The Link of Individual Relationship Status to the Life Satisfaction of the Young Adults

Previous research shows the same results as how relationship status contributes to the life satisfaction. Apparently, relationship status had been regarded as the basis of determining various forms of well-being (Soons & Liefvroer, 2008). Supported by the idea that experiencing intimate relationship is one of the foundations of human motivations (Spielman et al., 2013) which serves as basis in the human need for relatedness (Baumeister & Leary, 1995; Deci & Ryan, 1991).

Relationships show us how to love and be love as well as whom we want to be in life and who we don't. Having serious trusting relationships allows us to be true to ourselves (Kelly Benamati, 2017, para. 3). Relationship are helpful in many different aspects, increasing emotional well-being, creating stability, learning how to be a good friend or mate, and friends and mates take away loneliness and make us feel included. Different type of relationships brings out different responses; it helps to bring out our best and to learn something new about ourselves. Kelly Benamati (2017, para. 1) states that it is something that gives connection to our true selves. Relationships that forms by love commitment, and has a mutual engagement and become stable over time, are less likely to end, and can actually develop a better psychological and physical well-being (e.g., Le et al. 2010; Strazdins & Broom 2004).

The period of young adulthood is when they often seek a partner with whom they think they will spend the rest of their lives (Meeus et al. 2007) and one way of doing so is dating. In a previous study the inability of having a romantic partner or being in intimate relationships is a source of feeling loneliness. It is repeatedly demonstrate on a previous research that being on a relationship progress into more advantages. Nevertheless, being dependent into having a partner to define happiness is an indication that having a special connection or relationship plays a significant role in defining life satisfaction. The researcher corroborated this point of view by revealing the role of relationship status to the young adulthood’s life satisfaction. Where in this study, relationship status is categorized as being either in a romantic relationship or being single, finding its link to the life satisfaction of young adulthood.

Relationship Status and Life Satisfaction

Satisfaction in life varies in every individual. As stated by Veenhoven (1996) life satisfaction is a major indicator of the quality of life. On top of that, judgement of satisfaction is formed by comparison with standards that set by an individual that are not possessed by others (Diener et al. 1985). It refers to the judgements of an individual in life conditions, the cognitive component of subjective well-being (Diener, Eemmons, Larsen & Griffin, 1985), and subjective evaluation to the overall quality of life (Diener & Diener, 1995).

Life is a cycle. Human development is a lifelong process of physical, behavioural, cognitive, and emotional growth and change, from pregnancy, infancy, the toddler years, childhood, puberty, older adolescence, adulthood, middle age, and up to the senior years. Each stage of development encompasses specific markers particularly in young adulthood. As we grow older,

different standards have form along the way. As in young adulthood, where a special meaning is attributing to a close, intimate bond with a romantic partner/spouse (Erikson, 1980; Rauer, Pettit, Lansford, Bates, & Dodge, 2013). Moreover this particular period in life individuals typically form enduring romantic relationships (Donnellan, Larsen-Rife, & Conger, 2005).

In a Dutch research by Soons and Liefbroer (2008) were the results obtained shows that the single young adulthood had the lowest level of well-being. Where in, some research about married young adults (Soons & Liefbroer, 2008) reveals that they had a best level of higher psychological well-being includes both positive (i.e., life satisfaction and happiness) and negative (i.e., low depression and anxiety) aspects of well-being (Gove, Style, & Huges, 1990). For those never-married individuals successively have a greater subjective well-being (Diener, Gohm, Suh & Oishi, 2000).