



Original Article

The challenges and strategies to improve psychosocial well-being of unmarried women

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Abstract

The main purpose of this study was to explore the challenges and strategies to improve psychosocial well-being of unmarried women based on their lived experiences. A qualitative research approach, specifically a phenomenological research design, was employed to investigate the issues under study. This design was appropriate for gaining an in-depth understanding of the life situations of unmarried women in Gondar town. A total of 30 unmarried women were selected using a snowball sampling technique. Individual interviews were conducted to explore the psychosocial challenges they face and the strategies they use to enhance their well-being. Accordingly, the study aimed to: (1) examine the challenges experienced by unmarried women, and (2) identify strategies that help improve their psychosocial well-being. The findings revealed that unmarried women encounter various psychosocial challenges, including frustration, fear of childlessness, loneliness, sexual harassment, discrimination, stigmatization, disrespect, and verbal abuse. These challenges significantly affect their lifestyles and overall well-being. Despite these difficulties, the findings also indicated that the women employ several coping strategies to improve their psychological and social well-being. These strategies include seeking social support, maintaining an active lifestyle, resisting external pressures, and engaging in positive self-talk. Overall, the use of these coping mechanisms contributes to enhancing the psychosocial well-being of unmarried women.

1 Introduction

A person who has not yet married is referred to as "single." The term "single" is an inadequate phrase in a society that idealizes women who are not married since it indicates "not married" (DePaulo, 2007). Well-being among single women can be determined by a number of criteria, such as life satisfaction, good mental health, happiness, or social competence (Wright and Masten, 2005). It is indeed a natural instinct to want to be loved and to love, and though these single women were content with being single, they wanted to pursue partnership and ultimately motherhood (Macvarish, 2006). However, the negative consequences of singlehood in terms of physical, emotional, social, and economic well-being are well-documented (Byrne and Carr, 2005). Women's challenges can be categorized as a variety of psychological and social issues stemming from poverty, illiteracy, disease, violence, harassment, rape, unemployment, and a lack of legal protection. Furthermore, women with disabilities have more psychological and social obstacles. Women

normally grieve psychological and environmental difficulties that prohibit them from participating fully, equally, and actively in society. People with impairments are frequently avoided, isolated, rejected, and segregated by society (Kaufman and Goldscheider, 2007).

A woman is any adult female human being who is unmarried, divorced, separated, widowed, or otherwise lives alone, whether by choice or for any other cause. Due to the patriarchal social order, unmarried women are on the limitations of the margins, which mean that they are especially disenfranchised. They experience a variety of problems or obstacles connected to basic biological, psychological, social, emotional, economical or financial demands and other related psychosocial challenges, which are well-represented in the works under consideration (Rosengren et al., 2009).

Social support, such as emotional bonds, attending social events and family/friends contacts are coping strategies used by unmarried women to increase psychosocial wellbeing of unmarried women. Specifically, women's social support systems seriously influence their psychosocial wellbeing in different ways (Feldman et al., 2000). Social and emotional supports through various forms of relationships such as families and friends were the factors that can increase psychosocial wellbeing of unmarried women. Social support is a strategy to increase the psychosocial wellbeing among unmarried women. This study showed that social support from friends and family increases psychosocial wellbeing and decreases stress among unmarried women (Malinauskas, 2010).

2 Research problem

Singlets reflect the prevalent ideology of marriage and family and are manifested in everyday thoughts, interactions, laws and social policies that favor couples over singles. Marriage and family ideology are described as an unwavering belief that everyone wants to get married. The assumptions associated with "single" are that romantic and sexual collaboration is the only way to achieve intimacy, and therefore those who have a partner are happy (Çelik, 2018).

The growing rates of singleness in most cultures still consider marriage as the most necessary state adults can attain. A single woman is often supposed either as an old maid who could not get a man because she is unpleasant, incompetent or a city single who does not want a man because she is highly educated, striving, single minded and career person. These views on unmarried women are a challenge to the lives of single women (Situmorang, 2007). According to Byrne and Carr (2005), biased beliefs about singles are insufficient to conclude that singles suffer stigma; singles must interpret mistreatment as stigma. This paper builds on previous research by investigating events that older never married women regard as stigmatizing. The study carried out by Williams (2003) have combined a considerable amount of evidence showing that mental health at unmarried women is involved of both positive affect and the absence of distress, those shows that differences in the effect of marriage on mental health, as men tend to externalize and women tend to internalize their mental health problems.

McKendrick et al. (2018) find that there are three most common strategies used by unmarried women namely to accept their destiny, planning, and active coping. Unmarried women are more dependent on themselves than seeking help and advice from others. In addition, women also seek social support to deal with psychosocial challenges at work place.

In Ethiopian, when we see the age at first marriage for women marriage takes place relatively early. Among women age 25-49 who are married 63% married by age 18, and 77% married by age 20. The median age at first marriage among women age 25-49 is 16.5 years (Central Statistical Agency, 2011).

Based on the above studies, the researcher showed a little attention was given to the challenges and strategies to increase their psychosocial wellbeing of unmarried women. Being unmarried is not a problem by itself, but it can be a good cause for different kinds of challenges that unmarried women face as a result of their marital status. To address this gap, this study aimed to: (1) To explore challenges of unmarried women have been experiencing; (2) Explore strategies to improve psychosocial well beings of unmarried women.

3 Theoretical framework

Singlim may be a theory that has been wont to study marriage and singleness is singlim. The idea was employed by DePaulo and Morris (2005) to check singles and their place in society and science. They attain the conclusion that singles are stigmatized. Singlim is unrestricted and unquestioned set of beliefs, ideology of marriage and family. Its premises include the idea that the sexual partnership is that the one truly important peer relationship which folks that have such partnership are happier and more fulfilled than people who do not. As a results of ideology of marriage and family adult unmarried women face many negative perceptions, stigmatization, and discrimination. This theory was utilized by Depaulo and Morris to review how marriage is valued so highly that individuals who seem to be unmarried are perceived negatively. They supply evidence of negative perceptions about unmarried women like, singlehood may be a stigmatized identity, singles are perceived as even more socially immature and maladjusted than married women, and singles were also consistently viewed as more self-centred and envious than married women.

The term "singlehood" refers to the status of not being married. However, because it is typical for people to be in a love relationship but not married, this term can also refer to the lack of a romantic partner. There are some who believe that being single equals being unhappy. The experience of being single, on the other hand, elicits a wide range of reactions. Some people appear to prefer living alone and claim to have a high quality of life. After being divorced or widowed, many people opt to remain single (Stein, 1981). Some evidence suggests that singleness is increasingly viewed as normal; though 18 the never married continue to be marginalized. A new style of singleness represents choice and status characterized by happiness, career, and social mobility. Even though this new acceptance has arisen over the past three decades, never-married women over 30 are still seen as more deviant than their male counterparts (Keith, 2004). A study conducted by Manchik (2014) teaches unmarried women to create a single woman identity, feel good and live properly. They embraced their way of being single and built their own self-identity to find satisfaction in their lives. The study of unmarried women between the ages of 35 and 65 showed that life satisfaction of these single women was significantly correlated with factors such as health, not loneliness, living with roommates, having many casual friends, and investing in work.

4 Research method

4.1 Research design

The research design of this study is phenomenology. Phenomenology research design is a type of qualitative research that looks into people's daily lives and lived experiences.

4.2 Study area

The study was conducted in Amhara region, Gondar town, which is 735 KM far from the capital of Addis Ababa. Gondar town is the oldest town founded by Emperor Fasil around 1636 A.D. It is the capital city of Central Gondar Zone of Amhara Region. In order to achieve the intended objectives, this research mainly focused on Gondar town. The reason why the researcher has selected and interested to conduct research in Gondar town with a particular emphasis on unmarried women because the number of unmarried women has been ever increasing time to time due to different factors such as economic, education and unemployment in the study area. In addition, the researcher's experience of living in the town made the curiosity to know the miracles of women.

4.3 Sampling techniques

The researcher was used snowball sampling technique in order to select participants. This sampling technique is important for identifying potential research participants who have difficulty finding participants. This is a common practice among social researchers who want to work in popular places that are difficult to identify and localize (Brennen, 2013). The researcher expands the sample by starting with a few well-known people knows and asking these early participants to identify others who will participate in the study. In this study, snowball sampling techniques is used to select 30 unmarried women. These participants were used in focus group discussion based on their willingness to participate in a group discussion.

4.4 Data collection instruments

In this study, the researcher employed two types of data collection tools to gather information from the participants: interviews and focus group discussions (FGDs). The interview and FGD guides were carefully developed by the researcher to address the research questions and specific objectives of the study. These instruments were designed to explore the psychosocial well-being and challenges experienced by unmarried women. The questions were initially prepared in English and then translated into Amharic (the local language) to ensure participants' clear understanding and meaningful responses. To ensure the validity of the instruments, the interview and FGD guides were reviewed by experts in the field of psychology and research methodology. Their feedback helped refine the clarity, relevance, and appropriateness of the questions in relation to the study objectives. In addition, a pilot test was conducted with a small group of participants who were not included in the main study. Based on the pilot results, necessary modifications were made to improve the consistency and comprehensibility of the instruments. This process enhanced the content validity and ensured that the tools effectively captured the intended information.

4.4.1 Semi-structured interview guide

The data collection techniques are used in qualitative study, interviews, and specifically face-to-face semi-structured interviews, are frequently used by feminist researchers. Even though personal interviews are labour intensive, they are the best way of collecting high quality data. Interviews capture the multitude of subjective views of a theme so that the researcher comes to see the respondents' complex social world (Wambui, 2013). This study employed open-ended interview guide in the process of data collection. These kinds of interview questions help to discover personal concerns and analysis questions to

the informants out of the answer that the interviewees deliver as it allows the researcher to be flexible to some extent. The interview guides would be prepared by the researcher in order to achieve the research questions and specific objectives. The interview guides were prepared in Amharic and English version and face to face interview were conducted by the researcher.

4.4.2 Focus group discussion guide

Focus group discussions would be conducted with unmarried women in two groups that consisting of six participants each group who were purposively selected based on currently living location. During the focus group discussion the researcher used an interview guide to direct dialogue among the participants in order to find out their experiences, perceptions and views in a given ideas or issues. The purpose of the focus group conversations is to understand various ideas and determine psychosocial well-being, and challenges of unmarried women. Therefore, the researcher utilized a tape recorder to capture the conversation and take notes. As a result, the researcher would be captured data or information during the focus group discussions utilizing a tape recorder with the approval of the participants. In order to find out their experiences, perceptions and views in a given ideas or issues. I have tried to be flexible in evaluating the discussions based on criteria set down.

4.5 Data collection procedures

The researcher developed semi-structure interview guide and focus group discussion questions to gather all necessary information from participants related to the objectives of the study. To get the relevant data or information the interview, focus group discussion questions will be prepared in Amharic version. The researcher was collected data by using in-depth interview and focus group discussion as well as use tape recorder by their consent. The researcher confirms to them that the recorded data is destroyed after the completion of the study and finally separated from the participants with great thanks for their cooperation.

4.6 Data analysis

The interview and focus group discussion would be recorded through tape recorder and transcribe by listening repeatedly. The data were gathered from interview, focus group discussion and transcribes in to Amharic and then translated in English language.

During the first phase of analysis the researcher used open coding in order to reduce the data to a small set of themes that appear to describe the phenomenon that was under investigation. During this process the categories and their interrelationship are combined to form a story line that describes what happens in the phenomenon that is being study. Generally, the data analyzed and described through qualitative approaches by themes, subthemes and some opinions of the participants fully quotations. The collected data was analysed in the following ways.

5 Results

5.1 Challenges of unmarried women

The information gathered from the participants suggested that unmarried experiences pose a number of psychosocial challenges among women at the study area. Participants in the interview and focus group discussion reported that they faced a variety of psychosocial challenges, including sexual harassment, stigmatization, loneliness, stress, frustration, and disrespect.

5.1.1 *Psychological challenges*

The information gained from the participants revealed that unmarried experience leads to several psychological challenges. The women stated that psychological challenges are common in unmarried life. They had experienced different psychological challenges such as loneliness, frustration, stress, and verbal abuse.

5.1.2 *Social challenges*

The information gained from the participants revealed that unmarried experience leads to several social challenges. The women stated that social challenges are common in unmarried life. They had experienced different social challenges such as sexual harassment, stigmatization, and disrespect. Now see each one by one as follows.

Sexual harassment During the interview and focus group discussion, some of the participants were sexual harassed by persons at work and around the residence. Participants reported co-workers sexually harassed them without their permission. Someone was offended and threatened to throw unmarried women out. Because they are not married, they face these difficulties. Some participants claimed that they had been sexually harassed by males who intended to rape them or use their single status to force them into sexual relationships in exchange for a favor. Insults and abuse were common experiences of respondents, but some felt that there were “wise people” who understood the status of singles and gave a lot of support to older unmarried women. Sexual harassment of unmarried women is one of the biggest challenges in the study area. The number of harassments is increasing day by day. Also, the work of unmarried women is not safe. Unmarried women face many prejudices at work. Women are considered stigmatized when they begin to find mistakes in unmarried women. As one participant stated, “My co-worker often makes unwanted advances toward me, even when I clearly refuse” (Participant 2, June 2022). Another participant explained, “Someone threatened to expel me from my residence simply because I am unmarried” (Participant 6, June 2022).

Stigmatization According to interviews and focus group discussions, participants should confirm the existence of prejudice and discriminatory treatment of unmarried women in the study area. Most participants experienced some form of stigma. Being unmarried women for a long time to give the impression that a single woman has died and they are not good enough to be attracted to an individual. During the focus group discussion, as one participant stated that:

I am now no longer married; I will say of direction it's now no longer possible. So, I recognize there are such a lot of stigmas. Some people do now no longer supply recognize for me for I am unmarried so, because of this I sense bad. I sense annoyed, there has been a time I was annoyed and I inform human beings see I am actually annoyed (participant 15, June 2022).

Disrespect Many participants experienced some form of disrespect because of their unmarried history. For those who experienced disrespect, it seemed to be the general attitude they had towards being single. Participants said in an interview that some treat you to respect those who are younger and married than you. You see it because they are not married some participants admitted that being a single breed is a contempt, but contempt is an individual behavior rather than unmarried position. As one participant said that:

People still talk to me in ways that sometimes I felt as if it is because I am not yet married. You know that is part of life. Even people that are married, people still talk to them anyhow. There are some individual who do not know how to talk some issues about single women. I feel that I am not respected in my family just because I am single. Just because you are married, you can see that younger brothers and kitchens are respected. I seem to think he likes mischievous things in his family. Everyone comes, says what they want to say, comments and do something like a child (participant 4, June, 2022).

Discrimination The research participants involved in the in-depth interview and focus group discussion indicated that they faced to be discrimination for they were unmarried women. As they explained they felt that the married women did not have confidence in them; Because of this, some participants didn't form friendship with married women or they faced isolated groups. Based on the data gathered from participants, unmarried women reported that they were discriminated from different activities in the study area. As one participant said that: I am unmarried women and I live in Gondar town. The married women of the town have negative attitude towards unmarried women and they also isolated from community in some private issues like ider, I believe that usually the community did not have positive outlook to me and they do not treat as normal human beings (Participant 5, June, 2022)

Verbal abuse Based on the data obtained from participants, verbal abuse was one of psychological challenges resulted from singleness living style. During the interview and focus group discussion session, some of the participants were mentioned that they have experienced upset and worry because some people they call as kumoker. As one participant stated that:

Some individuals expose me by asking questions such as: "why did not marry?" They call me "kumoker" (this is verbal abuse of remain single). However, these expressions are not important to me. Some what these statements are speaking in aggressive ways. The words have spoken by the people that made me worry and upset (Participant 6, June, 2022).

5.2 Strategies they used to increase their psychosocial well being

Participants in the interview and focus group discussion reported that they used different strategies in order to increase their psychosocial wellbeing including social support,

active lifestyle, resistance to external pressures and positive outlook.

5.2.1 Social support

Based on information gathered from interviews and focus group discussions, participants emphasized social support as the main strategies to increase psychosocial well-being among unmarried women. Most of the participants stated that they used social support social in order to enhance their psychosocial wellbeing and supports through various forms of relationships such as families and friends were the factors that can increase well-being. Apart from this, they also obtained supports from other unmarried women who share the same difficulties and pressure from other people, kind of like a support group of unmarried women. To sum up, unmarried women used social support coping strategies to enhance their psychosocial wellbeing. During focus group discussion one participant stated as follows:

I come together with unmarried women friends and we talk different kinds of experiences we passed through our life, we come together and make a joke and try to create fun in order to be happy and I develop my psychosocial wellbeing at that time (participant, June, 2022).

5.2.2 Resistance to external pressures

Based on the finding unmarried women used different coping strategies in order to increase their psychosocial wellbeing among these resistance to external pressures is to deal with social life, women encountered a reaction from a voice recommending unmarried women to walk the stairs to marriage, but a society in which they had to get married. Participants in this study faced the challenge of being single by resisting external pressure. Unmarried women to reduce challenges and sustained to behave confidently. Based on the finding of the study some participants cannot develop any challenges from the external world, it means no impact from external pressure situations. Participant 8 stated that: "I do not give attention what other people consider of their happiness. There are some dissenting opinions about getting married or being single, but that doesn't really affect me" (participant, June, 2022).

5.2.3 Positive self-talk

Unmarried women used positive self-talk or internal communicate to increase their psychosocial wellbeing through lowering exceptional demanding situations of their lifestyles condition. It additionally allows them to be greater open and accepting in their popularity regardless of what others might imagine of them. Participants used self-talk that allowed them to advantage internal strength, confidence, and optimism in their unmarried popularity. In addition to this unmarried women regarded to be that specialize in how they need to address their psychosocial challenges and this is to be greater type in the direction of them. To sum up, unmarried women used positive self-talk coping strategies to enhance their psychosocial wellbeing. As one participant stated as follows:

I give good reason for myself, I forgive myself for any past mistakes, I communicate to myself and inform myself announcing that I am unmarried women so no any challenges affected me, I attempting to do this took courage and I'm proud of myself for trying. Tomorrow is a chance to get husband, I will married in the future (participant 9, June, 2022).

5.2.4 Religious practices

Unmarried women used for religious practices to remedy their health problems and to reduce feelings of fear, stress, depression and sickness. The study found that unmarried women to enhance their psychosocial wellbeing they used religious coping strategies. Religious coping strategies mean that unmarried women were used spiritual beliefs and practicing religious practices in order to increase their psychosocial wellbeing. They are prayer, join the religion class, visiting the house of worship and praying to God. The coping strategies of each person vary depending on the person's background and living situation. However, certain coping strategies cannot be determined by whether it is good or bad because it depends on its suitability. To sum up, unmarried women used religious beliefs coping strategies to enhance their psychosocial wellbeing. As one participant stated that: I give good reason for with myself to enhance my psychosocial wellbeing by reducing different challenges, I express to myself and inform myself announcing that this is not it slow yet, possibly God desires me to look for more than expected things from me and I reduce challenges, I used spiritual belief and practise (participant 10, June, 2022)

6 Discussion

The first and second research question was exploring the psychological and social challenges of unmarried women. Unmarried women were frustrated of possible difficulties and responsibilities that they could not conceive of the marriage. Women concerns associated later childbearing is fear of unmarried women. They are afraid of the responsibility and stress from marriage. It does not mean that they will not get married forever, they are just not mature enough to have money and not ready for marriage. This study is similar with the study conducted by Sharp and Ganong (2007) life acutely aware of the changing reality at their age is mentioned as the biggest fear of unmarried women this include, admitting that the pool of eligible men is changing. Acknowledging risks and concerns accompanying later childbearing is another fear of unmarried women and based on the interview some participants mentioned that they are physically battered by male individuals at work place and around their residence. Sexual harassment was stated by some participants during the interview, this participants were sexual harassed by persons at work and around the residence. Participants reported co-workers sexually harassed them without their permission. Someone was offended and threatened to throw single women out. Because they are not married, they face these difficulties. Some participants claimed that they had been sexually harassed by males who intended to rape them or use their single status to force them into sexual relationships in exchange for a favor. Some participants stated that they were sexually harassed by men who wanted to rape them, or take advantage of their singlehood to intimidate them into sexual relations in exchange for a favor. This study is similar with the research conducted by International Labour Organization (2007), the acts of sexual harassment to be insults, remarks, jokes and insinuations of a sexual nature and inappropriate comments on a person's dress, physique, age or family situation, undesired and unnecessary physical contact such as touching, caresses, pinching or assault, embarrassing remarks and other verbal harassment, lascivious looks and gestures associated with sexuality, compromising invitations, requests or demands for sexual favors, explicit or implied threats of dismissal, refusal of promotion, etc. if sexual favors are not granted. Participants were hopeful that one day they will find their life partners that they could share their lives with. The study is also similar with the study conducted by Gold (2004) sexual harassment in the workplace is any unwelcome sexual advances or verbal or physical conduct of a sexual nature, acceptance of which is explicitly or implicitly made a condition for favorable decisions affecting one's employment, or which has the purpose or effect of unreasonably interfering with the individual's work performance or creating an intimidating, hostile, abusive or offensive working environment.

The finding on the study showed some participants received a lot of attention, which made them feel lonely. Participants stated that those situations are difficult for them because they do not have their own romantic friends and family. Unmarried women stated that they live far away from their relatives and that they are unable to marry because of this. As a result, they feel inferior about their lives. Unmarried women reported higher levels of loneliness in interviews. Women, particularly those who lived alone, felt lonely and recognized their positions, particularly around the holidays, when individuals are meant to be surrounded by family and friends to share the festive spirit. In Ethiopia, people place a high value on holiday celebrations, and the holidays are traditionally celebrated with families or relatives. The participants stated that those occasions are difficult for them because they do not have their own family. As a result, they experienced a great deal of loneliness as a result of this. Therefore, this causes them to feel very lonely. This study similar with the study conducted by DePaulo and Morris (2005) unmarried women were faced loneliness than married and mothers who had children. Poor health was very strongly associated with greater loneliness in both men and women. Marriage history is important and unmarried and previously married women report more loneliness than married women. The results of the study showed that participants experienced tension, fear, and despair. In the study area, the participants were single and had a frustrating, upset, and upset experience. Some participants grew up frustrated, reflecting the life experience of an unmarried situation, as people were talking about single life. In a focus group discussion, unmarried adult women explained that they were not happy because they were single. The unmarried woman grew up frustrated as she looked back on her life experiences, remained single, and people were rumoured about her single life. In a focus group discussion, participants stated that they were not happy because they are still unmarried. They care about being single now, but living with them frustrates the community. This result is similar with the study conducted by Selamawit (2018) stated that single women grew frustration thinking they are missing an important life transition and also because of the comments, the gossip and the advice they get from people about their single status. The finding of the study contradicted the study conducted by according to Kaufman and Goldscheider (2007) unmarried women are more likely to identify with the view that they can remain satisfied without entering into marriage.

The finding of the study indicated that unmarried women explained that they felt that the married women did not have confidence in them because of this, some participants did not form friendship with married women or they faced isolated groups. Based on the data gathered from participants, unmarried women reported that they were discriminated from different activities in the study area. This result is similar with the study conducted by the DePaulo and Morris (2005) to check singles and their place in society and science. They attain the conclusion that singles are stigmatized. Singlism is unrestricted and unquestioned set of beliefs, ideology of marriage and family. Its premises include the idea that the sexual partnership is that the one truly important peer relationship which folks that have such partnership are happier and more fulfilled than people who do not. As a results of ideology of marriage and family adult unmarried women face many negative perceptions, stigmatization, and discrimination. Based on the data obtained from participants, verbal abuse was one of psychological challenges resulted from singleness living style. During the interview and focus group discussion session, some of the participants were mentioned that they have experienced upset and worry because some people they call as kumoker. The study also similar with the study conducted by Selamawit (2018) noted that at late adolescent age, an unwedded daughter would be stigmatized as an "old maid" (Kumo ker), which is embarrassing to the parents. They might also be labeled as poor, because poor families are not usually in a position to marry off their daughters at an early age.

Many participants experienced some form of disrespect because of their marriage history. For those who experienced disrespect, it seemed to be the general attitude they had towards being single. Participants said in an interview that some treat you to respect

those who are younger and married than unmarried women. This study is similar with the study conducted by A study conducted by [Byrne and Carr \(2005\)](#) reinforces the notion that marriage is still considered the preferred route to women's adult identities and is not the route taken by single women.

Based on the interview and focus group discussion unmarried women reported that they used different coping strategies in order to increase their psychosocial wellbeing including social support, active lifestyle, resistance to external pressures and positive outlook. Participants emphasized social support as the main strategies to increase psychosocial wellbeing among unmarried women. Most of the participants stated that they used social support social in order to enhance their psychosocial wellbeing and supports through various forms of relationships such as families and friends were the factors that can increase well-being. Apart from this, they also obtained supports from other unmarried women who share the same difficulties and pressure from other people, kind of like a support group of unmarried women. The finding of this study similar with the study conducted by [Malinauskas \(2010\)](#) social support from friends and family increases psychosocial wellbeing and decreases stress among unmarried women. In addition, numerous parts of significant social support, such as emotional bonds, attending social events and family/friends contacts, related to increase psychosocial wellbeing of unmarried women ([Feldman et al., 2000](#)).

Unmarried women used resistance to external pressures in order to increase their psychosocial wellbeing among these is to deal with social life, women encountered a reaction from a voice recommending unmarried women to walk the stairs to marriage, but a society in which they had to get married. Participants in this study faced the challenge of being single by resisting external pressure. Unmarried women to reduce challenges and sustained to behave confidently. Based on the finding of the study some participants cannot develop any challenges from the external world, it means no impact from external pressure situations. The finding of this study similar with the study conducted by [Azlin and Pamilia \(2020\)](#) stated that women allocated with the challenges of singlehood by resisting external pressures.

Unmarried women used positive self-talk or internal communicate to increase their psychosocial wellbeing through lowering exceptional demanding situations of their lifestyles condition. It additionally allows them to be greater open and accepting in their popularity regardless of what others might imagine of them. Participants used self-talk that allowed them to advantage internal strength, confidence, and optimism in their unmarried popularity. In addition to this unmarried women regarded to be that specialize in how they need to address their psychosocial challenges and this is to be greater type in the direction of them. The finding of this study similar with the study conducted by [Gigy \(1980\)](#) women used positive self-talk as a coping mechanism to enhance psychosocial challenges of unmarried life conditions. It also enables them to be more open and accepting of their status despite what others may think of them. Engaging in positive self-talks also allowed them to gain inner strength, confidence, and optimism of their single status.

All most all participants explained that they considered making praying activities as a response to their psychosocial challenges and they increase their psychosocial wellbeing. In focus group discussion session unmarried women explained that they used for religious practices to remedy their health problems and to reduce feelings of fear, stress, depression and sickness. The study found that unmarried women to enhance their psychosocial wellbeing they used religious coping strategies. Religious coping strategies mean that unmarried women were used spiritual beliefs and practicing religious practices in order to increase their psychosocial wellbeing. The finding of this study similar with the study conducted by [Himawan et al. \(2018\)](#) women the strategies in the form of prayers, cognitively trusting in God's will, faith in God. The participants believed that having a good sense of connection with God and increasing one's spirituality will strengthen

their psychosocial wellbeing and will lead to acceptance of oneself and the situation.

7 Conclusions

This study was aimed exploring the psychosocial wellbeing and challenges in Gondar town. Therefore; from this study the following conclusions were drawn.

The results showed that unmarried women have experienced psychosocial challenges these associated with unmarried. Psychosocial challenges of unmarried were affects their living styles at the study area. Psychosocial challenges such as frustration fear of childlessness, loneliness, discrimination, stigmatization, sexual harassment and disrespect. The finding showed that unmarried women have experienced different psychosocial challenges due to unmarried. Among the challenges of unmarried women were fear of childlessness, loneliness stress, discrimination, sexual harassment, stigmatization, frustration and disrespect. However, participants are sexually harassed by some individuals without their permission. The finding of the study showed that participants were used different coping strategies to increase their psychosocial wellbeing. Therefore, social support, active lifestyle, Strong internal attributes, resistance to external pressures and positive outlook were the main strategies to increase their psychosocial well being of unmarried women. This study demonstrates the psychosocial challenges women experience with regards to unmarried women status. A more proactive approach in identifying their challenges would allow for the development of appropriate empowerment and support programs to address their wellbeing.

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Data Availability

Data can be made available on the behavior of the request

Declaration of interests' statement

The author declare no competing interests.

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