

ABSTRACT

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The Role of Self-Esteem and Social Support to Psychological Well-Being in Middle-Aged Single Women ((Dr. Fransisca Iriani R.D., M.Si & Denrich Suryadi, M. Psi). Bachelor of Psychology, Tarumanagara University. (i-x; page 1-50, P1-P5, L1-L25)

There are many of middle-aged women who are single by a chance or a choice in this era. To overcome the pressure of a single state, middle-aged women must have a good psychological well-being. Middle-aged women must also have a high self-esteem and get great social support from society. The purpose of this study is to test the role of self-esteem and social support to psychological well-being in middle-aged single women. The respondents of this study is 115 single women in 40-60 years old. The method of this study is a non-experimental quantitative using multiple regression linier test. The instruments used in this study were an adapation of *Ryff's Psychological Well-Being Scale*, *Rosenberg's Self-Esteem Scale*, and *Sarafino Social Support*. Results showed that self-esteem has a greater role to psychological well-being with 59.7%, meanwhile social support has a great role to psychological well-being with 27%. Thus, self-esteem and social support have significant role to psychological well-being in middle-aged single women.

Keywords: psychological well-being, self-esteem, social support, middle-aged, singlehood