of psychological security: feeling unloved or rejected, perceiving the world as a source of threat, fear, and anxiety, and experiencing loneliness, isolation, and social exclusion. According to Maslow's framework, an insecure person experiences isolation, heightened threat perception, and unfulfilled basic needs. Maslow also explained that humans are motivated to satisfy essential needs, placing the need for safety—whether physical, psychological, or protection from harm—immediately after physiological needs such as food and water. A psychologically secure person is one who feels that their needs are met and that the essential components of their life are not threatened, enabling them to maintain psychological balance.

Zahran (2002) defined psychological security as a state of emotional and psychological tranquility in which the satisfaction of basic needs is ensured and protected from threat—such as physiological needs, safety needs, and needs for love, belonging, and esteem. This state may occur naturally or through active pursuit and is closely linked to the instinct of survival.

Psychological security is therefore essential for individuals and communities, contributing to healthy psychological development, mental well-being, reassurance, and harmony (Afolabi & Balogun, 2017). Indicators of psychological security include feeling accepted, loved, valued within one's family, free from anxiety or threat, emotionally stable, relaxed, conflict-free, and able to accept oneself (Suhaila & Hadiya, 2022).

Sha'shou' (2023) identified the dimensions of psychological security among single individuals as follows:

- Feeling loved, accepted, and connected with others.
- Experiencing belongingness and self-actualization.
- Experiencing safety and psychological tranquility.

Psychological security is thus a natural human and social requirement, necessary—at least to a certain degree—for maintaining mental health. Taha (2021) emphasized that prolonged singleness may

lead to feelings of loneliness, isolation, inferiority, low self-confidence, anxiety about the future, dissatisfaction, difficulty in achieving social adjustment with family, friends, or society, diminished sense of belonging, and negative thinking patterns such as viewing oneself as unloved, worthless, or perceiving life as unfair. Such perceptions may hinder one's orientation toward life and diminish their sense of meaning.

Frankl was the first to introduce the concept of meaning in life within his theory of human personality, viewing it as a fundamental driving force and asserting that every individual possesses a deeply personal meaning unique to their life (Karama, 2012). Meaning in life involves interpreting life events—experiences, situations, or occurrences—that hold significance for the individual. It helps explain one's motivations and goals (Brandau, 2008).

A person cannot achieve psychological well-being, happiness, or effectiveness without perceiving their life as meaningful (Russo-Netzer, 2015). Meaning is not derived solely from self-actualization but also through meaningful relationships and contributing something of value to others (Park et al., 2010; Krause et al., 2014).

Recognizing meaning in life enhances one's sense of worth and humanity, encouraging positive engagement with life, goal pursuit, greater life appreciation, responsibility, self-acceptance, and overall life satisfaction (Al-Bashar & Al-Humaidi, 2019). King et al. (2006) found that perceiving meaning in life is associated with positive traits, sound mental health, and the fulfillment of basic needs such as food, shelter, safety, and emotional security.

Jordanian society, in particular, is undergoing rapid development and experiencing accelerating pressures in various fields. Accordingly, single individuals may be increasingly in need of psychological fulfillment and a sense of stability—factors that strongly influence psychological security and the perception of life's meaning.

For these reasons, the present study was conducted to examine the relationship between meaning in life and psychological security among single individuals in Jordan.

## 2. PREVIOUS STUDIES

Taha et al. (2021) aimed to examine future anxiety among single women in light of selected demographic variables. The study employed the descriptive correlational comparative method, and the sample consisted of 100 single women from

various regions. The findings indicated statistically significant differences in future anxiety based on demographic variables such as age, employment, and educational status. Older, less educated, and unemployed single women reported higher levels of future anxiety compared to other groups.

The study also showed a negative relationship between future anxiety and psychological security, highlighting the psychological and social impact of delayed marriage, particularly in the absence of adequate family or community support. The results underscored the need for psychological and social support programs targeting this group to reduce anxiety and tension related to future family and social relationships.

Al-Otaibi's study (2025) aimed to explore the levels of future anxiety among individuals unmarried past the conventional marriage age, focusing on differences according to demographic variables such as gender, age, and employment level. The study used the descriptive analytical method and included a sample of 400 single men and women over the age of 31 in Riyadh.

Results showed that most participants experienced moderate to high levels of future anxiety—42% moderate and 39.75% high. Significant differences were found between males and females in the domain of fear and anxiety about failure, in favor of males, while no significant differences appeared in other domains. Significant differences were also found based on age and employment, with individuals aged 45–50 and those working in the military reporting higher levels of anxiety.

Sha'shou' (2023) examined the level of psychological security among a sample of single women aged 25–50 compared to married women. The descriptive analytical method was applied to an experimental sample of 30 single women and a control sample of 30 married women. The results revealed that single women showed dangerously low levels of psychological security, and significant differences appeared among single women, with older single women reporting lower psychological security.

Metwally's study (2019) sought to identify the relationship between meaning of life and adjustment behavior among single men and women. The descriptive correlational comparative method was used, and the sample consisted of 110 postgraduate students at Zagazig University. The findings indicated significant gender differences in meaning of life, favoring males, as well as a positive correlation between meaning of life and

behavioral, professional, social, and emotional adjustment.

Al-Najjar and Al-Zaben (2024) aimed to determine the levels of social anxiety and meaning of life among a sample of 2,020 single women in Amman. Results showed that social anxiety levels were moderate, while the meaning of life level was high, with a mean of 4.07. The dimension of persistence and responsibility ranked first ( $M = 4.12$ ), followed by the dimension of acceptance and satisfaction ( $M = 4.02$ ). The results also indicated a negative relationship between social anxiety disorder and meaning of life, with no statistically significant differences based on educational or economic levels.

The study by Al-Qarala and Al-Khatib (2022) aimed to investigate meaning of life and self-control among divorced women who married early, as well as their relationship with psychological security in Jordan. The sample consisted of 72 divorced women. Results showed that meaning of life, self-control, and psychological security were all at moderate levels, with significant positive correlations among the three variables. No statistically significant differences were found based on educational level.

Al-Sharif and Al-Sajjar (2022) examined the relationship between psychological adjustment, psychological satisfaction, and meaning of life among single women in Gaza using the descriptive analytical method. The sample consisted of 141 participants. Results revealed a high level of meaning of life ( $M = 4.132$ ), with the acceptance and satisfaction dimension ranking first, followed by persistence and responsibility, and finally life goals. No significant differences were found based on age, education, employment, housing, marital status, chronic illness, or financial assistance, while differences appeared based on economic status and number of siblings. A significant positive relationship was also found between psychological and social adjustment and meaning of life, as well as between psychological satisfaction and meaning of life.

Jaballah (2017) examined the relationship between meaning of life and psychological variables such as loneliness and life satisfaction. The sample consisted of 143 single women from urban areas in the city of Constantine, Algeria. Findings indicated that meaning of life was at a moderate level, with no statistically significant differences in meaning of life, loneliness, or life satisfaction based on age, educational level, or employment.

Khrisat *et al.* (2023) investigated psychological

security and its relationship with loneliness among widows and divorced women. The sample included 300 widows and 200 divorced women. The results showed significant differences in psychological security based on employment, favoring employed women, while no significant differences were found based on age. A significant negative correlation was found between psychological security and loneliness.

Mrozowicz-Wrońska *et al.* (2023) aimed to understand how single individuals perceive their unmarried status. The sample consisted of 22 single individuals in Poland aged 25–45. This qualitative study revealed elevated feelings of inadequacy, emotional isolation, existential anxiety, psychological tension, and fear of lifelong singlehood. Results also indicated low psychological security and low life satisfaction. Additionally, findings showed differences in psychological security based on employment, with unemployed individuals expressing lower satisfaction and security. Age also influenced levels of anxiety, isolation, and psychological security, as older singles reported lower security, loss of meaning, fear of aging alone, and deeper sadness.

Roy *et al.* (2023) investigated the mediating role of age in the relationship between life satisfaction and relationship desire among single individuals. The sample included 3,057 unmarried participants from various European countries, aged 18–75. The results showed that age negatively influenced life satisfaction, reassurance, emotional stability, and psychological security. Older participants reported lower levels of psychological security and higher levels of loneliness and isolation.

### 3. STUDY PROBLEM

Official data issued by the Jordanian Sharia Courts Department indicate a noticeable decline in the number of regular marriage contracts registered in Jordanian Sharia courts over the past four years. The number of contracts decreased from (70,291) in (2021) to approximately (59,015) in (2024), representing a decline of about (16%). Table (1) illustrates the number of regular marriage contracts registered in the Sharia courts between (2021–2024) (Sharia Courts Department, 2025).

*Table (1): Number of regular marriage contracts registered in Sharia courts for the years (2021–2024).*

Year	Number of Contracts
2021	70,291
2022	59,319
2023	55,537
2024	59,015

It is evident from Table (1) that there is a gradual decline in the number of marriage contracts between (2021) and (2023), with a slight increase in 2024 compared to the previous year. However, the total number remains lower than in 2021, indicating a general trend of decreased inclination toward marriage during this period.

Data issued by the Department of Statistics also reveal a decline in marriage rates among individuals aged (25–29) for both males and females during the period between (2021) and (2023). Table (2) presents the details of this decline (Department of Statistics, 2025).

**Table (2): Number of first-time marriage contracts for individuals aged (25–29).**

Age (25–29)	2021	2023
Husband	24,644	19,135
Wife	13,335	11,131

This phenomenon represents a psychological and social concern, as studies indicate that remaining unmarried increases vulnerability to psychological problems, health-related anxiety, and tension in family relationships, which may negatively affect psychological security (Taha, 2021). A study conducted in Pakistan by Arooj et al. (2025) on single men and women showed that they experience high levels of despair, anxiety, and low life satisfaction. Alhajaj et al. (2021), in a study conducted in Jordan, noted that unmarried youth face significant social pressures and difficulties, and that unmarried women in particular experience a negative social identity that affects the development of a positive self-identity.

The psychological well-being of unmarried individuals is closely tied to the nature of their relationships with their families and the fulfillment of their basic needs for love, affection, peace, and psychological security (Omar et al., 2024; Al-Tarawneh & Tannous, 2018; Abu Saleh, 2022). Based on this, the current study seeks to examine the relationship between meaning in life and psychological security among single individuals in the Jordanian context, as this group may face complex challenges at psychological and social levels.

### 3.1 Study Questions

The study seeks to answer the following questions:

1. What is the level of meaning in life among single individuals in Jordan?
2. What is the level of psychological security among single individuals in Jordan?
3. Does the level of meaning in life among single individuals in Jordan differ according to gender, age, and employment status?

4. Does the level of psychological security among single individuals in Jordan differ according to gender, age, and employment status?

5. Is there a statistically significant correlation ( $\alpha \leq 0.05$ ) between meaning in life and psychological security among single individuals in Jordan?

### 3.2 Study Objectives

The study aimed to achieve the following objectives:

1. To identify the levels of meaning in life and psychological security among single individuals in Jordan.
2. To examine whether there are differences in meaning in life and psychological security according to gender, age, and employment status.
3. To determine whether a relationship exists between meaning in life and psychological security among single individuals in Jordan.

### 3.3 Study Significance

The importance of the current study lies in two areas:

#### First: Theoretical significance:

This study is significant in its focus on combining two variables—meaning in life and psychological security—among single individuals in Jordan. The topic is essential due to its relevance to family life and societal well-being. Both meaning in life and psychological security influence the psychological state of single individuals in Jordan. The study enriches scientific research concerning meaning in life and psychological security and supports researchers in the field of mental health to develop future research related to unmarried individuals.

#### Second: Practical significance:

The study provides insight into the level of psychological security among single individuals and their level of meaning in life, as well as the relationship between them. These results may contribute to the development of programs based on meaning in life, and they offer valuable information for researchers, students, and practitioners who may use the study tools for assessment or intervention purposes.

### 3.4 Study Terms

**Single individuals:** Defined as the continued unmarried status of males or females after surpassing the commonly accepted marital age in society due to various circumstances or factors that prevent marriage (Al-Awamla, 2013).

**Operational definition:** Individuals aged 30 years and above who have never been married.

**Meaning in life:** Defined by Frankl as a state an individual seeks to attain, which gives life value and purpose worth living for, resulting from the fulfillment of a fundamental drive—the will to meaning (Frankl, 1982).

**Operational definition:** The score that single individuals obtain on the Meaning in Life Scale developed by the researchers for the current study.

**Psychological security:** Defined by Maslow (1943) as an individual's feeling of being loved and accepted by others, having a place among them, and perceiving the environment as friendly, supportive, and free from danger, threat, and anxiety.

Study Limits and Delimitations

- Human limits: Single individuals aged 30–50 years.
- Spatial limits: The study was conducted in Amman, the capital of Jordan.
- Time limits: Data were collected during October 2025.

The generalization of the results is limited to populations similar to the study sample and depends on the accuracy and sincerity of participants' responses to the study instruments.

### 3.5 Study Methodology

The study adopted the descriptive correlational approach.

### 3.6 Study Population

The population consisted of all single men and women living in Amman.

### 3.7 Study Sample

The study sample consisted of (300) single individuals residing in the capital city of Amman. Participants were selected using a convenience sampling method, as this approach facilitates ease of access to respondents and participation in the study. However, the use of convenience sampling may limit the generalizability of the findings to the broader Jordanian population when compared to other probability-based sampling methods. Table (3) illustrates the distribution of the sample according to gender, age, and employment status.

**Table (3): Frequencies and Percentages of the Study Sample According to Study Variables.**

Variable	Category	Frequency	Percentage
Gender	Female	189	63.0
	Male	111	37.0
Age	30–40 years	192	64.0
	40–50 years	108	36.0
Employment	Unemployed	91	30.3
	Employed	209	69.7
Total		300	100.0

### 3.8 Study Instruments

The researchers used two instruments to collect the study data, as follows:

#### First: Meaning of Life Scale

The scale was developed by the researchers after reviewing the relevant literature and relying on previous studies such as Al-Abyad (2010), Al-Sharif & Al-Sahhar (2022), and Al-Najjar & Al-Zabin (2024). The scale consisted of 42 items distributed across four dimensions:

- Acceptance and Satisfaction, represented by items (1–11)
- Purpose of Life, represented by items (12–24)
- Responsibility, represented by items (25–32)
- Self-Transcendence, represented by items (33–42)

### 3.9 Validity of the Meaning of Life Scale for Single Individuals

#### Content Validity

Content validity was established by presenting the initial version of the scale, consisting of 46 items, to 10 expert professors from Jordanian universities specialized in psychological counseling or educational psychology. The purpose was to assess the appropriateness of each item for its dimension and evaluate its linguistic clarity. Based on reviewers' feedback, 4 items were deleted, and items 7, 10, 14, 19, 24, and 25 were modified. An agreement criterion of 80% or higher among reviewers was adopted. The final version of the scale consisted of 42 items, answered by single males and females using a five-point Likert-type scale reflecting their level of meaning in life (Always, Often, Sometimes, Rarely, Never).

#### Indicators of Construct Validity

To establish construct validity, item-total correlations and item-dimension correlations were calculated, as well as correlations among dimensions and with the total score. This was conducted on a pilot sample of 30 single individuals outside the main study sample. Item-total correlations ranged from 0.38 to 0.82, and item-dimension correlations ranged from 0.35 to 0.94. All correlations were statistically significant and acceptable; therefore, no items were deleted. Intercorrelations among dimensions and with the total score were also acceptable and statistically significant, indicating adequate construct validity.

### Reliability of the Meaning of Life Scale

To verify reliability, the test-retest method was used by administering the scale twice to a group of 30 single individuals from outside the study sample, with a two-week interval between the two administrations. Pearson correlation coefficients were calculated between the two sets of scores. Internal consistency reliability was also calculated using Cronbach's alpha. Table (4) presents the internal consistency coefficients and test-retest reliability for each dimension and the total score, and these values were considered acceptable for the purposes of this study.

**Table (4): Cronbach's Alpha Internal Consistency and Test-Retest Reliability for the Dimensions and Total Meaning of Life Scale.**

Dimension	Test-Retest	Internal Consistency
Acceptance and Satisfaction	0.83	0.81
Purpose of Life	0.85	0.83
Responsibility	0.81	0.80
Self-Transcendence	0.84	0.77
Meaning of Life Scale (Total)	0.88	0.84

The table shows that the scale has strong reliability, with internal consistency coefficients ranging from 0.77 to 0.84, and test-retest coefficients ranging from 0.81 to 0.88, indicating a high level of reliability.

### Scoring the Meaning of Life Scale

A five-point Likert scale was used for scoring:

- Always = 5
- Often = 4
- Sometimes = 3
- Rarely = 2
- Never = 1

Meaning-of-life levels were classified as follows:

- Low level: (1.00–2.33)
- Moderate level: (2.34–3.67)
- High level: (3.68–5.00)

The scale range was calculated using the formula:

$$\frac{\text{Maximum score } 5 - \text{Minimum score } 1}{3} = 1.33$$

The value 1.33 was then added sequentially to determine category boundaries.

Second: Psychological Security Scale

The scale was developed by the researchers after reviewing the literature and relying on previous studies such as Obeid et al. (2025) and Khreisat et al. (2023). It consisted of 28 items across four dimensions:

- Items related to the individual's upbringing

and future (1–7)

- Items related to general and occupational life (8–11)
- Items related to emotional life (12–17)
- Items related to social relationships (18–28)

### 3.10 Validity of the Psychological Security Scale

#### Content Validity

The initial version consisting of 31 items was presented to 10 expert professors for evaluation. Based on their feedback, 3 items were deleted, and items 10, 12, 14, and 17 were modified. An agreement level of 80% or more was adopted. The final version contained 28 items, answered by participants using a five-point Likert scale reflecting their psychological security (Always, Often, Sometimes, Rarely, Never).

#### Construct Validity Indicators

Construct validity was assessed using item-total and item-dimension correlations in a pilot sample of 30 single individuals. Item-total correlations ranged from 0.50 to 0.88, and item-dimension correlations ranged from 0.61 to 0.95. All correlations were statistically significant and acceptable; thus, no items were deleted. Intercorrelations among dimensions and with the total score were also statistically significant and acceptable.

### Reliability of the Psychological Security Scale

Reliability was verified using the test-retest method on a group of 30 participants, with a two-week interval. Pearson correlations were calculated, and Cronbach's alpha was used to assess internal consistency. Table (5) presents the coefficients for the dimensions and total score.

**Table (5): Cronbach's Alpha Internal Consistency and Test-Retest Reliability for the Dimensions and Total Psychological Security Scale.**

Dimension	Test-Retest	Internal Consistency
Upbringing and Future	0.86	0.82
General and Occupational Life	0.82	0.71
Emotional Life	0.86	0.79
Social Relationships	0.83	0.80
Psychological Security (Total)	0.89	0.85

These values demonstrate that the scale possesses strong reliability, with internal consistency coefficients ranging from 0.71 to 0.85, and test-retest values ranging from 0.82 to 0.89, indicating a high degree of reliability.

### Scoring the Psychological Security Scale

The same five-point Likert scale used for the Meaning of Life Scale was adopted.

Level classification followed identical numerical boundaries.

### Study Procedures

After reviewing the theoretical literature, preparing the instruments, and establishing their validity and reliability, facilitation letters were obtained, the study sample was determined, and the instruments were administered in paper form to single males and females in community institutions. Participants were instructed on how to complete the scales, and researchers ensured that all items were answered. Data were then collected, entered into the computer, and analyzed according to the study questions, followed by interpretation and formulation of recommendations.

## 4. RESULTS AND DISCUSSION

### 4.1 First Question:

What is the level of meaning of life among single individuals in Jordan?

To answer this question, means and standard deviations were calculated. The table below presents the results.

**Table (6): Means and Standard Deviations of the Meaning of Life Level Among Single Individuals in Jordan (Ranked Descending by Mean Scores).**

Rank	No.	Dimension	Mean	SD	Level
1	2	Purpose of Life	3.94	0.64	High
2	1	Acceptance and Satisfaction	3.75	0.57	High
3	4	Self-Transcendence	3.75	0.56	High
4	3	Responsibility	3.67	0.53	High
		Meaning of Life Scale (Total)	3.79	0.50	High

The table indicates that the overall level of meaning of life among single individuals in Jordan was high, with a mean of 3.79 and a standard deviation of 0.50.

Dimension scores ranged from 3.67 to 3.94. The Purpose of Life dimension ranked first with a mean of 3.94, while the Responsibility dimension ranked last with a mean of 3.67, though both levels were high.

### 4.2 Second Question:

What is the level of psychological security among single individuals in Jordan?

Means and standard deviations were calculated, as shown in Table (7).

**Table (7): Means and Standard Deviations of the Psychological Security Level Among Single Individuals in Jordan (Ranked Descending by Mean Scores).**

Rank	No.	Dimension	Mean	SD	Level
1	2	General and Occupational Life	4.01	0.57	High
2	4	Social Relationships	3.71	0.49	High
3	1	Upbringing and Future	3.67	0.64	Moderate
4	3	Emotional Life	3.26	0.83	Moderate
		Psychological Security (Total)	3.65	0.48	Moderate

The table shows that the overall level of psychological security among single individuals in Jordan was moderate, with a mean of 3.65 and a standard deviation of 0.48.

Dimension means ranged from 3.26 to 4.01, with the General and Occupational Life dimension ranked first, while the Emotional Life dimension ranked last.

### 4.3 Research Question Three:

Are there statistically significant differences at the level ( $\alpha = 0.05$ ) in the level of meaning in life among unmarried individuals in Jordan due to gender, age, and employment status?

To answer this question, the means and standard deviations of the level of meaning in life among unmarried individuals in Jordan were calculated according to gender, age, and employment status. Table (8) presents these results.

**Table 8: Means and Standard Deviations of Meaning in Life among Unmarried Individuals in Jordan According to Gender, Age, and Employment Status.**

Variable	Category	Mean	SD	N
Gender	Female	3.78	.507	189
	Male	3.81	.491	111
Age	30-40 years	3.86	.497	192
	More than 40-50 years	3.67	.484	108
Employment	Not working	3.62	.531	91
	Working	3.87	.468	209

Table (8) shows apparent variation in the means and standard deviations of meaning in life among unmarried individuals due to differences in gender, age, and employment. To determine whether these differences are statistically significant, a three-way ANOVA was conducted, as shown in Table (9).

**Table 9: Three-Way ANOVA of the Effect of Gender, Age, and Employment on Meaning in Life among Unmarried Individuals in Jordan.**

Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Gender	.066	1	.066	.284	.594
Age	2.242	1	2.242	9.672	.002
Employment	3.564	1	3.564	15.374	.000
Error	68.610	296	.232		
Total	74.838	299			

The results in Table (9) indicate the following:

- No statistically significant differences ( $\alpha = 0.05$ ) attributed to gender, with an F-value of 0.284 and a significance level of 0.594.
- Statistically significant differences ( $\alpha = 0.05$ ) attributed to age, with an F-value of 9.672 and a significance level of 0.002, in favor of the 30-40 age group.
- Statistically significant differences ( $\alpha = 0.05$ ) attributed to employment status, with an F-value of 15.374 and a significance level of 0.000, in favor of the employed group.

**4.4 Research Question Four:**

Are there statistically significant differences at the level ( $\alpha = 0.05$ ) in the level of psychological security among unmarried individuals in Jordan due to gender, age, and employment status?

To answer this question, the means and standard deviations of psychological security among unmarried individuals in Jordan were calculated according to gender, age, and employment status. Table (10) shows these results.

**Table 10: Means and Standard Deviations of Psychological Security among Unmarried Individuals in Jordan According to Gender, Age, and Employment Status.**

Variable	Category	Mean	SD	N
Gender	Female	3.59	.491	189
	Male	3.74	.453	111
Age	30-40 years	3.73	.465	192
	More than 40-50 years	3.50	.479	108
Employment	Not working	3.34	.486	91
	Working	3.78	.417	209

Table (10) shows apparent variation in the means and standard deviations of psychological security

**Table (12): Pearson Correlation Coefficients between Meaning of Life and Psychological Security among Single Adults in Jordan.**

	Acceptance & Satisfaction	Purpose in Life	Responsibility	Self-Transcendence	Meaning of Life Scale
Individual's upbringing and future	r = .684(**) p = .000 N = 300	r = .568(**) p = .000 N = 300	r = .489(**) p = .000 N = 300	r = .413(**) p = .000 N = 300	r = .638(**) p = .000 N = 300
Individual's public and occupational life	r = .551(**) p = .000 N = 300	r = .422(**) p = .000 N = 300	r = .362(**) p = .000 N = 300	r = .480(**) p = .000 N = 300	r = .533(**) p = .000 N = 300
Individual's emotional life	r = .588(**) p = .000 N = 300	r = .562(**) p = .000 N = 300	r = .445(**) p = .000 N = 300	r = .393(**) p = .000 N = 300	r = .593(**) p = .000 N = 300
Social relationships	r = .547(**) p = .000 N = 300	r = .600(**) p = .000 N = 300	r = .508(**) p = .000 N = 300	r = .546(**) p = .000 N = 300	r = .649(**) p = .000 N = 300
Psychological security scale	r = .755(**) p = .000 N = 300	r = .706(**) p = .000 N = 300	r = .590(**) p = .000 N = 300	r = .581(**) p = .000 N = 300	r = .779(**) p = .000 N = 300

**Notes:**

\*Significant at the 0.05 level

\*\* Significant at the 0.01 level

among unmarried individuals due to differences in gender, age, and employment status. To determine whether these differences are statistically significant, a three-way ANOVA was conducted, as shown in Table (11).

**Table 11: Three-Way ANOVA of the Effect of Gender, Age, and Employment on Psychological Security among Unmarried Individuals in Jordan.**

Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Gender	.325	1	.325	1.762	.185
Age	2.109	1	2.109	11.453	.001
Employment	10.680	1	10.680	57.993	.000
Error	54.514	296	.184		
Total	69.441	299			

The results in Table (11) indicate:

- No statistically significant differences ( $\alpha = 0.05$ ) attributed to gender, with an F-value of 1.762 and a significance level of 0.185.
- Statistically significant differences ( $\alpha = 0.05$ ) attributed to age, with an F-value of 11.453 and a significance level of 0.001, in favor of the 30-40 age group.
- Statistically significant differences ( $\alpha = 0.05$ ) attributed to employment status, with an F-value of 57.993 and a significance level of 0.000, in favor of the employed group.

**4.5 Research Question Five**

Is there a statistically significant correlation at the level of ( $\alpha \leq 0.05$ ) between meaning of life and psychological security among late-married singles?

To answer this question, the Pearson correlation coefficient was calculated between meaning of life and psychological security among late-married singles. Table 12 presents these results.

It is evident from Table 12 that there is a statistically significant positive correlation at the 0.01 level between meaning of life and psychological security among single adults. The correlation coefficients between the dimensions of meaning of life and the dimensions of psychological security ranged from 0.362 to 0.779, indicating that the relationship between the two variables ranges from moderate to strong. This suggests that as the level of meaning of life among single adults increases, their level of psychological security also rises, reflecting the role of a sense of purpose, responsibility, and self-satisfaction in achieving a feeling of safety and psychological well-being.

## 5. DISCUSSION OF THE RESULTS

**First:** Discussion of the results for Question One: What is the level of meaning of life among single adults in Jordan?

This result can be interpreted according to the prevailing culture in Jordanian society, which promotes family cohesion and emphasizes the role of family members, especially siblings, in supporting and assisting one another.

This finding can be viewed in the context of current culture within the Jordanian society which emphasizes on strong family integration and strengthens the role of family members especially siblings in offering care and support to others. The existence of the extended family system in Jordanian society is also an added advantage in sustaining the family members, particularly those who are not married. According to the cultural standards of Jordan, it is important to preserve the unity of the family and provide the unmarried people with the opportunity to remain a part of the family and be taken care of even without the parents. As an example, an unmarried woman can live with the family of her married brother to help not to live alone.

In line with this, the Jordanian culture is forcefully encouraging family support of the unmarried. Moreover, the society puts significant focus on inculcation of positive values as early as in childhood when the family institution inculcates positive values such as filial piety, support and assistance to family members, altruism, and strong sense of belongingness. These values can help provide more meaning to the life of unmarried people. In others, the motivation of not being married might be due to the wish to take care of either or both the aged parents with the moral and religious satisfaction of respecting and taking care of them and meeting their needs. This, in its turn, can

boost their feeling of acceptance, social appreciation and the purpose of their life as it is evidenced by the existence of equal and noble goals in their life.

Another reason is the acceptance of the concept of being single among participants, along with their belief in the possibility of achieving personal goals and accomplishments in scientific and social fields. The educational and social level attained by the participants also contributes. Moreover, social, economic, and scientific changes in society, including Jordanian society, have motivated individuals—especially single adults—to find deeper meanings in their lives in various directions, not merely related to marriage. Thus, self-esteem and self-acceptance are no longer solely linked to marital status.

The findings of the study were in line with Al-Najjar and Al-Zaben (2024) and Al-Sharif and Al-Sahar (2022), both of which indicated a high level of meaning in life among single individuals. However, the present findings differ from Jaballah (2016) and Al-Qaraleh and Al-Khatib (2022), which reported a moderate level of meaning in life among single individuals.

**Second:** Discussion of the results for Question Two: What is the level of psychological security among single adults in Jordan?

The moderate level of psychological security among single adults can be explained by the anxiety individuals may feel about remaining unmarried, concerns about the future, and experiences of sadness or distress, especially when comparing themselves to their peers. The presence of a moderate level of psychological security rather than a low level can be attributed to the nature of the Jordanian family, which encourages cohesion among members and strengthens social relationships, participation in gatherings, and public events, thereby fostering social acceptance and support for single adults. Hence, the Jordanian society highly emphasizes on the continuous communication of family members and promotes family cohesion irrespective of whether the people are married or not. It encourages active participation of unmarried individuals in the family life and helps them to be present in the family set up. In addition, the beneficial values dominant in the Jordanian society, including social solidarity, sense of belonging, and social responsibility toward the members of the family help to develop a moderate degree of psychological security.

Additionally, developments in social and technological domains have enhanced individuals' interactions with others, enabling them to establish

social connections via social media, exchange experiences with other single adults, and improve skills for managing stress and life challenges.

The outcomes of this study corresponded to those of Al-Qaraleh and Al-Khatib (2022), which reported a moderate level of psychological security among single, divorced, and widowed individuals. In contrast, the results do not align with Sha'shou' (2023) and Mrozowicz-Wrońska et al. (2023), both of which reported lower levels of psychological security among single individuals.

**Third:** Discussion of the results for Question Three: Does the meaning of life among single adults in Jordan differ according to (gender, age, work)?

The differences in the meaning of life in favor of employed participants can be attributed to the fact that employment provides individuals with empowerment, greater freedom, and a sense of purpose, such as career advancement, awards, or financial rewards. Economic independence allows individuals to achieve meaningful life experiences. Work environments also provide opportunities to acquire skills, stay updated, and build relationships, all of which contribute to finding meaning in life.

Regarding age, the differences in meaning of life favored the younger group (30–40 years). This may be due to this group being in early adulthood (ages 20–40), a developmental stage characterized by independence, career focus, and the search for a life partner. Moreover, young unmarried people, according to the accepted norms of the Jordanian society, tend to stay with their parents. Consequently, their parents remain in their lives, and they reside in an environment of a supportive, supportive and emotionally warm family. Parental care and attention are provided to them and this helps in creating a positive meaning of life. Participants in this age range are still socially accepted and not perceived as delayed in marriage. They also have many hopes, future goals, and plans for their personal and professional lives.

The absence of differences based on gender can be interpreted as the meaning of life not being gender-specific; both males and females can derive meaning in their lives.

The results of the current study differed from Metwally's (2019) study, which indicated differences in the level of meaning in life related to gender, as the level of meaning in life was found to be high for males compared to females. The findings of this study differ from those reported by Al-Sharif and Al-Sahar (2022) and Jaballah (2016), both of which demonstrated no significant differences in the level of meaning in life according to age and employment variables.

**Fourth:** Discussion of the results for Question Four: Does psychological security among single adults in Jordan differ according to (gender, age, work)?

Differences in psychological security in favor of employed participants can be explained by the sense of security that comes with having a job, including financial stability, health insurance, and social security, which reduces dependence on others and enhances autonomy and freedom compared to those who are unemployed. Employment also enables individuals to meet material needs and manage their lives independently.

Regarding age, differences favored the younger group (30–40 years). This may be because this age group is still in early adulthood, characterized by emotional balance, optimism about the future, and active planning for their life ahead. Many in this age group still live with their original families (parents and siblings) and receive greater support compared to those aged 40–50 years.

The absence of gender differences indicates that psychological security is not tied to a specific gender. The Jordanian culture also encourages close and united ties of members of the family, continuous adoption of good values which include tolerance, acceptance, equality between genders in rights and duties, among others.

The findings of this study were consistent with Sha'shou' (2023), which reported age-related differences in psychological security favoring younger individuals. The results were also in line with Khrisat et al. (2023), who identified differences in psychological security attributable to employment status, favoring employed women. Additionally, the present findings are consistent with Mrozowicz-Wrońska et al. (2023) who reported differences in psychological security correlated with factors related to age and employment.

But, the current results diverge from the findings of Khrisat et al. (2023) who reported no significant differences in psychological security due to age.

**Fifth:** Discussion of the results for Question Five: Is there a statistically significant correlation at ( $\alpha \leq 0.05$ ) between meaning of life and psychological security among single adults in Jordan?

The positive relationship between meaning of life and psychological security among single adults can be explained by the presence of a sense of purpose, responsibility, self-acceptance, and self-satisfaction, which contributes to feelings of psychological security and reassurance, particularly when supported by successful social relationships. When single adults feel psychologically secure and reassured, they are able to set life goals, plan for the

future, and find meaning in their lives.

The findings of this study were in line with those of Al-Qaraleh and Al-Khatib (2022) and Al-Sharif and Al-Sahar (2022), both of which showed a positive correlational relationship between meaning in life and psychological security.

## 6. RECOMMENDATIONS

- Implement individual and group counseling programs to enhance psychological security among single adults.

- Promote meaning of life and psychological security for unemployed single adults.
- Provide individual and group counseling programs to enhance meaning of life and psychological security for single adults aged 40–50 years.
- Conduct survey, qualitative, and experimental studies on single adults, taking into account variables not included in the current study, such as psychological empowerment and mental resilience.

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