Autonomy, achievement motivation, and affiliation need in never-married female graduate students at Montana State University by Linda Marie Mainquist

A thesis submitted in partial fulfillment of the requirements for the degree of MASTER OF SCIENCE in Home Economics
Montana State University
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Abstract:
The first goal of this study was to explore possible differences in autonomy, achievement, affiliation, and negative feedback for autonomy and achievement between married and never-married female graduate students through questionnaires. The second was to learn, through interviews, what single women want to help them in meeting social needs. Out of 187 surveys mailed, 121 were returned. Means, standard deviations, and T tests were calculated for the survey data.

Few differences existed between single and married females, but divorcees were significantly more independent than wives at the .05 level.

All three groups' scores were near the continuum center for the total scores to the questions on affiliation and autonomy; slightly above average for achievement; and low on negative feedback. Seemingly, the subjects wanted close relationships which didn't require much time.

The singles were more likely to argue with friends than were wives, and the divorcees were more likely to choose nonconformists as friends than were the wives or singles. Generally, the singles interviewed said that in Bozeman and at MSU, it was easy to meet social needs; that Bozeman and MSU were not responsible for relieving their loneliness; and that singlehood didn't make them particularly lonely,
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AUTONOMY, ACHIEVEMENT MOTIVATION, AND AFFILIATION NEED
IN NEVER-MARRIED FEMALE GRADUATE STUDENTS
AT MONTANA STATE UNIVERSITY

by

LINDA MARIE MAINQUIST

A thesis submitted in partial fulfillment
of the requirements for the degree
of
MASTER OF SCIENCE
in
Home Economics

Approved:

[Signatures and titles]

MONTANA STATE UNIVERSITY
Bozeman, Montana
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The first goal of this study was to explore possible differences in autonomy, achievement, affiliation, and negative feedback for autonomy and achievement between married and never-married female graduate students through questionnaires. The second was to learn, through interviews, what single women want to help them in meeting social needs. Out of 187 surveys mailed, 121 were returned. Means, standard deviations, and T tests were calculated for the survey data. Few differences existed between single and married females, but divorcees were significantly more independent than wives at the .05 level. All three groups' scores were near the continuum center for the total scores to the questions on affiliation and autonomy; slightly above average for achievement; and low on negative feedback. Seemingly, the subjects wanted close relationships which didn't require much time. The singles were more likely to argue with friends than were wives, and the divorcees were more likely to choose nonconformists as friends than were the wives or singles. Generally, the singles interviewed said that in Bozeman and at MSU, it was easy to meet social needs; that Bozeman and MSU were not responsible for relieving their loneliness; and that singlehood didn't make them particularly lonely.
CHAPTER I

INTRODUCTION

Importance of Study

Single women are being studied more than in the past, presumably; but this study assumes that many single women still have difficulty in coping with their celibate state. This study focuses on three aspects of singlehood which seem especially significant to females: achievement, autonomy, and affiliation.

The single woman often has difficulty with her social identity because her unmarried state runs against the accepted norm that a woman needs to be married to be fulfilled.¹ Since society does not consider remaining unmarried a viable alternative for a female, no norms have been established for her. Thus, single women (and men) may wonder, "Who are we single individuals? What are our appropriate spheres?"²

Sociologists, as well as laymen, have disregarded the topic of singlehood. Margaret Adams states that little attention has been given to remaining single.³ Even three years ago, Peter Stein's survey of twelve sociology texts shows only three texts dealing with single men.

³ Ibid., p. 1.
and women and those did not deal with the topic in depth.\footnote{Stein, "Singlehood: An Alternative," p. 489.}

Single men and women may expend much more effort to begin and sustain relationships than their married counterparts. This is more burdensome to the single woman because society does not sanction her initiating relationships with men, and leaves her alone to develop her social life. "The solitarily placed women has to initiate contacts by herself, arrange and preside over formal entertainments, . . . and make appropriate contributions at social functions."\footnote{Adams, Single Blessedness, p. 144.} Often she may envy her married counterpart who can lean on her husband to make conversation at social gatherings when she wants to withdraw socially.

To adjust to remaining single, women often acquire autonomy and achievement motivation. Knupfer's research indicates that single women are more likely to possess dominant, self-assertive personality traits,\footnote{Genevieve Knupfer, Walter Clark, and Robin Room, "The Mental Health of the Unmarried," \textit{American Journal of Psychiatry}, 122 (February 1966): 346-347.} which are more typical of men than women.\footnote{Jeanne Block, "Conceptions of Sex-Role: Some Cross-Cultural and Longitudinal Perspectives," in \textit{Beyond Sex-Role Stereotypes: Readings Toward a Psychology of Androgyny}, ed. by Alexandra Kaplan and Joan Bean (Boston: Little, Brown, 1976), p. 77.} Thus, single women may feel resentful because they do not fulfill society's expectations of them.
If autonomy development and achievement motivation were recognized as part of healthy adjustment to remaining single, unmarried women might accept themselves more fully. In addition, this recognition might help both single men and women view autonomous and achievement-oriented women as healthy and strong, rather than as deviant females.

Since single women cannot look to their diamond rings for validation of their self-worth, they may base their feelings of worth more on achievements than married women do. In addition, unmarried women may develop more autonomy than married women do because they do not have the option of asking their husbands for help or advice and because it is difficult to rely on parents or friends in this mobile society. Knupfer recalls some women who were autonomous before marriage, but after ten or twenty years of wifehood, became dependent creatures. "One patient of mine had, between the ages of 20 and 32, taken charge of several foreign tours with her mother, but at the age of 55 when she was widowed, had to ask friends how to go about getting a passport."8

In addition, achievement-oriented and autonomous women may be less likely to marry because men often bypass "women with strong, independent personalities or with especially gifted native endowments" for

wives, because these women threaten their self-image of dominance. Women with these traits may not desire marriage because they don't want to accept the role of wife-homemaker.

Another need of single women, in addition to independence and achievement, is affiliation. No matter how much autonomy and achievement women may develop, no scholar, seemingly, has suggested that women no longer need close personal relationships.

The importance of the single woman is highlighted by evidence from many sources. When counselors help their single female clients, they consider the unmarried woman's special needs, and the MSU group, "Focus on Women" has had a seminar titled "The Woman Alone." The University of Southern California has sponsored a course called, "The Challenge of Being Single."

These are a few examples of the many areas of singlehood being emphasized, but the investigator is unaware of any study which exactly replicates this research.


Purpose

The purpose of this study was mainly to explore and describe achievement motivation and autonomy in single women as compared to other women. The investigator made an assumption which cannot be proved, but which is often remarked in literature: that autonomy and achievement are associated with "loss of femininity, social rejection, and personal or social destruction." Therefore, affiliation need was also studied as perhaps inversely related to achievement and autonomy.

More specifically, data was gathered and discussed on the following questions:

1. Are single women graduate students at Montana State University more achievement-oriented than their married counterparts?
2. Is the former group more autonomous than the latter group?
3. Are single women less affiliation-oriented than other women?
4. Do single women with high achievement motivation and autonomy receive negative feedback for possessing these qualities?
5. What help do single women desire for coping with their unmarried state?

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Limitation

The population of the study was women graduate students at Montana State University. These subjects were not to be taken as representative of all females, because they were more highly educated and achievement oriented. In addition, a majority probably came from the western part of the United States.

Definition of Terms

Achievement Motivation: the drive to increase or maintain as high as possible, one's performance in activities in which a criterion of excellence applies and in which one may succeed or fail.\(^\text{13}\)

Affiliation: drawing near and enjoying cooperation with someone else; maintaining close relationships with people.\(^\text{14}\)

Autonomy: feeling free from restraint; avoiding activities dominated by authority; feeling independent and self-reliant.\(^\text{15}\)

Single Woman: an adult female who has never been married.


\(^\text{15}\)Ibid.
CHAPTER II

REVIEW OF LITERATURE

Autonomy in Women

Autonomy includes freedom from restraint and self-reliance. Singlehood offers both to a woman, and it may force her to develop those qualities. In Floyd Martinson's study, the single women had more "self-reliance" and a "greater sense of personal freedom" than their married counterparts. In Birnbaum's research, 88 percent of the single women and 59 percent of the homemakers saw themselves as "not at all" or "a bit" dependent, and 12 percent of the single women and 41 percent of the homemakers perceived themselves as very dependent.

One reason for remaining celibate is that singlehood allows an individual more freedom than marriage does. All of the respondents in Stein's survey stressed that exclusive man-woman relationships would limit their freedom and growth. In Margaret Adam's interviews, nearly

16Murray, Explorations in Personality, p. 173.
all of the respondents underlined that independence is the most valuable asset of singlehood, and the details of their everyday lives revealed efforts to preserve this freedom.\textsuperscript{20}

Susan, who had lived with a man, says that being single offers,

A lot more freedom than there would be either in marriage or an exclusive relationship. I like a lot of different people, and being single . . . affords the opportunity for getting to know and being friends with a lot of different people. No restrictions except the ones I happen to choose. They are not superimposed by someone else's jealousy, for instance.\textsuperscript{21}

Marriage may be more restricting to a woman than a man, thus making singlehood especially attractive to independent females. Laura Bergquist quotes one woman,

When you marry, especially very young, you're not just marrying a man, but a whole way of life. You are limited and defined by what your husband is, essentially, by his income and his friends and the geography of where he works.\textsuperscript{22}

Most women respondents in Stein's survey indicated that being active in career and being involved in stimulating relationships is theoretically possible while being married. However, they believed that in actuality, a female is secondary to a male in an exclusive relation-

\textsuperscript{20}Adams, Single Blessedness, p. 205.
\textsuperscript{21}Stein, Single, p. 67.
ship and that his needs take priority over hers. Marya Mannes explains this more specifically.

If she has children--this creative woman--she must pay for this indulgence with a long burden of guilt, for her life will be split three ways between them and her husband and her work. What she is to one she must take from the other, and there will be no time when one or the other is not harmed. No woman with any heart can compose a paragraph when her child is in trouble or her husband ill: forever they take precedence over the companions of the mind . . . . For one thing, she has no wife, as he has to protect her from intrusion, to maintain the machinery of living, to care for her children, to answer the doorbell. For another, no one believes her time is sacred. A man at his desk in a room with a closed door is a man at work. A woman at a desk in any room is available.

The women respondents in Stein's survey also perceived economic independence as a way of achieving psychological freedom. It allowed them to fulfill their own dreams and express their opinions and wants without being accountable to men. A single woman remarked, "If I choose to adventure off to California or splurge on clothes, I'm not taking food out of babies' mouths."

A woman who married may be required to develop feminine traits

\[23^{23}\text{Stein, Single, p. 72.}\]
\[25^{25}\text{Stein, Single, p. 92.}\]
\[26^{26}\text{Adams, Single Blessedness, pp. 207-208.}\]
\[27^{27}\text{Bergquist, "How Come a Nice Girl?" p. 109.}\]
to gain social acceptance as a wife. Meanwhile, a single female may have to cultivate different behavior, characterized by "assertiveness, independence, and at time egocentric ruthlessness."28 She has no husband in shining armor to complain to the landlord or mechanic for her.

In contrast to the traditional homemaker, the single woman develops social and psychological autonomy because she doesn't have a man to depend on for emotional or social identity. Her independence is further fostered by the fact that she has no children dependent on her.29 A woman who had been separated from her husband introspects about her autonomy,

I like . . . the solitude. . . . I even like sleeping by myself, though I never would have believed it . . . . I'm still obsessed by Don, . . . and I miss him. But then I think of all I've gone through and what I've accomplished all by myself—and I enjoy that feeling of self-reliance and freedom.30

Single women may develop more emotional self-sufficiency as a result of resisting pressures to marry. Parents and relatives often hint to the older single female, "Well, dear, aren't you being too


choosey?"  

When the last of a single woman's female friends has promenaded down the church aisle, she may be the only single person at the wedding reception and may be required to fight feelings of eccentricity and being left out. Often, women in small towns are forced into a life-style so different from the community's that they are soon aware of their oddness.  

In time, all but the psychologically hardy or the unasked get married. There comes a point when the resistance wears you down. You can't stand another dinner with couples, can't stand the indignity of always having a possible mate offered you in the person of someone you never met before; you can't bear your empty bed and can't muster the psychic energy for starting another affair--and then you decide you have to, you'll grit your teeth, hold down the panic and go ahead.  

In direct opposition, the single graduate women in Doty's and Hoeflin's study scored lower in aggression and abasement and higher in deference and change than the normative college group of Edward's Personal Preference Schedule.  

Bardwick suggests that possibly, these single women felt uneasy about their femininity because they hadn't yet worn a bridal gown, as the dolls of their childhood may have done, and

---


therefore these women were hesitant to express their masculine qualities.  

The current trend of women working outside the home and the rise of feminism may have narrowed possible differences between married and single women in regards to autonomy. In Baker's study comparing never-married and married mother members of Business and Professional Clubs, only small differences in self-reliance and personal freedom existed between the two groups. Hershey's and Werner's research indicated that wives who support feminism are more assertive in family decision making and that their husbands stand behind their efforts.

Divorcees may also be very autonomous. Possibly, the sudden resurgence of independence in a wife may disrupt a marriage. During the first few years of marriage, a woman may act subservient to her husband and change her dress and social habits to please him and to fulfill her role as a wife. Later she may find this unsatisfying and her independence will arise, just as Eliza rebelled against Professor


Higgins in "My Fair Lady." The husband, like Professor Higgins, may not be prepared for the uprising.

The following case is an example of such a scenario.

Both Jose and Maria were professionals and had demanding, full-time jobs. Though they lived in a small apartment, there were still many chores to do. Before their marriage, they had agreed that they would not assume traditional roles, but they soon found that Maria was doing the shopping, making arrangements for laundry, and cooking the meals. She had collected so much resentment that one night she felt justified in blowing up. "Things have to change, or else," she told Jose.38

This couple was able to work out a system for sharing domestic chores,39 but husbands in similar situations could have more trouble adjusting to their wives' new autonomy. Hence, these independent wives may become independent divorcees.

Achievement in Women

More opportunities for career advancement and development of talents are possible advantages of the celibate state. Florence Nightengale could possibly have founded nursing while being married and raising a family, but the chances of a Victorian husband, or a contemporary one, letting her take a dangerous and politically unpopular trip

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38 Dorothy Jongeward and Dru Scott, Women as Winners (Reading, Massachusetts: Addison Wesley, 1976), p. 204.

39 Ibid., p. 204.
to the war in Crimea are small. Clara Barton, like Florence Nightingale, was an "old maid."  

Marya Mannes explains more fully that career success and fulfillment of the traditional sex role are often antithetical for women.

Nobody objects to a woman's being a good writer or sculptor or geneticist if at the same time she manages to be a good wife, a good mother, good-looking, good-tempered, well-dressed, well groomed and unaggressive. These are entrance charges for the approval of other men and women. They are, I maintain, exorbitant to the point of impossibility.

Women who are superior in education and occupation tend to be overlooked as marriage partners because men tend to choose females for mates who are slightly inferior to them. At the same time, the contemporary college woman may insist that her mate be more intelligent than herself so she can "look up to him." As a result, the single female with superior abilities has difficulty finding a suitable mate in the traditional sense. Jesse Bernard described many never-married men (B) as the "bottom of the barrel" and many never-married women (A)

as the "cream of the crop."  

To the single woman, career is often the main source of social recognition, self-esteem, and financial security, and consequently, she may become very achievement-oriented in her work. Since the single female cannot or does not want to depend on her husband for social status, she must seek advancement in her work to gain prestige.  

Her career is not a luxury to be casually regarded because it is her major source of financial security.

A young librarian used her career achievements to combat the unfulfilled expectations of her home town that she would be "the girl

\[ \text{Figure 1 The Marriage Gradient} \]

\[ \text{Fig. 1.--The Marriage Gradient}  \]

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\[ \text{45 Ibid., p. 37.} \]

\[ \text{46 Birnbaum, "Life, Patterns in Gifted Women," p. 415.} \]
who left home to go to college but that she would return to get married
to a boyfriend of long standing. She began to free herself from
the negative feelings created by this fairy tale ending by becoming
aware of her career success and her fulfillment of her values in it.
This frame of mind enabled her to envision herself as "a decent person
in her own right who did not have to go around apologizing for her
existence."48

In the universities and colleges as well as in the world of
work, differences in achievement motivation between single and married
females may exist. A dean of women observed that the more educated a
single woman becomes, the more removed she is from the traditional role
of wife and mother.49

Married female students often receive more pressure to forget
about their educational goals, and they are less likely to become a
part of the camaraderie of graduate students, which is considered an
important part of graduate student life.50 These difficulties may cause

47Adams, Single Blessedness, p. 208.
48Ibid., p. 208.
49David Boroff, "The University of Michigan: Graduate Limbo for
Women," in The Professional Woman, ed. Athena Theodore (Cambridge:
50Saül Feldman, "Impediment or Stimulus? Marital Status and
993.
them to drop out and forego fulfilling their aspirations.

Birnbaum's research indicates that the married professional woman has a high achievement need just as the single woman does.

Active and self-assured, she maintains a complex personal integration based on a high level of energy and the experience of work and mastery as pleasurable and intrinsically gratifying rather than externally compelling. She works not because she ought to but because she wants to and very much enjoys what she does.  

In Doty's and Hoeflin's research, single college females were less achievement-oriented than married college females. Again, Bardwick suggests that single women may not feel their femininity is fulfilled, and consequently, are less willing to display the masculine characteristic of achievement motivation.

Another possibility is that many women have difficulty setting attainable goals, a sign of achievement motivation. Dru Scott and Dorothy Jongeward describe that many women have difficulty pursuing goals because they expect their lives to improve not as a result of their efforts, but as a result of their environment.

Are you waiting for something? If so, what are you waiting for? For the right person to come along? For the children to

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52 Doty and Hoeflin, "Thirty-Five Unmarried Graduate Women," pp. 93-94.
53 Bardwick, Psychology of Women, p. 171.
54 Heckhausen, Anatomy of Achievement, p. 10.
grow up? For the right affair? To finish your education?
For your ship to come in? For a better job? To quit working?
... For someone else to change? For someone else to make the
decision? For someone to discover you?^5^5

This elementary teacher is an example of a single woman who
doesn't make long-range plans for her life, although she possessed
enough achievement motivation to earn a college degree.

You know, I really like my job, and I find teaching third
grade very satisfying. It feels good seeing those little
kids develop. Even after eight years I've been teaching, I still
see new and good things happening. But if the right man came
along today, I'd be most happy to give it all up. In fact, I
really don't want to do anything too definite about buying an
apartment or house or setting aside money for my retirement
because I can't imagine turning 35 and not being married.5^6

Affiliation in Women

In the minds of many women, achievement is inversely correlated
to satisfaction on affiliation need, as indicated by Matine Horner's
research. In her study, University of Michigan female undergraduates
completed Thematic Apperception tests measuring achievement motivation.
They finished a story based on the following segment, "After first-term
finals, Anne finds herself at the top of her medical school class."
Over 65 percent of the stories fell into one of the three following

5^5Scott and Jongeward, Women as Winners, p. 27.
categories, each with negative connotations of success. 57

Most frequently, the stories indicated a serious worry that success causes social rejection. For example, "'Anne is pretty darn proud of herself, but everyone hates and envies her.' "58

Secondly, other women feared success would cause a loss of femininity and normality. For example, one woman wrote,

Anne is pleased she had worked extraordinarily hard and her grades showed it. "It is not enough," Anne thinks. "I am not happy." She didn't even want to be a doctor. She is not sure what she wants. Anne says to hell with the whole business and goes into social work—not hardly [sic] as glamorous, prestigious, or lucrative; but she is happy. 59

A third group couldn't even conceive a female performing so well. "'Anne is a code name for a nonexistent person created by a group of med students. They take turns writing exams for Anne . . . ." 60

In 1971, Lois Hoffman repeated Matina Horner's study of 1965. About the same percentage of women feared success in both groups, and the responses of both were similar. 61

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58 Ibid., p. 255.

59 Ibid., pp. 255-256.

60 Ibid., p. 256.

Research indicates that there may indeed be two different types of women in regards to achievement motivation and affiliation need. Rossi concludes from her research that two opposite groups of women exist—"homemakers" whose primary goal is being a good housewife and "pioneers" who pursue careers in typically masculine fields. Rossi has a third group called "traditionals" who choose traditionally female occupations. Another pair of researchers typed women as either "home-making-oriented" or "career-oriented." As a final note, Jesse Bernard comments, "The existence of such types can scarcely be challenged."

Achievement-oriented single women may have more difficulty fulfilling her affiliation needs simply because by definition, her single state means she does not have a life-long companion to relieve feelings of loneliness. Peter Stein believes that the most vital need of single females (and males) is a substitute for the intimacy and continuity provided by the traditional family structure. This was reflected by the

fact that a majority of the single people in Stein's interviews emphasized friendships and social activities.\textsuperscript{65}

To meet this need for affiliation, Rustum and Della Roy suggest that single persons be adopted into a family in their community. These single people would be invited to family outings, such as dinners, theaters, and vacations. At the same time, they would be able to make demands on the family and, in return, accept responsibility from the family.\textsuperscript{66}

Contrary to these researchers' findings, a different type of woman, who satisfies both her achievement and affiliation needs, may exist. In Laurel Oliver's research, no significant differences in achievement and affiliation existed between homemaking and career-oriented women, but the two variables interacted significantly.\textsuperscript{67}

Friedrich's and Harding's research indicated that social skills might be an area of achievement because achievement motivation was positively

\begin{itemize}
\item \textsuperscript{65}Stein, Single, p. 109.
\item \textsuperscript{67}Laurel Oliver, "Achievement and Affiliation Motivation in Career-Oriented and Homemaking-Oriented College Women," \textit{Journal of Vocational Behavior}, 4 (June 1974): 274.
\end{itemize}
correlated with effort on a test of social skills. In Rand's research, the career-oriented women possessed typically masculine characteristics and retained feminine traits. According to Judith Bardwick, a women with high achievement motivation may add domestic endeavors to her list of accomplishments, such as high grades. After graduating from college, she may compete to be the best gourmet cook, the most original seamstress, mother of the most successful children, wife of the corporation president, and head of the county political party.

Single females may look to their careers to fulfill their affiliation needs as well as achievement drive. One unmarried social scientist described this,

It seems to me that the most valuable characteristic a woman has to offer is compassion--call it a capacity for motherhood, if you like--but its importance in a career sense relates to mothering the whole world, really caring about other people.


70 Bardwick, Psychology of Women, p. 170.
whether or how they hurt. It adds a quality of humanity to the professional world which helps combat some of the sterility characteristic of that world.71

Judith Bardwick also sees this new woman emerging among her senior female students going on to graduate school. These women do very well academically, plan to earn graduate degrees, and pursue their careers with vigor. The fields of study they choose are the ones with more nurturant aspects (such as child and clinical psychology, etc.), but at the same time, these women are demanding high levels of achievement from themselves.72

Negative Feedback to Single Women

The negative description of being aggressive is often aimed at any forceful female, no matter what her marital status. Unfortunately, a single woman is more likely to be labeled as such because she is more often in situations in which she must be assertive and forthright.73

In addition, if a celibate woman persistently pursues achievement to validate her self-worth, she may encounter ostracism for disregarding the role expectations of women. Matina Horner believes that this female, along with other success-oriented women, will learn that

73 Adams, Single Blessedness, p. 78.
ambition is considered unfeminine and that many men will treat her with "distrustful tolerance at best." Judith Bardwick explains this pressure to earn only the respectable "B" grade, instead of an outstanding "A."

Purdue University, where I earned my B.S. degree, used to publish the names of all students who earned an "A" average during the previous semester. The first time my name was listed, I was enraged, told the newspaper "they had the nerve," and in general carried on outrageously--and the reason, which I was fully aware of, was my fear that now the girls would dislike me and the boys would be afraid of me.

In contrast, women who are achievement-oriented and autonomous may seek out situations and people which approve of those traits, rather than discourage them. Jongeward and Scott believe that adults seek the same kinds of reinforcement they received in their childhood. If a girl is encouraged to be a tomboy, she will learn to seek approval for being a tomboy. Later, in life, she will probably seek positive reinforcement for qualities which are atypical of women.

A single woman may have more difficulty meeting her affiliation needs than a married woman and conclude that she is unimportant to people. A married individual's number of friendships grows through his spouse's kinship network, and with time, the number becomes even greater.

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75 Bardwick, Psychology of Women, p. 179.
76 Jongeward and Scott, Women as Winners, p. 91.
as a second generation develops. In contrast, a single individual's number of single companions grows smaller as he grows older, and he must constantly make conscious efforts to replace lost relationships.\textsuperscript{77}

Since the family as a source of identity is stressed for women more than men, single females may have more difficulty than single men fitting into social networks. Consider coffee-break small talk among women employees, which centers on husbands, children and homemaking hints. A single woman living by herself would probably feel obligated to make appropriate contributions to the conversation, and yet she may know little about those topics, or be totally disinterested. If her attitudes become apparent, the homemakers may label her as aloof and snobby.

The sparseness of never-married women to serve as positive models leaves single females in a void. They don't know how to cope successfully with singlehood, and this dearth of knowledge nurtures a feeling of deviancy within them.\textsuperscript{78} Laura Bergquist writes, "One reads of legendary females like Jane Adams, who had sacrificed Wifemanship for Humanity, but who could identify with them?"\textsuperscript{79}

\textsuperscript{77}Adams, Single Blessedness, pp. 142-143.


\textsuperscript{79}Bergquist, "How Come a Nice Girl?" p. 107.
Finally, independent and achievement-oriented single women may feel that the ultimate snub they receive is that many men will not court them for marriage. Thus, these single women may feel like merely spectators to marriage, which is often considered the main source of happiness for females.

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Srøl, Mental Health in the Metropolis, p. 180.
CHAPTER III

METHODOLOGY

Goals

The methodology of this research was twofold. The first was to learn through a survey differences in autonomy, achievement need, affiliation, and negative feedback for autonomy and achievement between single and married graduate students. The second was to learn through interviews what changes at Montana State University and in Bozeman single women graduate students desire in meeting their affiliation needs.

Sample

Definition of Sample

The sample for the survey consisted of a total of 183 degree-seeking and non-degree graduate students at MSU during the first session of summer school in 1977.

Selection of Sample

The total population was 243 women graduate students enrolled at MSU during the first summer session in 1977. The students' names and addresses were obtained from the campus telephone operator. From the list of students, every fourth one was eliminated from the survey. Questionnaires were completed and returned by 121 of the subjects.
Twenty never-married graduate students were selected for the interviews through personal contacts and the Office of Educational Services at MSU. Some of the interview subjects received the questionnaire, and some did not.

**Instruments**

**Survey**

The questionnaire was developed, consisting of twenty-four questions, each on a continuum-six on affiliation, seven on achievement motivation, and six on negative feedback for autonomy and achievement. The questions in the categories were mixed throughout the instrument. The continuum was from one to seven, with seven as the highest numerical score and one the lowest for affiliation, achievement, autonomy, and negative feedback. Undergraduate gradepoint was requested, on the assumption that a positive correlation exists between high achievement motivation and high G.P.A. 81

To insure validity, survey questions were reviewed by five faculty members at MSU--instructors in statistics, family life, counseling, education, and testing and counseling.

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Questionnaire reliability was tested. Nineteen undergraduate women answered the questionnaire twice, with a ten-day interval. The correlations between the two tests were found. The score for questions on affiliation was .822; achievement .860; autonomy .517; and negative feedback .758. A statistician indicates that those scores showed acceptable levels of reliability.

The questionnaire, a cover letter, and return envelope were mailed either through the postal service or campus mail. To motivate the subjects to complete and return the questionnaires, a gift certificate for an ice cream cone at the MSU student Union was enclosed with the questionnaire. To keep track of who had and had not returned their surveys, different numbers were printed inside of each return envelope. Since the percentage of returns was high—sixty-four percent—the researcher believed it was unnecessary to send follow-up cards to the subjects who didn't return their surveys.

Means, standard deviations, and T-tests were calculated for all of the questions, by categories. For example, the means and standard deviations were calculated for the total of the six questions on autonomy, and T-tests were conducted to check if differences in autonomy existed among married, never-married, and divorced women. Means, standard deviations, and T-tests were also calculated for every one of the twenty-four individual questions for the three groups of women.
Eight interview questions were developed, and they were tested for clarity with a practice session. The interviews were tape recorded for later reference and increased accuracy. The responses to the questions were classified according to content, and the responses in each classification were counted. No formal statistics were calculated on the interview data because the purpose of the interviewing was to speculate on how Bozeman and MSU could help single women.
CHAPTER IV

FINDINGS AND DISCUSSION

Description of Respondents to Survey

Questionnaires were returned by 121 of the female graduate students—seventy-four married, twenty-two never-married, twenty divorced, and two widowed women. The number of returns represents sixty-four percent of the sample. The widows are excluded from the discussion because there were only two.

Data Description

Survey Data

Autonomy in Respondents

The mean scores of the divorcees on questions on autonomy were significantly higher than the married women at the .05 level, while mean scores of the single women were not significantly different from either the wives' or divorcees' scores. (One is the lowest possible score for autonomy, achievement, etc., and seven is the highest.)

Perhaps, the reality of being on their own spurred the divorcees to become more autonomous. They would have difficulty believing that some man will care for them for the rest of their lives. A single woman can fantasize that someday a knight will rescue her from having to think for herself, and the married woman already has her man; however, the
TABLE I

MEANS OF TOTAL SCORES ON QUESTIONS ON AUTONOMY

<table>
<thead>
<tr>
<th></th>
<th>Married</th>
<th>Never-Married</th>
<th>Divorced</th>
<th>1 &amp; 2</th>
<th>1 &amp; 3</th>
<th>2 &amp; 3*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>4.40</td>
<td>4.68</td>
<td>5.01</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>0.90</td>
<td>0.82</td>
<td>1.01</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T-test</td>
<td></td>
<td></td>
<td></td>
<td>1.36</td>
<td>2.63</td>
<td>1.23</td>
</tr>
</tbody>
</table>

*Numbers represent marital status as indicated.

divorcee's knight left her in the woods to fend for herself. Now, she must think through problems by herself and cry on her own shoulders.

The newly-divorced female must cope with divorce proceedings, social criticism, maintaining her car, landlord problems, making financial decisions, and meeting her social needs by herself. While the married woman has a husband and a single woman may have been able to develop these skills gradually, the new divorcee may not have the skills to live on her own. The realization of new responsibilities may make her want to be as self-reliant as possible to prevent being left in the lurch ever again. Thus, the divorcee may not want to depend on a man, nor anyone else.

At the same time, women who are dependent may remarry sooner than the independent divorcees.

On the other hand, the growth of autonomy in a wife may upset the equilibrium of a marriage and cause a divorce. If a wife has been fulfilling the traditional sex role and suddenly embraces feminism, the husband may have to adjust to preserve the marriage, and if he doesn't, the marriage may end. Hence, the divorcees may be more independent than the wives. Jongeward and Scott explain this point in a case study in *Women as Winners*.

The married women's mean was 4.40; never-marrieds' 4.69; and divorceds' 5.01, all of which are above the mean of the scale, which is 4.00. Whether or not these means are high or low cannot be ascertained because it is not known what the means would be on these autonomy scales for a random sample of the total female population of the United States. Therefore, conditions which might cause one to judge the scores as high or low will be discussed.

A person might choose to consider four and one-half or five to be a low score for these graduate students. Perhaps, college students are encouraged to follow a brick road to knowledge, rather than to think for themselves. One graduate student remarked, "You have to

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83 Jongeward and Scott, *Women as Winners*, p. 204.
sort of sneak learning in between all those required books."84

Sex role expectation that women shouldn't be independent may override the influences of education, feminism, and the Western culture, and still cause women to be less autonomous.

Another possibility is that some of these women may have chosen to be students to avoid the responsibilities of job, children, house, or husband and to be dependent upon the school for structuring of time and goals and for less intense personal relationships than a family offers. The author has noted from personal experience that mistakes as a student or dorm resident have far milder consequences compared to errors on the job, with an intimate (such as husband or lover), or in raising children.

The university can also be an escape for a single woman. One female asked, "'If a girl graduates from college and isn't engaged, what should she do? She can go to New York for a career, but I like academic life, so this is what I did.'"85 Thus, the university may be an escape for women wishing to be dependent, rather than independent, and seeking temporary shelter from the workaday world.

In contrast, the role of a graduate student places certain expectations, such as tests, papers, and comprehensive exams, which may be more easily disregarded by a homemaker. Further, whether a student

84 Boroff, "Graduate Limbo for Women," p. 419.
85 Ibid., p. 417.
role is perceived as more dependent or more independent seems relative to what previous role the student role is being compared to. For example, if it is being compared to work in administration, student life may seem dependent.

If four and one-half is regarded as a high score for autonomy in women, education, academic success, and higher intelligence may have caused them to be more independent. Intelligentsia are usually the first to protest oppression, and so may gifted women be more independent. Also, since these women were more educated than most, one may speculate that they were more likely to embrace feminism, which is commonly considered a sign of independence.

Another possibility is that the strength of the early feminist movement may still affect all its women--married, unmarried, and divorced. Montana elected the first woman to Congress in 1916, the Wyoming Territorial Legislature granted women the right to vote in 1869, Wyoming had the first woman Justice of the Peace in 1869, and Wyoming elected the first woman governor in 1925.

Further, as a result of the endurance required to settle the sparsely populated West, some have thought that the Western culture in the U.S. may expect all females to be as self-reliant and emotionally rugged as the cowboy of the Marlboro cigarette commercials suggests.

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"Montana is where men are men, and so are the women," remarked an MSU student. Another comment the author heard was, "The West was hell on horses and women."

While it has been said that life in rural states often discourages nonconformity, the women who attend graduate school are probably among the most independent of her sex. One may speculate that actively pursuing a career, rather than concentrating on raising a family, often makes a graduate student an oddity in rural areas, and she may develop resiliency to fight feelings of eccentricity.

All of the women may be independent for different reasons. One may speculate that the married women who attend graduate school are the most autonomous of her lot because they feel free enough from traditional roles to pursue graduate degrees and leave husbands and maybe even children at home. The independent single women may have been overlooked at potential mates, or they may have decided marriage was too restricting, and the divorcees may be independent for reasons explained previously.

Significant differences existed in the replies to two of the questions—one concerning arguing with a friend and another concerning 

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87 Boroff, "Graduate Limbo for Women," p. 421.
88 Srq1, Mental Health in the Metropolis, p. 180.
friends who disregard society's expectations.

The first question asked the subject to choose between (1) "to keep silent when a friend expresses a belief I disagree with, to preserve the friendship" and (7) "to argue with a friend for what I believe in and risk losing the relationship." On this question, the single women scored significantly higher than the wives at the .05 level in being more willing to argue.

TABLE 2

WILLINGNESS TO ARGUE WITH FRIEND AND LOSE RELATIONSHIP

<table>
<thead>
<tr>
<th></th>
<th>1 Married</th>
<th>2 Never-Married</th>
<th>3 Divorced</th>
<th>1 &amp; 2</th>
<th>1 &amp; 3</th>
<th>2 &amp; 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>3.86</td>
<td>4.72</td>
<td>4.55</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>1.54</td>
<td>1.40</td>
<td>1.09</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T-test</td>
<td></td>
<td></td>
<td></td>
<td>2.46</td>
<td>1.86</td>
<td>0.44</td>
</tr>
</tbody>
</table>

In light of the importance that the subjects in Stein's survey placed on friendships, the single women's responses may be surprising. One could surmise that friendships were important to his single subjects because they didn't have mates to keep them company and they were often outside family circles. 90

90Stein, Single, pp. 82, 109.
However, these single females may have felt that expression of disagreement and the settling of problems is necessary to test and to deepen relationships and to prevent future arguments. For them, the relationships must be strong because single women don't have husbands upon whom they can rely.

The reason why singles may feel that it is necessary to test friendships by airing conflicts can be explained by a noted therapist's theory that arguing is needed to maintain a good relationship between husbands and wives. Dr. George Bach, author of *The Intimate Enemy*, believes that verbal conflict is productive and desirable, if conducted properly. He describes covering up disagreements as "gunny sacking." Complaints are collected in a "gunny sack" for a time until eventually the "sack" breaks from being too full. This spreads the collected grievances all over the relationship, causing an explosive rage, while leveling about the issues as they arose could have prevented a Virginia Woolf scenario.91

An example of a single woman "gunny sacking" with a female friend would be if she was disgusted with her friend's habitual lateness, constant complaining, and not returning a few loaned items. Yet, the woman never expressed her negative feelings to her companion. One

day, when the friend was a half-hour late, the women simply cut off the relationship, while discussing the issues as they came about could have saved the friendship.

William Blake expresses this point in a poem:

I was angry with my friend:  
I told my wrath, my wrath did end.  
I was angry with my foe:  
I told it not, my wrath did grow.

Single women may rely on their friends more than wives who can count on their husbands. Since these relationships are, therefore, more intense, more tensions arises than if the relationships were based on belonging, for example, to the same committee.

The single women may have had a stronger identity and known where they stood in issues, and thus, be more likely to argue with a friend. Since they were less likely to be submissive about their opinions in conversation, some men may have overlooked these women as potential brides and found more mild-mannered females. Hence, one may suggest this is why the singles were more likely to argue with their friends than the wives in this study.

The three groups also differed in their responses to a question regarding nonconformity. The divorced women indicated a significantly higher preference for (7) "friends who tend to behave differently from society's expectations," as opposed to (1) "friends who follow society's

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expectations fairly closely" than the other two groups. The divorcees had a mean of 5.30, while the wives scored 3.89 and the single subjects scored 4.04.

TABLE 3
FRIENDS WHO BEHAVE DIFFERENTLY FROM SOCIETY'S EXPECTATIONS

<table>
<thead>
<tr>
<th></th>
<th>1 Married</th>
<th>2 Never-Married</th>
<th>3 Divorced</th>
<th>1 &amp; 2</th>
<th>1 &amp; 3</th>
<th>2 &amp; 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>3.89</td>
<td>4.04</td>
<td>5.30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>1.52</td>
<td>1.31</td>
<td>1.63</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T-test</td>
<td></td>
<td></td>
<td></td>
<td>0.44</td>
<td>3.61</td>
<td>2.88</td>
</tr>
</tbody>
</table>

The divorcees probably sympathized with nonconformists more than their single and married counterparts because they themselves had not followed society's expectation that they remain married and had perhaps encountered ostracism for divorcing. Single women have not yet met the expectation that they marry, but that is more often judged to be lack of opportunity, rather than deliberate nonconformity. Of course, married fulfill the expectation that females become wives.

The divorcees' preference for friends who are nonconformist is

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in keeping with the general autonomy of this group, as indicated by their score for the total of the questions on independence.

The three groups scored similarly on the other questions on autonomy. The married, single, and divorced women showed a slight preference for (7) essay questions, as compared to (1) questions with one right answer. They had means of 4.66, 5.40, and 5.20, respectively. These women probably scored similarly as their graduate school attendance indicates like interests in academic achievement. Further, the common interest in education of many of the subjects would also cause the scores to be similar.

On another question concerning classroom work, the women's means were also close. The subjects were asked to choose between (1) "classes with no discussion groups" and (7) "classes with discussion groups." (The author assumed that a preference for discussion classes is an indication of autonomy.) The married women's mean was 5.23; single 5.08; and divorced 5.55. Again, the resemblance in academic interests and abilities may account for the small differences.

No significant differences at the .05 level existed between the groups on the continuum of (1) "to stick close to my friend when I go to the pool" and (7) "to take off and swim by myself when I go to the pool." Apparently, social independence did not depend on marital status for these women. Perhaps, the subjects preferred a balance of being with others and being alone, as indicated by a score of four in
the middle of the continuum. Another possibility is that since swimming isn't a very significant aspect of daily living, few differences would exist.

The women scored similarly on the choice (1) "to dress in a style similar to my peers" and (7) "to dress exactly the way I want, regardless of what everyone else wears." The married women's mean was 4.82; the never-married 4.96; and the divorced 4.90. Limited budgets and time could account for the small differences in the scores. A career woman who is pursuing a graduate degree possibly has little time to scour shops for unique outfits or to sew original designs. Even more likely, paying for graduate school often leaves little money for unusual clothes.  

It should be noted that a woman could dress exactly the way she wants and simultaneously dress in a style similar to her peers. While differences in expression of individuality in clothing may have existed in the three groups when all of them were single college freshmen, time may have erased the differences. As a woman grows older, her appearance may become less important because she bases her self-worth more on who she is than what she looks like. Claire Luce explains, "For the more mature and emotionally secure a woman becomes,

94Boroff, "Graduate Limbo for Women," p. 420.
the less she turns to the looking glass to give her self-confidence and a sense of personhood . . . "95

Affiliation in Respondents

The three groups had similar means in the total of questions regarding affiliation. All three means were near four—the center of the continuum.

TABLE 4
MEANS OF TOTAL OF SCORES ON QUESTIONS ON AFFILIATION

<table>
<thead>
<tr>
<th></th>
<th>1 Married</th>
<th>2 Never-Married</th>
<th>3 Divorced</th>
<th>1 &amp; 2</th>
<th>1 &amp; 3</th>
<th>2 &amp; 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>4.49</td>
<td>4.56</td>
<td>4.66</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>0.89</td>
<td>1.07</td>
<td>0.85</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T-test</td>
<td></td>
<td></td>
<td></td>
<td>0.31</td>
<td>0.77</td>
<td>0.36</td>
</tr>
</tbody>
</table>

A score of four may be interpreted as a low score for affiliation if one believes that most women are very people-oriented. It could follow that women who attend graduate school have chosen achievement, rather than affiliation, as their number one priority, and to study more and socialize less. While it is possible to have both achievement and

affiliation as priorities, at least occasionally one must choose between them because resources of time, money, and energy are limited.

If a score of four is interpreted as an average for all females, rather than a low score for affiliation, then the subjects could have incorporated independence and achievement into their personalities without losing their people orientation. Another possibility is that since many of the women were teachers, they were interested in people and pursued excellence in their dealings with them.

TABLE 5
MEANS OF QUESTIONS ON AFFILIATION

<table>
<thead>
<tr>
<th>Choice</th>
<th>Married</th>
<th>Never-Married</th>
<th>Divorced</th>
</tr>
</thead>
<tbody>
<tr>
<td>A few (1) or many (7) close friends and acquaintances</td>
<td>3.43</td>
<td>2.88</td>
<td>2.95</td>
</tr>
<tr>
<td>To go jogging or do some sport by myself (1) or with another person (7)</td>
<td>5.21</td>
<td>5.16</td>
<td>5.20</td>
</tr>
<tr>
<td>A club with cold relationships requiring little effort (1) or a warm one requiring much effort (7)</td>
<td>5.07</td>
<td>5.48</td>
<td>5.16</td>
</tr>
<tr>
<td>To spend little (1) or much (7) time writing letters to friends and making local phone calls</td>
<td>3.80</td>
<td>4.28</td>
<td>4.35</td>
</tr>
<tr>
<td>Friends who keep their problems to themselves (1) or who confide in you (7)</td>
<td>5.34</td>
<td>5.40</td>
<td>5.95</td>
</tr>
</tbody>
</table>

It is apparent from the similarity of scores on the questions
that marital status did not differentiate these female graduate students as to affiliation need. Perhaps, since many of the women are teachers, they would have similar scores on affiliation.

There were big differences, however, among the means of the different questions within the category of affiliation. The women showed a strong preference for few friends and acquaintances and took a moderate position on amount of time writing letters and making phone calls. It may be speculated that the graduate students need close friends for psychological survival, but at the same time, their careers, such as homemaking and teaching, leave only a moderate amount of time for social life, one aspect of affiliation. Possibly, if the women do belong to a club, they want it to be one that truly meets their social needs, rather than a pleasant pastime. One can surmise that the women felt that if they do jog, they may as well ask someone to go along and strengthen friendships, as well as improve their health.

**Achievement Need in Respondents**

For the most part, the women responded in a like manner to the questions on achievement motivation. All three groups' means were near five, and the groups had similar grade point averages. This may indicate that factors other than marital status influenced the subjects' achievement drive, or that their success orientation did not influence their marital status, or that the sample was very homogeneous in some respect.
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TABLE 6
MEANS OF TOTAL OF SCORES ON QUESTIONS ON ACHIEVEMENT

<table>
<thead>
<tr>
<th></th>
<th>1 Married</th>
<th>2 Never-Married</th>
<th>3 Divorced</th>
<th>1 &amp; 2</th>
<th>1 &amp; 3</th>
<th>2 &amp; 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>4.95</td>
<td>5.15</td>
<td>5.08</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>0.70</td>
<td>1.07</td>
<td>0.85</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T-test</td>
<td></td>
<td>1.28</td>
<td>0.73</td>
<td>0.42</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TABLE 7
GRADE POINT AVERAGES

<table>
<thead>
<tr>
<th></th>
<th>1 Married</th>
<th>2 Never-Married</th>
<th>3 Divorced</th>
<th>1 &amp; 2</th>
<th>1 &amp; 3</th>
<th>2 &amp; 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>3.20</td>
<td>3.30</td>
<td>3.23</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>0.41</td>
<td>0.36</td>
<td>0.37</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T-test</td>
<td></td>
<td>1.02</td>
<td>0.20</td>
<td>0.68</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Apparently, achievement motivation and marital status did not influence each other significantly in these graduate students. Their high grades consistently indicated high achievement motivation, according to Arnold's research. Presumably, the fact that many of the women

96 Arnold, Story Sequence Analysis, p. 176.
were pursuing careers in the same field, education, could have caused their achievement motivation to be similar.

Outside the academic world, stronger differences in achievement motivation may exist among single, married, and divorced women.

The married woman scored significantly higher than her divorced counterparts on the choice between (1) "learning the results of my actions later" and (7) "learning the results of my actions immediately." (According to a study of the author's, the desire to know the results of one's actions immediately is associated with achievement need.) One may speculate that the additional responsibilities of marriage--bigger bills, children, in-laws, a home and a husband--would make women need to know the consequences of their actions as soon as possible to prevent problems.

TABLE 8
LEARNING THE RESULTS OF ACTIONS IMMEDIATELY

<table>
<thead>
<tr>
<th></th>
<th>1 Married</th>
<th>2 Never-Married</th>
<th>3 Divorced</th>
<th>1 &amp; 2</th>
<th>1 &amp; 3</th>
<th>2 &amp; 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>6.23</td>
<td>5.96</td>
<td>5.10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>1.07</td>
<td>1.01</td>
<td>2.04</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T-test</td>
<td></td>
<td></td>
<td></td>
<td>1.09</td>
<td>3.35</td>
<td>1.84</td>
</tr>
</tbody>
</table>

The three groups of women scored lower on long-term goals than
any other question concerning achievement. The women wanted to be responsible for their work and to have challenging jobs, but they showed a slight preference for short-term goals as compared to long-term goals.

### TABLE 9

**COMPARISON OF MEANS FOR QUESTIONS ON ACHIEVEMENT**

<table>
<thead>
<tr>
<th></th>
<th>Married</th>
<th>Never-Married</th>
<th>Divorced</th>
</tr>
</thead>
<tbody>
<tr>
<td>A job with moderate pay and high challenge</td>
<td>5.27</td>
<td>5.76</td>
<td>5.90</td>
</tr>
<tr>
<td>Taking personal responsibility for a major of my work</td>
<td>6.53</td>
<td>6.64</td>
<td>6.60</td>
</tr>
<tr>
<td>Long-term goals (years or decades)</td>
<td>3.65</td>
<td>3.84</td>
<td>3.80</td>
</tr>
</tbody>
</table>

Perhaps these graduate students have developed enough achievement motivation to be career minded and to attend graduate school, but not enough to prefer planning their careers and their life in terms of years and decades. Scott and Jongeward explain that women may have difficulty setting goals and overcoming barriers to them because they do not believe their ultimate fate is in their hands.\(^{97}\)

This reluctance to commit oneself to a long-term goal can be partially explained by Robert Lifton's description of a Protean man. He believes that man is no longer as close to the traditional values of

family, religion, and other institutions, and therefore, he is a rootless wanderer. The Protean man is so overwhelmed with the images of other cultures through mass communication that he cannot identify himself with any idea or value for very long. In contrast to the past, it is now rare to commit oneself to one ideology throughout one's life. Nuclear power challenges the belief that one can achieve immortality through his children or though his kindnesses. Why should a person commit himself to the future when there may be none? The increase in mobility, divorce and change in careers are additional evidence for the existence of the Protean man.

**TABLE 10**

MEANS FOR SELECTED QUESTIONS ON ACHIEVEMENT MOTIVATION

<table>
<thead>
<tr>
<th>Choice</th>
<th>Married</th>
<th>Never-Married</th>
<th>Divorced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Games which involve more luck (1) or more skill (7)</td>
<td>5.08</td>
<td>5.72</td>
<td>5.50</td>
</tr>
<tr>
<td>Routine (1) or (7) untested ways of reaching goals</td>
<td>4.09</td>
<td>4.40</td>
<td>4.30</td>
</tr>
<tr>
<td>Low (1) or moderate (7) risks in card playing</td>
<td>4.09</td>
<td>3.95</td>
<td>4.44</td>
</tr>
<tr>
<td>Taking personal responsibility for only a part of my work (1) or for a majority of my work (7)</td>
<td>6.53</td>
<td>6.64</td>
<td>6.60</td>
</tr>
<tr>
<td>A job with high pay and less challenge (1) or one with moderate pay and high challenge (7)</td>
<td>5.27</td>
<td>5.76</td>
<td>5.90</td>
</tr>
</tbody>
</table>
The means for the questions on achievement indicate that the women were concerned about achievement in their work, while other areas are less important. The question concerning responsibility for work got the highest score of the twenty-four questions, and the question about the challenging job got among the highest ratings.

A possible explanation could be that many of the women were at graduate school to improve their job performance or to get a better position. The women may have scored high on the question about responsibility at work because it concerned freedom from constant supervision at work.

To the question about goals, the women indicated a slight preference for using untested methods in reaching goals and a little stronger preference for games requiring more skill than luck. They showed a consistent pattern of being achievement and challenge oriented in that the scores were above four.

One may speculate that the women showed a preference for lower risks in card playing because they believed that achievement of goals is the result of hard work and responsible actions, rather than mere

---

luck. This indicates achievement motivation according to David McClellan, a Harvard psychology professor.

Negative Feedback to Women about Autonomy and Achievement

The means for the groups of questions about negative feedback were low for all three groups, and no significant differences existed between them. Perhaps these women wouldn't have developed interest in attending graduate school if they had received much negative feedback for achievement and autonomy. The influence of such feedback is explained by Jongeward and Scott. One can speculate that if a woman's husband objected to her matriculation, she probably wouldn't go to the university. Doing graduate work while leaving an irate husband and children at home seems like an Amazonian task.

TABLE 11
NEGATIVE FEEDBACK FOR AUTONOMY AND ACHIEVEMENT

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2 Never-Married</th>
<th>3 Divorced</th>
<th>1 &amp; 2</th>
<th>1 &amp; 3</th>
<th>2 &amp; 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>2.56</td>
<td>2.55</td>
<td>2.56</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>.083</td>
<td>0.69</td>
<td>0.25</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T-test</td>
<td></td>
<td></td>
<td></td>
<td>0.26</td>
<td>0.00</td>
<td>0.01</td>
</tr>
</tbody>
</table>

Conversely, the author imagines that those women, who had husbands who supported their educational goals, probably wouldn't hesitate to go ahead. It is likely that these husbands knew that their wives had high goals before marrying them and their desire to attend graduate school later wasn't surprising.

At the same time, people may give a divorced woman approval for being autonomous and achievement-oriented because she has to make a new life for herself.

Another possibility is that if these women were given early encouragement to be independent and to seek excellence, they have learned, consciously or unconsciously, to avoid people who would give negative feedback for those traits. The seeking of positive reinforcement, similar to that received in childhood, is explained by Jongeward and Scott in Women as Winners. 101

When the questions regarded negative feedback (Table 12) from "people," for autonomy and achievement, the three groups reported a small amount of criticism. The reported parents as being even less critical than "people." Certainly, the parents are proud, concurring with the observation that Americans are achievement-oriented. (America's scientific progress and financial success are often considered signs

100 Jongeward and Scott, Women as Winners, p. 91.
101 Ibid.
of achievement motivation.) It should be noted that the scores to this question are the most extreme in the lower end of the continuum of all the scores.

TABLE 12
MEANS FOR QUESTIONS ON NEGATIVE FEEDBACK

<table>
<thead>
<tr>
<th>Choice</th>
<th>Married</th>
<th>Never-Married</th>
<th>Divorced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Approval (1) or disapproval (7) for doing mechanical things</td>
<td>2.33</td>
<td>2.44</td>
<td>2.95</td>
</tr>
<tr>
<td>People admire me (1) or frown (7) if I earn high grades in math, etc.</td>
<td>2.00</td>
<td>2.29</td>
<td>2.35</td>
</tr>
<tr>
<td>People admire me (1) or show disapproval (7) when I show I am very career minded</td>
<td>2.71</td>
<td>2.24</td>
<td>2.50</td>
</tr>
<tr>
<td>My parents encourage (1) or discourage (7) making career achievement a major goal</td>
<td>1.67</td>
<td>1.28</td>
<td>1.57</td>
</tr>
<tr>
<td>Men show they are pleased (1) or show disapproval (7) when I show initiative in our relationship</td>
<td>2.62</td>
<td>3.24</td>
<td>2.60</td>
</tr>
<tr>
<td>Men like it (1) or show discomfort (7) when I beat them in a game</td>
<td>4.12</td>
<td>4.08</td>
<td>3.60</td>
</tr>
</tbody>
</table>

However, the women reported higher disapproval from men for beating them in games. The means to this question were the only ones over four of all of the questions on negative feedback. It has been suggested that men often feel uncomfortable when females beat them in games because it threatens their self-image of superiority.
The women reported that men showed less disapproval for showing initiative in man-woman relationships. The wives' mean was 2.62; singles' 3.24; and divorcees' 2.60. It may be that the women graduate students' initiative was less threatening to the men than skill in games. Initiative implies equality, while more skill implies superiority.

The author has observed that when a woman shows initiative, it takes some responsibility off a man's shoulders. For example, if a woman is taking a man out, he doesn't have to decide which movie they are going to and plan what to do afterwards.

The general similarity in scores of the never-married and married women corresponds with the more recent studies and contrasts with the older research mentioned in the review of literature. Perhaps, this decrease in difference is due to the rise of feminism and the higher number of women working outside the home.

Interview Data

Finding Dates in Bozeman

In response to the question, "How is Bozeman for finding dates?" ten of the twenty women said they didn't look for dates. Explanations included attending summer school for primarily academic reasons, worry that an affair would interfere with a career, and the number of activities at MSU that didn't require a male escort.

Four women believed that Bozeman was worse than other cities.
One subject explained that her academic achievement seemed to threaten men. Another graduate student asked, "I'm here at summer school. Who comes to summer school but breadwinners, which are single women and married men?"

Seven women reported that Bozeman was better for finding dates than other places they had lived, and the reason most often cited was the University.

"I don't find Bozeman any more difficult or any less difficult. I lived during the year at Kalispell, and I found it pretty much the same at both places. It's impossible!" exclaimed another graduate student.

TABLE 13

<table>
<thead>
<tr>
<th>Number</th>
<th>Reply</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>I don't look for dates.</td>
</tr>
<tr>
<td>13</td>
<td>Bozeman is a better place for finding female friends.</td>
</tr>
<tr>
<td>9</td>
<td>Bozeman is a better place for finding events where single people are comfortable.</td>
</tr>
<tr>
<td>12</td>
<td>No changes are needed at MSU to help single females meet social needs.</td>
</tr>
<tr>
<td>10</td>
<td>No changes in Bozeman are needed to help single females meet social needs.</td>
</tr>
<tr>
<td>11</td>
<td>Loneliness is no more prevalent among single females than other groups.</td>
</tr>
</tbody>
</table>
TABLE 13 (Continued)

<table>
<thead>
<tr>
<th>Number</th>
<th>Reply</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>No changes are needed in Bozeman to help single women cope with loneliness.</td>
</tr>
<tr>
<td>10</td>
<td>No changes are needed at MSU to help single females cope with loneliness.</td>
</tr>
</tbody>
</table>

Finding Female Friends in Bozeman

In response to the question, "How is Bozeman for finding female friends?" thirteen of the twenty women believed that Bozeman was an easier place to find female friends. The dormitory was often cited as the vehicle for making woman friends.

Two women believed Bozeman was worse. One criticized the sororities for setting up social barriers. Another commented:

In other communities, I am simply recognized as a member of the community, whereas here I'm recognized as a member of the college community. Consequently, I'm not as involved in organizations I belonged to in the past, like AAUW [American Association of University Women], because I'm considered a member of the college, not having been in college, having a degree already. So, . . . I'm not included unless I go out and practically demand, "Here I am."

In contrast, another subject said that she knew a lot of different kinds of people because she was involved in AAUW.

Two women didn't feel qualified to comment, and another said she wasn't particularly concerned about her social life.
In reply to the question, "How is Bozeman for finding events where single people are comfortable?" nine women said that Bozeman was better, and the reason most often cited was the University.

Four said that they made themselves comfortable wherever they were. One subject explained, "There's no problem finding social situations in which I feel comfortable because I don't feel like an outsider just because I'm single in most places."

Three subjects felt Bozeman was worse. Two thought Bozeman was inferior to the East Coast cities they were from. Another explained that there weren't that many activities, except rodeos, and she didn't enjoy them because she wasn't from the West.

Four women didn't feel qualified to rate Bozeman for finding events where single people are comfortable. Two felt they were too involved with their studies, another lived in a different community, and the other didn't feel like a part of Bozeman.

Twelve of the twenty women believed that no changes were needed to help single women meet their social needs at MSU. "I've always met my own needs. I don't expect MSU to meet them," explained one subject.

Eight women had specific suggestions including a singles' club, an association of graduate students, more free events, more interaction
between academic departments, and less emphasis on sororities. One particularly frustrated subject remarked, "A singles' club would be great or a big bulletin board with names and places of all single males on campus. I'm serious. I am."

One graduate student complained that the community doesn't reach out to graduate students because they are here for only a short time, but she didn't know how that change would be arrived at.

Changes in Bozeman to Help Single Women Meet Social Needs

In response to the question, "What changes in Bozeman would make it easier for you to meet your social needs?" nine women said no changes were needed, four didn't know of any, and eight suggested changes.

Two graduate students wanted a new type of bar in Bozeman. One wanted a quiet bar to go to just to talk--a type between a red-neck bar and a Ramada Inn. Another wanted a sophisticated bar--like one found in downtown Minneapolis--with reasonably priced drinks. "Who wants to listen to a freshman complain about her intro to psych or about a frat party?" she asked.

One subject wanted the barrier between Bozeman and the University broken down, and another could see using the churches as a social vehicle. A bus and more places of entertainment and activities which weren't couple-oriented were also mentioned.
Loneliness as a Major Problem for Single Women

Ten of the twenty women said that loneliness was no more prevalent among single women than any other group. Another woman said, "I spent most of my time studying while I was going to school. I kind of like being alone."

Many of the women were adamant that loneliness is a matter of attitude, not marital status. "You are as lonely as you want to be." Loneliness is "a matter I can do something about or just be lonely. And that's a choice I make so I don't see it as a huge problem."
"Single women can get wrapped up with the fact that they're alone and have a pity party, and then they're really lonely."

Another was more philosophical and explained that loneliness was an individual matter and coping with it involved getting to know oneself.

One woman described her experience with loneliness with another person, in contrast to being lonely by oneself. "I can remember living with John and feeling lonelier than I do now. Having someone there and not being able to talk to him accents the loneliness." It's "terrible."

She continued:

It was real tough, last September, when I broke up with John. My phone bills, for four months, were between eighty and one hundred dollars for calling my friends back East and my family. After a while, I couldn't afford to spend more than half my income on rent and phone calls. My friendships up here got stronger so it was easier to make a local phone call. It was less stressful to know I didn't have to pay for a local call."
Now, she says,

After dealing with people for seven hours as a hostess at the Pasta Company [a local restaurant] or teaching, I want to be left alone, read the newspaper, fix lunch, and replenish my resources. I want to unplug the phone for an hour.

Another woman said if she stayed home and watched TV, sewed, crocheted, or knitted, she wasn't lonely. Only infrequently, she was lonely because she wanted to do something and couldn't find anyone to go with her.

One graduate student felt that it was important for a single woman to feel like part of a group, especially a family. If the woman's family isn't available, she should be able to find a substitute family, she said.

A subject didn't find loneliness a problem at Bozeman, but it was a difficulty during the school year when she taught. Not being able to find dates and living off campus were cited as factors contributing to loneliness.

Changes in Bozeman to Help Single Females Cope with Loneliness

Ten of the twenty women said that there was nothing Bozeman should do to help single women cope with loneliness, nine made suggestions, and another said she couldn't think of anything.

Concrete suggestions for Bozeman to help single women deal with loneliness included: women's groups to talk about coping with loneliness, a singles' club, more attractive single men, better bars, a dress-
up day for women, church activities, a column in the newspaper on upcoming MSU events, and the reaching out of churches, Welcome Wagon, etc., to single women.

Changes at MSU to Help Single Females Cope with Loneliness

Eight of the twenty women believed that MSU didn't need to make any changes in help single women cope with loneliness. "You make your life. You need other people, but basically, you make your life," explained one subject.

Four females suggested that MSU sponsor awareness groups. One female added,

They would have to have some sort of action connected with it. It seems to me to sit around and talk about it would not solve the problem. It wouldn't solve the problem to get together with women if one wanted to meet men. The women would have to take some specific action . . . .

Intramural sports for women, a column of upcoming events, activities where single women could meet single men, a class which would teach women to appreciate their femininity, and more time allowed for socializing at the expense of studying were other ideas offered.

The most common responses to the interview questions were that the subjects didn't look for dates, that they had no problems in finding female friends or events where they would feel comfortable in Bozeman and that loneliness was not more prevalent among single women than other groups. Generally, the women believed that they, not MSU nor Bozeman,
were responsible for meeting their social needs.

The responses to the interview questions leave the impression that these single women were a self-contained group which had adjusted to meeting its social needs. One can speculate that the higher intelligence of the subjects and the self-reliance stressed by the Western culture prompted these responses.
Summary

This exploratory study was designed to learn through a survey differences in achievement motivation, autonomy, affiliation, and disapproval for autonomy and achievement motivation between single and married women graduate students. In addition, interviews were conducted to learn what help single women graduate students desired from MSU and Bozeman in meeting their affiliation needs. Women graduate students attending the first session of summer school in 1977 at MSU comprised the population for the study. A questionnaire was designed to get at the differences previously mentioned between married and single women. The survey, along with an introductory letter and a gift certificate for an ice cream cone, was sent to 183 women graduate students, and 121 were returned.

The means for the groups of questions and each of the twenty-five survey questions were studied, and the scores of the single, married, and divorced women were compared.

The results of the study showed few significant differences between single and married women, and the divorced women seemed to be more set apart from the married women than the single women were.

The divorcees were significantly more autonomous than the wives at the .05 level. The scores for autonomy of the married and single
women were near the center of the continuum. The single women were more likely to argue with a friend than the wives, and the divorcees were more likely to choose friends who were nonconformists than either the married or single women. On the other questions concerning autonomy, no significant differences existed.

The married, single, and divorced women had similar means for the questions on affiliation. A comparison of answers to the questions on affiliation revealed that the women wanted to have close relationships, but they didn't want to spend a great deal of time developing them.

For the most part, the women responded in a like manner to the questions on achievement motivation. All three groups' means were near five. The married women scored significantly higher on the choice between (1) "learning the results of my actions immediately" and (7) "learning the results of my actions later" than the divorcees. All of the women scored lower on the question on long-term goals than any other question concerning achievement.

The three groups reported low negative feedback for autonomy and achievement; however, the women indicated that when they beat men in games, the men showed discomfort fairly often.

In the interviews, the unmarried subjects, for the most part, said that Bozeman and MSU were easy places for them to meet social needs and that Bozeman and MSU were not responsible for relieving their
loneliness. Most said that they were not lonelier than anyone else because they were single.

**Evaluation**

This study was exploratory. There was no hypothesis to test. The large percentage of return and the complete way in which the surveys were filled enabled the exploration to be quite thorough. The findings should be useful to anyone interested in the experiences of the female graduate students that were studied. Also, these findings are additional evidence that the trend is toward less difference between single and non-single females in role behavior, concurring with the more recent studies mentioned in the Review of Literature.

If the survey had been sent out during the school year, rather than during a summer session, the sample could have included more students in engineering, nursing, etc., and fewer teachers. Presumably, the largest percentage of the students were education majors and that could have influenced the similarity in responses to the questions.

Possibly, two of the questions in the survey could have been less ambiguous and more specific to produce more valid results. The questions, which asked the subjects to choose between long-term and short-term goals, could have specified what types of goals, i.e., career or budget aims. The question about "untested ways of reaching goals which involve much work" could have narrowed on tasks at work or in the
classroom.

Including the gift certificates for the ice cream cones seemed to be an effective, inexpensive, and convenient way to encourage returns.

The graduate students were probably better than average subjects for returning surveys because they are more aware of the importance of each returned questionnaire. The introductory letter reminded them of this point.

Throughout the discussion of the findings, the words--"probably," "perhaps," "may," and "possibly"--were often used. Although this study isn't striking, the number of ideas and concepts that were explored for the reader, perhaps, made this study worthwhile. Like so much social science, if this study leads to further studies of these many queries, it will be of additional value.

The questions that occurred to this researcher during the study and that might be recommended for further research are:

1. Are there differences in achievement motivation, autonomy, affiliation, and negative feedback for achievement and autonomy between women from different geographic regions and densely-populated and isolated areas?

2. Why may divorced women be more autonomous than married and single women? Did the women's autonomy influence the stability of the
marriage, or did the divorce itself prompt the women to become more independent?

3. Are single and divorced women's friendships more emotionally intense than married women's friendships?

4. Does marital status have less influence on autonomy, achievement, affiliation, and negative feedback for autonomy and achievement in the university setting than in the world outside the academic realm?

5. Do college-educated women possess more autonomy and achievement motivation and less affiliation than women with only high school diplomas?

6. How many women, as compared to men, make long-term career plans?

7. Is the feminist movement and the increase in divorce influencing women to make long-range career plans?

8. How do men adjust to the growth of autonomy in women?

9. Do male graduate students differ from female graduate students in autonomy, achievement motivation, affiliation need, and negative feedback for autonomy, achievement, and affiliation?

10. What help do single women desire in meeting their social needs in small towns and metropolitan areas, in contrast to MSU and Bozeman?
APPENDICES
**APPENDIX I**

**SURVEY**

Circle the number which most clearly represents your preference and experiences among the following choices. For example, a student who enjoyed attending school much more than working on a job circled the number 7.

**Working on a job**  
1 2 3 4 5 6  
**Attending college**  

A person who slightly preferred job over college would circle the number 3.

<table>
<thead>
<tr>
<th>Item</th>
<th>1 2 3 4 5 6 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aff.</td>
<td>Friends who keep their problems to themselves</td>
</tr>
<tr>
<td>N.F.</td>
<td>People approve when I do mechanical things, such as change car tires.</td>
</tr>
<tr>
<td>Aut.</td>
<td>Kits for handicrafts with complete directions</td>
</tr>
<tr>
<td>Aff.</td>
<td>A few close friends and acquaintances</td>
</tr>
<tr>
<td>Ach.</td>
<td>Games which involve more luck than skill</td>
</tr>
<tr>
<td>Ach.</td>
<td>Short term goals (days, weeks, or months)</td>
</tr>
<tr>
<td>N.F.</td>
<td>People admire me if I earn high grades in math, engineering, or statistics</td>
</tr>
<tr>
<td>Ach.</td>
<td>Routine ways of reaching goals which involve less work</td>
</tr>
<tr>
<td>Aff.</td>
<td>To go jogging or do some other sport by myself</td>
</tr>
<tr>
<td>N.F.</td>
<td>People admire me when I show I am very career-minded.</td>
</tr>
<tr>
<td>Aff.</td>
<td>To keep silent when a friend expresses a belief I disagree with to preserve the friendship</td>
</tr>
<tr>
<td>Aut.</td>
<td>Test questions with one right answer (multiple choice, true-false, etc.)</td>
</tr>
</tbody>
</table>
Aff. To belong to a club in which the relationships are cold, but is relatively inexpensive, convenient, and little work is required

Ach. Low risks in card playing

N.F. My parents encourage me to achieve in my work.

Aut. Classes with no discussion groups (more lecture style)

Ach. A job with high pay and less challenge

Aff. To spend little time writing letters to friends and making local phone calls

N.F. Men show they are pleased when I show initiative in our relationship.

Aut. To stick close to my friend when I go to the pool

Ach. Learning the results of my actions later

Aut. To dress in a style similar to my peers

Ach. Taking personal responsibility for only a part of my work

Aut. To choose friends who follow society's expectations fairly closely

N.F. Men like it when I show skill, even greater than theirs, in playing a game.

* * * * * * * *

Ach. Approximately what was your undergraduate Grade Point Average? ________

Are you married _____, or never-married _____, or divorced _____, or widowed _____?

Aff means affiliation; N.F. means negative feedback; Aut. means autonomy; Ach. means achievement.
July 22, 1977

Dear graduate student:

Would you help me with my graduate work by completing and mailing the enclosed survey? If you have done surveys or other research, you realize how important it is for me to get back your survey.

The survey will take five minutes at the very most, and a stamped and addressed envelope is enclosed. The results will be kept anonymous to protect your privacy.

In appreciation for your help, I am enclosing a gift certificate for an ice cream cone at the SUB.

Thank you,

Linda Mainquist,
Graduate Student in
Family Life Home Economics
Montana State University
APPENDIX 3

GIFT CERTIFICATE

Good for a free ice cream cone at the SUB
July 22 to July 29
APPENDIX 4

INTERVIEW SCHEDULE

1. Do you, as a single woman, feel that Bozeman is a less difficult place to live in regard to meeting your social needs than other places you have lived? More specifically, how is Bozeman for finding dates?
2. How is Bozeman for finding female friends?
3. How is Bozeman for finding events where single people are comfortable?
4. What changes at Montana State University would make it easier for you to meet your social needs?
5. What changes in Bozeman would make it easier for you to meet your social needs?
6. Some people believe that loneliness is a major problem single women face. Do you believe this is true?
7. What changes at Bozeman would help single women cope with this problem?
8. What changes at MSU would help single women cope with this problem?
SELECTED BIBLIOGRAPHY
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Mainquist, L. M.

Autonomy, achievement motivation, and affiliation need ...