CHAPTER III
METHODOLOGY

The methodology of the present study has emerged from the nature of the hypotheses to be tested. This chapter gives a brief description of the samples, tools, method of data collection and the statistical techniques used. The study is proposed to make a cross-cultural study of psychological well-being and core psychological characteristics concerned the psychological well-being of Japanese and Thai students.

1. SAMPLE

The sample consists of a total number of 1,847 undergraduate volunteer students, 906 students will be random selected from Aichi University of Education and another 941 students from Rajabhat Maha Sarakham University by simple random sampling technique in their classrooms.

2. TOOLS

The following tools were adjusted from the original and used to collect data from the students.

a. Personal Data Sheet (Created by the researcher for the purpose of the study)

b. Psychological Well-Being Scale (Adjusted from Paloutzian and Ellison, 1982)

c. Spiritual Health Questionnaire (Adjusted from Romate and Bhogle, 1997)
d. Self-Acceptance Scale (Adjusted from Berger, 1951)
e. Interpersonal Orientation Scale (Adjusted from Hill, 1987)

a. Personal Data Sheet
The researcher created a personal data sheet for collecting all relevant personal details and life style of the students. Demographic variables like age, sex and level of class were included.

b. Psychological Well-Being Scale (Adjusted from Paloutzian and Ellison, 1982)

Paloutzian and Ellison developed Measurement of Spiritual Well-Being in 1982 which measure feeling of well-being or ill-being as experienced by an individual, in various day-to-day life concerns. The researcher already adjusted the measurement into 10 items called Psychological Well-Being Scale (PWBS) and translated to Thai and Japanese versions measured both positive and negative affect dimensions of psychological well-being as following:

1. I don't know I am, where I came from, or where I am going.

2. I feel life is a positive experience.

3. I feel unsettled about my future.

4. I feel very fulfilled and satisfied with life.

5. I feel a sense of well–being about the direction my life is headed in.

6. I don't enjoy much about life.

7. I feel good about my future.

8. I feel that life is full of conflict and unhappiness.

9. Life doesn't have much meaning.

10. I believe there is some real purpose for my life.

The test was administered to different samples and the responses were subjected to factor analyses. The result of final analyses explained 67 percent of the variance.

c. Spiritual Health Questionnaire (Adjusted from Romate and Bhogle, 1997)

Romate and Bhogle developed Spiritual Health Questionnaire (SHQ) in 1997. The original questionnaire is composed of 60 items. The SHQ was administered to assess the three dimensions of spiritual health (a) striving for meaning or being purpose in existence (b) striving for transcendence beyond the here and now, in search of religions (c) the power to inspire, motivate and instill hopes directing the individual towards values like truth, beauty, trust and creativity. The scoring is done separately for the items, which are negatively and positively presented in terms of the three factors that constitute spiritual health. The category with the highest score obtained indicates his or her spiritual health level. The researcher already adjusted the SHQ into 39 items and translated to Thai and Japanese measured both positive and negative dimensions as following:

1. I am good and lovable.
2. I have a need for solitude and aloneness.
3. Wars are the best solutions for international problems.
4. I pray / meditate often.
5. I enjoy good food.
6. I have no clear purpose in life.
7. I am able to seek forgiveness from others for my wrongs.
8. I prefer to be simple.
9. I am concerned about the sick and the suffering.
10. I (can) enjoy sex thoroughly well.
11. Religion gives me power to control others.
12. In choosing a job, monetary benefits and prestige are to be the concern and not moral and ethical values.
13. Religion survives only because of man's irrational fears.
14. I can not tolerate my mistakes and failures.
15. Though difficult, I can forgive other their wrong done to me.
16. We have a lot of learn from others.
17. Minor things upset me easily.
18. I can laugh at myself.
19. I like nature, animals.
20. I am proud of my talents.

21. My private self is very different from the self I project before others.
22. I (will) marry because I want to have sex.
23. I have a fascination foe the beautiful in nature and the simple in life.
24. I am duty conscious and not bothered about the outcome.
25. I go to the Temple/Mosque/Church/Shrines because my family wants me to.
26. I need to have religion because everyone out there has one.
27. I know I will die one day. I am at ease with the fact of death.
28. I praise my family members, though they are imperfect.
29. My view may not always be correct.
30. Player uplifts the mind.
31. Old people are a burden to the world and are bothersome.
32. My family is my only concern.
33. I have a strong need for approval by others.
34. Genuine love is spiritual in nature.
35. I am compassionate to others.
36. I can not tolerate the faults.
37. I have real close friends.
38. I have moments of altruistic joy.
39. I feel guilty very often.

The questionnaire has adequate internal consistency and test-retest stability. Cronbach's alpha was 0.80 for the complete scale.

d. Self-Acceptance Scale (Adjusted from Berger, 1951)

Self-Acceptance Scale (SAS) was developed by Berger in 1951. The SAS consists of 36 items which measure self-acceptance and the acceptance of others. A high level of self-acceptance helps people to live spontaneously with the others. People who score high tend to be highly self-confident, self-worthy and ready to take up new challenges. Low self-acceptance make people more guarded and more critical of other. The researcher already adjusted The SAS into 21 items and translated to Thai and Japanese measured both positive and negative dimensions as following:

1. I'd like it if I could find someone who tell me to solve my personal problems.
2. When people say nice things about me, I find it difficult to believe they really mean it. I think may be they aren't being sincere.
3. I don't say much at social affaire because I'm afraid that people will criticize me or laugh if I say the wrong thing.
4. I feel different from other people. I'd like to have the feeling of security that comes from knowing I'm not too different from others.
5. I'm afraid that people I like will find out what I'm really like and be disappointed with me.
6. I am frequently bothered by feelings of inferiority.
7. Because of other people, I haven't been able to achieve as much as I should have.
8. I am quite shy in social situations.

9. In order to get along and be liked, I tend to be what people expect me to be rather than anything else.
10. I seem to have a real inner strength in handing things. I'm on a pretty solid foundation and it makes me pretty sure of myself.
11. I think I'm neurotic or something.
12. Very often, I don't try to be friendly with people because I think they won't like me.
13. I fell that I'm a worthwhile person on an equal level with others.
14. I'm not afraid of meeting new people. I feel that I'm a worthwhile person and there's no reason why they should dislike me.
15. I'm very sensitive. When people say thing I have a tendency to think they're criticizing me in some way, though later, when I think of it, they may not have meant anything like that.
16. I feel confident that I can do something about the problems that may arise in the future.
17. I tend to put on a show to impress people. I know I'm not the person I pretend to be.
18. When I'm in a group, I usually don't say much for fear of saying the wrong thing.
19. Even when people think well of me, I feel guilty because I know I must be fooling them that if I were really myself, they wouldn't think well of me.
20. I feel that I'm on the same level as other people and that helps to establish good relation with them.
21. I live too much by other people's standards.

The Spearman Brown formula was then used to estimate whole-test reliability. The whole-test reliability for the Self-Acceptance Scale was found to be 0.894.

e. Interpersonal Orientation Scale (Adjusted from Hill, 1987)

Interpersonal Orientation Scale (IOS) was developed by Hill in 1987. The IOS contains 26 items and focuses on four dimensions of affiliation need or potential sources of gratification that come from interpersonal orientation : (1) positive stimulation, which helps to prevent boredom (2) attention, which enhances our feeling of importance (3) social comparison, which reduces ambiguity by providing information about social reality and (4) emotional support and sympathy. The researcher already adjusted the IOS into 16 items and translated to Thai and Japanese measured both positive and negative dimensions as following:

1. One of my greatest sources of comfort when things get tough is being with other people.
2. I prefer to participate in activities alongside other people rather than by myself because I like to see how I am doing on the activity.
3. The main thing I like about being around other people is the warm from contact with them.
4. It seems like whenever something bad or disturbing happens to me, I often just want to be with a close reliable friend.

5. I mainly like people who seem strongly drawn to me and who seem infatuated with me.
6. I like to be around people when I can be the centre of attention.
7. I feel like I have really accomplished something valuable when I am able to get close to someone.
8. During times when I have to go though something painful. I usually find having someone with me makes it less painful.
9. I often have a strong need to be around people who are impressed with what I am like and what I do.
10. If I feel unhappy or kind of depressed, I usually try to be around other people to make me feel better.
11. I find that I often look to certain other people to see how I compare to others.
12. I mainly like to be around other who thinks I am an important exciting person.
13. I think it would be satisfying if I could have very close friend ships with quite a few people.
14. I don't like being with people who may give me less than positive feedback about myself.
15. I would find it very satisfying to be able to from new friendships with whomever I liked.
16. One of the most enjoyable thing I can think of that I like to do is just watching people and seeing what they are like.

A principal-components factor analysis was conducted on data of two different samples using oblique rotation ($\Delta = 0$), because it was assumed that the factors would be moderately inter-correlated. The Kaiser Meyer Olkin measure of sampling adequacy (Kaiser, 1970) was 0.92 for sample 1 and 0.91 for sample 2, indicating that both matrices were appropriate for factor analysis.

3. PROCEDURE

3.1.Collecting the data

All tools will be administered to the sample in the classroom. The procedures given in the manuals for administration are strictly followed. Scoring of each test will be done as its procedure. The data will be collected to statistical analysis

3.2.Statistical analysis

The following statistical techniques were used to analyze the data.

a. Personal Data analysis of Thai and Japanese students was done using percentage.
b. Comparison of Thai and Japanese students in psychological well-being and the other psychological variables were done using t-test.