

**A Single Person Is Not Alone—A Case Study of Companionship
Business Opportunities in the Female Solo Economy in Taiwan**

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Submitted to the Faculty of
Department of International Affairs in partial fulfillment of
the requirements for the degree of
Bachelor of Arts in International Affairs

Wenzao Ursuline University of Languages

2022

WENZAO URSULINE UNIVERSITY OF LANGUAGES
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Wenzao Ursuline University of Languages, 2022

Abstract

In recent years, the issue of the increase in single households and single population has attracted many people's attention, especially the increase in the population of single women. Nowadays, social changes, economic considerations, etc. have prompted many people to pursue a single life. At the same time, many women are no longer bound by the concepts of the past. Under this trend, many industries have developed more diverse products from the needs of singles and created new business opportunities.

The purpose of this research is to understand how single women feel about being alone and the single status, and to explore new business opportunities from their choice of companionship. The data was collected by individual interviews and questionnaires. The subjects are mainly unmarried, divorced and widowed women aged 20-60. This study conducted 8 interviews and collected 337 copies of questionnaires. After analysis, the main findings are: (1) most single women have no obvious sense of loneliness; (2) divorced women have more obvious positive feelings about being alone; (3) reading books is more obvious positive feelings for single women than other forms of companionship; (4) depending on the frequency of using, the higher the frequency of reading books and playing online games, single women's positive feelings are more obvious. This paper suggests a business opportunity proposal, which could launch an app or electronic product that integrates books, audio-visual media, and online game functions.

Keywords: Single Women, the Feeling of Being Alone, Companionship Business Opportunities

單身並不孤單—台灣女性單身經濟中的陪伴商機個案研究

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Wenzao Ursuline University of Languages, 2022

摘要

在近幾年單身戶、單身者增加的議題受到許多人的關注，特別是單身女性人口的增加。如今社會風氣的改變、人們對經濟的考量等，使得許多人嚮往單身生活，同時也讓許多女性不再受到過去觀念的束縛。在這樣的趨勢下，有許多產業從單身者的需求中發展出更多樣的產品，也創造出新商機。

本研究的目的是想了解現今單身女性對於獨處現狀有什麼樣的感受，並從他們選擇的陪伴方式中探討新的商機。本研究的資料蒐集是以個別訪談法以及問卷方式進行，針對 20-60 歲的未婚、離婚及喪偶的單身女性，分別進行訪談及問卷，最終訪談 8 人，並收到 337 份的有效問卷。經過分析後主要發現下列結果：(一)大部分的單身女性沒有明顯的寂寞感；(二)離婚女性對於獨處有較明顯的正面感受；(三)單身女性對閱讀書籍有更明顯的正面感受；(四)依據使用頻率的不同，單身女性對閱讀書籍及玩線上遊戲的使用頻率越高，就有更明顯的正面感受。本研究在最後提出一項商機建議，可以推出一款整合書籍、影音媒體以及線上遊戲功能的 app 或是電子產品。

關鍵字：單身女性、獨處感受、陪伴商機

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INTRODUCTION

Background

With the changes in social patterns and demographic structure, as well as the advent of aging and declining birth rates, these situations have prompted the rise of many new business opportunities. According to the demographic statistics of the Ministry of the Interior¹, the total number of unmarried, divorced and widowed people over the age of 20 is increasing every year. Moreover, in 2020, the total number of people has exceeded 9 million. It could be found that the single population has become a trend in modern society. Nowadays, more and more people prefer to live alone, but it was not favored and discriminated against in the traditional society of the past, especially the single women. Single people not only have been tagged with specific names, but also still been nagged about getting married occasionally by some elders.² Moreover, females were supposed to get married and manage housework in the past society. Therefore, this social atmosphere is full of conservative for single women. However, it is slowly unraveling the traditional shackles in the current society.

As the times and environment change, the popularization of female education, the impact of the living environment, pursuit of self-worth, etc., all have formed the factors of modern singleness. There are some advantages of being single, such as they could manage their own financial resources, have less psychological pressure, put themselves at the center of life, and have more time to arrange the life of their own

¹ "Population by Age, Sex and Marital Status," Department of Household Registration, M.O.I, <https://www.ris.gov.tw/app/portal/346>.

² Tsai Meng-Jie, "Give My Story a Name by Self Rather Than Others-a Narrative Study of the Stigma Experience from Unmarried Woman" (Master thesis, Department of Counseling and Guidance, National University of Tainan, 2015).

self freely. With more and more people yearning for a single lifestyle, this situation also means that different from the previous family lifestyle, the needs of singles would change. Under these changes, many industries are also looking for new business opportunities.

Motivation

Nowadays, the modern people are increasingly pursuing high quality in their own life and are willing to treat themselves better. In addition, some people feel that they would have more financial pressure after starting a family because their salary not only needs to be allocated to a family, but also prioritize household expenditures. Therefore, they may choose to live alone which causes the single-person household lifestyle which has become a popular trend. Besides, the population of single women over the age of 20 is higher than single men in Taiwan in 2020.³ The increase in the single population in recent years has not only changed the social atmosphere, but also became a new trend in recent years.

With the development of this trend, the consumption pattern of the entire society has become different from the past, and the solo economy has also formed under this trend. From food, housing, transportation, entertainment, etc., people could see that many old products are transforming, and even new business opportunities have been born. With the advent of the solo economy, the convenience stores, supermarkets, etc., have launched many small-packaged or highly convenient foods. Also, there are many one-person restaurants that appear and become a consumption place for many people. Under this trend, I would like to explore the emergence of new business opportunities from the perspective of single women's feelings and needs.

³ "Population by Age, Sex and Marital Status"; *ibid.*

Research Purpose

Based on the above research background and motivation, the purpose of this research is to develop the new business opportunities that can meet their needs from the perspective of single women. First, this research would like to know how single women feel about being single and alone. Furthermore, it would explore what kind of companionship way they choose when they are alone, and what kind of feelings they get from it. I would organize interviewees' ideas and use ANOVA to analyze collected data, and then find out the new business opportunities.

Research Questions

1. What do single women feel and think about being alone and single?
2. What feelings and influence does the companionship way bring to single women?
3. What new companionship business opportunities can be created?

Contribution

The contribution of this research is to let more people understand the feelings of single women and their needs for companionship. In addition, this research would explore the companionship business opportunity based on the feelings and needs of single women, and allow the industry to develop suitable products and services for reference.

Limit

The population of this study is about unmarried, divorced and widowed single women from aged 20 to 60. In the process of collecting data, some people were not convenient to assist in this research because of their status or emotions. Therefore, the collected data of age and status would be more concentrated in a certain ethnic group.

Delimit

The distribution of the number of people mentioned above, because the data collected in this study are mainly young ethnic groups and unmarried people, the opinions would be more concentrated on these two major ethnic groups.

LITERATURE REVIEW

This chapter is divided into four sections. The first section is about the trend of single-person households and the single female population. Then, the second section is about the physiological needs and psychological needs of single people. In the third section, I talk about the rise of the solo economy. I compiled a summary in the last section.

The Trend of Single-Person Households and Single Female Population

In recent years, with the impact of aging and declining birth rates, the single population has become the largest ethnic group in the current society. Recently, more and more people yearn for the world of single people due to the influence of different factors such as gender, age, personal consciousness, love outlook, and social atmosphere.⁴ Many people like a person's sense of freedom, because they can pursue more new things or do what they like from their hearts. Moreover, the economic burden is getting heavier now. Therefore, many people want to be single, which has become the choice of modern people.

With the continuous increase of the single population, it has led to the emergence of a single-person household model in many countries. Among these countries, it is the most obvious that the increase in the single population in Asian countries⁵, so I would like to look at the trend of singles in Japan, South Korea and Taiwan. After discussing the growth trend of single-person households, I discuss the number of single-person populations over the age of 20 in these three countries. Then, I figure out the gap between single women and single men.

⁴ Menelaos Apostolou, Jiaqing O, and Gianluca Esposito, "Singles' Reasons for Being Single: Empirical Evidence from an Evolutionary Perspective," *Frontiers in Psychology* 11, no. 746 (2020).

⁵ Wei-Jun Jean Yeung and Adam Ka-Lok Cheung, "Living Alone One-Person Households in Asia," *Demographic Research* 32 (2015).

Japan

In Japan, the current population is either flat or declining compared to the past, but the number of households is still very large. The main reason is that the increase in the number of single people also promotes the growth of single-person households.⁶ According to the statistic by National Institute of Population and Social Security Research⁷, the number of single-person households increased from 16.78 million to 19 million from 2010 to 2018. The proportion of single-person households in Japan's total households also increased from 32.4% to 35.3%. At the time, they also estimated that single-person households would grow to 19.34 million in 2020.

Furthermore, between 2010 and 2018, the number of single-person households for females increased from 7.98 million to 9.14 million, while the number of males increased from 8.80 million to 9.86 million. From this data, it could be found that not only the single-person households have increased, but female single-person households have also increased. Japan's state of moving toward a single-living society is becoming more and clearer, because as the elderly live longer and they are unwilling to live with their children. Furthermore, coupled with the continuous changes in the family structure, the financial burden of families with more than two persons is too great, and the number of unmarried and divorced people has increased, which results in a continuous increase in the number of single people each year.

The Development of the Single Female Population

As the phenomenon of singleness becomes more and more obvious, the ratio of female and male is also a point worthy of attention. The number of single women in

⁶ MASASHI KAWAI, *Future Chronology: The Impact of Population Decline, the Quiet Crisis of Aging*, trans. Lin-Yung Chun and Ye-Xiao Yen (ATHENA PRESS CO., 2018).

⁷ "Future Estimation of the Number of Japanese Households National Estimation," National Institute of Population and Social Security Research, <http://www.ipss.go.jp/pp-ajsetai/j/HPRJ2018/t-page.asp>.

Japan has been increasing in recent years. According to the five-year census data⁸, the total number of unmarried, divorced, and widowed people over the age of 20 is calculated from 2005 to 2010 and 2010 to 2015. It could be found that from 2005 to 2010, the number of single women grew from 20.59 million to 21.25 million, an increase of 650,000, while the number of single men grew from 16.58 million to 17.16 million, an increase of 580,000.

From 2010 to 2015, single women increased from 21.25 million to 21.44 million, an increase of 190,000. However, single men from 17.16 million decreased to 17.04 million. It dropped by 120,000. It could be seen that the amount of increase in single women is even higher than that of single men. With this kind of phenomenon, it would be found that female no longer insist on getting married, but would treat themselves better and pursue more goals they want. Therefore, modern women are no longer bound by tradition, and more and more single women are pursuing such a life.

South Korea

In addition to Japan, South Korea is also entering a single society. According to the statistics of the Korea Statistics Agency,⁹ the number of single-person households increased from about 4.14 million to 5.84 million from 2010 to 2018. Furthermore, in the latest 2019 data, the number of single-person households reached 6.14 million. The proportion of single-person households in Korea's total households also increased from about 23.9% to 29.2%. In 2019, the proportion of single-person households exceeded 30.2%.

⁸ "Census Time Series Data Gender, Age, Marriage: File: Find Statistical Data.," e-Stat Portal Site of Official Statistics of Japan, https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00200521&tstat=000001011777&cycle=0&tclass1=000001011778&result_page=1&tclass2val=0.

⁹ "The Single-Person Households by Gender, Age and Type of Residence," Korean Statistical Information Service, https://kosis.kr/statisticsList/statisticsListIndex.do?vwcd=MT_GTITLE01&menuId=M_01_03_01&outLink=Y&entrType=#content-group.

Looking at single women and men households separately, from 2010 to 2018, female single-person households increased from 2.22 million to 2.94 million, while males increased from 1.92 million to 2.90 million. In 2019, there were 3.09 million female single-person households and 3.05 million males. Judging from this growth trend, many men and women are gradually turning to single-person households.

With the increase in the single population, South Korea has begun to call singles, such as people who live and engage in activities alone as “honjok”, and those who eat alone as “honbap”. In the past, Koreans would have prejudice against people living alone. However, they no longer look at the life of singles from a derogatory perspective. It could be found that they gradually accept it, and single-person households have been growing over time.

The Development of the Single Female Population

With the growth of single-person households, the single population has also become a focus of attention. According to data from the Korean Women's Development Institute (KWDI)¹⁰, the total number of unmarried, divorced, and widowed people over the age of 20 is calculated and judged in two stages from 2005 to 2010 and 2010 to 2015. From 2005 to 2010, the number of single women increased from about 6.53 million to 7.18 million, an increase of 650,000. The number of single men also grew from about 5.87 million to 6.37 million, an increase of 500,000.

From 2010 to 2015 the number of single women grew from about 7.18 million to 8.27 million, an increase of 1.08 million, in addition, single men also grew from about 6.37 million to 7.38 million, an increase of 1.01 million. Through this phenomenon, it could be found that the number of single women is greater than that of single men, and it may become more and more.

¹⁰ "The Population by Marital Status (Sex/Age)," Korean Women's Development Institute (KWDI), https://gsis.kwdi.re.kr/gsis/kr/tblInfo/TblInfoList.html?vw_cd=MT_ZTITLE.

Taiwan

“Single is less stressful,” “You can make money and support own self,” “Single is free” which these good words about singles have often been heard from Taiwan singles in recent years. In such a phenomenon, the lifestyle of Taiwanese is gradually changing. According to data from the Taiwan Gender Equality Committee of the Executive Yuan¹¹, the number of single-person households from 2010 to 2018 has grown from 2.28 million to 2.87 million. The proportion of single-person households in Taiwan's total households also increased from 28.8% to 32.9%. In 2020, the number of single-person households has exceeded 3 million and the proportion of single-person households exceeded 34%.

From the perspective of female and male single-person households, from 2010 to 2018, female single-person households increased from 1.09 million to 1.42 million, and males from 1.2 million to 1.45 million. Although the overall number of male is higher than that of female, in proportion, female single-person households have grown from 13.7% to 16.3% of the total households, while males have grown from 15.1% to 16.6%, compared with a 2.6% increase in females, males only grow 1.5%.

The Development of the Single Female Population

In the current society, females in Taiwan choose to live on their own in order to not want to be controlled after marriage, and face more spiritual or life pressures. According to the data from the Ministry of the Interior,¹² between 2010 and 2015, the number of unmarried, divorced and widowed single women over the age of 20 grew from about 4.01 million to 4.40 million, an increase of 390,000, while the number of men increased from about 3.77 million to 4.05 million, an increase of 280,000. The

¹¹ "The Important Gender Statistics Database-Household Structure," Gender Equality Committee of the Executive Yuan, https://www.gender.ey.gov.tw/gecdb/Stat_Statistics_Category.aspx?fs=EcfUJy%24sRRPbnOe4TvO%24Jg%40%40&cs1=KBzJPevGPxrqqDs16jfWxQ%40%40.

¹² "Population by Age, Sex and Marital Status"; *ibid*.

changes in the social environment and ethos have promoted female's understanding of themselves, and they have more opportunities to express their positions.

A compilation of single trends in Japan, South Korea and Taiwan

After discussing the single-person households and single-person populations in these three countries, it is found that the number of single-person households is increasing. After sorting out the latest data from these three countries (Table 1), the percentage of single-person households to the total number of households all exceeded 30%. This trend reveals the stable growth of single-person households.

Table 1. The Single Households in Japan, Korea and Taiwan from 2010 to 2018

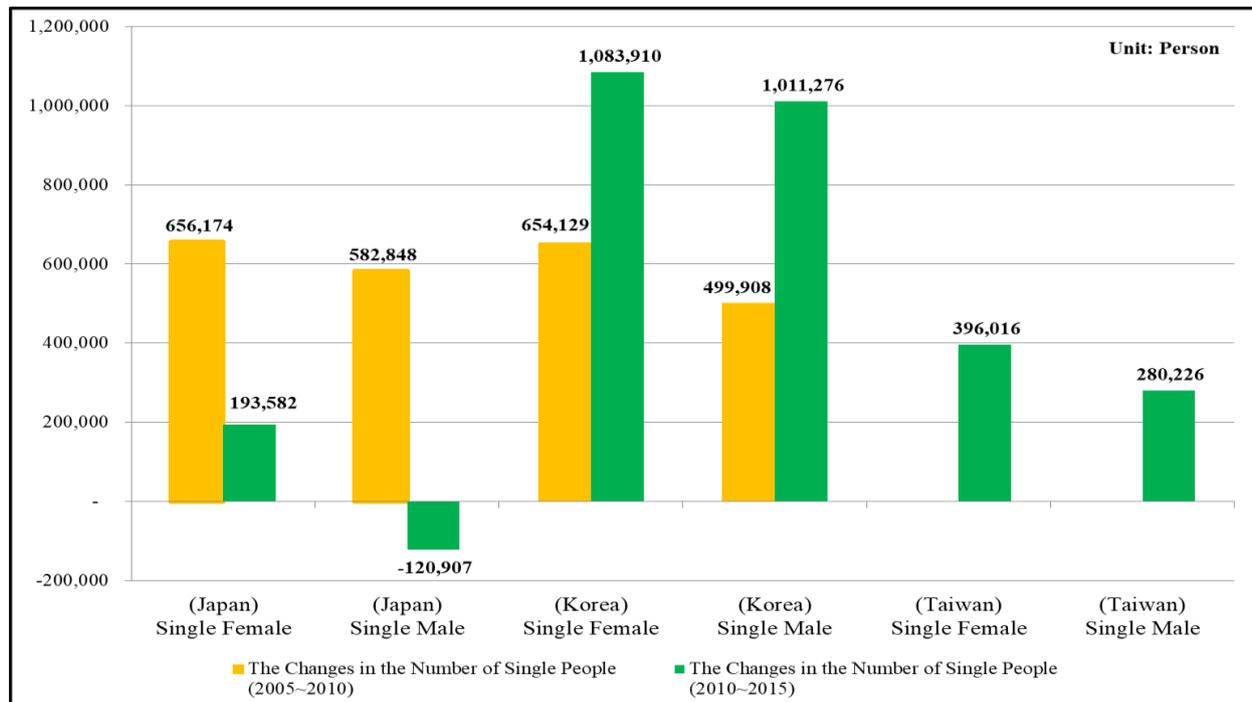
	Single Households	Total Households	Percentage of Single Households
Japan (2010)	16,780,000	51,840,000	32.4%
Japan (2018)	19,000,000	53,880,000	35.3%
Korea (2010)	4,142,165	17,339,422	23.9%
Korea (2018)	5,848,594	19,979,188	29.3%
Korea (2019)	6,147,516	20,343,188	30.2%
Taiwan (2010)	2,284,980	7,937,024	28.8%
Taiwan (2018)	2,877,432	8,734,477	32.9%
Taiwan (2019)	2,954,041	8,832,745	33.4%

Sources: National Institute of Population and Social Security Research, Korean Statistical Information Service, Gender Equality Committee of the Executive Yuan

Then, regarding the number of unmarried, divorced and widowed single populations over the age of 20 in the three countries (Fig. 1), the increase in singles in Japan occurred earlier than in South Korea and Taiwan. Moreover, in South Korea, whether female or male, the number of single people increased respectively by more than 1 million from 2010 to 2015. In addition to the increasing number of single people in South Korea and Japan, so does Taiwan. The single-person households have increased significantly from 2010 to 2018, while the single population could be found to have gradually increased from 2010 to 2015. In addition to the upward trend in the

single population of these three countries, it is also a key point that there are more single women than single men.

Fig. 1 The Single Population in Japan, Korea and Taiwan from 2010 to 2015



Sources: e-Stat Portal Site of Official Statistics of Japan, Korean Women's Development Institute, M.O.I of the Republic of China-Demographic Data

Judging from the data of the past ten more years, both the number of single households and the number of singles are on an increasing trend. Whether these women are unmarried, divorced or widowed, there are many factors for them to change into living alone or being single. For example, in 1981, Stein classified four types of singles based on four factors: voluntary, involuntary, temporary and permanent.¹³ They may have lived in a family or have a dependable relationship with their spouse, but suddenly or planned to transform into a person's life, what kind of needs they would generate during this transformation process. Regarding the needs resulting from the transformation of this lifestyle, I would like to explore in the next section.

¹³ Peter J. Stein, *Single Life: Unmarried Adults in Social Context* (1981).

The Physiological Needs and Psychological Needs of Single People

As a person, there would be needs. When people are affected by many internal and external factors, their needs would also change, such as gender, age, status, time and environment. According to hierarchy of needs proposed by Maslow¹⁴, when the first level is satisfied, the needs would be promoted to the second level. Therefore, it could be seen that needs are superimposed one by one, and the development is stepped. However, in ERG theory proposed by Clayton Alderfer¹⁵, he made a new study of Maslow's Hierarchy of Needs proposed in the past. (Fig. 2) He classified the original five needs into three and advocated that the needs would not appear in levels. When people have needs that could not be met, their other needs may increase. In addition, people could pursue three needs at the same time. Judging from the current lifestyle and consumer behavior, people may have different needs at the same time, and the desires they are pursuing may be strong or weak. Therefore, ERG theory would be more suitable to discuss the current changing needs of single people.

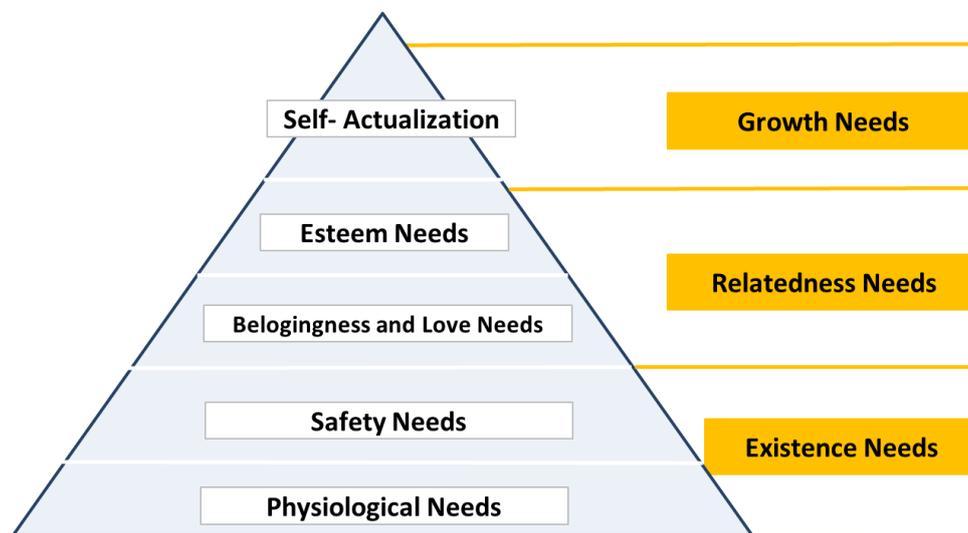


Fig. 2 Maslow's Hierarchy of Needs and ERG Theory

Sources: Maslow's Hierarchy of Needs and ERG Theory

¹⁴ A. H. Maslow, "A Theory of Human Motivation," *Psychological Review* 50, no. 4 (1943).

¹⁵ Clayton P. Alderfer, "An Empirical Test of a New Theory of Human Needs," *Organizational Behavior and Human Performance* 4, no. 2 (1969).

There are many factors that affect people's lifestyle and consumption behavior. For example, the size of family structure would have some differences, and the needs would also be affected. The existence needs and the relatedness needs in ERG theory would help us to explore, no matter the physical and psychological needs, what are the differences between the two needs of singles and those who are not singles.

Existence needs

In the ERG theory, Clayton Alderfer integrated the physiological needs and safety needs raised by Maslow into existence needs.¹⁶ It is placed at the lower level of the pyramid as the foundation that the material needs to maintain human survival, which could be the most urgent and basic needs, such as food, water, air, and sleep. This is not only basic needs, but also necessities for everyone. Although these life-sustaining factors have not disappeared or the insufficient supply, for some singles, they would yearn for these physiological needs and be more in line with their expectations. For example, in the past, dining alone was a hard time for singles whether they were eating outside or cooking at home, since large-packaged products are difficult to digest in a short time, many singles choose to eat outside. However, when they choose to eat outside, they usually only choose boxed meal, convenience store food, or something that can be eaten by themselves. They do not want to join the table or look at other people's faces, when they are. In order to meet these needs, nowadays there are a lot of choices that single people can choose.

When they choose to eat outside, there is the recent rise of one-person restaurants. They can also eat roasted meats and hot pot.¹⁷ Because the recently emerging one-person restaurant not only brings more choices to singles, but also makes them

¹⁶ Ibid.

¹⁷ Ku Chi-Min, "An Analysis of Consumer Behavior on Food of Single Household" (Master thesis, Department of Food Science, Tunghai University, 2017).

have a comfortable dining environment. If they want to cook by themselves, they can buy the small-package products available everywhere. Thus, this kind of change not only brings them convenience, but also makes their life better. From the different types of lifestyles of single people, it could be found that even if their basic needs could be met, they may have a stronger desire for these needs.

Relatedness needs

When basic needs have a stable condition, people would have more needs. In the ERG theory, the relatedness needs cover the love and belonging needs and the esteem needs proposed by Maslow.¹⁸ These needs refer to the establishment and maintenance of good interpersonal relationships in the interaction with others, whether in the work environment with subordinates, colleagues, or with friends and family. People could not only be satisfied in the interaction between love and being loved but also be accepted, concerned, and supported in a group. There are many factors why people have the relatedness need, such as loneliness, lack of companionship and love in a relationship, etc. Besides, in Maslow's opinion, the esteem need is the affirmation of self-esteem and self-worth, as well as the recognition and respect of others for oneself. In order to meet this need, some people may add points to their abilities and temperament by dressing up their appearance or adding connotations. Hence, in the relatedness needs, people's feelings are paid for by each other. When people feel loved and respected, their needs could be met from their relationships.

Besides, the American psychologist William Schutz proposed the theory of Fundamental Interpersonal Relations Orientation (FIRO) in 1958.¹⁹ He defined interpersonal needs as the needs that people could only be satisfied when they

¹⁸ Alderfer, "An Empirical Test of a New Theory of Human Needs."; *ibid.*

¹⁹ William C. Schutz, *Firo: A Three-Dimensional Theory of Interpersonal Behavior*, Firo: A Three-Dimensional Theory of Interpersonal Behavior. (Oxford, England: Rinehart, 1958).

establish a satisfactory relationship with others. Furthermore, he mentioned that interpersonal needs include affection, inclusion and control. People have different degrees of these needs that would develop different interpersonal relationships. About affection, it referred to people expressing their desire to love and be loved through language, behavior, etc., and establish good relationships with others. According to different degrees of affection needs, there are three personality traits which are the underpersonal, the overpersonal, and the personal.²⁰ (1) The underpersonal relation usually do not express emotions or have intimate interactions with others. At the same time, they would also avoid the emotions expressed to him or her by others. (2) The overpersonal relation would excessively interact with others intimately. They would easily establish a relationship in a state of intimacy, treating everyone as someone who could establish an intimacy, and hoping that they could be considered close. (3) The moderate interpersonal relationship is an appropriate state, they could express themselves and receive the emotions of others appropriately.

Inclusion means that people want to be accepted and recognized. Then they could get a sense of belonging in the group. When individuals integrate into the group, they would have positive thoughts and feel that they are valuable and accepted. In the part of inclusion, there are three personality traits are also developed which are undersocial, oversocial and social.²¹ (1) Undersocial is a person who likes to be alone and does not need to be satisfied through social interaction. (2) Oversocial is a person less likely to be excluded or ignored. (3) People who are moderately social would seek balance and accept being alone and interact with others.

²⁰ Marcella Horn Dunaway, "The Need for Control in Interpersonal Relationships and Courtship Violence" (East Tennessee State University, 2002), p.11

²¹ *Ibid.*, p.10

About control which means people hope that they could influence others and gain dominance in the group. Schutz divides control needs into three roles, autocrat, abdicrat and democrat. The autocrats are over-control. When they control other people, they would feel happy and satisfied. The abdicrats are the opposite. This type of person would obey others without making decisions and avoid responsibility. The democrats could adjust themselves in different states, they would accept whether they are being led or the leader.²² According to the relatedness need of ERG theory and the theory of FIRO, people are eager to get the needs of love, belonging and respect from different relationships. If people are not satisfied in these relationships, then they may feel that they are not worthy of being loved, worthless, and other negative emotions and thoughts. It could be found that whether people's relatedness needs are excessive or lacking, both would affect a person's state.

States and emotions

From the above theory, people's basic needs are the expectation of love, respect, and other positive emotions in interpersonal relationships. Whether in a relationship or a group, people want to build their own social circle and look forward to being loved and respected. However, people also have time when they are alone. In this state, most people think that there is a sense of loneliness, but solitude is also the situation that has when they are alone.

Solitude

The solitude is a more positive state. People would not avoid getting along with others, but they would want a space and time to be alone. They voluntarily choose to be alone, so they would not feel that they are lonely. In the process of being alone,

²² David Whitsett, "Schutz's Interpersonal Needs Theory & Business Communication," (Study.com, January 18, 2017), <https://study.com/academy/lesson/schutzs-interpersonal-needs-theory-business-communication.html>.

people can better understand their own thoughts and engage in what they want to do. They would use this time to arrange things for themselves and enrich themselves. When people spend time being alone properly, they can not only understand and explore themselves, but also stimulate people's creativity.²³ In a status of solitude, people would pay more attention on one thing. It would prompt them to take time to think for themselves, and continue to develop and extend their ideas. Moreover, the research has also shown that people who spend time alone are happier because they find a way of life that suits them with their own thoughts, and relatively know how to mediate their status. Therefore, solitude cannot only make people physically and mentally healthy, but also make a person have more positive emotions.²⁴

Loneliness

It is a negative emotion compared to solitude. When people's mental state is lonely, even if there are a group of people around, they would still feel lonely. According to Sullivan's view of loneliness,²⁵ he mentioned that individuals have an unpleasant experience due to lack of intimacy in interpersonal relationships. Besides, Weiss also pointed out that there are emotional loneliness and social loneliness due to different interpersonal relationships.²⁶ Emotional loneliness is caused by the lack of intimate attachment objects, which produces anxiety and uneasy emotions. Social loneliness is caused by the lack of good interpersonal relationships with others, which leads to feelings of loneliness.

²³ Amy Morin, "5 Ways Solitude Can Make You More Successful, Backed by Science," (Inc.com, August 27, 2018), <https://www.inc.com/amy-morin/5-ways-solitude-can-make-you-more-successful-backed-by-science.html>.

²⁴ Christopher R. Long and James R. Averill, "Solitude: An Exploration of Benefits of Being Alone," *Journal for the Theory of Social Behaviour* 33, no. 1 (2003).

²⁵ Harry Stack Sullivan, *The Interpersonal Theory of Psychiatry*, The Interpersonal Theory of Psychiatry. (New York, NY, US: W W Norton & Co, 1953).

²⁶ Robert S. Weiss, *Loneliness: The Experience of Emotional and Social Isolation*, Loneliness: The Experience of Emotional and Social Isolation. (Cambridge, MA, US: The MIT Press, 1973).

Regarding the generation of loneliness, it could be found that the state of interpersonal relationships is the main influencing factor. If people stay lonely for too long, they would have negative consequences for their body and mind. Therefore, some scholars have proposed strategies to cope with loneliness. Based on the analysis of the researcher Chiu, Chiung-Hui²⁷, she explored the strategies of Rokach, Peplau and Perlmanthey to alleviate loneliness. Rokach²⁸ mentioned six strategies that can eliminate loneliness, and these strategies are mainly for people to understand themselves and pursue self-development. Moreover, people can also seek social support, religious beliefs, or participate in activities that interact with others to seek comfort and divert their attention.

Peplau and Perlmanthey's strategies are divided into three aspects.²⁹ The first one is to reduce the desire for interpersonal needs, such as choosing activities that make people enjoy single's life. The second one is to change the situation of interpersonal needs, such as improving the original relationships, expanding new relationships or diverting the attention to different things and items. The third one is to alter the reality of interpersonal needs and the gap between expectations. In addition to the adjustment of own interpersonal relationship, in Gilbey's research³⁰, he also mentioned that the companionship of pets can alleviate people's loneliness. Judging from the improvement methods mentioned by these scholars, whether it is improving interpersonal relationships, seek companionship, or facing loneliness, these ways can help people to alleviate the negative emotion.

²⁷ Chiu Chiung-Hui, "The Lonely Experience and Adjusting Process of Female in Early Adulthood" (Master thesis, Department of Guidance and Counseling, National Changhua University of Education, 2000).

²⁸ Ami Rokach, "Surviving and Coping with Loneliness," *The Journal of Psychology* 124, no. 1 (1990).

²⁹ Daniel Perlman and L Anne Peplau, "Toward a Social Psychology of Loneliness," *Personal relationships* 3 (1981).

³⁰ Andrew Paul Gilbey, "Testing the Theory That Pets Can Help to Alleviate Loneliness" (University of Warwick, 2003).

Interpersonal relationship

Through the discussion of the above theory, the establishment of interpersonal relationships is a way that people can satisfy their relatedness needs. Most people would have different interpersonal relationships at different stages. These relationships are formed through interactions with family, friends, superiors, and subordinates, and these relationships would affect people's relationship needs. For the individual, interacting with family has a certain influence. The interaction between families would have different effects depending on the growth stage of the individual. However, it does not mean that the influence of the family on the individual would disappear.³¹

In observational learning based on social learning theory³², Bandura mentioned that individuals learn behaviors through observation and imitation from their external environment. Generally, the primary family is the origin of the earliest establishment of interpersonal relationships where children learn to get along and interact. Therefore, in the period of childhood, the interaction and expression between families would become individual models. When the interaction and getting along with family of origin is communicable, respect, trust and mutual, it can give a sense of belonging to the family. It also means that the family relationship can bring individual love and a sense of belonging. However, when the family relationship is insecure, indifferent, discordant, and disputes greater than happiness, it would affect the growth of individuals, such as insecure. According to the research on family interaction and loneliness of college students, the researchers concluded that the closer the family

³¹ Huang Tsung-hsien, "A Study of Facebook Usage, Interpersonal Relationships and Online Relationships of Junior High School Students" (Master thesis, Department of Education, National University of Tainan, 2013).

³² Albert Bandura, *Social Foundations of Thought and Action: A Social Cognitive Theory*, Social Foundations of Thought and Action: A Social Cognitive Theory. (Englewood Cliffs, NJ, US: Prentice-Hall, Inc, 1986).

interaction is, the feelings of loneliness would be lower.³³ On the contrary, when the family interaction is worse, the feelings of loneliness would be higher. Therefore, it could be found that good communication, interaction, companionship and other behaviors would enhance the cohesion and intimacy of the family.

In these theories, it could be understood that people are no longer limited to only get along with people or close relationships can make them feel the relationship of being cared for and respected. Besides, the generation of loneliness is mainly because the individual's interpersonal relationship causes themselves to be psychologically lonely. This also means that when people have some communication barriers or cannot be satisfied in their interpersonal relationships, it would affect their own state. In general perception, many people generally think that single people who live alone must be lonely. However, according to past research,³⁴ the results showed that single people actually feel lonely "sometimes" or "rarely feel". This also meant that many people's feeling is positive. Thus, the feelings of loneliness is not actually the emotion that people who live alone would have, even if people are in a relationship or group, they would feel lonely either.

The Rise of Solo Economy

In the phenomenon of increasing single population has caused different changes in demand. The industry has gradually expanded the different products and business opportunities following changes in consumption patterns and behaviors. Under this single trend, the solo economy evolved. At the beginning, the term of solo economy was actually predecessor to "The Bridget Jones's Diary". It was proposed by FT

³³ Tsai Fang-Wei, "The Research of College Students on the Relationship between Parent-Child Interaction Mode and Loneliness" (Master thesis, Department of Counseling and Applied Psychology, National Taichung University of Education, 2006).

³⁴ Chen Kin-Jan, "Single Persons' Personality Traits and Loneliness" (Master thesis, Master Program, Department of Applied Science of Living, Chinese Culture University, 2014).

McCarthy, an economist, in *The Economist's Magazine* in 2001.³⁵ He mentioned that the term of the *Bridget Jones's Diary* originated from a British romantic comedy movie which was the life of a young female who holds determination and enjoys her single life more. It could be found that because single women have more time and money to meet their needs and enjoy it, so it indirectly represents the spending power of single women that should not be underestimated.

The solo economic group originally focused on women, but nowadays this group is no longer limited to single women. The current solo economy represents the business opportunities formed by the lifestyle of singles and their consumer behavior. In many cases, single people can consider themselves as the center. For example, when buying and eating, they only need to consider whether they like it, whether it is enough or whether they want it or not. However, when one person or two people need to raise a family of three or more, the overall living expenses must not only be considered on a family basis, but sometimes there are also trade-offs in the choice, so that they cannot fully meet their own needs. From people's thinking, changes in social ethos and the increasing trend of the single population, consumption patterns have gradually changed from family to individual.

The modern singles not only pursue fast and convenient life, but also advocate a small but beautiful and high-quality life. Regardless of the expenditure of daily life, entertainment or other needs, as long as they have sufficient financial resources, even high-priced goods can also be accepted. Therefore, some people think that the expenses of singles may not be relatively small.³⁶ However, this also means that the spending power and the level of consumption of singles are very amazing.

³⁵ McCarthy, "Singles and the City the Bridget Jones Economy," (*The Economist*, December 20, 2001), <https://www.economist.com/christmas-specials/2001/12/20/the-bridget-jones-economy>.

³⁶ Marie Keyworth, "Is the Single Life More Expensive?," (*BBC News*, March 16, 2018), <https://www.bbc.com/news/business-43372694>.

With the continuous increase of the single population and their strong spending power, it makes many industries have turned their target customers to singles. In order to meet the needs of a group of singles, there are the new industries or business opportunities appear. These changes can be seen in our daily lives, such as obvious changes in dining and consumption habits. Now being a single person, no longer has to worry about the problem of wasting. Also, there are more choices that can also eat roasted meat and hot pot outside. Apart from these changes, many new business opportunities appear in leisure and entertainment, such as traveling alone, singing alone, and watching movies alone. About tourism which has also developed a form of solo travel. It is conducive to a person only having the needs of accommodation and sleeping. For example, youth hostels and capsule hotels³⁷, this kind of accommodation environment is not a large burden for them. It could be found that many industries such as tourism, film or sports that launch individual plans or individual packages to attract a single customer. Thus, the changes in modern consumption patterns have prompted the rise of the solo economy.

Besides, people may more enjoy the time that can be alone. They would spend their time alone with themselves in different ways, such as choosing to get along with themselves by painting, playing online games, watching dramas, movies and reading books. Some people would like to make friends in different fields, while some people are accustomed to finding like-minded people from their favorite hobbies or expertise, such as participating in flower arranging courses, going to the gym, etc. If some people feel lonely in a relationship, they may find comfort by shifting emotions, such as keeping pets.

Everyone has different reasons for keeping pets, but there would be

³⁷ Yao Hsin-Ying, "Exploring the Service Design of Single-Oriented Economy — Evidence from Lodging to Solo Travel" (Master thesis, Department of Design, National Taiwan Normal University, 2015).

companionship for these reasons. The relationship between the owner and the pet is two-way, so people can feel love and being loved in this relationship. Besides, pets can also help them expand their social circles. There would be the same connection because there is a common topic between the owners. Hence, some people no longer feel melancholy because they have pets.³⁸ According to a survey conducted by Market Intelligence & Consulting Institute,³⁹ they found that as many as 66.2% of netizens in Taiwan have the experience of keeping pets. As the pet market continues to expand, related business opportunities continue to emerge, such as pet hotels, hospitals, beauty salons, animal-friendly restaurants, etc.

In addition to keeping pets, some people also use social software to expand their social circle to find soulmates. Recently, more and more people would use apps that can interact with people to get to know people in different life circles or find a partner. Due to the advancement of technology, it is possible to chat with people in different places by using apps. Regardless of whether it is from google play or app store, there are more than 30 related apps in the search. Among them, there is a very famous dating app called Tinder which is popular in Taiwan recently. According to apptopia survey company's ranking of the most profitable apps announced in 2019 and 2020, Tinder is either the first or the second.⁴⁰ It could be seen that the existence of dating apps is very important to some people. From the perspective of the above industries, when people choose to be alone or seek comfort because of loneliness, they can meet their needs in these various ways in the process.

³⁸ Yu Wan-Ting, "The Relationship among Pet Owner's Attachment, Loneliness and Depression" (Master thesis, National Taipei University of Nursing and Health Sciences, 2013).

³⁹ "[Pet Consumer Survey Iii] Nearly 70% of Netizens Have Owned Pets. Generation Z and Unmarried People Are Potential Owners," (Market Intelligence & Consulting Institute (MIC), September 1, 2020), <https://mic.iii.org.tw/news.aspx?id=576>.

⁴⁰ Adam Blacker, "Worldwide & Us Download Leaders 2020," (Apptopia Inc., January 7, 2021), <https://blog.apptopia.com/worldwide-us-download-leaders-2020>.

Summary

In the literature review in the above three sections, the increase in the single population is a phenomenon faced by many countries. The analysis of single households and single population in the first section, I looked at the historical data of three countries, Japan, South Korea and Taiwan. The proportion of single-person households in these three countries has exceeded 30%. Besides, the increase in the number of singles among women is greater than that of men. In this phenomenon, the growth of single women has been a issue of concern in recent years.

In the second section, I sorted out the theory about the existence and relatedness needs. In the past, when individual lived alone, single people would encounter some inconveniences, such as eating or buying things. Because of the number of people or quantity restrictions, it made them unable to meet their own needs. However, nowadays many companies promote activities such as one-person meal plans or one-person restaurants. Besides, many people think that single people feel lonely because they do not have another partner. However, according to the literature, individuals have feelings of loneliness which they do not feel love, respect, care and other emotions in interpersonal relationships. As people's needs for affection, inclusion and control would affect the states of individuals establishing their own interpersonal relationships. This means that whether individuals are single or non-single, they would have such feelings, mainly because they cannot feel satisfied in their interpersonal relationships. From the above mentioned literature, the quality of interpersonal relationships affects a person's state.

With the emergence of needs, industries would develop new products, services or activities to attract single people's attention. In the third section, I mainly discuss some industries and services related to singles or personal finances. Whether it is in

daily life or leisure activities, more and more companies are implementing programs that one person can do, such as personal packages when watching movies, traveling alone, capsule hotels, etc. In terms of psychological needs, some people also get the feelings of companionship in different ways when they are alone. Individuals can get interactions such as dating software, keeping pets, and making friends in groups. The other way is that individuals can feel companionship through objects or without emotional feedback, such as watching dramas, novels, planting plants, cooking, etc.

In the past there were some studies on whether single people feel lonely, but there was less research on the feeling of single women and their feelings on companionship. Therefore, I would like to explore how single women feel about being single, and what kind of companionship way they would choose to spend alone time in my research.

METHODOLOGY

Research Process

This research mainly explores the need of single women for companionship and whether there are other new companionship business opportunities which can be created. Firstly, I set up the introduction of this research. According to the topic I want to discuss, I do the literature review through books, journal articles, web pages and theses. In addition, I design the interview and questionnaire questions to collect my data. Then, I sort out the interview data and use SPSS to analyze the questionnaire data.

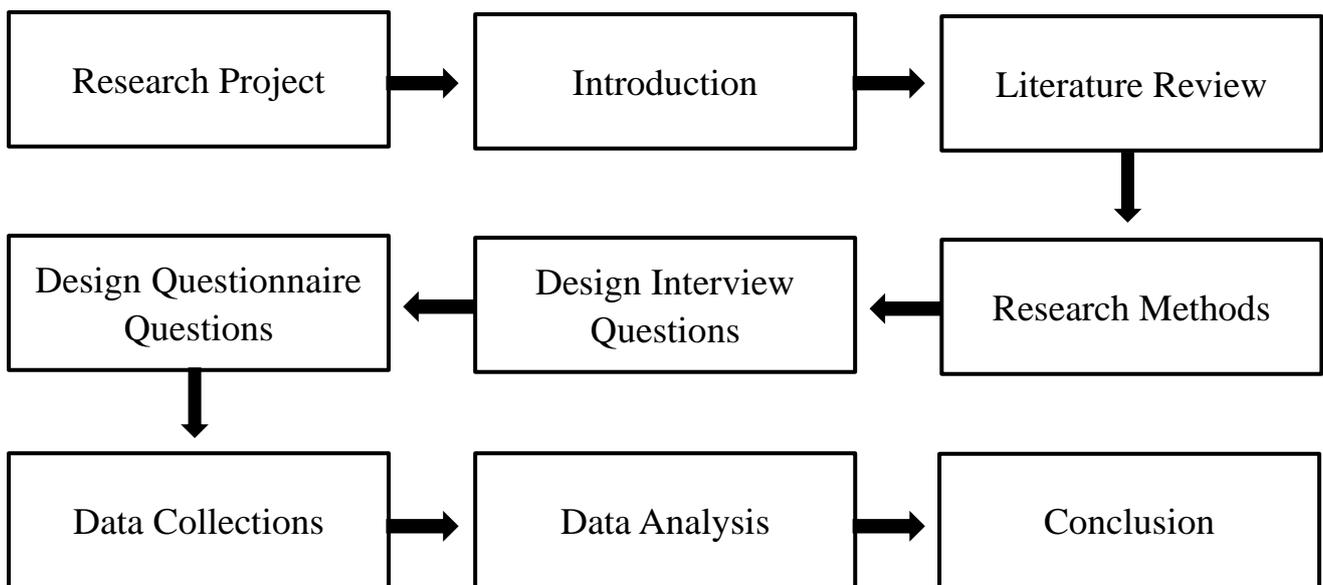


Fig.3 Research Process

Research Design

Regarding this research, I integrated and responded to my research questions through literature review, interviews, and questionnaires. My literature review serves as the basis for me to set up questions to ask interviewees and respondents. About the interview, I can have a more in-depth understanding of current single women's feelings and thoughts about being alone and single's life. Through the questionnaires, it could help me to explore how single women have the feelings with companionship ways. Also, I explore what companionship way that single women mostly choose and whether there are new business opportunities that can be created.

Sources of Data

In my research, the study population is 21-60 years old single women. In the interview part, I divided the 21-60 years old into four age groups, and interviewed two people in each group. Therefore, there are a total of 8 interviewees. (Table 2) Due to the epidemic, we both use online calls to interview. Besides, the questionnaire would be distributed through social platforms and sharing. I distribute them to Facebook club, LINE OpenChat and Instagram. Also, I have sought the assistance of relevant associations to distribute questionnaires. (Table 3)

Table 2. The List of Interviewees

Interviewee	Age	Status	Occupation	Date and Time
A	21	Unmarried	Student	2021/07/05 14:00~14:25
B	21	Unmarried	Food Service	2021/07/05 20:30~21:00
C	31	Unmarried	Office worker	2021/07/04 15:00~15:25
D	36	Unmarried	Teacher	2021/07/06 19:00~19:35
E	45	Unmarried	Student	2021/07/04 11:00~11:30
F	50	Unmarried	Office worker	2021/07/03 16:00~16:30
G	51	Unmarried	Office worker	2021/07/03 21:00~21:30
H	52	Divorced	Teacher	2021/07/04 14:00~14:35

Table 3. The List of Associations Assisted in the Distribution

Area	Association
Kaohsiung	天晴婦女願景協會
	財團法人聖功社會福利慈善基金會
Taichung	大里婦女及新住民服務中心
Taipei	一葉蘭喪偶家庭成長協會
	社團法人台北市晚晴婦女協會

Instrumentation and Data Collection

I collect the primary data through interviews and questionnaires, all of which are anonymous. The questions and contents of the interviews and questionnaires are in Appendix A and Appendix B. From the integration of these two methods, my research questions could be explored from different angles. After the question is completed, I interview 8 interviewees and distribute my questionnaire. The contents of interview have transferred from the audio file to the text file and listed the important parts.

About the questionnaire, I used the 7-point Likert scale to design questionnaires. When respondents filled in strongly disagree, the score would be 1 point. On the contrary, they chose strongly agreed, the score would be 7 points. After the collection, I collected a total of 339 questionnaires, of which 2 were invalid questionnaires. Therefore, a total of 337 valid questionnaires were collected. I used statistics and ANOVA to analyze the collected data of questionnaire.

DATA ANALYSIS

In this chapter, I use the collected data to answer my research questions. The first question is what single women feel and think about the state of being alone and single. I sorted out the responses of 8 interviewees to answer my first research question. After collecting the data in the questionnaire, I would answer second and third research questions. I used One-way ANOVA and statistic to analyze my second question which is to know the companionship way brings what feelings and influence to single women. About the third question, I used the statistic to explore the way that most single women choose now and whether there are still new business opportunities can be created.

Single Women's Feeling and Thought about Being Alone and Single

In the first section, I divided into three parts to explore these interviewees what they think and feel about the state of being alone and single. First of all, I explore whether their relatedness needs have been met from the interaction of their interpersonal relationships with their family, friends, and colleagues. In the second part, I would talk about how single women feel when they are alone. Also, they would choose what ways to accompany them. The last part is to understand their feelings and thoughts about being single.

The relatedness needs of their interpersonal relationships

Based on their sharing, the state of interacting with others is generally harmonious and well-interacted, especially with family and closest friends who can get along freely and have good relationships.

“The atmosphere in our home is very happy and harmonious. Sometimes our relationship is like friends, we can talk to each other many things.... I mainly interact with closest friends, and our mode of getting along is casual, not saying that we must meet or chat frequently. Even if we see each other for

a long time, we would not feel awkward.” (Interviewee A)

“My relationship with my family is very good. Although I live outside by myself, we still meet every day. Regarding friends, I have a slightly different definition of each person, but if I get along with closest friends, I am more comfortable. Even if we do not meet very often, we can still understand or talk to each other to care about each other.” (Interviewee G)

From their sharing, they have good interactions with family and friends. In these good interactive relationships, they also feel companionship. There is an interviewee mentioned that the feelings other than companionship, like concern. As interviewee E said “I would feel that they are concerning about me, but I would not say that they have the feeling of accompanying with me.”

In addition, several interviewees also mentioned that because they spend a long time with their family members, they feel the intensity of companionship is relatively strong.

“The companionship of family members would be more than friends. Because I get along with my family every day and the relationship is also very good, so the feeling of companionship is deeper.” (Interviewee B)

“When I get along with my family, I would definitely feel companionship. For example, I spend a long time with my family, so the feeling of companionship is deeper. The relative feelings with friends would not be so much because we do not meet every day. I mainly look at it through the length of time I spent with each other, but whether it is with my family or friends, I can feel that this relationship is mutual.” (Interviewee F)

Also, several interviewees mentioned when they getting along with colleagues, there would be more barriers because it is a business relationship. However, they would not rule out having interaction with their colleagues. For them, getting along with colleagues is like making friends. When people are familiar with each other, they would be less awkward to get along with each other.

“There will be a wall when I get along with my colleagues, but it would not be too good or bad.” (Interviewee C)

“The way I get along with my colleagues is very similar to making friends. If I get in touch with each other more often, the relationship is good.” (Interviewee D)

“My relationship with friends and colleagues is very good. I like staying in school to interact with other teachers. I also like to teach students, so I like to get along with them. Our interaction is good and joyful.” (Interviewee H)

Based on their responses, it could be found that these 8 interviewees have good interactions with family, friends or colleagues. In addition, people who spend a long time with them and are comfortable with them have a deeper feeling of concern or companionship.

The feelings of being alone and the way they choose to accompany them to spend their time alone

In addition to getting along with family, friends or colleagues in people's life, most of people who would spend time alone. I interviewed these 8 interviewees about whether they felt lonely when they were alone. Most of the interviewees answered that they do not feel lonely, and they also mentioned that being alone is the most relaxing and comfortable time.

“I do not feel lonely. Although I am single now, I would not particularly insist on finding another partner, because I like the feeling of being alone.” (Interviewee C)

“It is okay at the moment. I have a full schedule of my time, so I have a very fulfilling life. I am really enjoying myself.” (Interviewee E)

“At this stage, I do not feel this way because I can do many things by myself, such as shopping, watching movies, and going out. For me, I do not feel uncomfortable or negative. It should be said that I would not rule out the state of being single. I am also accustomed to this lifestyle, so I can face many things. In addition to being alone, I would interact with family and friends.

From their companionship and care, I can also feel the mutual and sincerity between each other. However, in the future, maybe because of illness or more fragile state, the feeling of this may be a little different.” (Interviewee G)

To compare with the interviewees who did not feel lonely, there are 2 interviewees that had more obvious feelings about it. For example, when they want to share something happy, encounter a hardship or some specific situations, there is another partner who is playing a strong role which can bring them peace of mind.

“I would have this feeling. When something happens, I want to find someone to talk or to get comfort, encouragement from others. However, the frequency would not be very high, and basically I can be relieved by myself. But I think that sometimes I am weak or when I really encounter hardship, I feel that if there is another stronger character beside me, it seems to be good.” (Interviewee D)

“I would feel lonely. I am busy with work every day because I get along with students and colleagues most often in school. So for me, getting along with them is also a way to accompany me. But when it comes to holidays, this feeling of loneliness would be more obvious because of more free time. Then there would be thoughts of wanting others to accompany, like saying that I have something happy today, and I hope that someone can share it with me. I live with my daughter now, sometimes I feel a little bit lonely, but it would not be so obvious. It may mean that I would think about how to plan my life if my daughter may not be at home in the future. At this stage, I sometimes suddenly feel lonely, but I won't think about it continuously.” (Interviewee H)

When people are alone, some of them would feel lonely. However, they are not always in this mood. Several of the interviewees also mentioned that they do not have such feelings in their current state. They may have such feelings under certain circumstances. According to the sharing of these interviewees, it could be found that their feelings of loneliness are bias towards “no”.

When there is time for people to be alone, most of them would make good use of

this time to do things what they like or want to do. Through the interviewees' sharing, they are not bored or repelled to be alone. Instead, they choose to spend their personal alone time by reading novels, watching dramas and movies, making handicrafts, etc. They also mentioned that doing these things brings them fun and many positive feelings.

“I watch dramas most often, and recently I have also learned to weave some handicrafts, such as wax string bracelets. For me, they are the way to accompany me, doing these things can be very comfortable without getting bored. I feel that when I'm alone, I can live very fulfilling.” (Interviewee A)

“I can play with my dog, and I can also watch dramas or movies at home. I feel very healing when I get along with my dog, and interacting with it also make me feel good. For me, he is my family. Watching drama would also give me a feeling of companionship and healing. I would be emotionally involved in the moment, and I can learn many things.” (Interviewee B)

“I would draw or read books, because they allow me to settle down. At the same time, I would feel accompany. Doing the things I like, it makes my life more fulfilling and good. I also feel happy.” (Interviewee G)

In addition, several interviewees also shared that they feel companionship in different ways, such as interacting with roommates and chatting with friends they know on Facebook. They mentioned that because they share a common topic with each other, their interaction would more easily. They feel happy from it, and they also feel a sense of companionship.

“When I want someone to chat and interact, I can get together with my roommates. If I want to be alone, I can stay in my room and read novels without being disturbed. Therefore, the use of time is very flexible and can be controlled by myself. Moreover, our work types are all the same, so when we are chatting, we can be very comfortable and relaxed. We do not have to worry about the other person's understanding or always worry about each other's feelings.” (Interviewee D)

“I have met one or two same-sex friends in the Facebook community, and

we would chat together.... When I want to chat with others, explain my feelings at the time or I need someone to discuss something, I do not need to spend time in meeting. Besides, I can solve my doubts or get some information and comfort directly through the communication software. I think it is a good way, but people still have to be able to judge and pay more attention to the risks of making friends on the Internet.” (Interviewee H)

Their feelings and thoughts about being single

Most of them mentioned that the reasons they like being single are because they feel very free and easy. They can do whatever they want and consider themselves as the center of their life for many situations and things.

“I like the feeling of being alone. I feel very happy and unrestrained. If I have a relationship, I need to maintain this relationship and take care of partner. I feel the life would be much restricted.” (Interviewee A)

“I like this state because of the high degree of freedom. In terms of the current state, in general, many things can be considered based on my own needs. I can live a very fulfilling life or choose a very simple life.” (Interviewee E)

“I feel free and like this state very much because I just take care of myself. I do not have to care about the partner's thoughts or think too much about such things.”(Interviewee F)

They not only like the state of being single, but also have positive thoughts about being single and get positive feelings from it.

“I think positive feelings are greater than negative ones because I can do my own thing without worrying too much. I can do whatever I want, such as chatting with friends, watching dramas by myself, or doing whatever I want. I think it is good.” (Interviewee B)

“I think it brings the positive feeling to me. I feel free and I can do what I want. Moreover, I do not feel lonely when I am alone. Therefore, for me, my current state is pretty good.” (Interviewee C)

“I think it is a positive feeling. I do not need to worry about other people's affairs, most of which just need to take care of myself. I can also

arrange many things to enrich myself.” (Interviewee G)

Besides, several interviewees shared their feelings and differences when they transformed from the life of two people into the single life. They mentioned that they were somewhat unaccustomed and sad when they just left each other. However, when they gradually became accustomed to the life of one person, being single also gives them a positive feeling.

“At the beginning, when I returned to being single, I would be very uncomfortable and sad. However, after adjusting for a period of time, I was more acceptable. So, I am still very used to living alone....This state gives me a more positive feeling. I think I can live the life I want and allocate my time and money. If I have another partner, I need to worry about his feelings or discuss and decide things together. But now that I am alone, I do not need to worry too much. Moreover, I can decide on my own things.” (Interviewee D)

“When two people are together, whether it is in joy, anger, sorrow, or something, we can share with the other partner. After I become single, I can have my own time to do what I want to do. Sometimes I would feel lonely, but sometimes I want to be alone....At the beginning of the divorce, I would feel lonely and empty. However, now I have more positive feeling and feel ease.” (Interviewee H)

From the sharing of the 8 interviewees, it could be found that most of them enjoy the single state very much, and they also feel a positive feeling from it. Even if they change from the life of two people to the state of one person or the feeling of loneliness occasionally appears, they can all resolve such emotions by themselves. In addition, they also arrange many ways by themselves, such as choosing to do what they like or to meet different friends, to accompany themselves to spend and enrich their alone time. Thus, it is known from the above sharing that among single women, some single women would not feel lonely.

The Feelings and Impact of Companionship Ways on Single Women

In the second section, I divided it into three parts. The first part is the statistics of respondents' basic information and the reliability analysis. The second part is through statistics to explore single women feel the degree of positive feelings with companionship way. In the third part, I used One-way ANOVA to explore the influence of different companionship ways and the frequency of using on the feelings with companionship way.

The respondents' basic information and the reliability analysis

A total of 337 valid questionnaires were collected this time. The basic information is classified according to the age, single status, education and occupation of the respondent. Among them, the age of 20-29, the status of the unmarried person, the degree of the college and the occupation of the student accounted for the most respondents in these four categories. (Table 4)

Table 4. The Respondents' Basic Information

	Item	Number of People	Percentage
Age	20-29 years old	137	40.7%
	30-39 years old	45	13.4%
	40-49 years old	69	20.5%
	50-59 years old	58	17.2%
	Over 60 years old	28	8.3%
Status	Unmarried	267	79.2%
	Divorced	38	11.3%
	Widowed	32	9.5%
Education	Below middle school	7	2.7%
	Senior high school	31	9.2%
	College	254	75.4%
	Graduate school	45	13.4%

	Student	69	20.5%
	Military personnel, civil servants and teachers	28	8.3%
	Agriculture, forestry, fishing, and animal husbandry	1	0.3%
	General business	64	19%
	Service industry	53	15.7%
Occupation	Foodservice	8	2.4%
	Tourism industry	3	0.9%
	Technology industry	24	7.1%
	Health care industry	9	2.7%
	Traditional industry	19	5.6%
	Freelancer	27	8.0%
	Retirement	32	9.5%

Sources: Sorted by Author

The reliability analysis

In this questionnaire, there are a total of three constructs. They are the feeling of loneliness, the feeling with companionship way, and the feeling of being alone. Through the reliability analysis, I can understand whether these three constructs are reliable.

The feeling of loneliness

Regarding this construct, it is composed of two items, namely the interactive relationship of 10 questions and the usual feelings of 10 questions. Through reliability analysis (Table 5), the Cronbach's alpha is greater than 0.7, so it could be known that this construct is reliable.

The feeling with companionship way

This construct consists of six questions about single women's feeling with companionship ways. The results of the reliability analysis (Table 5) showed the Cronbach's alpha is greater than 0.7, so it could be known that this construct is

reliable.

The feeling of being alone

This construct is composed of two items. They respectively are the alone state of 6 questions and the single state of 6 questions. Through reliability analysis (Table 5), the Cronbach's alpha is greater than 0.7, so it could be known that this construct is reliable.

Table 5. The Reliability Analysis

Constructs	Cronbach's Alpha	Item
The feeling of loneliness	0.904 > 0.7	20
The feeling with companionship way	0.882 > 0.7	6
The feeling of being alone	0.888 > 0.7	12

Sources: Sorted by Author

The degree of the positive feelings with companionship way for single women

According to the question filled in by the respondent about how they feel with the companionship ways, I explore whether they get a high positive or low positive feeling from it. I collected data through the Likert 7-point scale, so after the 6 questions are added up and averaged, I use rounded scores to distinguish single women's satisfaction with their feelings of companionship. The total score ranges from 1 to 7, which means that the higher the score, the more positive feelings they have. On the contrary, when the score is lower, their positive feelings are lower.

The results (Table 6) showed that among the 337 respondents, 195 of them chose to agree and strongly agree. Therefore, it could be seen that most single women get a positive feeling after using companionship ways. However, there are still a small number of respondents who think that they have not got too much positive feelings from it or have brought them obvious feelings.

Table 6. The Statistics of Single Women's Feelings with Companionship Ways

Item	Number of People	Percentage
1) Strongly disagree	0	0%
2) Disagree	2	0.6%
3) Slightly disagree	6	1.8%
4) Neither agree nor disagree	45	13.3%
5) Slightly agree	89	26.4%
6) Agree	127	37.7%
7) Strongly agree	68	20.2%

Sources: Sorted by Author

The influence of different companionship ways on single women's feelings

First of all, I would like to explore the influence of the top 4 among the 16 companionship ways chosen by most respondents on the feelings of them. After finishing statistics (Table 7), the first companionship way by the most single women used which is the option of watching online dramas, variety shows, TV and listening to music, with a total of 102 respondents. The second one is the option of reading books, novels or magazines, with a total of 32 respondents. The third one is the option of playing online games, a total of 31 respondents. The last one is the option of getting along with pets, a total of 30 respondents.

Table 7. The Statistics of Companionship Ways

Item	Number of People	Percentage
Watching online dramas, variety shows, TV and listening to music	102	30.3%
Reading books, novels or magazines	32	9.5%
Playing online games	31	9.2%
Getting along with pets	30	8.9%
Sports	24	7.1%
Playing dating or social software	21	6.2%
Travel	19	5.6%

Participating in public welfare activities	18	5.3%
Learning	17	5%
Online shopping or shopping	16	4.7%
Making friends with same interesting	10	3%
Singing and playing musical instruments	4	1.2%
Drawing, doing puzzles, making handicrafts	4	1.2%
Cleaning and organizing home space	4	1.2%
Planting	3	0.9%
Baking, cooking	2	0.6%

Sources: Sorted by Author

I would like to explore the influence of top 4 companionship ways on single women's feelings through One-way ANOVA. From the result of mean (Table 8), people who choose to read the books have more positive feelings than the other three companionship ways. In addition, the analysis results (Table 9) showed that these four different companionship ways have significant differences in the single women's feeling, $F = 4.084$ ($p = .008 < .01$). After Scheffe's Post-Hoc tests, it is concluded that the options of reading books, novels or magazines are more significantly different than the two options of playing online games and watching dramas, variety shows, TV and listening to music.

Table 8. The Descriptive Statistics of Different Companionship Ways on Single Women's Feelings

Variable	Companionship Ways	N	Mean	SD
The feelings with companionship ways	Getting along with pets (A)	30	5.6444	0.94254
	Playing online games (B)	31	5.1828	1.05704
	Reading books, novels and magazines (C)	32	5.9323	0.87872
	Watching online drama, variety shows, TV and listening to music(D)	102	5.3252	1.04265

Sources: Sorted by Author

Table 9. The ANOVA and Post Hoc Tests of Different Companionship Ways on Single Women's Feelings

Variable	Source of Variation	SS	df	MS	F	Scheffe
The feelings with companionship ways	Between Groups	12.380	3	4.127	4.084**	C > B
	Within Groups	193.018	191	1.011		C > D
	Total	205.398	194			

B: Playing online games, C: Reading books, novels and magazines

D: Watching online drama, variety shows, TV and listening to music

**P < .01

Sources: Sorted by Author

The frequency of using on the feelings with companionship ways

Next, I would like to explore whether there are significant differences based on the frequency of four types of companionship ways used by respondents. The frequency of using is divided into 30% (Occasionally), 50% (Sometimes), 70% (Often), 90% (Usually) and 100% (Always).

Getting alone with pets

A total of 17 of the 30 respondents who chose this option would always get along with their pets. In addition, 8 respondents are usually used, and the remaining five respondents chose often and sometimes to use this way. Through the mean values (Table 10), it could be found that different frequencies could make people get high positive feelings. Then, after One-Way ANOVA analysis (Table 11), the results showed that there is no significant difference in the feeling of companionship between these four frequencies, $F=0.196$ ($p=.898 > .05$).

Playing online games

In terms of the options for it, a total of 14 people out of 31 people would always use it, 7 people usually use it, and 10 people often use it. From the result of mean values (Table 10), people who chose always use it that has high positive feelings. On

the contrary, people who chose often use it, they have low positive feelings. Thus, it could be known that different frequencies would affect the positive feelings. After One-Way ANOVA analysis (Table 11), there are significant differences in the feelings of single women in different use frequencies of the option of playing online games, $F = 3.540$ ($p=.043<.05$). It also could see that the significant difference about frequency of 100% is greater than 70%.

Reading books, novels or magazines

About the option of it, a total of 6 people out of 32 people would always use it, 12 people usually use it, 10 people often use it, 2 people sometimes use it, and 2 people occasionally use it. From the result of mean values (Table 10), the respondents who used always and usually had the high scores of positive feelings from this way. While those who chose occasionally that had fewer score of positive feelings. It could be found that different frequencies of using in reading would have an impact on their positive feelings. After One-Way ANOVA analysis (Table 11), the option of reading books, novels or magazines have significant differences in the feelings of single women in different frequencies, $F = 5.270$ ($p=.003<.01$). Besides, between the influences of these frequencies on the feeling of companionship, 90% and 100% frequency of using are significantly different than 30% frequency of using.

Watching online drama, variety shows, TV, and listening to the music

The option of it, a total of 29 people out of 102 people would always use it, 35 people usually use it, 30 people often use it, and 8 people sometimes use it. In the result of different frequencies (Table 10), both mean values are more than 5. Also, there is not much difference between these 4 frequencies. Therefore, from people who choose this way, whether they occasionally or always use it, they both can get a positive feeling from it. After One-Way ANOVA analysis (Table 11), there is no

significant difference in the influences of the option of watching online drama, variety shows, TV, and listening to the music on the single women's feelings with the companionship way, $F = 0.728$ ($p = .538 > .05$).

Table 10. The Descriptive Statistics of Different Frequencies on the Feelings of Companionship Ways

Variable	Frequencies	N	Mean	SD
The feelings to get alone with pets	50% (PA)	2	5.9167	0.35355
	70% (PB)	3	5.2778	0.82215
	90% (PC)	8	5.6875	0.44040
	100% (PD)	17	5.6569	1.18215
The feelings to play online games	70% (GA)	10	4.5167	0.90421
	90% (GB)	7	5.3571	1.16440
	100% (GC)	14	5.5714	0.93075
The feelings to read books, novels or magazines	30% (RA)	2	4.2500	0.35355
	50% (RB)	2	5.0000	0.00000
	70% (RC)	10	5.7500	0.86513
	90% (RD)	12	6.3194	0.41107
	100% (RE)	6	6.3333	0.97183
The feelings to watch online drama, variety shows, TV, and listen to the music	50% (WA)	8	5.1458	0.97361
	70% (WB)	30	5.2167	0.91617
	90% (WC)	35	5.2619	1.05121
	100% (WD)	29	5.5632	1.17802

Sources: Sorted by Author

Table 11. The ANOVA and Post Hoc Tests of Different Frequencies on the Feelings of Companionship Ways

Variable	Source of Variation	SS	df	MS	F	Scheffe
The feelings to get alone with pets	Between Groups	0.569	3	0.190	0.196	
	Within Groups	25.194	26	0.969		
	Total	25.763	29			
The feelings to play online games	Between Groups	6.765	2	3.382	3.540*	GC > GA
	Within Groups	26.755	28	0.956		
	Total	33.520	30			

The feelings to read books, novels or magazines	Between Groups	10.495	4	2.624	5.270**	RD > RA RE > RA
	Within Groups	13.442	27	0.498		
	Total	23.937	31			
The feelings to watch online drama, variety shows, TV, and listen to the music	Between Groups	2.394	3	0.798	0.728	
	Within Groups	107.405	98	1.096		
	Total	109.799	101			

GA, GC: Playing online games 70%, 100%

RA, RD, RE: Reading books, novels or magazines 30%, 90%, 100%

*P < .05 **P < .01

Sources: Sorted by Author

In addition, I also through questionnaires collected data on single women's feelings of loneliness and feelings of being alone to answer first research question. Regarding the feeling of loneliness, I would like to use statistics to know the degree of loneliness and the feelings of being alone of single women. Also, I used One-Way ANOVA to explore whether different ages and statuses of them have significant differences in the degree of loneliness and the feeling of being alone.

The degree of single women's loneliness

The construct of loneliness includes 20 questions of interactive relationship and usual feelings. After averaging and rounding up the scores of respondents, I explore the degree of their loneliness based on the value of 1~7 points. When the scores are higher, they have less loneliness. The lower the score, their loneliness would more obvious. After analysis, the results (Table 12) showed that among the 337 respondents, there are 32 respondents who slightly disagree and neither agree nor disagree with loneliness. It could be found that they felt lonelier than the other 305 respondents who chose to agree slightly, agree, and strongly agree. Thus, most single women have no obvious sense of loneliness.

Table 12. The Statistics on the Degree of Loneliness for Single Women

Item	Number of People	Percentage
1) Strongly disagree	0	0%
2) Disagree	0	0%
3) Slightly disagree	2	0.6%
4) Neither agree nor disagree	30	8.9%
5) Slightly agree	94	27.9%
6) Agree	186	55.2%
7) Strongly agree	25	7.4%

Sources: Sorted by Author

Then I explored whether single women of different ages and statuses have differences of loneliness. After analysis (Table 14), the results showed that there are no significant differences in the feeling of loneliness regardless of age or status. The F value of age is 1.280, but the significant value of .277 is greater than .05, so it is not significant. Also, the F value of status is 1.369, but the significant value of .256 is greater than .05, so it is not significant.

Table 13. The Descriptive Statistics of Different Ages and Statuses on the Feelings of Loneliness

Variable	Age/ Status	N	Mean	SD
Loneliness	20-29 years old	137	5.4726	0.69316
	30-39 years old	45	5.7278	0.73851
	40-49 years old	69	5.6101	0.72465
	50-59 years old	58	5.5871	0.70578
	Over 60 years old	28	5.4946	0.81551
	Unmarried	267	5.5376	0.69567
	Divorced	38	5.7355	0.76661
	Widowed	32	5.5000	0.84529

Sources: Sorted by Author

Table 14. The ANOVA of Different Age and Statuses on the Feelings of Loneliness

Variable	Source of Variation	SS	df	MS	F
Loneliness (Age)	Between Groups	2.644	4	0.661	1.280
	Within Groups	171.400	332	0.516	
	Total	174.044	336		
Loneliness (Status)	Between Groups	1.415	2	0.708	1.369
	Within Groups	172.629	334	0.517	
	Total	174.044	336		

Sources: Sorted by Author

The degree of single women's feeling when they being alone

About the feeling of being alone measured in this study is a concept composed of two dimensions which are the alone state and the single state. After averaging and rounding up, I divide the values replies from respondents into 1~7 scores. When the score is higher, it means that they are satisfied with the overall personal status. On the contrary, the lower the score, it means that they are not satisfied with their current state. The results (Table 15) showed that among 337 respondents, 202 respondents chose agree and strongly agree with the current state. Another 104 respondents chose slightly agree. The other 31 respondents are more general and slightly disagree.

Table 15. The Statistics on the Single Women's Feeling of Being Alone

Item	Number of People	Percentage
1) Strongly disagree	0	0%
2) Disagree	1	0.3%
3) Slightly disagree	6	1.8%
4) Neither agree nor disagree	24	7.1%
5) Slightly agree	104	30.9%
6) Agree	153	45.4%
7) Strongly agree	49	14.5%

Sources: Sorted by Author

From the above, some single women satisfied with the overall feelings of being alone. However, most of them are still somewhat unsatisfactory. After understanding the distribution of the 337 respondents when they being alone, I used single women of different ages and statuses to explore whether there are differences in feelings of being alone.

Ages

From single women of different age groups to explore whether there are significant differences in feelings of being alone. After analysis, the results (Table 16) showed that there is no significant difference in the influence of ages on feelings of being alone, $F = 0.540$ ($p = .707 > .05$).

Status

Through different single statuses, respectively unmarried, divorced and widowed, to explore whether there are significant differences in feelings of being alone. The results (Table 16) showed that different statuses have significant differences on the single women's feeling of being alone, $F = 3.377$ ($p = .035 < .05$). Moreover, after analysis of Post Hoc Tests, it could be found that the divorced people have more significant differences in feelings of being alone than widowed people.

Table 16. The Descriptive Statistics of Different Ages and Statuses on the Feelings of Being Alone

Variable	Age/ Status	N	Mean	SD
The feelings of being alone	20-29 years old	137	5.4830	0.89674
	30-39 years old	45	5.5463	0.94457
	40-49 years old	69	5.6630	0.83986
	50-59 years old	58	5.5920	0.75811
	Over 60 years old	28	5.5298	0.82471
	Unmarried (A)	267	5.5337	0.85474
	Divorced (B)	38	5.8509	0.88514
	Widowed (C)	32	5.3385	0.82413

Sources: Sorted by Author

Table 17. The ANOVA and Post Hoc Tests of Different Age and Statuses on the Feelings of Being Alone

Variable	Source of Variation	SS	df	MS	F	Scheffe
The feelings of being alone (Age)	Between Groups	1.611	4	0.403	0.540	
	Within Groups	247.709	332	0.746		
	Total	249.320	336			
The feelings of being alone (Status)	Between Groups	4.941	2	2.471	3.377*	B > A
	Within Groups	244.379	334	0.732		
	Total	249.320	336			

A: Unmarried, B: Divorced

*P < .05

Sources: Sorted by Author

The Emergence of New Companionship Business Opportunities

After the data analysis of interviews and questionnaires, I learned that nowadays most single women choose to read books, watch online dramas, TV, listen to music, or play online games to accompany them to spend time alone. Through the replies of the respondents, it could be found that when they use these ways, they not only can kill time, but also have positive feelings from these leisure activities. Judging from the positive feelings of single women on the four companionship ways, such as getting along with pets, playing online games, reading books and watching dramas, their average value is more than 5 points, which means that they somewhat agree to get positive feelings from them. In addition, compared with the other three companionship ways, single women who chose to read books get a more obvious positive feeling. In terms of the frequency of using companionship way, when most single women usually and always use it, they have more obvious positive feelings, especially those who read books and play online games. Moreover, single women usually and always use reading that have more positive feelings than other companionship ways and the frequency of using. From this result, it could be known

that no matter the different companionship ways or the frequency of using, they both would affect the feelings of single women.

With the current situation, it could be found that these types of companionship ways are mainly presented through paper forms and electronic products. With the change of generations, there are more and more products related to the Internet and electronic products. Besides, there are related products derived from these products, such as e-book readers, the apps of watching dramas and listening music. However, according to current products, there are no products have fully integrated these functions. Therefore, there are new business opportunities that could be created. After analysis and the integration with the needs of most modern single women, there is a chance to develop an app or a new type of electronic product that integrates the functions of books, TV series, music and games into one in the future.

Nowadays, people rely on electronic products such as mobile phones, tablets, and e-book readers, and the app or new electronic products that integrate these companionship ways can be in line with modern lifestyles. It can meet most people's needs. Also, the company can develop a diversified market. Therefore, integrating these existing companionship ways into a new type of electronic product or app will be the new business opportunity.

CONCLUSION

The purpose of this research is to understand how single women feel when they are alone and the status of single, and the emergence of new business opportunities from their companionship needs. From interviews and questionnaire analysis, most single women have good and harmonious relationships when interacting with their family or friends. It could be seen that most of single women's relatedness needs are met. Moreover, some single women have shared their feeling of being alone, most of them felt that this is the most relaxing and comfortable time. They enjoy the time alone because they can plan for themselves what they want to do without thinking about others. About the feelings of being single, most of them are also satisfied with their current status. Especially in the three status of unmarried, divorced, and widowed, divorced female have more positive feelings than female in the other two ethnic groups. Even if a few people have loneliness occasionally, they could relieve these negative emotions on their own. For example, they would participate in different activities or confide in family or friends. From the above mentioned, single women are no longer bound by past concepts at the present. Also, they would not feel lonely because of not having a partner.

Besides, when they are alone, single women also use different ways to accompany them. From the 16 companionship options offered to them, based on their choices, the top four ways that are spent more personal time are watching dramas, variety shows, TV, listening to music, reading books, playing online games, and getting along with pets. Based on the results of the above-mentioned significant differences in various companionship ways, the positive feelings of those who chose to read books are significantly higher than those who chose to play online games and watch dramas.

Furthermore, the frequency of using these 4 companionship ways by respondents is also analyzed to explore the significant differences in their feelings of companionship. Most of them can get the feelings with companionship and other positive feelings from companionship ways. With regard to the frequencies of reading books and playing online games, respondents who use it more frequently have higher positive feelings than those who use it less frequently. When the industry wants to increase single women's purchase of these two types of companionship, they can develop more attractive books or games to encourage single women to use more frequently. In addition, when they get a good impression from the old products, and at the same time they are willing to try different styles and types of similar products, this cycle would be formed more quickly.

Judging from the companionship options chosen by modern single women, most of them are closely connected with the Internet technology. There is one special part of reading books, which has a greater positive influence on single women. Therefore, I found that it can be integrated with existing electronic products. Now there are apps of watching dramas, listening to the music, and playing online games. Most of them are independent apps. If they can be integrated, it will not only meet the needs of single women at one time, but also improve convenience. The companies can also develop more exclusive and advanced electronic products based on this app, and create products that better meet the needs of single women. With the growing trend of the population of single women, if industries could create products that are more in line with the needs of single women, they can also promote more diversified development.

Appendix A- The Transcripts

自我介紹 Introduction

您好，我是就讀文藻外語大學國際事務系的侯廷翰，首先想要感謝您抽空參與這次的論文訪談。關於此訪談的研究目的是想要了解單身女性是否有寂寞的感受以及在獨處時會選擇什麼樣的陪伴方式。訪談內容主要會詢問您的人際關係和對於獨處及單身的想法。在開始之前要先跟您告知，過程中會錄音並轉為逐字稿，但僅為了學術研究的使用，並不會洩漏您的個人資料。此外這是採取匿名訪談，因此您可以放心地回答您的想法。如果您有任何不便回答的問題，都可以省略回覆。

再次謝謝您的協助！

Hello, I am Hou Tinghan from the International Affairs Department of Wenzao Ursuline University of Languages. First of all, I want to thank you for taking the time to participate in this thesis interview. The purpose of the research is to understand whether single women feel lonely and what kind of companionship ways they choose when they are alone. The content of the interview will mainly ask about your interpersonal relationships and your thoughts about being alone and single. Before we start, it will be recorded during the process and converted into verbatim script, but it is only for academic research and will not disclose your personal information. In addition, this is an anonymous interview, so you can answer your thoughts with confidence. If you any questions are inconvenient to answer, you can omit the reply. Thank you again for your assistance!

訪談對象: Interviewee A (21 years old/ Unmarried)

訪談內容

研究者: 首先想詢問您與家人的互動如何?

A: 我們家的氛圍很歡樂和諧，有事情就會互相傾訴，關係有時就像朋友。因為也都一直與家人住在一起，所以我們的感情也都很好。

Q: First of all, I want to ask you how to interact with your family?

A: The atmosphere in our home is very happy and harmonious. Sometimes our relationship is like friends, we can talk to each other many things.

研究者: 您與朋友的互動關係如何?

A: 我主要都是和親近的朋友互動，而且我們的相處模式都是屬於隨興自在，不會說一定要頻繁的見面或是聊天。就算久久見一次面，也不會有尷尬的感覺。

Q: How do you interact with your friends?

A: I mainly interact with closest friends, and our mode of getting along is casual, not saying that we must meet or chat frequently. Even if we see each other for a long time, we would not feel awkward.

研究者：除了和家人朋友相處，在一個人的時候，您會有孤單或是想要找人互動、陪伴的感覺嗎？

A：還好耶，我不太會有孤單或是寂寞的感覺。獨處就是自己最放鬆的時候，我有時候還是會跟朋友聊天，但基本上就是做自己想做的事情。畢竟一直互動也是會感到疲憊，所以有自己獨處的時間，就會想要好好的運用。

Q: In addition to getting along with family and friends, when you are alone, do you feel lonely or want to find someone to interact and accompany you?

A: Fortunately, I do not feel lonely. Being alone is the time when I am most relaxed. Sometimes I still chat with my friends, but basically I do what I want to do. After all, interacting all the time would make me feel tired, so if I have time to be alone, I would use it well.

研究者：那您會透過什麼方式陪伴您渡過一個人的時光？

A：我最常做的事情就是追劇，再加上最近自己也有學習編織一些手工藝品，像是蠟線手環。對我來說，他們就是陪伴我的方式，做這些事情可以很自在，又不會覺得無聊。我覺得獨處的時候，也可以過得很充實。

Q: What way would you choose to accompany you when your time alone?

A: I watch dramas most often, and recently I have also learned to weave some handicrafts, such as wax string bracelets. For me, they are the way to accompany me, doing these things can be very comfortable without getting bored. I feel that when I'm alone, I can live very fulfilling.

研究者：您有想過藉由像是交友軟體的方式來認識不同的人嗎？

A：我覺得有點危險，因為還是會擔心遇到一些奇怪的人，所以我不會想要嘗試這個東西。

Q: Have you ever thought about meeting different people by means of a dating app?

A: I think it is a bit dangerous, because I still worry about meeting some strange people. Thus, I do not want to try this thing.

研究者：除了獨處時間之外，您會自己一個人去看電影或是去唱 KTV 之類的休閒娛樂嗎？

A：我還是會覺得不太自在，而且自己去就沒辦法有當下和他人分享、互動的樂趣。通常我都會和家人朋友相約，如果沒有辦法去的話，現在在家也可以做這些事情，所以比較沒有想自己去做這些事情的打算。

Q: Apart from being alone, do you go to the theaters, KTV or other recreations by yourself?

A: I still feel uncomfortable. I cannot have the fun of sharing and interacting with others immediately. I usually go with my family and friends. If there is no way to go, I can do these things at home now, so I have fewer plans to do these things on my own.

研究者: 想詢問您喜歡單身的狀態嗎? 為什麼?

A: 我滿喜歡一個人的感覺, 很快樂而且無拘無束。如果交往的話, 就要去維繫這段關係, 覺得生活上會被限制很多。

Q: Do you like to be single? Why?

A: I like the feeling of being alone. I feel very happy and unrestrained. If I have a relationship, I need to maintain this relationship and take care of partner. I feel the life would be much restricted.

研究者: 您覺得單身生活不錯, 但您會對找尋另一伴有憧憬嗎?

A: 還是會, 但我不會強求。以現狀來說, 我很喜歡這樣的生活。而且我的生活模式很簡單, 不是和家人和朋友相處, 大多時間就是自己一個人做自己想做的事情。

Q: You think the single life is good, but do you have any longing for finding partner?

A: I still have this thought, but I would not force it. In terms of the current life, I really like it. And my life style is very simple. Instead of getting along with family and friends, most of the time I would do what I want to do by myself.

訪談對象: Interviewee B (21 years old/ Unmarried)

訪談內容

研究者: 首先想詢問您和家人的互動關係如何?

B: 我和家人相處得很好, 而且我們每天都會聚在一起聊天, 所以感情很好, 氛圍也很歡樂、幸福的感覺。

Q: First of all, I want to ask you how to interact with your family?

B: I get along well with my family. We get together every day to chat, so the relationship is very good, and the atmosphere is very joyful and happy.

研究者: 您與朋友的互動關係如何?

B: 我都是和關係比較好、熟識的朋友互動, 相處起來也都很自在, 基本上不會有尷尬的感覺。我和不同朋友見面的頻率也有差別, 但是就算久久見一次面, 也都可以很自在快樂, 聊很多事情。

Q: How do you interact with your friends?

B: I always interact with friends who are close and familiar with each other. I am very comfortable with each other, basically without feeling awkward. The frequencies of meeting different friends are different, but even if I see each other for a long time, I can still be happy and talk about many things.

研究者: 在與朋友和家人相處時, 他們有帶給您陪伴的感覺嗎?

B: 會! 但家人的陪伴會比朋友來的更多, 因為每天都相處在一起, 而且關係也很好, 所以陪伴的感覺也比較深。

Q: When you get along with friends and family, do you feel like they accompany you?

B: Yes! However, the companionship of family members would be more than friends.

Because I get along with my family every day and the relationship is also very good, so the feeling of companionship is deeper.

研究者: 那您一個人的時後，會有孤單寂寞的感覺嗎？

B: 可能在某些狀態下會突然想到好像有另一伴也很幸福的感覺，不過基本上也不會覺得自己一個人就很孤單，因為現在這樣的生活很好，不會有被束縛的感覺。像很多人可能會在交友軟體或是那種看不到真人的方式來認識不同人，我就會覺得風險很高。因為我自己是屬於希望能夠真的很了解對方，而不是輕易就陷進去一段感情的人。

Q: When you are alone, do you feel lonely?

B: In some situations, I may suddenly think that I am happy to have partner, but basically I do not feel lonely by myself. Because the life like this is good now, and I would not feel bound. Like many people who may meet different people in dating apps or in a way that cannot see the real person, I think the risk is high. Because I belong to someone who wants to really understand each other, not just fall into a relationship easily.

研究者: 除了家人與朋友的陪伴，你自己一個人的狀態會做什麼事情來陪伴您？

B: 我會和我家的狗狗玩，也會在家追劇或是看電影。

Q: In addition to the companionship of family and friends, what do you do to accompany you when you are alone?

B: I can play with my dog, and I can also watch dramas or movies at home.

研究者: 他們帶給您什麼樣的感受？

B: 我跟我家的狗狗相處覺得很療癒，和他互動也會讓心情很好，對我來說他是我的家人。追劇的話也會讓我有陪伴療癒的感覺，當下會投入情感，而且也可以學習到很多事情。

Q: How do you feel?

B: I feel very healing when I get along with my dog, and interacting with it would also make me feel good. For me, he is my family. Watching drama would also give me a feeling of companionship and healing. I would be emotionally involved in the moment, and I can learn many things.

研究者: 當您自己一個人活動的話，您會覺得不自在嗎？

B: 如果自己一個人在家，要做什麼事情都可以，不會覺得無聊或是不自在。但是自己在外邊吃飯、看電影之類的話會覺得很奇怪，就會想要找人陪我，不過還是會有想要嘗試自己一個人去做這些事。

Q: Do you feel uncomfortable when you are alone?

B: If I am alone at home, I can do whatever I want. I would not be bored or uncomfortable. But if I eat out, watch movies, etc., I feel very strange, and I want to find someone to accompany me. However, I still want to try to do these things by myself.

研究者:想詢問您喜歡單身的狀態嗎? 為什麼?

B: 我算是喜歡大於不喜歡。因為一個人很輕鬆, 但對愛情還是會有些憧憬。

Q: Do you like being single? Why?

B: I like it more than I do not like it. Because it is easy to be alone, but I still have some longing for love.

研究者: 那您覺得單身這個狀態, 帶給您正面還是負面的感受?

B: 我覺得正面的感覺大於負面。因為可以做自己的事情, 不用顧慮太多。我想跟朋友聊天、自己看劇或是做什麼事情都可以很自在, 我覺得還不錯。

Q: Do you think that being single brings you positive or negative feelings?

B: I think positive feelings are greater than negative ones because I can do my own thing without worrying too much. I can do whatever I want, such as chatting with friends, watching dramas by myself. I think it is good.

訪談對象: Interviewee C (36 years old/ Unmarried)

訪談內容

研究者: 想先詢問您和家人的互動關係如何? 與他們相處會有陪伴的感覺嗎?

C: 我和家人的關係都不錯, 和他們相處, 都會感受到陪伴。因為我現在是自己住, 所以週末的時候就會透過打電話的方式和家人互動。

Q: How you interact with your family? Would you feel companionship when you get along with them?

C: My relationship with my family is good. When I get along with them, I always feel that they accompany me. Because I live by myself now, I interact with my family by phone on weekends.

研究者: 您與朋友的互動關係如何?

C: 我和朋友的話, 關係也很好。相處時很自在、不拘束, 想聊天、發呆都行。

Q: How about your interaction with your friends?

C: My relationship with my friends is also very good. I feel comfortable and unrestrained when getting along with them. I can chat or be in a daze.

研究者: 那您與同事的互動關係如何?

C: 和同事的相處就會有一道牆, 就是不會想要跟他們太好, 但也不會說不好。因為不是朋友的關係, 所以不會想要待在公司太久, 也會盡量連假日都不要與他們碰面。

Q: How about your interaction with your colleagues?

C: There would be a wall when I get along with my colleagues, but it would not be too good or bad. Because they are not the relationship of friends, I do not want to stay in the company for too long. Also, I would try not to meet them even on holidays.

研究者：當自己一個人的時候，您會有孤單寂寞的感覺嗎？

C：我的話還好耶，現在雖然是自己一個人，但是也不會特別強求要再找另一伴，因為我滿喜歡一個人的感覺。

Q: When you are alone, do you feel lonely?

C: I do not feel lonely. Although I am single now, I would not particularly insist on finding another partner, because I like the feeling of being alone.

研究者：除了與家人朋友互動之外，您在獨處時會藉由什麼方式來陪伴您嗎？

C：主要會追劇，但也不會一直做同樣的事情，有時候也會看書、發呆。我因為一個人也可以很自在，所以對於陪伴的需求，就比較偏向不需要花時間照顧，也不會讓自己覺得疲憊的方式。像是許多人會養寵物，但是我比較不會想說還要再照顧一個生命，因為養他就需要負起很大的責任，我自己會覺得沒辦法。

Q: In addition to the interaction of family and friends, what do you do to accompany you when you are alone?

C: I mainly watch dramas, but I do not always do the same thing. Sometimes I read books and stare in a daze. Because I can be very comfortable by myself, I prefer a way that does not require time for care and make myself feel tired for the need for companionship. For example, many people would keep pets, but I do not want to take care of another life. Because I need to take a lot of responsibility for them, and I think I cannot do it.

研究者：您會想要使用交友軟體來認識不同人嗎？

C：我之前有使用過，但是因為沒有遇到不錯的對象，所以後來也就沒有使用。

Q: Would you like to use dating software to meet different people?

C: I have used it before, but I did not encounter a good person. Thus, I did not use it afterwards.

研究者：想詢問您在過去有交往的對象嗎？從兩個人的狀態到現在一個人，您覺得有什麼樣的改變嗎？

C：有哇！滿多地方不一樣。像兩個人的時候，就可以感受到另一伴的陪伴。吃飯的時候也是，兩個人就可以點很多不同的菜來吃，吃不完也可以分食。

Q: Did you have partner in the past? From the state of two people to the current one, do you think there are any changes?

C: Yes! There are many things are different. When we were together, I can feel the companionship of the partner. It is the same thing when we eating, like two people can order a lot of different dishes to eat.

研究者：您之後還會想要找另一伴嗎？

C：我不排斥。只要遇到對的人，當然很好。

Q: Would you still want to find another partner in the future?

C: I do not reject it. As long as you meet the right person, of course it's good.

研究者: 想詢問您喜歡單身的狀態嗎? 為什麼?

C: 可以接受這樣的狀態, 因為也沒有遇到對象, 所以就保持單身。然後我也不排斥這樣子的狀態, 畢竟一個人很自由, 想做什麼就做什麼。

Q: Do you like being single? Why?

C: I can accept this state. I have not met the right person, so I stay single. Then I do not reject this state. After all, a person is very free and I can do whatever I want.

研究者: 那您覺得單身這個狀態, 帶給您正面還是負面的感覺?

C: 我覺得是正面的, 因為很自由、可以自己做自己想做的事情。而且我不會覺得自己一個人的時候, 會有寂寞孤單的感覺, 所以對我來說現在的狀態還滿不錯的。

Q: Do you think that being single brings you positive or negative feelings?

C: I think it brings the positive feeling to me. I feel free and I can do what I want. Moreover, I do not feel lonely when I am alone. Therefore, for me, my current state is pretty good.

訪談對象: Interviewee D (36 years old/ Unmarried)

訪談內容

研究者: 想先詢問您和家人的互動關係如何?

D: 不錯呀, 很好! 像我是自己住, 所以我基本上都兩到三周就會回去, 但是現在比較沒有辦法頻繁回家的話, 就會打電話和家人聊天。

Q: First of all, I want to ask you how to interact with your family?

D: Not bad, I feel great! Like I live by myself, I basically go back in two to three weeks. However, if I cannot go home frequently, I would call and chat with them.

研究者: 您和朋友的互動情況如何?

D: 在我自己的認知上, 就是我自己覺得比較好的朋友比較少。因為我比較在意彼此之間互動的過程, 所以說如果是第一次見面的人, 我就不太會主動去搭理他。如果是和我熟識的朋友相處, 就比較不會說很尷尬, 相處上還是會比較輕鬆。

Q: How about your interaction with your friends?

D: In my own perception, I have not a lot of best friends because I care more about the process of interaction with each other. Therefore, if I meet person for the first time, I would not take the initiative to pay attention to him or her. If I get along with my best friends, I would not feel embarrassed. When I get along with them, I feel free.

研究者: 那您與同事的互動關係如何?

D: 如果是跟同一個處室的夥伴, 感情就不錯, 因為平時都要互相協助, 大家一起努力。但是如果是面對不常接觸到的同事, 當然比較不太熟悉, 就比較公事公辦。算是跟交朋友很像, 比較常接觸和交心的話感情就都不錯。

Q: How about your interaction with your colleagues?

D: If we stay in the same office, the relationship is good, because we usually help

each other and work hard together. But if I am facing a colleague who I do not often come into contact with, of course I am less familiar with it, so I would be more official. The way I get along with my colleagues is very similar to making friends. If I get in touch with each other more often, the relationship is good.

研究者: 那您一個人的時後，會有孤單寂寞的感覺嗎？

D: 還是會有，就是當發生一些事情，會想要找人傾訴或是說得到人家的安慰或鼓勵。不過頻率不會很高，大致上自己都能夠去紓解。但是我覺得有些時候可能比較脆弱或是真的遇到瓶頸時，就會想說這時候如果有另一伴比較堅強的角色在身旁時，好像也很好。

Q: When you are alone, do you feel lonely?

D: I would have this feeling. When something happens, I want to find someone to talk or to get comfort, encouragement from others. However, the frequency would not be very high, and basically I can be relieved by myself. But I think that sometimes I am weak or when I really encounter hardship, I feel that if there is another stronger character beside me, it seems to be good.

研究者: 那當自己有獨處的時間，您會透過什麼樣的方式陪伴您？

D: 比較常就是看小說、看電影、運動或是用 LINE 跟朋友聊天。而且因為我現在是有跟室友住在一起，所以其實我們會一起聊天，反而生活有更不一樣的陪伴。

Q: When you have time alone, what do you do to accompany you?

D: I am more common to read novels, watch movies, sports or use LINE to chat with friends. Because I live with my roommate now, we actually chat together. This way of life makes me has different companionship.

研究者: 您與室友的互動關係如何？您們是怎麼相處的？

D: 一開始的時候我們都不太熟悉，因為算是巧合之下與室友們認識，再加上每個人的原生家庭、生活習慣都會有一些落差，所以在面對很多事情的時候，都需要思考要用什麼態度、方式來溝通或是表達自己的感受。畢竟我們要住在一起，而且不是短時間的狀態，所以在這個過程當中的磨合是很重要的。隨著時間和生活模式的契合之後，就慢慢地有屬於我們之間的生活狀態。對我來說，他們就像是和我沒有血緣關係的家人，而且是一群在我生活中也很重要的夥伴。

Q: How did you interact with your roommate? How did you get along?

D: At the beginning, we were not very familiar with it, because it was a coincidence that we met together. There are some gaps in each person's native family and living habits, so when we facing many things, we need to think what attitudes and ways to communicate or express our feelings to resolve the problems. After all, we have to live together, and it is not a short-term state, so running-in in this process is very important. As time and life patterns fit together, there would be a state of life that belongs to us gradually. To me, they are like family members who are not related to

me by blood, and they are a group of partners who are also very important in my life.

研究者: 不論是看小說或是室友們的陪伴, 對您來說有什麼幫助?

D: 就是當自己想要有人聊天、互動的時候, 剛好室友們都有時間, 就可以聚在一起。如果自己是想要獨處的時候, 就可以待在自己的房間看小說, 是不會有人打擾。所以其實時間的運用很彈性, 可以自己操控。而且因為我們的工作類型都一樣, 所以當我們之間在聊天的時候, 就可以很自在輕鬆, 不用想說要擔心對方會聽不懂或是要一直顧慮對方的感受。我覺得彼此可以互相而且有共鳴很重要。

Q: Whether it is reading novels or your roommates, how can they help you?

D: When I want someone to chat and interact, I can get together with my roommates. If I want to be alone, I can stay in my room and read novels without being disturbed. Therefore, the use of time is very flexible and can be controlled by myself. Moreover, our work types are all the same, so when we are chatting, we can be very comfortable and relaxed. We do not have to worry about the other person's understanding or always worry about each other's feelings.

研究者: 想詢問您在過去有交往的對象嗎? 從兩個人的狀態到現在一個人, 您覺得有什麼樣的改變嗎?

D: 有哇! 一開始會很不習慣, 也滿難過, 但就是調整一段時間之後, 就比較可以接受, 所以到現在也很習慣一個人生活。

Q: Did you have partner in the past? From the state of two people to the current one, do you think there are any changes?

D: Yes! At the beginning, when I returned to being single, I would be very uncomfortable and sad. However, after adjusting for a period of time, I was more acceptable. So, I am still very used to living alone.

研究者: 那在這個轉變下, 您會有孤單寂寞的感覺嗎?

D: 其實還好, 因為不是說感情突然不好就分開而是到後期漸漸地變淡, 所以在這個過程中, 其實就會慢慢釋懷。當然多少還是會有點難過, 但那種感受不會到那麼強烈。

Q: Under this transition, would you feel lonely?

D: Actually, it is okay. It is not that the relationship is suddenly broken and separated, but gradually fades in the later period, so in this process I would slowly let this relationship goes. Of course it would still be a bit sad, but the feeling would not be that strong.

研究者: 您之後還會想要找另一伴嗎?

D: 就順其自然, 我不強求。

Q: Would you still want to find another partner in the future?

D: Just keep it casual, I do not force it.

研究者: 想詢問您喜歡現在單身的狀態嗎? 為什麼?

D: 還不錯, 就自己想做什麼事情都可以去嘗試, 很自由不用去顧慮到其他太多的事情。而且在我的生活中, 可以感受到很多人的關心, 就不會覺得是自己一個人在奮鬥, 所以其實反而會覺得有沒有另一伴的想法就不是那麼必要。當然每個人的想法還是不同, 因為每一個狀態下都一定會有它的好, 但只要自己喜歡, 不管是自己一個人或是遇到合適的神隊友, 可以從中感受到幸福快樂是很重要的。

Q: Do you like being single? Why?

D: Not bad, I can try whatever I want. I am free and I do not have to worry about too many other things. In my life, I can feel the concern of many people, so I do not feel that I am struggling alone. I actually feel that the idea of having another partner is not so necessary. Of course, everyone's thoughts are different, because every state must have its goodness, but as long as you like it, whether you are alone or meet a suitable teammate, you can feel happiness from it, which is very important.

研究者: 那您覺得單身這個狀態, 帶給您正面還是負面的感覺?

D: 比較正向, 我覺得就是可以過自己想要的生活, 能分配自己的時間、金錢, 而且像是有另一伴的時候, 您就需要顧慮他的感受或是要一起討論、決定事情。可是現在自己一個人, 就不需要去顧慮太多, 自己決定大小事。

Q: Do you think that being single brings you positive or negative feelings?

D: This state gives me a more positive feeling. I think I can live the life I want and allocate my time and money. If I have another partner, I need to worry about his feelings or discuss and decide things together. But now that I am alone, I do not need to worry too much. Moreover, I can decide on my own things.

訪談對象: Interviewee E (45 years old/ Unmarried)

訪談內容

研究者: 想先詢問您與家人的互動關係如何?

E: 還不錯, 不過我因為是自己住, 所以會固定一個月回去, 如果不方便回去的時候, 就會和他們通話。

Q: First of all, I want to ask you how to interact with your family?

E: Not bad. Now I live by myself, I would go back hometown one month. If it is not convenient to go back, I would call them.

研究者: 您與朋友互動的情況如何?

E: 我會有遠近親疏的狀態, 比較好的朋友就會很親近。交友上也是屬於重質的人, 不會交很多朋友。我跟親近的朋友互動的頻率也不太一定, 就是看彼此的時間、狀態, 彼此會問候一下。如果有需要就會有互動, 但是不會說天天都有交談。即使中間可能沒有什麼聯絡, 下次再聯繫的時候, 也是可以很自然, 不會說不知道要說什麼。

Q: How about your interaction with your friends?

E: I get close when I get along with best friends. In terms of making friends, I do not make many friends. The frequency with which I interact with my close friends is not always certain, that is, I would meet them by looking at each other's time and situations. If we want to meet each other, there would be interaction, but it would not be said that we have conversation every day. Even if there may not be any contact in the middle, the next time that we meet, the atmosphere is still natural.

研究者: 您提到現在是學生的身分, 那與學校同學的互動關係如何?

E: 比較是公事公辦的關係, 我覺得跟同學相處是像功能型的, 不會有交心的關係。因為研究所的同學都是來來去去的, 所以可能要交作業或是報告時, 才會有交集。

Q: You mentioned that you are now a student. What is the interaction relationship with your classmates?

E: It is a business relationship. I think getting along with classmates is like a functional relationship. There is no close relationship because all the students in the institute come and go. Therefore, there may be intersections when we have to hand in homework or reports.

研究者: 您在家人和朋友的關係中, 會感受到陪伴嗎?

E: 我的話比較不會想到陪伴, 就是他們有關心我、在意我, 但是我不會特別覺得他們因為做什麼事情或是互動, 而有陪伴的想法。

Q: Would you feel companionship when you get along with your family and friends?

E: I would feel that they are concerning about me, but I would not say that they have the feeling of accompanying with me.

研究者: 那您一個人的時後, 會有孤單寂寞的感覺嗎?

E: 目前還好耶, 因為我把自己的時間都排的很滿, 所以過得很充實。我算是滿自得其樂的人。

Q: When you are alone, do you feel lonely?

E: It is okay at the moment. I have a full schedule of my time, so I have a very fulfilling life. I am really enjoying myself.

研究者: 您在獨處的時候, 會做什麼事情來陪伴您?

E: 我的話會做很多事情, 基本上就是自己要做什麼事情就會去做。像是規劃好可能這個時間是要讀書、出門或是要和朋友聊天, 但是比較不會想說是這些事情陪伴我。

Q: When you have time alone, what do you do to accompany you?

E: I can do a lot of things. Basically, I would do what I want to do. For example, it is planned that this time may be reading, going out or chatting with friends, but I do not think that these things accompany me.

研究者: 想要詢問您喜歡單身的狀態嗎? 為什麼?

E: 滿喜歡的, 自由度很高, 以現在當下的狀態來說, 大致上很多事情可以以自己的需求考量, 可以過得比較豐富也可以很簡單的生活, 那在經濟上也就是會隨著自己的生活模式和習慣起伏。不過因為還是有家人朋友或是對未來退休的規劃, 所以還是需要考慮不同的分配。

Q: Do you like being single? Why?

E: I like this state because of the high degree of freedom. In terms of the current state, in general, many things can be considered based on my own needs. I can live a very fulfilling life or choose a very simple life. In terms of economic considerations, it would fluctuate with my own lifestyle and habits. However, there are still family and friends or plans for future retirement, different allocations still need to be considered.

研究者: 那您覺得單身這個狀態, 帶給您正面還是負面的感覺?

E: 應該是說我自己看待一件事情, 或是面對不同的狀態都是正面的角度, 所以對單身這個狀態也是正面的。

Q: Do you think that being single brings you positive or negative feelings?

E: It should be said that I look at one thing or face different states from a positive perspective, so my state of being single is also positive.

訪談對象: Interviewee F (50 years old/ Unmarried)

訪談內容

研究者: 想先詢問您與家人的互動關係如何?

F: 我與家人的互動關係很和諧, 再加上相處的時間較長, 所以不會有關係疏遠的問題。

Q: First of all, I want to ask you how to interact with your family?

F: My interaction with my family is very harmonious, coupled with the long time to get along, so there would be no problems of alienation.

研究者: 您與朋友的互動關係如何?

F: 我是屬於重質的人, 所以我的朋友都是知己。在與他們相處時, 不會有不開心或是拘束的感覺, 想要見面就會見面。

Q: How about your interaction with your friends?

F: I am a person who cares about quality, so my friends are confidants. When I get along with them, I would not feel unhappy or restrained.

研究者: 您與同事相處也會像是與朋友相處一樣自在嗎?

F: 我多少還是會有些保留, 但是不會有尷尬的感覺。

Q: Do you feel as comfortable with your colleagues as you are with friends?

F: I still have some reservations, but I would not feel embarrassed.

研究者：那您與家人朋友相處時，會感受到他們的陪伴嗎？

F：一定會，像我與家人的相處時間長，所以從中感受到的陪伴也比較多。那跟朋友的關係，因為不是天天都會見面，所以相對感受就不會那麼多。我主要是透過相處的時間長短來看，但是不管是跟家人或是朋友，都可以感受到這段關係是互相的。

Q: Would you feel companionship when you get along with your family and friends?

F: When I get along with my family, I would definitely feel companionship. For example, I spend a long time with my family, so the feeling of companionship is deeper. The relative feelings with friends would not be so much because we do not meet every day. I mainly look at it through the length of time I spent with each other, but whether it is with my family or friends, I can feel that this relationship is mutual.

研究者：那您一個人的時候，會有孤單寂寞的感覺嗎？

F：我不會耶，而且我很享受自己一個人的時候，因為可以自己做我想做的事情，像是看小說、看電視。我覺得真的會有感到孤單的時候，可能是在生病比較脆弱的狀態下，會覺得自己一個人有點可憐，所以會希望可以得到關心。不過目前來說，我覺得沒有什麼負面的影響。

Q: When you are alone, do you feel lonely?

F: No. I really enjoy myself when I am alone, because I can do what I want to do by myself, such as reading novels and watching TV. I think there are times when I really feel lonely, maybe when I am sick and more fragile. I feel a little pitiful for myself, so I hope that someone can care about me. But for now, I do not think there is any negative impact.

研究者：您有提到在一個人獨處的時候，會看小說、看電視，那您還會想要透過其他方式來陪伴您嗎？

F：我還好耶，因為看小說是我的興趣，所以也不會想要更換方式。而且一個人的時候，就是最輕鬆自在的狀態，也就不會想要再和他人互動。如果是年輕的時候，我可能還會想要擴展朋友圈，但是現在不會有想要再去認識新朋友的動力。對我來說除了家人和朋友的陪伴，小說、電視這種物質性的陪伴，因為不會有什麼負擔或是要照顧的問題，不僅是做喜歡的事情，他們也帶給我另一種陪伴。而且我也已經很習慣現在這樣的生活，所以我也不會想說要有另一伴陪伴的想法。畢竟一個人就是最自在的時候，如果再去認識其他人，就還需要磨合一段新關係，所以我不會刻意再去認識新的朋友。

Q: You mentioned that when you are alone, you would read novels and watch TV. Do you still want to accompany you in other ways?

F: I am okay, because reading novels is my interest, so I do not want to change the way. When I am alone, it is the most relaxed state, and I do not want to interact with others anymore. If I was young, I might still want to expand my circle of friends, but now I do not have the motivation to want to meet new friends. For me, in addition to

the companionship of family and friends, the novels and television are also the ways of material companionship. Because there are no burdens or problems to take care of, not only do things I like, they also bring me another kind of company. I'm very used to the life now, so I do not want to talk about the idea of having another to accompany me. After all, a person is the most comfortable time. If I meet other people, I still need to break into a new relationship, so I would not deliberately meet new friends.

研究者: 想要詢問您喜歡單身的狀態嗎? 為什麼?

F: 還滿喜歡的。因為一個人很自由，而且不需要考慮太多，照顧好自己就好了。

Q: Do you like being single? Why?

F: I feel free and like this state very much because I just take care of myself. I do not have to care about the partner's thoughts or think too much about such things.

研究者: 在經濟方面，主要也是以自己為主嗎?

F: 以自己為主之外，有時候也會考量到家人，因為我與家人住的關係，不過目前對我來說不會有很大的影響。

Q: In terms of economy, is it mainly self-centered?

F: In addition to self-centeredness, sometimes family members are also considered because of my living relationship with my family. But it would not have a big impact on me at the moment.

訪談對象: Interviewee G (51 years old/ Unmarried)

訪談內容

研究者: 想先詢問您與家人的互動關係如何?

G: 我們感情很好，雖然我現在是自己住在外面，但是每天都還是會碰面。

Q: First of all, I want to ask you how to interact with your family?

G: My relationship with my family is very good. Although I live outside by myself, we still meet every day.

研究者: 您與朋友的互動情況如何?

G: 對於每個人的定義都有些不同，但如果是和親近的朋友相處上就比較自在，而且就算見面的頻率沒有到很頻繁，都還是可以很了解或是聊天來關心彼此。

Q: How about your interaction with your friends?

G: Regarding friends, I have a slightly different definition of each person, but if I get along with closest friends, I am more comfortable. Even if we do not meet very often, we can still understand or talk to each other to care about each other.

研究者: 您與同事相處的情況，也和朋友一樣嗎?

G: 對，和他們相處也滿自在的，就也像朋友一樣，不會說關係不好。

Q: Do you feel as comfortable with your colleagues as you are with friends?

G: Yes, I'm comfortable with them, just like friends. I would not to say that the relationship is bad.

研究者：那您一個人的時候，會有孤單寂寞的感覺嗎？

G: 如果以現階段來說，我不會有這種感覺耶，因為我就算自己一個人也可以做很多事情，像是逛街、看電影、外出。對我來說，不會覺得不自在或是負面的感覺。應該是說，我自己不會排斥單身這個狀態，加上也習慣這樣的生活模式，所以很多事情也都能夠面對。除了自己一個人，就會和家人朋友互動，從他們的陪伴、關心中，也都能感受到彼此之間的互相、真心。不過如果像是之後，可能因為生病比較脆弱的狀態下，對這個感受可能就會有些不同。

Q: When you are alone, do you feel lonely?

G: At this stage, I do not feel this way because I can do many things by myself, such as shopping, watching movies, and going out. For me, I do not feel uncomfortable or negative. It should be said that I would not rule out the state of being single. I am also accustomed to this lifestyle, so I can face many things. In addition to being alone, I would interact with family and friends. From their companionship and care, I can also feel the mutual and sincerity between each other. However, in the future, maybe because of illness or more fragile state, the feeling of this may be a little different.

研究者：在獨處的時候，您會透過什麼方式來陪伴您？

G: 我會畫畫或是看書，因為他們讓我可以沉澱自己，同時也會有陪伴的感覺。從事自己喜歡的事物，讓自己的生活有不一樣的充實，我覺得也很好，而且也會感到快樂。

Q: When you have time alone, what do you do to accompany you?

G: I would draw or read books, because they allow me to settle down. At the same time, I would feel accompany. Doing the things I like, it makes my life more fulfilling and good. I also feel happy.

研究者：想要詢問您喜歡單身的狀態嗎？為什麼？

G: 喜歡，因為很自由，而且經濟負擔也相對比較小。

Q: Do you like being single? Why?

G: I like it because it is free and the financial burden is relatively small.

研究者：那您是原先就有想說自己要單身這個念頭嗎？

G: 我其實也是隨著每個階段的不同，改變自己的想法。年輕時候一定會嚮往戀愛或是組成家庭，所以多少會有些徬徨或是孤單。但我自己是有設定一個範圍，像是到了某一個階段，就沒有想要有結婚的想法。之後的生活就要自己去調適、規劃。

Q: Did you originally want to be single?

G: I actually change my mind with the difference of each stage. When I was young, I would always yearn for falling in love or forming a family, so I feel a little hesitant or lonely. However, I have set a certain range for myself that I do not want to get married. The rest of life must be adjusted and planned by myself.

研究者：那您覺得單身這個狀態，帶給您正面還是負面的感覺？

G：我覺得是正面的感覺，不用說為了別人的事情操煩，就大部分只要把自己顧好就好。我也會安排很多事情，來充實自己。

Q: Do you think that being single brings you positive or negative feelings?

G: I think it is a positive feeling. I do not need to worry about other people's affairs, most of which just need to take care of myself. I can also arrange many things to enrich myself.

Interviewee H (52 years old/ Divorced)

訪談內容

研究者：想先詢問您與原生家庭的互動關係如何？

H：在小時候因為父母重男輕女，所以會覺得自己不被重視，我是到了自己離婚之後才跟家人的互動比較好。現在只剩下我們三個小孩，因為都分處在各地，所以只到過年的時候才會碰面，相處上也普通。

Q: First of all, I want to ask you how to interact with your family?

H: When I was young, because my parents favored sons, I felt that I was not taken seriously. I interacted better with my family after I got divorced. Now there are only three children of us. Because we are all located in different places, we would only meet during the New Year. We are not getting along well.

研究者：那您現在有與家人住在一起嗎？

H：我與我女兒住在一起。

Q: Do you live with your family now?

H: I live with my daughter.

研究者：您與自身家庭的互動如何？

H：我跟我女兒的關係和感情都很好，相處就像朋友一樣。

Q: How are you interacting with your family?

H: My daughter and I have a very good relationship. We get along like friends.

研究者：您與朋友和同事的關係如何？

H：我和朋友、同事的關係都很好。我很喜歡待在學校跟老師們互動，再加上我自己很喜歡教導學生，所以很喜歡跟學生們相處，我們的互動也很不錯、很歡樂。

Q: What is your relationship with friends and colleagues?

H: My relationship with friends and colleagues is very good. I like staying in school to interact with other teachers. I also like to teach students, so I like to get along with them. Our interaction is good and joyful.

研究者：那您自己一個人的時候，會有孤單寂寞的感覺嗎？

H：我還是會。像平常日工作忙，因為都在學校，我和學生、同事的相處是最頻繁的，所以對我來說和他們相處也是陪伴我的方式，那下課後回到家就休息。不過到假日時，因為空閒的時間變多了，這種寂寞的感覺就會比較明顯。那就會有

想要他人陪伴的念頭，像是說我今天有開心的事情，就會希望有一個人可以和我分享。那現在和女兒住，寂寞感會有一些些，但不會到那麼明顯。就可能是說，會想之後女兒可能不在家的話，要怎麼規劃我的生活。現階段來說，就偶爾突然會有寂寞的感覺，但也不會持續的去想這件事。

Q: When you are alone, do you feel lonely?

H: I would feel lonely. I am busy with work every day because I get along with students and colleagues most often in school. So for me, getting along with them is also a way to accompany me. But when it comes to holidays, this feeling of loneliness would be more obvious because of more free time. Then there would be thoughts of wanting others to accompany, like saying that I have something happy today, and I hope that someone can share it with me. I live with my daughter now, sometimes I feel a little bit lonely, but it would not be so obvious. It may mean that I would think about how to plan my life if my daughter may not be at home in the future. At this stage, I sometimes suddenly feel lonely, but I won't think about it continuously.

研究者：當自己有獨處的時間，您會透過什麼樣的方式陪伴您？

H: 我的話有在 Facebook 的社團裡認識一兩位同性友人，我們就會聊天。我覺得比較像是在同樣的興趣中，找到朋友的感覺。不過又跟使用交友軟體有些不同，因為有聽說過使用的風險，所以像這類型的我就會覺得不太安全。

Q: When you have time alone, what do you do to accompany you?

H: In my case, I made one or two same-sex friends in the Facebook community, we would chat together. I think it is more like finding friends in the same interest. However, it is a little different from using dating software, because I have heard of the risks of using it, so I feel like this type of software is not safe.

研究者：您覺得這個陪伴方式有帶給您什麼幫助嗎？

H: 當我想要跟別人聊天或是說排解當時的心情，比方說有些事情要找人商量、詢問的時候，就可以不用再花時間見面，可以直接透過通訊軟體的方式解決疑惑或是說得到一些慰藉。我覺得是一個還不錯的方式，但還是要會判斷，多注意一些網路交友的風險。

Q: Do you think this way of companionship brings you any help?

H: When I want to chat with others, explain my feelings at the time or I need someone to discuss something, I do not need to spend time in meeting. Besides, I can solve my doubts or get some information and comfort directly through the communication software. I think it is a good way, but people still have to be able to judge and pay more attention to the risks of making friends on the Internet.

研究者：除了透過同好交友的方式，您會想要藉由其他的方式來陪伴嗎？

H: 我覺得我的生活圈比較簡單，像有些朋友會去社團認識不同的朋友，但是我還沒有嘗試過。不過我會去健身房，所以就會認識到不同人。

Q: In addition to making friends, do you want to be with you in other ways?

H: I think my life circle is relatively simple, like some friends go to clubs to meet different friends, but I have not tried it yet. But I would go to the gym to do exercises and recognize different people.

研究者: 您還有在什麼狀態下或是活動時, 會想要有人陪伴您?

H: 我個人的話就是旅遊, 像逛街這類型自己一個人還好, 但是我還沒有辦法獨自在國內或是出國旅遊, 就會覺得要有人陪伴我會比較好。像多一點人會比較熱鬧的活動, 比如唱 KTV 也是會覺得一群朋友去很好, 因為主要目的不是為了唱歌, 其實是和朋友們聚在一起聊心事、見面。那還有看電影也是, 在以前都會是和朋友或是家人, 一起去電影院, 比較不會獨自去做這件事。在恢復單身後, 就有想說要嘗試自己去看電影, 只是還未成行過。

Q: In what state or activity do you want someone to accompany you?

H: I think it is tourism. It is okay to be alone like shopping, but I still have no way to travel alone or travel abroad. I think it would be better to have someone to accompany me. Like a lively event with more people, such as singing KTV, it is also good for a group of friends to go there, because the main purpose is not to sing, is to get together to chat and meet with friends. Then there is also watching movies. In the past, I would go to the cinema with friends or family members, rather than doing it alone. After regaining singleness, I wanted to say that I would try to watch a movie by myself, but I had not done it yet.

研究者: 是因為擔心自己一個人去看電影會不自在嗎?

H: 其實應該自己一個人看電影沒有什麼, 但因為這麼久以來, 都是和另一伴、家人、朋友或是同事去做這件事, 可能是因為習慣有人陪在身旁, 所以反而自己在這些年來還沒有自己嘗試過。

Q: Was it because you worried that you would be uncomfortable going to the movies alone?

H: In fact, it is okay to watch a movie by myself, but I have been doing it with another partner, family, friend, or colleague for so long. It may be because I am used to having someone by my side. Thus, I have not tried it by myself.

研究者: 想要詢問您對於回到單身的狀態, 有什麼樣的感受?

H: 有時候會覺得寂寞, 但有時候又會想要一個人。

Q: How do you feel about being single?

H: Sometimes I feel lonely, but sometimes I want to be alone.

研究者: 想詢問您從兩個人的生活變成單身的狀態時, 有什麼感受或是差異嗎?

H: 其實就是兩個人的時候, 不管是喜怒哀樂或是有事情的時候, 就可以和另一伴分享。但是單身的話就是可以有自己的時間, 做自己想做的事情。

Q: How you felt or the difference when you changed from the life of two people to the state of being single?

H: When two people are together, whether it is in joy, anger, sorrow, or something, we

can share with the other partner. After I become single, I can have my own time to do what I want to do.

研究者: 您覺得單身這個狀態，帶給您正面還是負面的感覺？

H: 在剛開始離婚的時候，會有寂寞、空虛的感覺，但是現在一個人會比較正面，就是多數來講會比較自在。因為如果要再找另一伴，會有些擔心。只是說可能女兒之後出去工作或是不在家裡的話，就會想說自己一個人會寂寞或是會有一些擔憂的想法。

Q: Do you think that being single brings you positive or negative feelings?

At the beginning of the divorce, I would feel lonely and empty. However, now I have more positive feeling and feel ease. If I want to find another partner, I would be a little worried. I just say that if my daughter will go out to work or not at home, I may be lonely or have some worries.

Appendix B- Questionnaire

親愛的受訪者，您好！非常感謝您撥空閱讀及填寫本問卷。

本問卷為文藻外語大學國際事務系學生的畢業論文學術研究，主要目的是探討單身女性在人際關係、獨處狀態下的感受以及您會選擇哪些方式陪伴您渡過一個人的時光。此研究將採匿名填答，而您所填答的資料僅供學術參考，絕不對外公開，敬請受訪者安心填答。再次感謝您撥空填寫！

敬祝您 平安順心

文藻外語大學國際事務系

指導教授：謝仁和 教授

學生：侯廷翰 敬上

I. 基本資料

1. 請問您的年齡？

20-29 歲 30-39 歲 40-49 歲 50-59 歲 60 歲以上

2. 請問您的單身狀態？

未婚 離婚 喪偶

3. 請問您的教育程度？

國中以下 高中職 專科、大學 研究所（碩士、博士）

4. 請問您的職業？

學生 軍公教 農、林、漁、牧業 一般商業 服務業 餐飲業

觀光業 科技業 醫護業 傳統產業 自由業 退休

II. 下列問題是探討您和他人的互動關係以及您平常的感受，請根據您的情況勾選合適的選項。

	非常不同意	不同意	有點不同意	普通	有點同意	同意	非常同意
1. 我不排斥與他人互動							
2. 我不會刻意和每個人都建立親近的關係							
3. 我會拿捏和他人的互動關係							
4. 我會接納他人的意見							
5. 我會適當地表達出自己的想法							
6. 我覺得我自己在群體中有意義							

7. 在群體中，我會有自己獨處的時候							
8. 我與生活周遭的人都有良好的互動關係							
9. 當我遇到困難時，有人會協助我							
10. 當我有心事時，我找得到訴苦的對象							
11. 在群體中，我可以很自在快樂							
12. 我不會因為別人一時的忽略，就覺得失落							
13. 我在我的生活中，感受到很多關心							
14. 我與家人的關係很和諧							
15. 我會和家人分享許多事情							
16. 我的家人讓我有歸屬感							
17. 我和親近的朋友在一起時很自在							
18. 我與親近的朋友相處，感受得到真心							
19. 我可以從我的人際關係中感受到愛							
20. 我不覺得自己很孤單							

III. 下列問題是探討當您有自己的個人時間以及獨處時，您會透過哪些方式來陪伴您渡過一個人的時光，並依據您的使用情況選擇。若未曾使用過，則請以您會想要使用哪些方式來陪伴您的方向，來選擇符合您的選項。

21. 在下列方式中，請依據您平時自己一個人的狀態，排序三項您較常使用的方式。

- 與寵物相處 玩交友/社群軟體 玩線上遊戲(e.g.手遊/電腦/掌上型)
同好交友(e.g.社團) 參與公益活動(e.g.志工服務) 運動 旅遊 網購/逛街購物
看書/小說/雜誌 線上追劇/綜藝/看電影/聽音樂 唱歌/彈奏樂器 畫畫/拼圖/手作藝術品
整理/佈置居家空間 烘焙/料理 植栽(e.g.花草/果物) 上課學習(e.g.語言/插畫/攝影)

22. 依據您在第 21 題所排序第一的方式，以一個月來看，您使用這個方式的頻率為何？	偶爾 (30%)	有時 (50%)	時常 (70%)	通常 (90%)	總是 (100%)

依據您所選擇的一項最重要的方式後，你從中的感受以及他/它對您帶來了什麼。若未曾使用過陪伴方式，則以您期待會從中得到什麼感受填寫。

	非常不同意	不同意	有點不同意	普通	有點同意	同意	非常同意
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23. 他/它是我紓解壓力的方式							
24. 我覺得他/它讓我更享受獨處的時間							
25. 我覺得他/它讓我更懂得思考							
26. 我覺得他/它讓我更了解自己的情緒							
27. 他/它讓我的獨處時間更加充實							
28. 他/它為我的生活帶來許多樂趣							

IV. 下列問題是探討您在獨處時以及對單身的感受。請閱讀以下問題，並根據您的情況勾選適合的選項。

	非常不同意	不同意	有點不同意	普通	有點同意	同意	非常同意
29. 一個人的時候是我最放鬆的時刻							
30. 我會為自己規劃好要做什麼事情							
31. 我不排斥自己一個人從事娛樂性活動 (ex.看電影、演唱會)							
32. 獨處讓我學會與自己相處							
33. 獨處讓我更了解自己							
34. 我覺得獨處使我有成長							
35. 我不會因為單身的身分覺得不安							
36. 我覺得很自在快樂							
37. 單身讓我更寵愛自己							
38. 單身讓我更珍惜我的人際關係							
39. 我不會迫切要有伴侶的想法							
40. 我很滿意我現在的生活							

問卷填寫完畢！非常感謝您的協助，您的寶貴意見將會為此研究帶來幫助。

再次感謝您！

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