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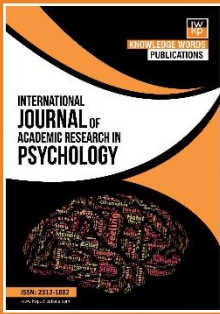
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## Self-Actualization of Married and Unmarried among Middle aged Professionals

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### Abstract

This paper investigated the Self-Actualization of Married and Unmarried among Middle Aged Professionals and aimed to determine the level of self-actualization of married and unmarried among middle aged; to compare the level of self-actualization of the married and unmarried based on gender and civil status; to know the factors that influence/contribute to the respondent's self-actualization. Participants of this study were one hundred ten (110) married and unmarried, men and women from different barangays in Batangas City. Quantitative and Qualitative analysis of data were used as research design. Questionnaires were employed to determine the respondents level of self-actualization while interview was utilized to get data from the respondents as to factors that contribute to their self-actualization. The results show that married have moderate self-actualization and unmarried has an approaching self-actualization.

**Keywords:** Self- Actualization, Married, Unmarried.

### Introduction

Self-actualization comes from Maslow's hierarchy of needs which states that beyond the normal air, water, food, and sex, there are other needs that need to be addressed and taken care of before one would become self-actualized. The hierarchy of needs is pyramid-shaped with four different levels before becoming self-actualized. Moreover to Maslow, self-actualization is a process by which individuals may ascend a hierarchy of needs that is linear as opposed to dialectical.

According to Goldstein, actualization is "the tendency to actualize, as much as possible, individual capacities" in the world. The tendency to self-actualization is "the only drive by which the life of an organism is determined." He defined Self-Actualization as a driving life force that will ultimately lead to maximizing one's abilities and determine the path of one's life.

McGoldrick also noted that becoming a couple is one of the most complex and difficult transitions of the family life cycle even though it is often perceived as the least complicated and most joyous.

Marriage is a legally sanctioned contract between a man and a woman entering into a marriage contract changes the legal status of parties, giving husband and wife new rights and obligations.

Public policy is strongly in favour of marriage based on the belief that it preserves the family unit. Traditionally, marriage has been viewed as vital to the preservation of morals and civilization. The social science literature has documented impressive positive associations between marriage and the earnings of men, family income, wealth, mental health, longevity, happiness, and the success of children (Institute for American Values, 2002).

Gary Becker's stated seminal work, marriage makes families better off partly by allowing individuals within families to specialize, which yields greater productivity on the part of the mother and father. The researchers chose this topic to know the self-actualization of married and unmarried. Maslow defined self-actualization as the instinctual need of humans to make the most of their abilities and to strive to be the best they can be, continually working to fulfil their potentials and becoming all they are capable of being. This step in the pyramid includes morality, creativity, spontaneity, problem solving and acceptance. Self-Actualized persons can embrace the facts and realities of the world rather denying or avoiding them. They can be spontaneous and creative in their ideas and actions. They are interested in solving problems, including problems of other, and this is often a focus in the way they live life. They feel close to others and appreciate life. They possess a fully internalized system that is independent of external authority.

### **Objectives of the Study**

This study aimed to determine the self-actualization of married and unmarried person. Specifically, the study aimed to accomplish the following: (1) to determine the level of self-actualization of married and unmarried among middle age; (2) to compare the level of self-actualization of the married and unmarried based on the gender and civil status (3) to know the factors that influence/contribute to the respondent's self-actualization.

### **Theoretical Basis**

Motivation theory, which suggests five interdependent levels of basic human needs (motivators) that must be satisfied in a strict sequence starting with the lowest level. Physiological needs for survival (to stay alive and reproduce) and security (to feel safe) are the most fundamental and most pressing needs. These followed by social needs (for love and belonging) and self-esteem needs (to feel worthy, respected, and have status). The final and highest level needs are self-actualization needs (self-fulfillment and achievement). Its underlying theme is that human beings are 'wanting' beings: as they satisfy one need the next emerges on its own and demands satisfaction and so on until the need for self-actualization that, by its very nature, cannot be fully satisfied and thus does not generate more needs. This theory states that once a need is satisfied, it stops being a motivator of human beings. In personnel management, it is used in design of incentive schemes. In marketing, it is used in design of promotional campaigns based on the perceived needs of a market segment a product satisfies Self Actualization. Psychologist Abraham Maslow first developed his famous theory of individual development and motivation in the 1940's. He suggested that human beings have a hierarchy of needs. That is, all humans act in a way which will address basic needs, before moving on to satisfy other, so-called higher level needs. Maslow represented this theory as a hierarchical triangle. This shows how basic needs must be met before one can "climb" the hierarchy, to address more complex needs.

## Method

The study used both the quantitative and qualitative design. The researchers used the three main data gathering instruments namely: the interview, the questionnaire and anecdotal information. The interview and questionnaire were the dominant methods in the study and the anecdotal information was used as the supplementary method

## Participants

In this study one hundred ten (110) married and unmarried professionals ages 40-50 from several Barangays within Batangas City were used as participants. There were 25 married, 52 percent females and 48 percent males, and 25 unmarried, 48 percent females and 52 percent males, participants were used for questionnaire, and 20 married and unmarried informants were asked both for the interview sessions and anecdotal information respectively.

## Measure

The researchers used the three data gathering instruments: the questionnaire, the interview guide and the anecdotal information.

*The questionnaire.* This was intended to measure the self-actualization of married and unmarried professionals. It was consisting of 30 items and it was scaled as 1 completely false and 5 as completely true. The questionnaire given indication of how becoming all are capable being.

*The Interview Guide.* It was utilized by the researchers in order to compare the level of self-actualization of married and unmarried based on the following: sex, civil status, Maslow hierarchy of needs and educational attainment.

*The Anecdotal Questions.* It was constructed by the researchers. The questions were divided into 2 categories 1 for the married and 1 for the unmarried. Each participant narrates their own experience based on the specific problem that they had encountered based on the given category. This guide consisted of a single question that was asked by the interviewer during the last interview session. This question aimed to gather or collect information about the factors that influence or contribute the self-actualization of married and unmarried. The questions are divided into two categories 1 for married and 1 for unmarried

## Procedure

First and foremost, the researchers consulted for the approval of their topic, the instruments to be utilized and the most appropriate procedures to be followed. Upon approval of the research topic, the researchers conducted a pilot study in order to test the validity and maintenance of the study of topic. The pilot study was conducted among 5 married and 5 unmarried who were chosen through random sampling. The proposed research title, instruments and statistical treatments gone through several revisions for the strength of the actual experiment.

All procedures were approved and were designed to be consistent with APA ethical standards. Participants who volunteered for this study signed up for an appointment to assure that all procedures could be completed.

### Data Analysis

This study made use of simple statistical treatments and methods to analyze and interpret the data gathered through the utilization of the interview.

**Frequency** was used to determine the profile of the respondents in terms of age, gender, sex, civil status, educational attainment and economic status.

**Weighted mean** was used to know the level of self-actualization of married and unmarried among middle age.

### Results

**Table1. Level of Self-Actualization according to Civil Status**

| Total Mean       |                  | Interpretation  |                                       |
|------------------|------------------|-----------------|---------------------------------------|
|                  | <b>N</b>         | <b>25</b>       |                                       |
| <b>Married</b>   | <b>Mean</b>      | <b>129.5200</b> | <b>Moderate self-actualization</b>    |
|                  | <b>Std. Dev.</b> | <b>17.01010</b> |                                       |
|                  | <b>N</b>         | <b>25</b>       |                                       |
| <b>Unmarried</b> | <b>Mean</b>      | <b>109.2400</b> | <b>Approaching self-actualization</b> |
|                  | <b>Std. Dev</b>  | <b>9.31522</b>  |                                       |

Table 1 shows the total mean for the subscales in level of self-actualization. The total mean were computed according to gender. The results show that the respondents got the highest mean of married female which is 121.5385 that mean that the married female are more self-actualized. The respondent got the lowest mean of married male which is 117.0417 that means that the married male or not self-actualized than married female, the interpretation showed that they have the same results of moderate self-actualization

**Table 2.1 Comparison of Self-Actualization according to Sex**

| Total Mean            |                 | Interpretation  |                                    |
|-----------------------|-----------------|-----------------|------------------------------------|
| <b>Mean</b>           | <b>117.0417</b> | <b>121.5385</b> | <b>Moderate self-actualization</b> |
|                       | <b>Male</b>     | <b>Female</b>   |                                    |
| <b>N</b>              | <b>24</b>       | <b>26</b>       |                                    |
| <b>Std. Deviation</b> | <b>13.80447</b> | <b>19.52687</b> |                                    |

Table 2.1 shows the total means for the subscales in level of self-actualization. The total means were computed according to civil status. The results show that the respondents got the highest mean of married professionals which has 129.5200 and standard deviation of 17.01010 means that the

married professionals are more self-actualized and the results for interpretation was moderate self-actualization. The lowest mean of unmarried professionals which has 109.2400 and standard deviation of 9.31522 and the result of the interpretation was approaching self-actualization.

**Table 2.2 Comparison of self-actualization according to Gender**

| Sex  | N  | Mean     | Std. Deviation | Std. Error Mean | Interpretation |
|------|----|----------|----------------|-----------------|----------------|
| .00  | 24 | 117.0417 | 13.80447       | 2.81783         | Significant    |
| 1.00 | 26 | 121.5385 | 19.52687       | 3.82953         | Significant    |

Table 2.2 shows the total means for comparison of the self-actualization and the interpretation of each subscale. The total mean for male middle aged professionals is 117.0417 and the total mean for female middle aged professionals is 121.5385. The interpretation of male and female is significant.

### Discussion

Based on the results of the study, it was evident that a married middle aged professional has more self-actualization, the desire to develop and realize the full potential of an individual. While the unmarried middle aged professional is also on the level of self-actualization. The first objective is to determine the level of self-actualization of married and unmarried among middle age; after gathered all the questionnaire and interview it is proven that both married and unmarried has level of self-actualization based on table 1. It shows it is interpret in moderate self-actualization.

According to Goldstein, actualization is "the tendency to actualize, as much as possible, individual capacities" in the world. The tendency to self-actualization is "the only drive by which the life of an organism is determined." He defined Self-Actualization as a driving life force that will ultimately lead to maximizing one's abilities and determine the path of one's life.

Parish, Dostal & Parish (1981) stated that the environment of the home in which a child is reared can advance or hinder wholesome personality adjustment. Family relationships also determine in large measure the young person's developing attitudes toward home and family life.

Self-actualization, the pinnacle of Maslow's hierarchy, is considered to be a growth need, which continues to motivate behaviour after it is satisfied. Self-actualization has been described as reaching one's full potential, and it is self-perpetuating because it has no predetermined end point. Maslow quipped that people never get bored with growth; the thrill never wears off, and satisfaction of the growth needs leads to further pursuit of growth (Maslow, 1996). Maslow described the growth needs in his personal journal, nothing that the "process of growing is itself tasty, feels good" the growth or "being" needs feed themselves, and partial satisfaction leads to continued efforts to self-actualize to an even greater extent (Maslow, 1979).

The second objective is to compare the level of self-actualization of the married and unmarried based on gender and civil status; based on the table 2.1 and 2.2. It is proven that a married middle aged professional has more self-actualization. It is interpreted that married professionals is moderate self-actualization while the unmarried professionals are approaching self-actualization

Follow up question of married. Do you feel the satisfaction after getting married and have your own children? It was also asked. Respondent replied that that getting makes his/her life happy and give direction to his life. One respondent said.

“Yes, marriage makes my life much better because I have a responsible husband and God fearing children.”

Zajonc (1986); Ernst, Angst (1983) also supported the argument of Beth (1988) with the addition that if children develop verbal and cognitive skills through interaction with parents, those from small families will spend more time with parents than with peers and siblings, as compared to children from large families. In furtherance of the above, it was indicated that children will enjoy spending time with their parents since they can be assured of the undivided attention of their parents. More so, parents are able to keep track of their kids and their discussions to ensure prompt attention. Such parents even go to the extent of helping their children with their homework including others.

The third objective is to know the factors that influence/contribute to the respondent's self-actualization. Based on the result shown on table 3.1 up to 3.4. The factors that contribute to the self-actualization are the family and their children. For the unmarried professionals are freedom and happiness. It based on the interview gathered.

Marriage is a legally sanctioned contract between a man and a woman entering into a marriage contract changes the legal status of parties, giving husband and wife new rights and obligations. Public policy is strongly in favour of marriage based on the belief that it preserves the family unit. Traditionally, marriage has been viewed as vital to the preservation of morals and civilization.

The researchers asked for unmarried. Are you contented being unmarried and of what you have right now? There is 1 who said no and argued that getting married is putting boundaries in all aspect.

Unmarried are a vulnerable population who face considerable social disadvantages compared to married. A key indicator of adult well-being, marital status has long been linked to economic resources, social integration, and health and mortality (Durkheim, 1897/2006; Waite & Gallagher, 2000). The inequalities associated with marital status can accumulate over the life course (Dannefer, 2003; Ferraro & Shippee, 2009), and thus, unmarried could experience greater disadvantage with age. Indeed, marital status is one of the components of successful aging (Pruchno et al., 2010).

In this study, participants were interviewed and answer questionnaire at one point in time only; it is recommended that future researchers conduct interviews and questionnaire within the same group professionals. Future researchers may employ qualitative methods through the use of different of interview guide questionnaires to now more factors of self-actualization of married and unmarried. In addition it is recommended to increase sample size for more in depth analysis.

### Conclusion

This study can help the employed in an organization. Married can identify ability and level of self-actualization the same with those unmarried. It can also use in an organization to know the level of self-actualization on their employees to overcome immediately the problem of the qualities of an employee in an organization.

This study can also apply to the professors in a campus to evaluate and to determine the potentials of an individual.

This study is limited to middle aged professionals among middle aged. Under the age of 40-50 years of age and already take the master's degree and also for those who take that doctoral degree. It also considers who take the board exam and already passed.

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