CHAPTER-III

METHODOLOGY

Research is a systematic investigation or inquiry directed towards discovery and the establishment of new facts in any discipline/branch of knowledge. A research can be called scientific if it is conducted in a planned and objective manner. The aim of research is to discover the answers to questions through the objective and systematic application of procedures. In the social science too the research should be conducted in a planned and objective manner to discover the facts and interpret the findings logically to add something new in the existing body of knowledge. Researchers must be careful regarding the designing of study, utilizing adequate sampling techniques, choosing most appropriate and standardized tools to gather information and applying suitable statistical methods for data analysis to test the hypothesis for the purpose of making predictions and drawing meaningful conclusions.

Edward (1968) gave his explanation regarding research that “In research we don’t haphazardly make observations of any and all kinds, but rather our attention is directed towards those observations that we believe to be relevant to the question we have previously formulated, the objective of research, as recognized by all sciences, is to use observations as a basis of answering the questions of interest”. Thus, a research is an original contribution to the existing stock of knowledge making it for its advancement. It is a continuous pursuit in search of facts through observations, making comparisons and carrying out experiments.
Several methodological approaches and designs have been developed and discussed (Fergusan, 1981) but the choice of appropriate design depends upon the special characteristics and availability of the sample, nature of measuring instruments and restraints regarding the manipulation of the variables being studied. Thus, the choice of the method is governed by the aims of the study, the variables under investigation and the nature of the data.

The present study is designed to determine the influence of emotional intelligence, life satisfaction, personality type and certain demographic variables on mental and physical health of Iranian and Indian couples. In this chapter the research procedure for this study are presented. The design of proposed research, participants, instrumentation, procedure and method of data analysis are described. The present research is correlational in nature. In correlational research design researcher observes and measure relationship between variables which occur naturally without any assistance. It doesn’t justify specifically calling one variable as independent and other as dependent variable. Thus, any statement about causal effects connects between the variables on a correlational study unwarranted, yet correlational study as its own worth. Present investigation is primarily focusing on the following variables:

**Predictor Variables:**

1. Emotional Intelligence
2. Life Satisfaction
3. Personality Type

**Criterion Variables:**

1. Physical Health
2. Mental Health
3.1 Sample

In the social sciences research including psychology the investigator must be clear in research design and selection of sample according to the requirements of the study. Every researcher faces some difficulties while deciding the sample size depending upon its availability and capability of the researcher by utilizing adequate sampling procedures. It is practically impossible for a researcher to cover all the individuals of a particular community or population, hence a sample is drawn from the community or population assuming as representing the characteristics of that entire population for the purpose of study. An adequate sample size is essential for scientific investigation because it plays an important role in statistical analysis and drawing inferences about the population from where samples are drawn.

Kerlinger (1983) stated that, “the sample is a portion of population or universe as to be the representation of that population or universe.” According to Mohsin (1984) sample is a small part of the total existing events, objects or the information. Elmes, Kantowitz and Roediger (1985) defined, “A sample of subjects as a portion of all the subjects that could be tested”. Barbara and Linda (1983) suggested that the sample to be randomly selected from the population of interest. According to Jaccard and Michael (1982) the term random has a very precise meaning in scientific discourse, the essential characteristics of random sampling is that every member of population has an equal chance of being selected”. Thus, sampling is a process of selecting a small part of a population assuming it as representing the characteristics of the population from which the sample is drawn.

The current study is a comparative description. The sample of this study is comprised of 400 Muslim couples, 200 couples from Iran (Tehran) and 200 couples from
India (Aligarh). These couples were selected through simple random sampling among couples as follows: each city was divided into four parts and from each part 10 streets were selected randomly. In each street, 5 couples were selected voluntarily and they received questionnaires.

3.2 Tools Used

The questionnaire method is an important psychological testing which has been used in this study to collect information from the respondents objectively, but due to the complexities involved regarding the nature of human behaviour, there is no single psychological test which can tell us about all aspects of the participants behaviour, therefore for measuring of different behavioural aspects of each subject, a separate psychological test was required. Amongst the various methods used in behavioural sciences, Questionnaire Method is preferably an important tool in gathering information from respondents as it is most convenient to administer. A questionnaire contains numerous statements and the respondents are asked to answer each statement according to the instructions given to the subjects. The descriptions of various tools used in this study are given below:

3.2.1 Emotional Intelligence Scale (EIS)

Developed and standardized by Singh (2004) consists of 60 statements. These 60 statements were grouped into fine dimensions i.e.: Self Awareness, Self Regulation, Motivation, Social Awareness, and Social Skills. Higher score indicates high level of emotional intelligence in that respective area. The five areas of emotional intelligence scale contain same numbers of items which are mentioned as below:
• Self Awareness 12  
• Self Regulation 12  
• Motivation 12  
• Social Awareness 12  
• Social Skills 12  
• Total 60  

The scores range from 12 to 60 for each area and 60 to 300 for the whole scale, higher the scores is the indicator of high emotional intelligence and lower the scores low emotional intelligence.

**Reliability of EI Test**

Cronbach’s Alpha has been taken as a measure of reliability. It was decided that a scale with an Alpha reliability of 0.70 or more would be considered adequate reliability (Nunnally, 1978). This is conventionally accepted as a thumb rule for reliability. It was also decided that item must have a minimum of 0.30 items to total correlation. This was done to increase homogeneity in the scale i.e. each item is measuring the same thing. To ascertain face validity and content validity it was decided that atleast three psychologists agreed that item on face value belonged to the dimension that it aimed to measure concurrent validity. It was also addressed by having scores of respondents on certain criterion variables. This scale has sufficient level of reliability and validity. The author has reported the value of internal reliability (a=0.88), and content and face validity is examined by asking from 10 specialists.
3.2.2 Satisfaction with Life Scale (SWLS)

The SWLS, which was developed by Diener, Emmons, Larsen, and Griffen (1985), contains five global items that were developed to assess an individual’s satisfaction with life as a whole. The scale uses a 7-point Likert-type format that is as follows: strongly disagree (1), disagree (2), slightly disagree (3), neither agree nor disagree (4), slightly agree (5), agree (6), and strongly agree (7). The scores range from 5 to 35, the higher scores indicating more satisfaction with life. Hence, in terms of total scores, 5 to 9 indicates extremely dissatisfied with life, 10 to 14 indicates dissatisfied with life, 15 to 19 indicates slightly dissatisfied with life, 20 represents equally satisfied and dissatisfied with life, 21 to 25 indicates slightly satisfied, and 26 to 30 indicates satisfied with life, and 31 to 35 indicates extremely satisfied with life. Test-retest reliability and Cronbach’s alpha were reported 0.82 and 0.87, respectively.

3.2.3 Behavior Activity Profile – Personality Type – A Measure

Behavior Activity Profile – Personality Type – A measure of personality developed by Matteson and Ivancevich (1982) was used to assess certain types of Behavior and Thought Patterns of Personal Characteristics. The scale contains 21 bipolar statements and each statement to be rated on 7 points rating scale scored from 7 to 1. The best answer for each set of description is the response that most nearly describes the way subject feels, behaves or thinks. The scale measures the three components of behavior pattern: Impatience (s), Job Involvement (J), and Hard Driving/Competitive (H). The items number 1-7 measures Impatience, the item numbers 8-14 measures Job Involvement and the item numbers 15-21 measures Hard Driving and Competitive. Total scores on these items represent a Global Type – A behavior.
Scoring:

- A score of 122 and above represents Hard – core Type – A
- Score range from 99 to 121 reflects Moderate Type –A
- 90 to 98 represents Low Type – A
- 80 to 89 reflects Type – X
- 70 to 79 indicate Low Type –B
- 50 to 69 represents Moderate Type – B and
- Score of 40 and below represents Hard – core Type - B

The range of the score varied from 21-147 as a whole and separately to each dimension varies from 6-42, 8-56 and 7- 49 for Impatience, Job Involvement and Hard Driving / Competitive respectively. Sheeba and Mahmood Khan (2007) established the reliability of this scale by using test re-test method. The reliability of the dimensions: Impatience (0.64), Job Involvement (0.72) and Hard Driving and Competitive (0.75). The reliability of Total score representing global Type – A behavior was 0.71.

3.2.4 Mental Health Inventory (MHI)

This scale was developed by Jagdish and Srivastava (1995), lower scores on the measure of mental – ill health has been supposed to indicate higher mental health. This scale consist of 55 items based on 6 dimensions: (1) Positive self – evaluation, (2) Realistic perception, (3) Integration of personality, (4) Autonomy, (5) Group oriented attitudes and (6) Environmental mastery. The scale has 4 response categories viz., always, often, rarely and never. The reliability and validity coefficient were found significant as the value of the split-half reliability coefficient was \( r = 0.73 \) and validity coefficient i.e. construct validity was \( r = 0.54 \) which confirm the standardization of the scale.
3.2.5 Physical Health Scale (PHS)

This scale was developed as a physical check list by Mohammadyfar et al., (2009), lower scores on the measure of physical–ill health has been supposed to indicate higher physical health. They considered the opinion of experts as a content validity and criterion validity was also examined by correlation of the scores of mental health. Significant positive correlation is proved the criterion validity of check list. The Cronbach’s Alpha Coefficient was reported 0.7151, and test-retest reliability with 3 weeks interval was 0.856. Then there is acceptable level of internal consistency. Internal reliability of 0.76 was reported.

3.3 Procedure

Five questionnaires namely Emotional Intelligence Scale, Satisfaction with Life Scale, Behavior Activity Profile – Personality Type–A Measure, Mental Health Inventory and Physical Health Scale were administered on couples. The couples were requested to fill the questionnaires by themselves after careful reading the statements one by one according to the instructions written on each of the questionnaires. Respondents were requested not to leave any item unanswered and were asked to give each and every response truly and if they feel any problem to respond in any item, they were told to ask without any hesitation. Each respondent took almost 40-45 minutes in answering all the questionnaires. They were assured that the responses given would be kept strictly confidential and would be used exclusively for research purpose. After the data collection scoring was done by the investigator for the purpose of analysis.

The ethical issues were also fulfilled. Where in the confidentiality and anonymity were respected. The information given was kept safe and was not used unfairly to
compromise the research. The subjects were convinced that the results will have no personal consequences against them. Every individual who has access to the information is obliged to maintain confidentiality. The participations was voluntary no one was forced to participate. There was no payment for completing the survey. The couples were free to Withdrawal any time they feel like without any penalty.

3.4 Method of Data Analysis

For determining the influence of emotional intelligence, life satisfaction, personality type, demographic variables on mental and physical health, descriptive statistics, and the outcomes of the statistical analyses that are: correlation, step-wise multiple and enter multiple linear regressions which are used to test the research hypothesis and independent sample t-test is used to evaluate the research questions to compare the differences of two countries (Iran and India). All of the analyses have been done by statistical package for social sciences (SPSS).