Chapter-3  
METHODOLOGY
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3.1 METHODOLOGY

Methodology enables the investigator to construct and conduct the study, in a systematic manner. In wider sense it means the process by which we approach a phenomenon under study and seek answers. Here, an attempt is made to outline the theoretical framework selected along with the rationale for it, as well as the major procedures, tools, and techniques used in collecting and analyzing the data.

The present study is an endeavor to investigate the Personality correlates of the HIV/AIDS +ve individuals. This study will examine whether these aspects of Personality that are being used as the variables of the study namely, Extraversion, Neuroticism, Conflict Strategy, Need for Approval, Anger, and Self Esteem, show any interlinkage. It is an attempt to see if these psychological variables can be used for future references for planning and prevention of the spread of HIV/AIDS.

3.2 DESIGN

The investigation is a correlational study, which aims at studying the Personality correlates of HIV +ve individuals, in terms of, Extraversion, Neuroticism, Conflict strategy, Need for Approval, Anger, and Self Esteem. Due to the Confidentiality Act by the Supreme Court of India, According to the Art.21, Constitution of India, everybody has the Right to privacy {Nature and scope- Doctor-patient relationship-duty to maintain confidentiality-need for disclosure and invasion of right of privacy-disclosure when justified-right to privacy, held, not absolute (1998) 8 SCC}, no sampling technique could be undertaken, the method thus used for the selection of the sample is that of incidental sampling; hence the patients who were available were taken up.

The aspects of Personality taken for the present study are briefly discussed below (these have been explained in details in chapter II):

**Personality:**

The concept of Personality has been recognized as central in psychological research. It is considered as a unique pattern of traits which characterize the individual.

Eysenck (1968) defined personality as a more or less stable and enduring organization of a person’s character and temperament, intellect and physique which determines his unique adjustment to the environment. For the present study Eysenck model of personality is being used, which provide a measure of the personality dimensions namely, Extraversion,
Neuroticism, and Lie.

Conflict Resolution:

Conflict is a simultaneous presence of two or more response alternatives. An example would be a love and hate relationship with a person. The hidden self often contains many such conflicts that trouble us. The process of deciding between such response alternatives can create tension. These are interpersonal as they reside in an individual. There are emotions, which can act as positive and negative motivators, and the conflict exists between these (Mohan, 1999). For the present study, Conflict Strategy Scale (cf CYP 1999) is being used, which has proverbs that are thought of as descriptions of some of the different strategies for resolving conflicts.

Need For Approval:

Crowne and Marlowe (1964) defined social desirability as the need for social approval and believed that the satisfaction of this need could be attained by means of culturally acceptance and appropriate behavior. For the present study, Understanding the Need for Approval Scale, by Johnson (1988) is being used.

Anger:

According to Spielberger (1962) “the concept of anger refers to an emotional state that consists of feelings that vary in intensity from mild irritation or annoyance to intense fury and rage.”

For the present study, Spielberger model of Anger (year) is being used for two measures of Anger, namely State Anger and Trait Anger. The S-Anger measures a general disposition to experience angry feelings without specific provocation; the T-Anger assesses the individual’s proneness to experience anger when criticized or treated unfairly.

Self Esteem:

The self esteem has been defined by experts as “appreciating my own worth and importance and having the character to be accountable to myself and to act responsibly to others” (Price. et al., 1986). It also refers to an individual’s perception of his own self worth, his feeling of self respect, and self confidence and the extent to which the individual holds positive or negative views about himself (Brockner, 1988). For this study, Self Esteem Scale by, Connie Palladinos (cf CYP, 1999) is being used, that states a lower or a higher self esteem of an individual about self.

3.3 LOCATION AND SAMPLE:

This study has been carried out in two important cities of North India, namely, Delhi and Chandigarh, as these two cities are important referral centers for health facilities. Due to
their prestigious medical institutes and NGO’s, these cities attract people from all over India, which provided us with a better opportunity of contacting People Living with HIV/AIDS, from various cities. Also, the investigator had been working in the field of HIV/AIDS in Delhi that facilitated the work.

The respondents of the study are a group of people living with HIV/AIDS, both men and women, from an NGO “SAHARA”, situated in Saket, in New Delhi, which is the largest network of HIV +ve Individuals, working for the prevention and control of the epidemic. Also Cooperation was sought from AIDS Control Society, Chandigarh, Sector 8, and Sector 35.

According to the Art.21, constitution of India, everybody has the Right to privacy {Nature and scope- Doctor-patient relationship-duty to maintain confidentiality-need for disclosure and invasion of right of privacy-disclosure when justified-right to privacy, held, not absolute (1998) 8 SCC}. Incidental Sampling Technique was used for the selection of the Sample. The ratio of male and female population, out of the total 250 HIV Positive sample selected is 2:1 (190 males and 60 females).

The HIV free sample has been selected from the Govt. College for Boys and Govt. College for Girls, Sector 11 Chandigarh. The ratio of male and female population out of the total 250 HIV free sample selected is 1:1 (125 males and 125 females).

3.4 TOOLS:

Since the variable used for the present study are Extraversion, Neuroticism, Conflict Strategy, Need for Approval, Anger, and Self Esteem, the following tests are being used to measure these:

3.4.1 Eysenck Personality Inventory (Form A)

This Inventory developed by Eysenck and Eysenck, 1968, consists of 57 items which provide a measure of Extraversion, Neuroticism and Lie scale. The personality dimensions of Extraversion and Neuroticism are assessed by 24 items each while remaining items constituted the Lie scale or the social desirability factor.

The universal applicability of the constructs of E, N and L has been well accepted. There have been a number of studies on an Indian sample by using the EPI. These studies further substantiated the use of EPI as a universal measure for the assessment of E, N and L (Mohan, V and Jaspal, 1975; Mohan, V and Dharmani, 1975; Brar and Mohan, V, 1981; Mohan, V and Singh, 1989).

3.4.2 Conflict Strategy Scale:

This Scale is cited from Common Wealth Youth Program (1999). This scale relates to
35 proverbs that are thought of as descriptions of some of the different strategies for resolving conflicts. Proverbs state traditional wisdom. These proverbs state traditional wisdom for resolving conflicts. The subjects are asked to read each proverb carefully, and using the scale indicates the typical proverb in an individual’s action in a conflict.

There are 5 strategies namely Withdrawing (7 Proverbs), Forcing (7 Proverbs), Smoothing (7 Proverbs), Compromising (7 Proverbs), and Confronting (7 Proverbs).

Each Statement carries a 5 point scale varying from never, typical of way of acting in a conflict to very typical act. The Higher the total score for each conflict strategy, the more frequently the individual tends to use that particular strategy. The lower the total score for each conflict strategy the less frequently the individual tends to use that strategy.

3.4.3 Understanding the Need for Approval Scale:

This Scale was developed by Johnson (1988). Items in this scale relate to understanding the Need for Approval of an individual. There are listed a series of 20 statements, ranging from a scale of 1-6 (Always Untrue to Always True). All individuals are asked to read the statements carefully, and then indicate the extent to which each is true of the individuals self, by circling the number in front of the statement. The number and their meanings are as follows:

1= Always Untrue 2= Generally Untrue 3= Slightly Untrue 4= Slightly True 5= Generally True and 6= Always true.

There are no right/wrong answers in the Scale, what matters is the individual’s perception. Individual’s first impressions are the most accurate, so the subjects are asked not to linger too long over any one statement, and be true to respond to each. Higher the score of the individual, higher is his need for approval.

3.4.4 Anger Expression Inventory:

This scale was developed by Spielberger (1986). The concept of anger usually refers to an emotional state that consists of feelings that vary in intensity, from mild irritation or annoyance to intense fury or rage. The S- Anger and T- Anger scale was designed to assess the intensity of angry feelings at a particular time and individual differences in the disposition to experience anger.

There are 30 statements in this scale which people use to describe themselves, 1-15, that of S-Anger scale, and 16-30 that of T-Anger scale. The answers run on a 4 point scale, from Almost Never to Almost always.

The subjects are asked to encircle the appropriate number on the answer sheet, indicating how they generally feel.
3.4.5 Self Esteem Scale:

The scale has been developed by Connie Palladinos cited from Common Wealth Youth Program, (1999) which has 25 items in all. The subject has to mark T for True and F for False, after each statement as it normally relates to ones self esteem. The scores are then added up, as True and False separately.

There is no right or a wrong answer, the higher the number of true items, lower is the self esteem, and there is a need for counseling for the individual. And if majority of the answers are False, one seems to have a good self esteem and is on a way to greater success and satisfaction.

3.5 PROCEDURES AND ADMINISTRATION OF TESTS:

In view of the nature of the research of people, living with HIV/AIDS, difficulties were expected to come forth. It seems appropriate to mention these difficulties in order to understand the limitations under which the study was conducted. In the first place there was the initial problem of identifying the people with HIV/AIDS. Moreover, HIV/AIDS being concerned with socially interdictory topics such as sexuality, addiction, and homosexuality, it was difficult to gain access to this population. It being a sensitive area, the hospital authorities and the Non Govt. organizations involved in working with the people living with HIV/AIDS had their reservations in revealing the identity of such persons as they were bound to maintain secrecy and confidentiality of these people. Thus via media was used to get the forms filled by the individuals. This person, a HIV +ve Individual and a member of the group was taken into confidence and asked for help. The names, age, religion and all such identities have been kept under cover of all the subjects. The Subjects were assured that their responses would remain confidential. Incase of any discrepancy the subject was asked to fill the answer to the question again. The responses of all the questions were then scored.
3.6 SCORING:

The response of the subjects are scored as described in the questionnaires, and the procedures given in the respective scoring keys, as given in the manual.

The raw scores on all the variables, of the different groups have been converted to suitable statistical analysis.