Chapter Three

Methodology

The present investigation was carried out to examine “Alienation and hopelessness as the predictors of general health of the unemployed educated adults”. The concept of methodology includes four aspects namely, sample, tools, procedure and data analysis. These four aspects of overall research methodology can be taught of as forming a case of execution of the study. Additionally, the methodology provides detailed information about how the participants were used, description of the participants and the measures applied in the study.

Formulating of research questions along with sampling weather probable or non-probable is followed by a measurement that includes surveys and scaling. This is by followed research design which may be experimental or quasi-experimental.

Research Design

The main function of research design is to provide information for the collection of relevant evidences with minimal expenditure of efforts and time. In the present research, the investigator had applied the analysis of standard multiple regression and Pearson’s product coefficient of correlation to answer the research hypotheses set in chapter one. Therefore, the present study is of correlational in nature.

Participants

The sample for the present study comprised of 300 unemployed educated male and female adults. Of these, 150 participants were drawn from state of Jammu and Kashmir and 150 were drawn from Uttar Pradesh (U.P.) India. The subjects who completed at least graduation were taken into consideration for the purpose. The
participants were selected through the method of purposive randomly sampling and were divided into two groups on the basis of gender. Out of 300 hundred participants, 200 were males and 100 females. Similarly on the regional basis, the subjects were further divided as 100-male and 50-female from Kashmir and likewise; 100-male and 50-female participants from U.P. were taken for the present investigation.

**BREAKUP OF SUBJECTS**

Total subjects=300

- 150(Kashmir)
  - 100(Male)
  - 50(Female)
- 150 (U.P.)
  - 100(Male)
  - 50(Female)

**Tools**

The following tools were used in the present study:

**Alienation Scale**

The alienation scale was developed by Kureshi and Dutt (1979) which consists of 21 items. Some items are positively toned and some are negatively. Those items that are positively toned get score 4, 3, 2, 1 and those negative items are scored reverse as 1, 2, 3 and 4. Each item is followed by four alternative options that ranges
from ‘always’ to ‘never’, representing the five factors despair, disillusionment, unstructured universe, psychological vacuum and narcissism. The reliability of the present scale observed by using Cronbach’s Alpha was found .76 which is quite significant.

**Becks Hopelessness Scale (BHS)**

The beck hopelessness scale was developed by Aaron Beck (1974) which comprised of 20 items measuring the extent of negative attitude about the future (pessimism) as perceived by unemployed adults. Out of 20 items, 11 items are positively and 9 items are negatively keyed with respect to hopelessness. Each item of the scale is followed by two options ‘Yes’ or ‘No’ and the scoring ranged from 0 to 1. Those responses that got fit into the response key are scored ‘1’ and those which did not are given score ‘0’. The cut-off scores for detecting persons hopelessness was 14 and above detects a person having severe level of hopelessness, 9-14 moderate level of hopelessness and 4-8 denotes mild level of hopelessness. The test-retest reliability of the scale was found to be .69 which indicates the scale is reliable for the purpose.

**General Health Questionnaire-28 (GHQ-28).**

The General Health Questionnaire-28 (GHQ-28) was developed by Goldberg in 1978. Since then, it has been translated into 38 languages which found significant tool for screening and identifying the psychiatric disorders. The (GHQ-28) consisted of 28 items and each item is followed by four options that is “Not at all”, “No more than usual”, “Rather more than usual” and “Much More than usual”. Through factor analysis, GHQ-28 was divided into four factors namely somatic (item 1-7), anxiety/insomnia (item 8-14), social dysfunctioning (item 15-21) and severe depression (item 22-28). The GHQ-28 can be scored from 0 to 3 for each response with total possible scores ranging from 0 to 84. The total score of 23-24 is the
threshold for the presence of distress. For the purpose of reliability of present scale, Cronbach’s alpha was applied on 300 unemployed adults. Further, the Cronbach’s alpha of GHQ-28 was found to be 0.88 which is quite high and shows reliability of the said scale.

**Personal Data Sheet**

Personal data sheet includes information related to participant’s name, age, gender, region, educational status and occupation.

**Procedure**

First of all, the investigator met the participants personally and explained them the purpose of the present study. Then after, the investigator established rapport with the participants and requested them to participate voluntarily and cooperate in the data collection process and assured them that their responses would be kept confidential and utilized for the research purposes only. The participants were asked to read the instructions carefully given on the top of each scale. They were also requested to answer all the statements given in the scales sincerely. After receiving their consent, all three scales namely Alienation scale, Becks Hopelessness Scale and General Health Questionaire-28 along with personal data sheet were administered to unemployed educated adults individually. However it was very tough job to deal with each and every subject because of different temperament and attitude. Some subjects cooperated nicely but with some it was really a crucial experience.

**Data analysis**

For the result purpose, the data was analyzed by using statistical package for social science (SPSS) version 16.0 according to the research questions. Multiple Regression Analysis and Pearson’s Product Movement correlation were applied to
know the prediction and relationship between alienation, hopelessness and general health among unemployed educated adults.