Chapter-3

Methodology
The concept of methodology includes five aspects, namely, research design, subject, tool procedure and statistical analysis. Research design has to do with planning and setting strategy for an investigation to rule out as many as possible threads to validity of the study. Sample encompasses the subjects on which the research is done and whatever the procedure is followed. Data collection has to do with collection of data and the type of observations made. Tools comprises of various sets of questionnaire used for conducting research, while, statistical analysis deals with the application of statistical procedure.

SAMPLE

A purposive judgemental sample of 300 students were drawn from different faculties of Aligarh Muslim University, Aligarh. 100 students were taken from Jawaharlal Nehru Medical College, pursuing Modern Medicine Course (Ist Prof., IInd Prof., IIIrd Prof., IV prof., respectively). 100 students were taken from Ajmal Khan Tibya College, pursuing Indigenous Medicine Course (Ist Prof., IInd Prof., IIIrd Prof., respectively). And 100 students were taken from Humanities from the faculty of Social Sciences. The sample comprised of equal number of males and females.

The breakup of the sample is shown in the following way:

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N=300

Modern Medicine (100)
  M (50)    F (50)
Indigenous Medicine (100)
  M (50)    F (50)
Humanities (100)
  M (50)    F (50)
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TOOLS

Three different Scales has been used.

I) Spiritual Assessment Scale (SAS)

The SAS developed by Howden (1992) was used for the assessment of spiritual orientation among students. The scale consisted of 28 items and has four dimensions of spirituality, namely, Purpose and Meaning in life, Innerness or Inner Resources, Inter connectedness and Transcendence. The responses of the subject were obtained on 6 point Likert Scale from Strongly Agree, “SA (6)” to Strongly Disagree, SD (1)”. The internal consistency reliability coefficient for the SAS is equal to 0.70.

II) Life Satisfaction Scale (LSS)

A ten items scale designed by Warr et al. (1979) was used to measure the satisfaction with salient features of daily life and activity of the respondents, psychometric properties of the scale (test, retest reliability, spilt, half reliability, internal consistency, reliability and validity), were reported by authors and others. Responses were rated on a seven point scale from 1, referring to “I am extremely dissatisfied”, to 7, referring to “I am extremely satisfied. The possible range of scores could vary from 10-70. A high score indicated high satisfaction and vice-versa. Test-retest is also very high i.e. r=0.87.
III) Life Orientation Test (LOT)

A 12 item scale developed by Michael Scheier and Charles Carver (1985) was used in this study. It measures individual differences in pessimism and optimism. Items 2, 6, 7 and 10 were dropped. Items 1, 4, 5 and 11 were worded in the optimistic direction. 1 score was given for each “true” answer and 1 score was subtracted for each “false” answer, to the items worded in optimistic direction. Items 3, 8, 9 and 11 were worded in pessimistic direction. 1 score was given for “false” answer and 1 score was subtracted from the total for each “true” answer. Totalling of the score was done to see the level of optimism. The higher the total score (out of a possible maximum of 8) the greater the subjects’ optimism is. The split half reliability of the scale was found to be 0.69.

PROCEDURE

Each students were given three questionnaire, namely, Life Satisfaction Scale, Life Orientation Scale and Spiritual Assessment Scale. The subjects were contacted personally at their respective departments of study. They were individually given instruction regarding the scale. They were assured that their responses would be kept confidential.

STATISTICAL ANALYSIS

The data was analyzed by means of Pearson Product Moment Correlation and Partial Correlation. Significance level was computed in both Pearson Product Moment Correlation and Partial Correlation. The three
variables viz. Life satisfaction, Explanatory life styles and Spirituality were designated as X, Y and T.

Partial correlation was computed for partialling out or eliminating the effects of variables, that may influence the relationship between two variables whose relationship is to be considered. To see the effect of spirituality on other two variables is life satisfaction and explanatory life styles, it would be $r_{XY,T}$ means spirituality (T) was partialled out and correlation between life satisfaction (X) and explanatory life styles (Y) was calculated. Significance at 0.95 confidence level was determined. The calculations were done by SPSS-13 mode.