The Expert Says – Spring 2020

In the course of her research, social psychologist Bella DePaulo, PhD, has debunked a number of myths about single people. Here are a few:

March 2, 2020 By Kate Ferguson

Single folks are sad and lonely.

This is just not so in many cases. Individuals who choose to remain single happily look forward to their solitude and rarely worry about feeling lonely when they're alone, DePaulo says.

Singles really want to be coupled.

Many men and women consciously choose to be single and relish a lifestyle that allows them the freedom to experience more personal growth through self-improvement, DePaulo says.

Single people are selfish.

Research shows that marriage tends to make individuals more focused on their partners, while singles are more connected to family members, friends, neighbors and colleagues. In addition, many volunteer to do work in their communities.

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