

Emotional support among solitary women in pets: a Qualitative Research

Meeting time:
2021/10

Meeting Room ID:
663 242 856

Hanchen GU,

Baoyi ZHU

SunYat-Sen University



Contact us: 1297110989@qq.com

◆ Introduction

Past studies have shown that pets improve the physical and mental health of owners. Nowadays, the psychological state of the single female group formed with the single craze has attracted people's attention. Pets are an important item of single group consumption. What kind of emotional support they will give to females living alone. So we conduct this study to explore the extent of the positive impact of pets on humans. And refine the inner psychological process of emotional support for the special group of women living alone.

◆ Abstract

In order to investigate the emotional support of women living alone in the company of pets, the qualitative research method was used to conduct in-depth interviews with four women living alone about their daily life with pets. The interview data was analyzed using situation analysis and category analysis methods. It is found that women living alone have a sense of security and other positive emotions when accompanied by pets.

◆ Method & Procedure

- **Participants:** 4 women living alone (M=29.5)
- **Procedure**
 - develop interview outline
 - recruit interviewees
 - conduct online interviews
 - transcribe and analyze data

◆ Results

◆ Case Analysis

• Xixi and Her Cat

• **Before : A lonely women with a monotonous life**

"I want to have a companion, living alone is so boring and helpless."

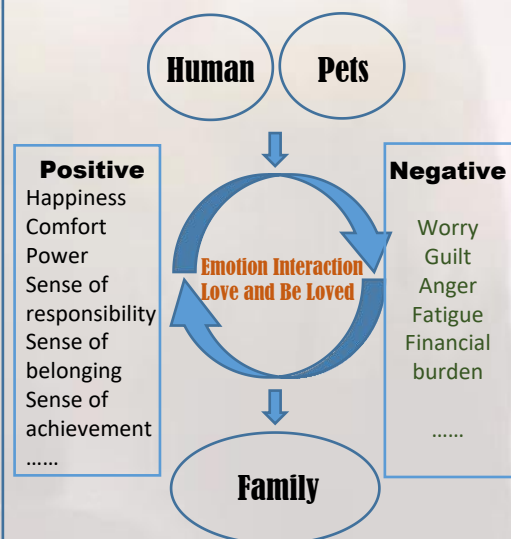
• **After : A happy women with a lovely cat**

"It gives me healing and comfort, makes me stronger and more diligent, and it makes me expand my interpersonal circle."

• **Summary : Pets have brought great improvement to her life and mentality.**

The emotional support became a strong bond between them.

◆ Interaction Between Women Living Alone and Pets



◆ Generic Analysis

Interviewees' need

- loneliness and the need for companionship
- security
- a sense of belonging

Changes

- daily life
- interpersonal communication
- Psychological changes

Negative emotions

Meaning of pet----

"family"

◆ Discussion

Living alone women get emotional support from positive emotions such as happiness and healing, but also accompanied by negative emotions such as anger and depression. They pour energy and mind into pets and enjoy emotional release and feedback. *This is a complicated emotional interaction process*, as well as a cycle of love and being loved among people and pets, It is in this emotional interaction that an intimate relationship like family cannot be separated.

◆ Future

We will polish our study with qualitative research methods being updated and qualitative research methods being supplemented. No wonder that our study still has a long way to go. If you have any comments or questions about our research, you are welcome to inquire by email at any time. Any guidance and suggestions are very important for us two students who have just come into contact with the gate of scientific research.