



## Factors Influencing the Unmet Life Needs of Solo-Living Women of Mid-Working Age in Thailand

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### Abstract

In Thailand, an increasing number of women, particularly those in the mid-working age group, are living independently. This life stage is often characterized by multiple responsibilities, high levels of self-reliance, and ongoing life transitions, which may give rise to unmet life needs. However, the factors underlying these unmet needs among Thai women living alone remain insufficiently understood. This study investigates the factors influencing unmet life needs among solo-living women of mid-working age in Thailand. A qualitative research approach was employed, conducting in-depth interviews with women aged 41–55 years. The interview questions focused on personal life experiences, demographic characteristics socio-cultural context, lifestyle patterns, and perceptions of quality of life. Qualitative data were analyzed using thematic analysis to identify recurring themes and key influencing factors. The findings reveal that unmet life needs among solo-living women are shaped by a combination of demographic, socio-cultural, lifestyle, and quality-of-life factors. These interrelated factors contribute to vulnerabilities in daily living, particularly in relation to physical well-being, personal safety, social support, self-esteem, and life achievement. This study enhances understanding of the life-stage-specific challenges faced by solo-living women in the Thai context and provides empirical insights to inform future research, social support initiatives, and policy development aimed at improving the quality of life.

**Keywords:** *solo-living women, unmet life needs, influencing factors, mid-working age, quality of life*