

ARTICLE INFORMATION

Received: May, 20, 2026

Revised: June, 20, 2026

Available online: June, 24, 2026

at: <https://e-jurnal.ipphorr.com/index.php/mhc>

Conformity and psychological well-being among early adults without romantic relationship experience

Mutiara Mona^{1*}, Deitje Katuuk¹, Gloridei Lingkanbene Kapahang¹, Yeheskiel Entaren²

¹Universitas Negeri Manado

²Universitas Sam Ratulangi

Corresponding author: *E-mail: yehezkielentaren01@gmail.com

Abstract

Background: Early adulthood is often characterized by various social demands, including expectations related to romantic relationships. Individuals who have never dated frequently experience social pressure from their peer environment, which may potentially affect their psychological well-being.

Purpose: To examine the effect of conformity on psychological well-being among early adults who have never been in a romantic relationship.

Method: A quantitative causal (explanatory) research design to examine the effect of conformity on psychological well-being among early adults who had never been involved in a romantic relationship. The research participants consisted of 98 active students at Universitas Negeri Manado who had never been in a romantic relationship, selected through purposive sampling. The research instruments included a conformity scale and a psychological well-being scale. Data were analyzed using simple linear regression with a bootstrapping technique.

Results: A significant negative effect of conformity on psychological well-being ($p = 0.000$; $R^2 = 0.291$). This finding suggests that higher levels of conformity are associated with lower levels of psychological well-being. Conformity accounted for 29.1% of the variance in psychological well-being, while the remaining 70.9% was influenced by other factors not examined in this study. Additional analyses showed that the effect of conformity was stronger among male respondents (34.3%) compared to female respondents (24.9%). These findings indicate that social pressure encouraging excessive conformity can reduce the psychological well-being of early adults who have never been in a romantic relationship.

Conclusion: This study is expected to serve as a reference for psychology practitioners and counselors in developing intervention services that focus on strengthening autonomy, self-confidence, and coping skills in dealing with social pressure.

Keywords: Conformity; Early Adulthood; Never Been In A Romantic Relationship; Psychological Well-Being.

INTRODUCTION

Early adulthood is a developmental period characterized by adjustment to new environmental demands and responsibilities. This study focuses on early adults aged 18–24 years who have never been involved in a romantic relationship. Developmental tasks during early adulthood include obtaining employment, choosing a life partner, learning to live with a spouse, establishing a family, raising children,

managing a household, accepting civic responsibilities, and participating in social groups (Keyes, Shmotkin, & Ryff, 2022). During this stage, intimacy develops into romantic relationships, such as dating relationships. Dating is considered an important aspect of early adulthood because it provides an opportunity for individuals to get to know one another as potential life partners and serves as

preparation for marriage (Fauzan, 2020). Individuals who engage in romantic relationships generally expect to experience pleasure and satisfaction within those relationships, whereas individuals who have never dated during early adulthood may not have experienced such relational benefits (Diener, Suh, Lucas, & Smith, 2019).

Psychological well-being is an important aspect of development during early adulthood. It has become a major focus in society and has been conceptualized in various ways by scholars, resulting in different approaches to understanding its nature and dimensions. Well-being is regarded as a complex psychological construct associated with optimal psychological functioning and life experiences (Deci & Ryan, 2018). Psychological well-being refers to an individual's ability to accept oneself, establish warm and positive relationships with others, maintain autonomy in the face of social pressures, effectively manage the surrounding environment, find meaning and purpose in life, and continuously realize personal potential (Ryff & Keyes, 2025; Tumbel, Tiwa, & Kapahang, 2025). One of the factors influencing psychological well-being is social support. Therefore, this study examines the effect of conformity, particularly peer conformity, on psychological well-being among early adults who have never been involved in a romantic relationship (Agusta, 2021).

Conformity is a mechanism through which individuals maintain acceptance and membership within a social group. It can be defined as a change in behavior or beliefs resulting from peer pressure (Keyes, Shmotkin, & Ryff, 2022). Peer conformity during early adulthood tends to exhibit greater complexity than in other developmental stages, particularly in terms of emotional responses. In everyday life, conformity may provide benefits by facilitating adaptation and promoting acceptance within social groups (Gómez-López, Viejo, & Ortega-Ruiz, 2019). However, conformity can also have negative consequences, such as encouraging deviant behavior. Individuals may alter their behavior to align with others, even when they believe that the behavior is incorrect or potentially harmful (Watkins, Beckmeyer, & Jamison, 2024).

RESEARCH METHOD

A quantitative causal (explanatory) research design to examine the effect of conformity on psychological well-being among early adults who had never been involved in a romantic relationship. The study was conducted at the Faculty of Education and Psychology (FIPP), Manado State University, located in Tomohon City, North Sulawesi, Indonesia. The target population consisted of early adults aged 18–27 years who had never experienced a dating relationship. A total of 98 respondents participated in this study and were selected using a simple random sampling technique, whereby each member of the population had an equal chance of being selected regardless of population strata. The sample size was determined using Cochran's formula (1977), which is appropriate when the population size is large or unknown. Data were collected through a literature review and questionnaire administration. The study utilized two instruments, namely the Conformity Scale and the Psychological Well-Being Scale, which were developed based on the theoretical dimensions of each construct and subsequently operationalized into favourable and unfavourable items. Favourable items represented statements supporting the measured construct, whereas unfavourable items represented statements opposing the construct. Both instruments employed a four-point Likert scale consisting of Strongly Agree (SA), Agree (A), Disagree (D), and Strongly Disagree (SD) to minimize ambiguous responses and avoid neutral answer choices. For favourable items, scores ranged from 4 (Strongly Agree) to 1 (Strongly Disagree), while the scoring was reversed for unfavourable items. Descriptive statistics were used to summarize the data, including minimum and maximum values, means, and standard deviations. Prior to hypothesis testing, assumption tests, including normality and linearity tests, were conducted. Inferential statistical analysis was performed using simple linear regression to determine the effect of conformity on psychological well-being among early adults who had never been involved in a romantic relationship.

Mutiara Mona^{1*}, Deitje Katuuk¹, Gloridei Lingkanbene Kapahang¹, Yeheskiel Entaren²

¹Universitas Negeri Manado

²Universitas Sam Ratulangi

Corresponding author: *E-mail: yeheskielentaren01@gmail.com

DOI: <https://doi.org/10.56922/mhc.v5i3.3331>

RESEARCH RESULTS

Table 1. Distribution of Respondent (N= 98)

Variable	Results
Age (n/%) (Mean±SD) (Range) (Year)	(21.5±1.7) (18-27)
18	3/3.1
19	6/6.1
20	22/22.4
21	17/17.3
22	33/33.7
23	6/6.1
24	6/6.1
25	2/2.0
26	2/2.0
27	1/1.0
Gender (n/%)	
Male	35/35.7
Female	63/64.3
Study Program (n/%)	
Psychology	70/71.4
Guidance and Counseling	14/14.3
Elementary School Teacher Education	13/13.3
Non-Formal Education	1/1.0
Living Arrangement (n/%)	
Boarding house/Temporary residence	64/65.3
Own home	34/34.7

Table 1 presents the demographic characteristics of the respondents. The participants were aged between 18 and 27 years, with a mean age of 21.5 years (SD = 1.7). The largest proportion of respondents was 22 years old (33.7%), followed by those aged 20 years (22.4%) and 21 years (17.3%). Regarding gender, most respondents were female (64.3%), while males accounted for 35.7% of the sample. In terms of study program, the majority were enrolled in the Psychology program (71.4%), followed by Guidance and Counseling (14.3%), Elementary School Teacher Education (13.3%), and Non-Formal Education (1.0%). Concerning living arrangements, most respondents resided in boarding houses or temporary residences (65.3%), whereas 34.7% lived in their own homes. These findings indicate that the sample was predominantly composed of female psychology students living in temporary accommodation.

Table 2. Shapiro–Wilk Normality Test Results

Variable	P-Value	Interpretation
Conformity	0.001	Not normally distributed
Psychological Well-Being	0.003	Not normally distributed

Mutiara Mona^{1*}, Deitje Katuuk¹, Gloridei Lingkanbene Kapahang¹, Yeheskiel Entaren²

¹Universitas Negeri Manado

²Universitas Sam Ratulangi

Corresponding author: *E-mail: yeheskielentaren01@gmail.com

DOI: <https://doi.org/10.56922/mhc.v5i3.3331>

Table 2 presents the normality test for the study variables. The analysis showed that the conformity variable had a p-value of 0.001, while the psychological well-being variable had a p-value of 0.003. Since both p-values were less than the significance level of 0.05 ($p < 0.05$), the null hypothesis of normal distribution was rejected. These findings indicate that the data for both variables were not normally distributed. Therefore, subsequent statistical analyses were conducted using non-parametric statistical tests, as they are more appropriate for data that do not satisfy the assumption of normality.

DISCUSSION

The normal Q–Q plot results indicated that the data points for both the Conformity and Psychological Well-Being variables did not completely follow the diagonal line. Several data points deviated from the diagonal line, suggesting that the data distribution was not perfectly normal. Since the assumption of normality was not met, the analytical approach required adjustment (Sagone, Commodari, Indiana, & La Rosa, 2023). In this study, simple linear regression was still employed; however, a bootstrapping procedure available in SPSS was applied. Bootstrapping was selected because it is more robust to violations of the normality assumption, allowing the results to remain reliable and interpretable. Therefore, the simple linear regression model was considered appropriate for examining the effect of conformity on psychological well-being, provided that the analysis was conducted using the bootstrapping procedure (Bastaman, 2021).

The linearity test conducted using SPSS revealed a significance value for Linearity of 0.000 ($p < 0.05$), indicating a significant linear relationship between conformity and psychological well-being (Ryff & Singer, 2016). Furthermore, the significance value for Deviation from Linearity was 0.289 ($p > 0.05$), indicating that there was no significant deviation from linearity. Thus, the linearity assumption was satisfied, and the relationship between conformity and psychological well-being among early adults who had never been involved in a romantic relationship could be further analysed using simple linear regression (Pasupathi, 2019).

Inferential analysis was performed using simple linear regression to determine the effect of conformity on psychological well-being among early adults who had never dated (Pedhu, 2022). Prior to hypothesis testing, several assumptions, including normality and linearity, were examined to ensure the suitability of the regression model. Although the normality assumption was not fully satisfied, the regression analysis was continued using a bootstrapping approach, thereby maintaining the validity of the findings despite deviations from normal distribution (Santrock & Lansford, 2022).

The results of the bootstrapped simple linear regression analysis (1,000 bootstrap samples, 95% confidence interval) showed a correlation coefficient (R) of 0.539 and a coefficient of determination (R^2) of 0.291. These findings indicate that conformity accounted for 29.1% of the variance in psychological well-being among early adults who had never been involved in a romantic relationship, while the remaining 70.9% was explained by other factors not examined in this study. The ANOVA results demonstrated that the regression model was statistically significant, with $F = 39.377$ and $p = 0.000$ ($p < 0.05$), indicating that conformity significantly predicted psychological well-being (Ryff, 2019). The regression coefficients further revealed that conformity had a significant negative effect on psychological well-being. Based on these findings, it can be concluded that higher levels of conformity are associated with lower levels of psychological well-being among early adults who have never experienced a romantic relationship. The assumption tests confirmed that the linearity criterion was met, supporting the use of simple linear regression for the analysis (Dalimunthe, 2025).

The regression results indicated that conformity contributed 29.1% to the variation in psychological well-being, while 70.9% of the variance was influenced by other factors beyond the scope of this study. The negative direction of the relationship suggests that individuals with higher conformity tendencies tend to report lower levels of psychological well-being. Overall, the research hypothesis was supported, indicating a significant effect of conformity on psychological well-being. These findings provide empirical evidence regarding the importance of personal and social factors in shaping psychological well-being among early adults.

Mutiara Mona^{1*}, Deitje Katuuk¹, Gloridei Lingkanbene Kapahang¹, Yeheskiel Entaren²

¹Universitas Negeri Manado

²Universitas Sam Ratulangi

Corresponding author: *E-mail: yeheskielentaren01@gmail.com

DOI: <https://doi.org/10.56922/mhc.v5i3.3331>

who have never been involved in a romantic relationship (Camirand & Poulin, 2022).

Additional regression analyses were conducted separately by gender to examine whether the influence of conformity differed between males and females. The results indicated that conformity had a stronger and more significant effect on males than on females (Gutiérrez, Jiménez, Hernández, & Pcn, 2025). Nevertheless, psychological well-being is not solely influenced by conformity. Other factors, such as self-esteem, social support, religiosity, and supportive environmental conditions, may also contribute to an individual's psychological well-being. This may explain why conformity accounted for only 29.1% of the variance in psychological well-being in the present study (Wan & Wyer, 2019).

CONCLUSION

In this context, peer conformity contributes significantly to variations in psychological well-being; however, an individual's psychological well-being may also be influenced by other factors not examined in this study. The higher an individual's level of conformity, the lower their psychological well-being in early adulthood if they have never been in a romantic relationship.

REFERENCES

- Agusta, S. P. P. (2021). *Perbedaan Keintiman (Intimacy) Dalam Berpacaran Ditinjau Dari Status Identitas Diri* (Doctoral dissertation, Universitas Airlangga).
- Bastaman, H. D. (2021). *Integrasi Psikologi Dengan Islam: Menuju Psikologi Islami*. Pustaka Pelajar diterbitkan atas kerjasama dengan Yayasan Insan Kamil.
- Camirand, E., & Poulin, F. (2022). Links between Best Friendship, Romantic Relationship, And Psychological Well-Being In Emerging Adulthood. *The Journal of Genetic Psychology*, 183(4), 328-344.
- Dalimunthe, H. A. (2025). Hubungan Antara Konformitas Dengan Kenakalan Remaja Pada Siswa/i di SMA N 1 Sinunukan. *Jouska: Jurnal Ilmiah Psikologi*, 4(2), 77-85.
- Deci, E. L., & Ryan, R. M. (2018). Facilitating worl. *Canadian psychology/Psychologie canadienne*, 49(1), 14.
- Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (2019). Subjective Well-Being: Three Decades of Progress. *Psychological Bulletin*, 125(2), 276.
- Fauzan, M. H. (2020). *Hubungan Antara Kematangan Emosi Dengan Konformitas Serta Implikasinya Bagi Layanan Bimbingan Pribadi Sosial (Studi Korelasional terhadap Mahasiswa Angkatan 2017 Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia)* (Doctoral dissertation, Universitas Pendidikan Indonesia).
- Gómez-López, M., Viejo, C., & Ortega-Ruiz, R. (2019). Psychological Well-Being During Adolescence: Stability and Association With Romantic Relationships. *Frontiers in Psychology*, 10, 1772.
- Gutiérrez, J. L. G., Jiménez, B. M., Hernández, E. G., & Pcn, C. (2025). Personality and Subjective Well-Being: Big Five Correlates And Demographic Variables. *Personality and Individual Differences*, 38(7), 1561-1569.
- Keyes, C. L., Shmotkin, D., & Ryff, C. D. (2022). Optimizing Well-Being: The Empirical Encounter of Two Traditions. *Journal of Personality and Social Psychology*, 82(6), 1007.
- Pasupathi, M. (2019). Age Differences in Response To Conformity Pressure For Emotional and Nonemotional Material. *Psychology and Aging*, 14(1), 170.
- Pedhu, Y. (2022). Kesejahteraan Psikologis dalam Hidup Membiara. *Jurnal Konseling dan Pendidikan*, 10(1), 65-78.
- Ryff, C. D. (2019). Happiness is Everything, or Is It? Explorations on The Meaning of Psychological Well-Being. *Journal of Personality and Social Psychology*, 57(6), 1069.

Mutiara Mona^{1*}, Deitje Katuuk¹, Gloridei Lingkanbene Kapahang¹, Yeheskiel Entaren²

¹Universitas Negeri Manado

²Universitas Sam Ratulangi

Corresponding author: *E-mail: yeheskielentaren01@gmail.com

DOI: <https://doi.org/10.56922/mhc.v5i3.3331>

Conformity and psychological well-being among early adults without romantic relationship experience

- Ryff, C. D., & Keyes, C. L. M. (2025). The Structure of Psychological Well-Being Revisited. *Journal of Personality And Social Psychology*, 69(4), 719.
- Ryff, C. D., & Singer, B. (2016). Psychological Well-Being: Meaning, Measurement, and Implications For Psychotherapy Research. *Psychotherapy and Psychosomatics*, 65(1), 14-23.
- Sagone, E., Commodari, E., Indiana, M. L., & La Rosa, V. L. (2023). Exploring the Association Between Attachment Style, Psychological Well-Being, and Relationship Status in Young Adults and Adults A Cross-Sectional Study. *European Journal of Investigation in Health, Psychology and Education*, 13(3), 525-539.
- Santrock, J. W., & Lansford, J. E. (2022). *A Topical Approach To Life-Span Development*. New York: Mcgraw-Hill.
- Tumbel, C. N., Tiwa, T. M., & Kapahang, G. L. (2025). Representasi Psychological Well-Being Warga Binaan Pemasyarakatan Berdasarkan Pola Kunjungan Keluarga di Lembaga Pemasyarakatan Kelas Ila Manado. *Innovative: Journal Of Social Science Research*, 5(3), 35-44.
- Wan, L. C., & Wyer Jr, R. S. (2019). The Influence of Incidental Similarity on Observers' Causal Attributions and Reactions To A Service Failure. *Journal of Consumer Research*, 45(6), 1350-1368.
- Watkins, N. K., Beckmeyer, J. J., & Jamison, T. B. (2024). Exploring the Associations Between Being Single, Romantic Importance, and Positive Well-Being in Young Adulthood. *Family Relations*, 73(1), 484-501.

Mutiara Mona^{1*}, Deitje Katuuk¹, Gloridei Lingkanbene Kapahang¹, Yeheskiel Entaren²

¹Universitas Negeri Manado

²Universitas Sam Ratulangi

Corresponding author: *E-mail: yeheskielentaren01@gmail.com

DOI: <https://doi.org/10.56922/mhc.v5i3.3331>