CHAPTER – III

METHODOLOGY
## CHAPTER 3
### METHODOLOGY

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CHAPTER 3
METHODOLOGY

3.1 INTRODUCTION:

Any research starts with curiosities and questions about given phenomenon or a set of phenomena. Systematic attempt are made to explore, analyze and understand the issues under question through suitable conceptual and methodological tools. The process of inquiry and the analytical tools are to a great extent relative to the specific domain of concern, and the conceptual, methodological, heuristic and pragmatic goals of the research.

In present research and attempt has been made to study Life satisfaction, Mental Hygiene and Self analysis of normal and cesarean delivery women with regards to age and type of family. The main objectives hypothesis, samples, variables, tools used in the study, the procedure and statistical technique used for data analysis is discussed in this chapter.

3.2 STATEMENT OF THE PROBLEM :

The main aim of the present research is to study and compare life satisfaction, Mental Hygiene and self analysis of normal and cesarean delivery women with regards to age and type of family. The exact problem of the present research is “A PSYCHOLOGICAL STUDY OF LIFE SATISFACTION, MENTAL HYGINE AND SELF ANALYSIS OF NORMAL (VAGINAL) DELIVERY AND CESAREAN OPRATION DELIVERY OF WOMEN”.

3.3 OBJECTIVES OF THE STUDY :
1. To study and compare Life satisfaction between Normal (Vaginal) Delivery and Cesarean Operation delivery women.
2. To study and compare Life satisfaction between Below 30 years and above 30 years age of women.
3. To study and compare Life satisfaction between women of Joint Family and nuclear family.
4. To study interaction effect between type of delivery of women and age of women with regards to Life satisfaction.

5. To study interaction effect between type of delivery of women and type of family of women with regards to Life satisfaction.

6. To study interaction effect between age of women and type of family of women with regards to Life satisfaction.

7. To study interaction effect between type of delivery of women, age of women and type of family of women with regards to Life satisfaction.

8. To study and compare various components of Mental Hygiene such as Perception of reality, Integrated Personality, Positive self evaluation, group oriented attitude and environmental mastery between Normal (Vaginal) Delivery and Cesarean Operation delivery women.

9. To study and compare various components of Mental Hygiene such as Perception of reality, Integrated Personality, Positive self evaluation, group oriented attitude and environmental mastery between Below 30 years and above 30 years age of women.

10. To study and compare various components of Mental Hygiene such as Perception of reality, Integrated Personality, Positive self evaluation, group oriented attitude and environmental mastery between women of Joint Family and nuclear family.

11. To study interaction effect between type of delivery of women and age of women with regards to various components of Mental Hygiene such as Perception of reality, Integrated Personality, Positive self evaluation, group oriented attitude and environmental mastery.

12. To study interaction effect between type of delivery of women and age of women with regards to various components of Mental Hygiene such as Perception of reality, Integrated Personality, Positive self evaluation, group oriented attitude and environmental mastery.

13. To study interaction effect between age of women and type of family of women with regards to various components of Mental Hygiene such as Perception of reality, Integrated Personality, Positive self evaluation, group oriented attitude and environmental mastery.

14. To study interaction effect among type of delivery of women, age of women and type of family of women with regards to various components of Mental
Hygiene such as Perception of reality, Integrated Personality, Positive self evaluation, group oriented attitude and environmental mastery.

15. To study and compare Self analysis between Normal (Vaginal) Delivery and Cesarean Operation delivery women.

16. To study and compare Self analysis between Below 30 years and above 30 years age of women.

17. To study and compare Self analysis between women of Joint Family and nuclear family.

18. To study interaction effect between type of delivery of women and age of women with regards to Self analysis.

19. To study interaction effect between type of delivery of women and type of family of women with regards to Self analysis.

20. To study interaction effect between age of women and type of family of women with regards to Self analysis.

21. To study interaction effect among type of delivery of women, age of women and type of family of women with regards to Self analysis.

22. To study correlation between Life satisfaction and Mental Hygiene, Life satisfaction and Self analysis, and Mental Hygiene and Self analysis with regards to Normal (Vaginal) Delivery below 30 years joint family’s women.

23. To study correlation between Life satisfaction and Mental Hygiene, Life satisfaction and Self analysis, and Mental Hygiene and Self analysis with regards to Normal (Vaginal) Delivery below 30 years nuclear family’s women.

24. To study correlation between Life satisfaction and Mental Hygiene, Life satisfaction and Self analysis, and Mental Hygiene and Self analysis with regards to Normal (Vaginal) Delivery above 30 years joint family’s women.

25. To study correlation between Life satisfaction and Mental Hygiene, Life satisfaction and Self analysis, and Mental Hygiene and Self analysis with regards to Normal (Vaginal) Delivery above 30 years nuclear family’s women.

26. To study correlation between Life satisfaction and Mental Hygiene, Life satisfaction and Self analysis, and Mental Hygiene and Self analysis with regards to Cesarean delivery women below 30 years joint family’s women.

27. To study correlation between Life satisfaction and Mental Hygiene, Life satisfaction and Self analysis, and Mental Hygiene and Self analysis with regards to Cesarean delivery women below 30 years nuclear family’s women.
28. To study correlation between Life satisfaction and Mental Hygiene, Life satisfaction and Self analysis, and Mental Hygiene and Self analysis with regards to Cesarean delivery women above 30 years joint family’s women.

29. To study correlation between Life satisfaction and Mental Hygiene, Life satisfaction and Self analysis, and Mental Hygiene and Self analysis with regards to Cesarean delivery women above 30 years nuclear family’s women.

3.4 HYPOTHESES OF THE STUDY:

Ho. 1 to 7 about Life Satisfaction:

1. There will be no significant difference between Normal (Vaginal) Delivery and Cesarean Operation delivery women with regards to life satisfaction.

2. There will be no significant difference between Below 30 years and above 30 years age of women with regards to life satisfaction.

3. There will be no significant difference between women of Joint Family and nuclear family with regards to life satisfaction.

4. There will be no significant interaction effect between type of delivery of women and age of women with regards to Life satisfaction.

5. There will be no significant interaction effect between type of delivery of women and type of family of women with regards to Life satisfaction.

6. There will be no significant interaction effect between age of women and type of family of women with regards to Life satisfaction.

7. There will be no significant interaction effect between type of delivery of women, age of women and type of family of women with regards to Life satisfaction.

Ho. 8 to 14 about Mental Hygiene (Perception of Reality):

8. There will be no significant difference between Normal (Vaginal) Delivery and Cesarean Operation delivery women with regards to various components of Mental Hygiene such as Perception of reality.

9. There will be no significant difference between Below 30 years and above 30 years age of women. various components of Mental Hygiene such as Perception of reality.
10. There will be no significant difference between women of Joint Family and nuclear family various components of Mental Hygiene such as Perception of reality.

11. There will be no significant interaction effect between type of delivery of women and age of women with regards to various components of Mental Hygiene such as Perception of reality.

12. There will be no significant interaction effect between type of delivery of women and type of family of women with regards to various components of Mental Hygiene such as Perception of reality.

13. There will be no significant interaction effect between age of women and type of family women with regards to various components of Mental Hygiene such as Perception of reality.

14. There will be no significant interaction effect among type of delivery of women, age of women and type of family of women with regards to various components of Mental Hygiene such as Perception of reality.

**Ho. 15 to 21 about Mental Hygiene (Integrated Personality):**

15. There will be no significant difference between Normal (Vaginal) Delivery and Cesarean Operation delivery women with regards to various components of Mental Hygiene such as Integrated personality.

16. There will be no significant difference between Below 30 years and above 30 years age of women. various components of Mental Hygiene such as Integrated personality.

17. There will be no significant difference between women of Joint Family and nuclear family various components of Mental Hygiene such as Integrated personality.

18. There will be no significant interaction effect between type of delivery of women and age of women with regards to various components of Mental Hygiene such as Integrated personality.

19. There will be no significant interaction effect between type of delivery of women and type of family of women with regards to various components of Mental Hygiene such as Integrated personality.
20. There will be no significant interaction effect between age of women and type of family women with regards to various components of Mental Hygiene such as Integrated personality.

21. There will be no significant interaction effect among type of delivery of women, age of women and type of family of women with regards to various components of Mental Hygiene such as Integrated personality.

**Ho. 22 to 28 about Mental Hygiene (Positive Self evaluation):**

22. There will be no significant difference between Normal (Vaginal) Delivery and Cesarean Operation delivery women with regards to various components of Mental Hygiene such as positive self evaluation.

23. There will be no significant difference between Below 30 years and above 30 years age of women. various components of Mental Hygiene such as positive self evaluation.

24. There will be no significant difference between women of Joint Family and nuclear family various components of Mental Hygiene such as positive self evaluation.

25. There will be no significant interaction effect between type of delivery of women and age of women with regards to various components of Mental Hygiene such as positive self evaluation.

26. There will be no significant interaction effect between type of delivery of women and type of family of women with regards to various components of Mental Hygiene such as positive self evaluation.

27. There will be no significant interaction effect between age of women and type of family women with regards to various components of Mental Hygiene such as positive self evaluation.

28. There will be no significant interaction effect among type of delivery of women, age of women and type of family of women with regards to various components of Mental Hygiene such as positive self evaluation.

**Ho. 29 to 35 about Mental Hygiene (group oriented attitude):**

29. There will be no significant difference between Normal (Vaginal) Delivery and Cesarean Operation delivery women with regards to various components of Mental Hygiene such as group oriented attitude.
30. There will be no significant difference between Below 30 years and above 30 years age of women, various components of Mental Hygiene such as group oriented attitude.

31. There will be no significant difference between women of Joint Family and nuclear family various components of Mental Hygiene such as group oriented attitude.

32. There will be no significant interaction effect between type of delivery of women and age of women with regards to various components of Mental Hygiene such as group oriented attitude.

33. There will be no significant interaction effect between type of delivery of women and type of family of women with regards to various components of Mental Hygiene such as group oriented attitude.

34. There will be no significant interaction effect between age of women and type of family women with regards to various components of Mental Hygiene such as group oriented attitude.

35. There will be no significant interaction effect between type of delivery of women, age of women and type of family of women with regards to various components of Mental Hygiene such as group oriented attitude.

36-42 about Mental Hygiene (environmental mastery):

36. There will be no significant difference between Normal (Vaginal) Delivery and Cesarean Operation delivery women with regards to various components of Mental Hygiene such as environmental mastery.

37. There will be no significant difference between Below 30 years and above 30 years age of women, various components of Mental Hygiene such as environmental mastery.

38. There will be no significant difference between women of Joint Family and nuclear family various components of Mental Hygiene such as environmental mastery.

39. There will be no significant interaction effect between type of delivery of women and age of women with regards to various components of Mental Hygiene such as environmental mastery.
40. There will be no significant interaction effect between type of delivery of women and type of family of women with regards to various components of Mental Hygiene such as environmental mastery.

41. There will be no significant interaction effect between age of women and type of family women with regards to various components of Mental Hygiene such as environmental mastery.

42. There will be no significant interaction effect among type of delivery of women, age of women and type of family of women with regards to various components of Mental Hygiene such as environmental mastery.

**Ho. 43 to 49 about Overall Mental Hygiene:**

43. There will be no significant difference between Normal (Vaginal) Delivery and Cesarean Operation delivery women with regards to various components of Mental Hygiene.

44. There will be no significant difference between Below 30 years and above 30 years age of women. various components of Mental Hygiene.

45. There will be no significant difference between women of Joint Family and nuclear family various components of Mental Hygiene.

46. There will be no significant interaction effect between type of delivery of women and age of women with regards to various components of Mental Hygiene.

47. There will be no significant interaction effect between type of delivery of women and type of family of women with regards to various components of Mental Hygiene.

48. There will be no significant interaction effect between age of women and type of family women with regards to various components of Mental Hygiene.

49. There will be no significant interaction effect among type of delivery of women, age of women and type of family of women with regards to various components of Mental Hygiene.

**Ho. 50 to 56 about Self Analysis:**

50. There will be no significant difference between Normal (Vaginal) Delivery and Cesarean Operation delivery women with regards to self analysis.
51. There will be no significant difference between Below 30 years and above 30 years age of women with regards to self analysis.
52. There will be no significant difference between women of Joint Family and nuclear family with regards to self analysis.
53. There will be no significant interaction effect between type of delivery of women and age of women with regards to Self analysis.
54. There will be no significant interaction effect between type of delivery of women and type of family of women with regards to Self analysis.
55. There will be no significant interaction effect between age of women and type of family of women with regards to Self analysis.
56. There will be no significant interaction effect between type of delivery of women, age of women and type of family of women with regards to Self analysis.

Ho. 57 to 64 about correlation (life satisfaction and mental hygiene):

57. There will be no significant correlation between life satisfaction and Mental Hygiene with regards to the group of Normal (Vaginal) Delivery below 30 years joint family’s women.
58. There will be no significant correlation between life satisfaction and Self Analysis with regards to the group of Normal (Vaginal) Delivery below 30 years joint family’s women.
59. There will be no significant correlation between Mental Hygiene and Self Analysis with regards to the group of Normal (Vaginal) Delivery below 30 years joint family’s women.
60. There will be no significant correlation between life satisfaction and Mental Hygiene with regards to the group of Normal (Vaginal) Delivery below 30 years nuclear family’s women.
61. There will be no significant correlation between life satisfaction and Self Analysis with regards to the group of Normal (Vaginal) Delivery below 30 years nuclear family’s women.
62. There will be no significant correlation between Mental Hygiene and Self Analysis with regards to the group of Normal (Vaginal) Delivery below 30 years nuclear family’s women.
63. There will be no significant correlation between life satisfaction and Mental Hygiene with regards to the group of Normal (Vaginal) Delivery above 30 years joint family’s women.

64. There will be no significant correlation between life satisfaction and Self Analysis with regards to the group of Normal (Vaginal) Delivery above 30 years joint family’s women.

**Ho. 65 to 72 about correlation (life satisfaction and self analysis) :**

65. There will be no significant correlation between Mental Hygiene and Self Analysis with regards to the group of Normal (Vaginal) Delivery above 30 years joint family’s women.

66. There will be no significant correlation between life satisfaction and Mental Hygiene with regards to the group of Normal (Vaginal) Delivery above 30 years nuclear family’s women.

67. There will be no significant correlation between life satisfaction and Self Analysis with regards to the group of Normal (Vaginal) Delivery above 30 years nuclear family’s women.

68. There will be no significant correlation between Mental Hygiene and Self Analysis with regards to the group of Normal (Vaginal) Delivery above 30 years nuclear family’s women.

69. There will be no significant correlation between life satisfaction and Mental Hygiene with regards to Cesarean delivery women below 30 years joint family’s women.

70. There will be no significant correlation between life satisfaction and Self Analysis with regards to Cesarean delivery women below 30 years joint family’s women.

71. There will be no significant correlation between Mental Hygiene and Self Analysis with regards to Cesarean delivery women below 30 years joint family’s women.

72. There will be no significant correlation between life satisfaction and Mental Hygiene with regards to Cesarean delivery women below 30 years nuclear family’s women.
Ho. 73 to 80 about correlation (mental hygiene and self analysis) :

73. There will be no significant correlation between life satisfaction and Self Analysis with regards to Cesarean delivery women below 30 years nuclear family’s women.

74. There will be no significant correlation between Mental Hygiene and Self Analysis with regards to Cesarean delivery women below 30 years nuclear family’s women.

75. There will be no significant correlation between life satisfaction and Mental Hygiene with regards to Cesarean delivery women above 30 years joint family’s women.

76. There will be no significant correlation between life satisfaction and Self Analysis with regards to Cesarean delivery women above 30 years joint family’s women.

77. There will be no significant correlation between Mental Hygiene and Self Analysis with regards to Cesarean delivery women above 30 years joint family’s women.

78. There will be no significant correlation between life satisfaction and Mental Hygiene with regards to Cesarean delivery women above 30 years nuclear family’s women.

79. There will be no significant correlation between life satisfaction and Self Analysis with regards to Cesarean delivery women above 30 years nuclear family’s women.

80. There will be no significant correlation between Mental Hygiene and Self Analysis with regards to Cesarean delivery women above 30 years nuclear family’s women.
3.5 SAMPLE OF THE STUDY :

In present research Normal (Vaginal) Delivery and cesarean delivery of women of different category were select randomly from various hospitals of Junagadh & Rajkot District. Total sample was consisted of 800 women. Total sample was categorized as under:

<table>
<thead>
<tr>
<th></th>
<th>Normal (Vaginal) Delivery Women</th>
<th>Cesarean Delivery Women</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Below 30 years</td>
<td>Above 30 years</td>
<td></td>
</tr>
<tr>
<td>Joint Family</td>
<td>100</td>
<td>100</td>
<td>400</td>
</tr>
<tr>
<td>Nuclear Family</td>
<td>100</td>
<td>100</td>
<td>400</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>200</td>
<td>800</td>
</tr>
</tbody>
</table>

3.6 VARIABLES OF THE STUDY :

In present research type of delivery of women (Normal (Vaginal) Delivery Women, and Cesarean Delivery Women) age (Below 30 years, and Above 30 years) and type of family (joint family and nuclear family) of women were considered as independent variables and scores of Life Satisfaction, scores of various components of mental hygiene such as perception of reality, integrated personality, positive self evaluation, group oriented attitude and environmental mastery, and scores of self analysis of women were considered as dependent variables.

3.7 TOOLS OF THE STUDY :

In present research following tools were used for data collection.

1. Life satisfaction inventory by Alam and Srivastaw
2. Mental Hygiene measurement Inventory by Dr. Dilip Bhatt and Gita R. Gida
3. Self Analysis inventory by H. D. Badami and Charulata Badami
**Life Satisfaction Inventory:**

It was developed by Alam and Srivastav. It measures the Life satisfaction in a scientific manner. In this scale in all there are 60 statements. The respondent is required to answer the statement in “YES” or “NO” For “YES” 1 mark is given and for “NO” o mark is given. Thus a respondent can obtained maximum 60 marks. The inter predation of the scale is done that if the marks are more .the Life Satisfaction is also more and lower the marks lover the lower Life Satisfaction.

The reliability of the scale found by Test-Retest method is 0.84 similarly, the validity is 0.82.3.13

**Mental hygiene measurement inventory:**

This inventory is developed by Dr.D.J.Bhatt and Dr. Gita R.Gida (1992).In all there are 40 statements. At the same time there are 5 concepts included in it. They are as follows:

1. Perception of reality
2. Integrated Personality
3. Positive self-evaluation
4. Group oriented attitudes
5. Environmental mastery

These five concepts are divided into 40 statements. There is a two point scale (agree-disagree) given for each statement. Respondents are asked to mark any option. As per scoring key two kinds of scores are obtained, (1) Score for each concept (2) total score Adding up the score of eight statements of the each concepts, one can get the score of the every concept separately.

**Reliability:** rational Equivalence method-0.81

Split-half Method-0.94

Est-Retest-0.87

**Validity:** Con-current validity-0.63

**Norms:** They are established for both sexes
Revised Mental Hygiene Inventory:

The above inventory was revised in 2006, by making certain changes. The changes were made in the words of some statements. The detailed information is given herewith:

(1) The design of the inventory:

The design included the number of the items. The wordings and the meaning of each item were also scrutinized. In which order the statements should be arranged was also decided. Thus the whole structure of the inventory was planned.

(2) The fields of the inventory:

No change of the total five concepts was made. But more clarifications were given, so that the total concept of the mental hygiene is made clear. The clarifications are as follows:

(1) Perception of reality:

It means the real perception of the individual, event or certain fact. On the basis of this type of perception, the person does not go away from the reality, but accept it as it is. Not only that, if necessary makes changes. The person instead of concealing his limitations and drawbacks, by adopting objective approach tries to improve his mental health. The high score on this concept indicates the person’s satisfied mental health.

(2) Integrated Personality:

The Integrated Personality means the psycho-biological internal systems which decide the satisfied adjustment with the environment. The person with such a personality is balanced and the controlled from the point view of the emotional behavior. He has complete idea about the reality. He is fully conscious about his responsibilities and positive about the affairs of the life. Who scores high on this factor indicates his satisfied mental health and the low score indicates low mental health.

(3) Positive self-evaluation:

It means the positive approach of the individual to get idea of the good and the bad side of his personality. In making the evaluation, he does so after completely
studying the situation. Such an individual takes the criticism sportly and if the criticism is proper, accept it. He tries his level best to improve his drawbacks and if he fails in doing so, he does not feel inferiority complex. High score on this factor indicates satisfied and low score indicates dissatisfied mental health.

(4) **Group oriented attitudes:**

It means the desire of identify with members of the group. To create the personal relationship, to decide the goals of the group, to take the lead in the group and to experience the same feeling as those of the members are some of the important features of the group oriented attitudes. High score on this factor indicates satisfied and low score indicates low mental health.

(5) **Environmental Mastery:**

This factor indicates the behavior of the individual to visualize the active environmental forces around him. He evaluates the influence of the environment on the feeling, willing and doing and takes the objective decision. The ability of taking this type of decision decides his level of high or low mental health.

**The utility of the MHI:**

When the construction of the inventory was done the variables like age, sex and the area were taken into account. It was decided to construct it in the regional language i.e. Gujarati. It was made in such a manner that it could be utilized on the three levels. The questions in Gujarat were simple and easy to follow.

**The nature of MHI:**

By keeping in mind the concept of the mental health, the scale was developed on the pattern of the Likert Scale. The 8 items for above mentioned five factors were selected. Thus in all 40 items were included in the scale. The three types of the responses were provided to the respondents. They are follows:

**Types of the Responses:**

(1) Agree    (2) uncertain    (3) Disagree

**The Standardization of the MHI:**

To standardize this inventory it was administered randomly to 400 individuals of Saurastra region. The following steps were taken to complete the procedure.
(1) The administration:

The instructions were given as to how the answer to each statement should be given. The clarification was made wherever necessary. It was also clarified that this is not regular test and the aim was to do the research and answers will be kept confidential. There is no time limit; still the answers should be given as speedily as possible. Thus by giving all types of information, the respondent was prepared for the inventory.

(2) The method of giving Response:

The respondent was required to respond any one from three categories. I.e. Agree, Uncertain and Disagree. He was asked to respond every statement.

(3) The Scoring Key:

There are five factors and the scoring Key changes for each factors. Therefore, the user of this inventory should be careful as to which Key should be employed for a particular factor.

(1) **THE PERCEPTION OF REALITY:**

<table>
<thead>
<tr>
<th>Item no.</th>
<th>1</th>
<th>6</th>
<th>11</th>
<th>16</th>
<th>21</th>
<th>26</th>
<th>31</th>
<th>36</th>
<th>(8)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ans.</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
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</tbody>
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(2) **THE INTEGRATION OF PERSONALITY:**

<table>
<thead>
<tr>
<th>Item no.</th>
<th>2</th>
<th>7</th>
<th>12</th>
<th>17</th>
<th>22</th>
<th>27</th>
<th>32</th>
<th>37</th>
<th>(8)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ans.</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
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(3) **THE POSITIVE SELF-EVALUATION**

<table>
<thead>
<tr>
<th>Item no.</th>
<th>3</th>
<th>8</th>
<th>13</th>
<th>18</th>
<th>23</th>
<th>28</th>
<th>33</th>
<th>38</th>
<th>(8)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ans.</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
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(4) **GROUP ORIENTED ATTITUDES:**

<table>
<thead>
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<th>4</th>
<th>9</th>
<th>14</th>
<th>19</th>
<th>24</th>
<th>29</th>
<th>34</th>
<th>39</th>
<th>(8)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ans.</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
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</table>

(5) **ENVIRONMENTALMASTERY:**

<table>
<thead>
<tr>
<th>Item no.</th>
<th>5</th>
<th>10</th>
<th>15</th>
<th>20</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
<th>(8)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ans.</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td></td>
</tr>
</tbody>
</table>

As said above the inventory was constructed on the line of Likert Scale And so there were three options for the answer i.e. Agree, Uncertain and Disagree. There are 40 statements divided into five categories and the range of the score is from 8 to 120. The 3 score was given to the response of Agree, 2 to Disagree and 1 to Uncertain.

There was mixture of positive and negative statements and so the direction of the scoring was changed accordingly. The scoring was done on the following lines:

<table>
<thead>
<tr>
<th>Factors</th>
<th>Negative Statements</th>
<th>Positive Statements</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Perception of reality</td>
<td>1,26</td>
<td>6,11,16,21,31,36</td>
</tr>
<tr>
<td>(2) Integrated Personality</td>
<td>22,37</td>
<td>2,7,12,17,27,32</td>
</tr>
<tr>
<td>(3) Positive self-evaluation</td>
<td>3,28,33,38</td>
<td>8,13,18,23</td>
</tr>
<tr>
<td>(4) Group oriented attitudes</td>
<td>9,14,19,24</td>
<td>4,29,34,39</td>
</tr>
<tr>
<td>(5) Environmental mastery</td>
<td>20,25,35</td>
<td>5,10,15,30,40</td>
</tr>
</tbody>
</table>

**Sample:**

The sample was consisted of 800 individuals. 400 were normal (Virginal) Delivery women & 400 cesarean operation Delivery from among them 200 below thirty years and 200 above thirty years were women and among them 100 in joint family and 100 in Nuclear family. For the rural area Junagadh district was selected and for the urban area Rajkot district was selected. The selection was done randomly.
Reliability:

The reliability was established by three methods. i.e. Rational Equivalence Method, Split-Half method and Test-Retest. The details are given in the following Table.

The Reliability of MHI

<table>
<thead>
<tr>
<th>NO.</th>
<th>Method</th>
<th>N</th>
<th>r-value</th>
<th>r-score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Rational Equivalence Method</td>
<td>400</td>
<td>0.61*</td>
<td>0.78</td>
</tr>
<tr>
<td>2</td>
<td>Split-Half method</td>
<td>400</td>
<td>0.80*</td>
<td>0.94</td>
</tr>
<tr>
<td>3</td>
<td>Test-Retest method</td>
<td>400</td>
<td>0.91*</td>
<td>0.95</td>
</tr>
</tbody>
</table>

*(the time interval was 30 days)*

*significant at 0.1 level.

Self Analysis Inventory:

Maker: Dr. Harkant Badami and Chrulta Badami

Number of Items: 50

Interpretation: According to the Manual

Reliability:  
(1) 0.84
(2) 0.90 according to split-half method
(3) 0.87 according to Hight's method
(4) 0.88 Kuder-Richard method

Validity: 0.74

Self Analysis Test (Key)

There are total 50 statements in this test. In against which statement number of 5, 12,20,29,42. the sign of ☐ is given for that ‘1’ mark is considered and the sign of ☐ is given for that ‘0’ mark is considered .for others statement where ☐ sign there ‘1’ mark is considered and for ☐ sign ‘0’ mark should considered.
3.8 **PROCEDURE OF THE STUDY:**

After Establishing the rapport with all subjects’ life satisfaction inventory, Mental Hygiene Inventory and Self Analysis inventory were given in individual setting. After completion the data collection scoring of each tool was done by the scoring key of each tool.

3.9 **STATISTICAL ANALYSES OF STUDY:**

To find out main and interaction effect of three independent variable such as kind of the delivery, age group and types of the family of women on dependent variables such as life satisfaction, mental hygiene and self analysis, three way analysis of variance was used. To find out correlation between life satisfaction, mental hygiene and self analysis among various groups of women by Karl Pearson's product moment correlation coefficient was used.

3.10 **COLLECTION OF THE DATA:**

The information was gathered from women face to face. Pre permission was taken from different dispensaries and doctors.

The Research was done during the year 2010 – 11, at the convenient time of respondents.

The selection of the sample of women had done by random method. The data was collected at two stages. The data were had taken from the women in proper time. The data were collected from total 800 women.

Now, the researcher wants to explain about result and discussion in Chapter no. 4.