

Abstract

The present study investigated the relationship between Self esteem, Loneliness, Emotional regulation and Body esteem among un-married educated working women (25-55 years). Sample of un-married working women ($N = 150$) was taken from 3 different teaching professions, School teachers ($N = 50$), College teachers ($N = 50$) and University teachers ($N = 50$). Rosenberg Self Esteem Scale 10 items (Rosenberg., 1965) University of California Loneliness Scale revised 20- items (Russell, Peplau & Ferguson , 1978), Emotional Regulation Questionnaire 10 items (Gross, & John ., 2003) and Body esteem Scale 28-items (Franzoi & Shields, 2013) were used. Data was statistically analyzed with Correlation, Compare Means, Simple Linear Regression and One Way ANOVA analysis. Significant relationship was found between self esteem, loneliness, body esteem and emotional regulation. Result show significant negative relationship between self esteem and loneliness where as self esteem was the significant predictor of body esteem. Impact of monthly income on the self esteem, body esteem and emotional regulation has been significant. Finding of the research will help in understanding the strengths and struggles of women who are single and working at different levels. The study sheds light on the so called impression of the society that being single is a matter of great concern and it challenges the self esteem of a woman but the results revealed that in educated women singlehood is not a matter that determines than self worth.

Key words: Working Women, Un married, Self esteem, Loneliness, Educated females and Problems of singlehood