4.0. Introduction

In this chapter the methodology adopted for the study is presented. In order to arrive at reliable and definitive results, the investigator has selected proper methods, sample, tools, and techniques. This chapter also gives a detailed description of sample, tools adopted, techniques and procedure of data collection, operational definition of the terms used in the study, objectives, hypotheses and statistical techniques employed.

4.1. Statement of the Problem

Family can be defined as a group of persons united by the ties of marriage, blood or adoption, generally constituting a single household, interacting and communicating with each other and creating and maintaining a common culture (Burges & Locke, 1950). Family is a basic unit of society consisting of a group of bio-psycho-socially & spiritually related individuals. Family has indeed contributed to the stability of society and culture and is essential for existence of the society.

Today families are under the influence of a lot of shifts. Disappearance of traditional joint families, reallocation of the traditionally assigned roles based on sex, age, kinship, changes in the family values, function of the family, family patterns, family structure, family practices. The families have been influenced by industrialization, urbanization and globalization, which have contributed both positively and negatively on the functional families. The education of women has helped the acceptance and promotion of gender equality and provided new roles for women, which are constructive and favourable factors. Marital disharmony, increasing rate of public divorces as well as mental divorces in the families, moving towards materialism, individualism, and liberalism, child neglect, behaviour problems in children, indiscipline among the youth, alcoholism and drug addiction, neglect of the elderly, cohabitation without marriage, pre-marital sex, single parent families, domestic tension and violence, role conflict, unwilling to forgive and to be forgiven, weak moral values, runaway from homes, increase in percentage of
childbirth outside marriage and unmarried teenage mothers, absence of loyalty and faithfulness etc., are the damaging outcome of the changes of the modern era.

Various kinds of problems and challenges faced by the families in this modern society indicate that most of the modern families are not able to respond and accept or reject them in view of retaining themselves as functional families. Therefore, the need to help the families to cope with the pressures and challenges of their life situation is inevitable and very urgent. The researcher believes that the pathological state of families unveil the dysfunctional conditions of families, which are due to the weak and fused relationship towards the Almighty, the family members and other persons around them. Hence, a comprehensive and determined plan and implementation of a combination of interventions to strengthen families are unavoidable. Hence considering the ‘whole family’ as a unit of intervention, and ‘husband and wife’ as the primary and basic unit of intervention, the investigator planned to carry out a family counselling programme. Therefore she selected the topic ‘Impact of Family Counselling on Differentiation of Self and Spiritual Intelligence among Spouses in Dysfunctional Families’.

4. 2. Title of the Study
The study is entitled as:

“IMPACT OF FAMILY COUNSELLING ON DIFFERENTIATION OF SELF AND SPIRITUAL INTELLIGENCE AMONG SPOUSES IN DYSFUNCTIONAL FAMILIES”

4. 3. Research Questions
Following are the questions that lead the researcher to the study.

Why so many families are in turmoil with reference to the family union and relationship among family members, especially among couples?

Why there is so much of unhappiness and dissatisfaction among the spouses?

Why do so many people try to escape from their painful family realities through compulsive behaviours of various kinds?

Why are there more divorce and running-away of children?
Why there is a declining state of the families in this High-Tech world?

Is the level of the ‘differentiation of self’ of the persons related to the above mentioned problems?

Will there be any difference, if a person is trained to be spiritually intelligent?

4. 4. Assumptions of the Study

Following are the Assumptions of the Study

a. There are Dysfunctional Families due to strained relationships among spouses

b. Family dysfunctions exist in the target group at various degrees.

c. The dysfunctions of the families are not only because of the strained relationship between the couples, but also due to the strained relationship of all other family members. It may not be due to emotional reasons; it may include other aspects like financial, moral, educational or other factors.

d. Family dysfunctions can be rectified through family Counselling

e. Spiritual Intelligence and Differentiation of Self will have an impact on functioning of the family

4. 5. Variables of the Study

For the study, the Main Variables are Spiritual Intelligence, Differentiation of Self, and Family Dysfunction. The Demographical Variables are Gender, Duration of Marriage, Number of Children, Monthly Income, Nature of Marriage, Education and Locale.

4.5.1 Independent and Dependent Variables

The Independent Variable for the present study is Family Counselling, Differentiation of Self and Spiritual Intelligence and Dependent Variable is Family Dysfunction. Family counselling based on the ‘differentiation of self and spiritual intelligence’ helps the persons to grow in self differentiation and spiritual intelligence and hence the decrease of family dysfunction. So the variable, family
dysfunction depends on the counselling intervention based on the differentiation of self and spiritual intelligence.

4. 6. Area of the Study

The Central Travancore is referred as, ‘the Bible belt of Kerala’ due to relatively large Christian population. So the Central Travancore of Kerala State is selected as the area of the study. The Central Travancore consists of South Central Districts of Kottayam, Alapuzha, Pathanamthitta and parts of Idukki and Kollam Districts. By using purposive sampling technique, the researcher, selected Districts of Kottayam, Pathanamthitta & Kollam of Central Travancore, where the researcher got the samples of all Syrian Catholic Dioceses of Central Travancore, and conducted the study among the Syrian Catholics.

4.7. Operational Definition of the Key Terms used in the Study

An operational definition is a definition based on the observed characteristics of that which is being defined. Operational definitions convey the meaning of the dependent and independent variables insufficient precision. The meaning and definitions of the key terms used in the study along with operational definitions are presented hereunder.

4.7.1. Family Counselling

According to the Concise Oxford Dictionary (2004) 11th edition, Family means ‘a group consisting of parents and their children living together as a unit and counselling means ‘give professional help and advice to someone to resolve personal, social or psychological problems’. Supplement English Dictionary (1980) defines family as ‘two or more people who share goals and values, have long term commitments to one another and reside usually in the same dwelling place’ and counselling as ‘giving advice on personal, social, psychological problems as occupation’. Encyclopaedia Britannica (1984) explain family as ‘basic social unit, having as their nucleus two or more adults living together in the same household and co-operating in various economic, social and protective activities and in the care of their own or adopted children’ and counselling as ‘the process of helping an individual discover and develop his educational, vocational and psychological potentialities and thereby to achieve an optimal level of personal happiness and
social usefulness’. According to Oxford Advance Learner’s Dictionary (2004) Family is ‘a group consisting one or two parents and their children and Counselling is ‘professional advice about a problem’. Oxford Dictionary and Thesaurus (2010) giving meaning of the Family as ‘set of relations, esp. parents and children’; ‘house hold’ and ‘all the descendants of common ancestor’ and giving meaning of the counselling as ‘process in which esp. professional help is given for emotional or psychological problems’. Medha Vasisht (2010) says that Family Counselling is a branch of psychotherapy that works with families and couples in intimate relationships to nurture change and development.

In this study, family is considered as the sum-total of interpersonal relationships and relationship is considering as an important factor, which makes a family good or bad, the family counselling focuses on the relationships in the family. To nurture, to change and to develop relationships, and to achieve an optimal level of personal happiness and social usefulness, the intervention, ‘family counselling’ is aiming on the differentiation of self and spiritual intelligence of the clients. To achieve the point, a family counselling programme is charted based on the differentiation of self and spiritual intelligence. Here, family counselling is a phrase that incorporates the intricate aspects of both family and counselling. The chief focus of the family counselling is the ‘key persons’ in the family; husband & wife. Because the ‘change in key persons’ causes change in other family members. As the intervention progresses the whole family also take in.

4.7.2. Differentiation of Self

According to Oxford Advance Learner’s Dictionary (2004), ‘differentiate’ means to recognize or show that the two things are not the same’ and Self means ‘the type of person you are, especially the way you normally behave, look or feel’. Supplement English Dictionary (1980) defines differentiation as ‘the action of differentiating or fact of being differentiated’ and self as ‘one’s individual person’. According to Concise Oxford Dictionary (2004) 11th edition verb of differentiation, ‘differentiate’ means, ‘recognise or identify as different, distinguish’ and self means ‘a person’s particular nature or personality’. Oxford Dictionary and Thesaurus (2010) giving meaning of the verb of differentiation, ‘differentiate’ as, ‘constitute difference between or in’; ‘distinguish’; ‘become different’ and giving meaning of
the self as ‘individuality’; ‘essence’. ‘Differentiation of Self’ is a cornerstone concept in Bowen theory and is coined by Murray Bowen (1913-1990). According to R.M. Gilbert (1992) the effort of ‘differentiation of self’ is ‘to differentiate self from one’s emotional system’

In this study, the aim of the family counselling on ‘differentiation of self’ is to form the clients ‘self differentiated’ in ‘intra psychic’ and ‘inter personal’ aspects. That is to help the individual to ‘separate feeling from thinking’ and to ‘have a sense of self that is both separate from and connected to the family system’ so as to let family to ‘provide both a sense of intimacy among its members as well as a sense of individuality’. So during the intervention, with the help of result of pre-test taken, the counsellor helps the clients to understand their current state of intellectual reasoning fuses with emotionality and assist them to take certain decisions to change.

4. 7. 3. Spiritual Intelligence

According to the Concise Oxford Dictionary (2004) 11th edition, spiritual means ‘relating to or affecting the human spirit as opposed to material or physical things’ and intelligence means ‘the ability to acquire and apply knowledge and skills’. Oxford Advance Learner’s Dictionary (2004), explain the meaning of Spiritual as ‘connected with the human spirit, rather than the body or physical things’ and intelligence as ‘the ability to learn, understand and think in a logical way about things’. Oxford Dictionary and Thesaurus (2010), giving meaning of the Spiritual as ‘of spirit’, ‘religious’, ‘divine’ and intelligence as ‘quickness of understanding’. Yosi Amram (2007), explain Spiritual intelligence as the ability to apply and embody spiritual resources and qualities to enhance daily functioning and wellbeing.

The endeavour of family counselling on ‘spiritual intelligence’ is to personify ‘spiritual resources and qualities’ to develop both ‘differentiation of self and spiritual intelligence’. During the intervention the counsellor helps the client to make use of his or her ‘spiritual resources and qualities’ to exercise the decisions taken based on his/her differentiation of self.
4.7.4. Dysfunction


In the study Family Dysfunction means ‘the relationships among members are not conducive to ‘emotional health’ of its members and limits the effective and integral growth and development of members’. Therefore the intervention intends to help the family members to develop competency and mastery of skills on self differentiation and spiritual intelligence so as to improve ‘emotional health’, consequently integral growth and development and hence the re – creation of Functional Families.

4.7.6. Impact


In the study, the family counselling make immediate effect or influence on Family Dysfunction and facilitates the differentiation of self and spiritual intelligence of the members of the dysfunctional families. As a result developments of functional families evolve.

4.7.7. Spouses

In the study, spouses mean the husband and wife (marriage partners), married according to the Civil as well as Catholic marriage law. In this study, ‘spouses’ are referred as the ‘key persons’ in the family. The research intend to know the present status of family function, differentiation of self and spiritual intelligence by interviewing spouses, and help the marriage partners to develop family function by improving their ‘differentiation of self’ and ‘spiritual intelligence’.

4. 8. Objectives

Main Objective

To find out the Impact of family counselling on ‘differentiation of self’ and ‘spiritual intelligence’ among spouses in dysfunctional families

Specific Objectives

1. To identify the dysfunctional families among Syrian Catholics at Central Travancore of Kerala State.
2. To find out the relationship between ‘spiritual intelligence, differentiation of self, and family dysfunction’ of spouses.
3. To find out the significant difference between the demographic variables and research variables.
4. To study how far and to what extent the spiritual intelligence and its dimensions and differentiation of self and its dimensions contribute to the family dysfunction.

4.9. Hypotheses

1. There is significant relationship between family dysfunction, differentiation of self and spiritual intelligence of spouses.
2. There is significant relationship between dimensions of family dysfunction
3. There is significant relationship between dimensions of differentiation of self
4. There is significant relationship between dimensions of spiritual intelligence
5. There is significant difference between mean ranks of dimensions of family dysfunction
6. There is significant difference between mean ranks of dimensions of differentiation of self
7. There is significant difference between mean ranks of dimensions of spiritual intelligence
8. There is significant association between level of spiritual intelligence and level of family dysfunction
9. There is significant association between level of differentiation of self and level of family dysfunction
10. There is significant association between level of spiritual intelligence and level of differentiation of self.
11. There is significant difference between husbands and wives in family dysfunction and its dimensions
12. There is significant difference between husbands and wives in differentiation of self and its dimensions
13. There is significant difference between husbands and wives in spiritual intelligence and its dimensions
14. There is significant difference between spouses living in urban and rural area in family dysfunction and its dimensions
15. There is significant difference between spouses living in urban and rural area in differentiation of self and its dimensions
16. There is significant difference between spouses living in urban and rural area in spiritual intelligence and its dimensions
17. There is significant difference among spouses in family dysfunction, differentiation of self and spiritual intelligence with respect to number of children they have.
18. There is significant difference among spouses in family dysfunction, differentiation of self and spiritual intelligence with respect to duration of marital life
19. There is significant difference among spouses in family dysfunction, differentiation of self and spiritual intelligence with respect to nature of marriage
20. There is significant difference among spouses in family dysfunction and its dimensions with respect to monthly income.
21. There is significant difference among spouses in differentiation of self and its dimensions with respect to monthly income.

22. There is significant difference among spouses in spiritual intelligence and its dimensions with respect to monthly income.

23. There is significant difference among spouses in family dysfunction and its dimensions with respect to educational qualification.

24. There is significant difference among spouses in differentiation and its dimensions with respect to educational qualification.

25. There is significant difference among spouses in spiritual intelligence and its dimensions with respect to educational qualification.

26. There is significant difference between pre and post test scores of family dysfunction, differentiation of self and spiritual intelligence of the Spouses.

27. There is significant difference between pre and post test scores of dimensions of family dysfunction of the Spouses.

28. There is significant difference between pre and post test scores of dimensions of differentiation of self of the Spouses.

29. There is significant difference between pre and post test scores of dimensions of spiritual intelligence of the Spouses.

30. There is significant difference between the gain ratio of spouses viz; husbands and wives in:

   • family dysfunction
   • differentiation of self
   • spiritual intelligence

4.10. Method Adopted for the Study

The nature of the problem and the kind of data needed for its solution determine the method adopted for the study. The type of present research is **Applied Research** and has two components. First one is to identify dysfunctional families and its probable causes and effects using Spiritual intelligence theory and Bowen family system theory and assess differences and magnitude, which is **descriptive, diagnostic and hypothesis testing** in nature. Next is to know impact of family counselling among spouses in dysfunctional families using counselling strategy on ‘differentiation of self and spiritual intelligence’, which is **explorative, interpretive**
and process oriented. Hence the investigator has decided to adopt *Mixed Method* (Creswell J.W, 2003) for present research - *Quantitative cum Qualitative*.

The researcher has adopted the *Survey Method and Quasi Experiment Method* to study the Impact of Family counselling on Differentiation of Self and Spiritual Intelligence among Spouses in Dysfunctional Families. So, the present study is carried out in two phases. In phase one the research method was survey and in phase two the research method was experimental. The detailed descriptions of each phase are given here under.

**4.11. Phase – 1 - Survey Method**

In the phase I, as the part of research, survey is conducted in order to identify dysfunctional families and for the comparative study of the variables. The detailed description on the studies carried out at phase 1 is given below.

**4.11.1 Locale and Samples of the Study**

Survey is conducted to identify the dysfunctional families and find out the relationship between primary variables and demographic variables. Universe of the study is the spouses of the Syrian Catholic community who got married between 1990 and 2010. Population of the study is the spouses of the Syrian Catholic community married between 1990 and 2010 in Central Travancore. The Syrian Catholics of Central Travancore are divided in to 9 Dioceses of the Syrian Catholic Church. For the study 18 Parishes are selected from the 6 Dioceses using Purposive Sampling Technique.

Since the population is large in size an optimum sample which fulfils the requirement of the population was selected by the purposive sampling. While collecting the sample due representation was given to locality, type of marriage, duration of marriage, qualification and economic status. Sample should be large enough to reduce the magnitude of sampling error within admissible limit (Best & Khan, 1992). Krech and Crutchfield (1968) have observed that sample size of 500 would yield reasonably good result which would keep the error less than five percent. Taking in to consideration above mentioned aspects, the investigator decided to have sample size above 500 belonging to 18 parishes of 7 Syrian Catholic Dioceses of Central Travancore of Kerala State. The investigator chose 300 couples.
got married between 1990 & 2010 and who were present at the time of data collection with the help of the statistical reports of the parish directory and by the assistance of the Parish Secretary, from the above mentioned parishes using Purposive Sampling Technique. The details of the distribution of the diocese and parish wise population and sample are given in the Appendix 1 and 2.

The questionnaire is distributed to 300 couples. Thus 600 spouses form the total sample from whom the data were collected. After verification and scrutiny of the data sheets, 56 incomplete and doubtful data sheets were rejected and deleted. And a sample of 544 was selected for the final analysis. The details of final sample selected for the study is given below. The following tables shows Gender, Locale, Nature of Marriage, Number of Children, Duration of Marriage, Dioceses, Parishes, monthly income and education wise distribution of the sample selected for the study.

**Table 1: Distribution of the Sample Based on Gender**

<table>
<thead>
<tr>
<th>Spouses</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man</td>
<td>272</td>
<td>50</td>
</tr>
<tr>
<td>Women</td>
<td>272</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>544</td>
<td>100</td>
</tr>
</tbody>
</table>

The gender represents the husbands and wives of the study. Since the present study is conducted between couples, the sample size is equal in number. That is, for the study 272 men (50%) and 272 (50%) women are considered. The Pie diagram of the breakup of the sample is given below.
Table 2: Distribution of the Sample Based on Revenue Districts

<table>
<thead>
<tr>
<th>Districts</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kottayam</td>
<td>122</td>
<td>22.4</td>
</tr>
<tr>
<td>Pathanamthitta</td>
<td>250</td>
<td>45.8</td>
</tr>
<tr>
<td>Kollam</td>
<td>172</td>
<td>31.8</td>
</tr>
<tr>
<td>Total</td>
<td>544</td>
<td>100</td>
</tr>
</tbody>
</table>

The table 2 shows the breakup of the samples taken for the study based on Districts. The total number of the sample is 544. Out of the 544 samples 122 (22.4%), 250 (45.8%), 172 (31.8%) are from the Kottayam, Pathanamthitta and Kollam districts respectively. The pie – diagram of the breakup of the sample is given below.

Figure 2: Pie Diagram Representing the Distribution of the Sample Based on Revenue District

Table 3: Distribution of the Sample Based on the Locale

<table>
<thead>
<tr>
<th>Locale</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urban</td>
<td>148</td>
<td>27.2</td>
</tr>
<tr>
<td>Rural</td>
<td>396</td>
<td>72.8</td>
</tr>
<tr>
<td>Total</td>
<td>544</td>
<td>100</td>
</tr>
</tbody>
</table>
The above table shows the breakup of the samples taken for the study based on Locale. The total number of the sample is 544. Out of the 544 samples 142 (27.2%), 396 (72.8%) are from the Urban and Rural Locale respectively. The Pie – diagram of the breakup of the sample is given below.

**Figure 3: Pie - diagram representing the Distribution of the Sample Based on Locale**

![Pie chart](image)

**Table 4: Distribution of the Sample according to Nature of Marriage**

<table>
<thead>
<tr>
<th>Nature of Marriage</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arranged Marriage</td>
<td>462</td>
<td>84.9</td>
</tr>
<tr>
<td>Love cum Arranged</td>
<td>66</td>
<td>12.1</td>
</tr>
<tr>
<td>Love Marriage</td>
<td>16</td>
<td>2.9</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>544</strong></td>
<td><strong>100.0</strong></td>
</tr>
</tbody>
</table>

The above table shows the breakup of the samples taken for the study according to Nature of Marriage. The total number of the sample is 544. Out of the 544 samples 462 (84.9%), 66 (12.1%) and 16 (2.9%) are having Arranged, Love – Arranged and Love Marriage respectively. The Pie – diagram of the breakup of the sample is given below.
Table 5: Distribution of the Sample According to Duration of the Marital Life

<table>
<thead>
<tr>
<th>Duration of Marital life</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 5 Years</td>
<td>86</td>
<td>15.8</td>
</tr>
<tr>
<td>6-10 Years</td>
<td>80</td>
<td>14.7</td>
</tr>
<tr>
<td>11-15 Years</td>
<td>182</td>
<td>33.5</td>
</tr>
<tr>
<td>16-20 Years</td>
<td>196</td>
<td>36.0</td>
</tr>
<tr>
<td>Total</td>
<td>544</td>
<td>100.0</td>
</tr>
</tbody>
</table>

The above table shows the breakup of the samples taken for the study according to Duration of the Marital life. The total number of the sample is 544. Out of 544 samples 86 (15.8%), 80 (14.7%), 182 (33.5%), 196 (33.5%) and 196 (36%) come under up to 5 years, 6-10 years, 11-15 years and 16-20 years respectively. The graph represents the breakup of the sample as given below.
The above table shows the breakup of the samples taken for the study according to Number of Children the respondents have. The total number of the sample is 544. Of the 544 samples 20 (3.7%) do not have children, 102 (18.6%) have one child, 368 (67.8%) have two children, 54 (9.9%) have three children and above.
Table 7: Distribution of the Sample based on Monthly income

<table>
<thead>
<tr>
<th>Monthly Income in `</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below `3000</td>
<td>200</td>
<td>36.8</td>
</tr>
<tr>
<td><code>3001- </code>7000</td>
<td>149</td>
<td>27.4</td>
</tr>
<tr>
<td><code>7001- </code>11,000</td>
<td>77</td>
<td>14.2</td>
</tr>
<tr>
<td><code>11001-</code>15000</td>
<td>51</td>
<td>9.3</td>
</tr>
<tr>
<td>Above `15000</td>
<td>67</td>
<td>12.3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>544</strong></td>
<td><strong>100.0</strong></td>
</tr>
</tbody>
</table>

The above table shows the breakup of the sample taken for the study based on monthly income. The total number of the sample is 544. Of the 544 samples 200 (36.8%) have monthly income below `3000, 149 (27.4%) have monthly income `3001-`7000, 77(14.2%) have monthly income `7001-`11,000, 51 (9.3%) have monthly income `11,001-`15,000 and 67 (12.3%) have monthly above `15000. The Bar diagram of the breakup of the sample is given below.
Figure 7: Bar diagram Representing the Distribution of the Sample Based on Monthly Income

Table 8: Distribution of the Sample According to Education of the Spouses

<table>
<thead>
<tr>
<th>Level of Education</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below SSLC</td>
<td>48</td>
<td>8.8</td>
</tr>
<tr>
<td>SSLC</td>
<td>219</td>
<td>40.3</td>
</tr>
<tr>
<td>P.D.C</td>
<td>152</td>
<td>27.9</td>
</tr>
<tr>
<td>UG</td>
<td>92</td>
<td>16.9</td>
</tr>
<tr>
<td>PG and above</td>
<td>33</td>
<td>6.1</td>
</tr>
<tr>
<td>Total</td>
<td>544</td>
<td>100.0</td>
</tr>
</tbody>
</table>

The above table shows the breakup of the samples taken for the study based on Education. The total number of the sample is 544. Of the 544 samples 48 (8.8 %) are below SSLC, 219 (40.3%) are SSLC, 152 (27.9%) are PDC, 92(16.9%) are U.G, 33 (6.1%) are P.G and above. Bar diagram of the breakup of the sample is given below.
4.12. Tools Used for the Study

A. Family Dysfunction Inventory by Rajeswari and Jessy Jacob (2011) : - Constructed Tool

B. Differentiation of Self Inventory by Elizabeth Skowron (Revised 2003) : - Standardised Tool

C. Integrated Spiritual Intelligence Inventory by Yosi Amram (2007) : - Standardised Tool

4.12.1. Family Dysfunction Inventory

The scale of family dysfunction inventory is prepared and standardized (Rajeswari & Jessy Jacob, 2011). This scale is used to find out the nature and level of dysfunctions of family. The detailed description of the preparation and standardization procedure of this scale is given below.
1) Planning of the Scale

The investigator studied the reference material related to the dysfunctional family scale and its measurements. The investigator decided to develop a five point Likert type scale to find out the nature of and level of family dysfunction and included favourable and unfavourable statements in the scale. The investigator reviewed available standardized scales. Scale of for ‘Assessing Family Dysfunction – Function’ (Genthner, Robert, Lane J-1977), ‘Family Environmental Scale’ (FES); (Moos & Moos, 1986) and ‘Family Adaptability and Cohesion Evaluation Scale’ (Maurice Place, Jessica Hulsmeier, Allen Brownrigg & Alison Soulsby.2005). Again the investigator reviewed reference materials related to dysfunctional families. ‘Five dysfunctional family indicators’ (Kiki Baker. 2009), ‘When you grow up in dysfunctional families’ (George A Boyd, 1992), ‘The eight most common characteristics of a Dysfunctional families’ (Sam Zolin, 2009), ‘Five types of controlling and dysfunctional families’ (Hannah, 2007), ‘Causes and effect of dysfunctional family relationships’ (Kiki Baker. 2009). The review helped her to get broad outlook on nature of dysfunction and the investigator constructed “Family Dysfunction Inventory”. When the scale was prepared the investigator had taken care of the sevendimensions.

2) Preparation of the Scale

Before preparing the scale, the investigator studied available reference material related to the measurement and construction of scale. Then investigator prepared some statements which are favourable and unfavourable statements. As a preliminary step to preparation of the draft inventory, lists of 85 statements are prepared and it is submitted to research supervisor for censure and suggestions. As per the suggestions received, some items are deleted, some are modified and some new items are added. Again the written statements are given to some experts for their opinion with regard to relevancy and meaningfulness. On the basis of suggestion from the experts some statements were rejected and some others were modified. The modified draft scale consists of 32 positive and 58 negative statements. This is a Likert type five point scale, consists of 90 items to find out the nature of family dysfunction.
3) Tryout

The draft scale was tried out on a sample of 100 families which consist 200 individuals in families in Pathanamthitta, Kottayam & Kollam district were selected by the purposive sampling technique. The investigator gave separate answer sheet for the spouses to response their opinion. The answer sheet contains answer columns with five choices viz, Never, Occasionally, Sometimes, Often, and Always. The investigator also divided spouses responses to the questions evaluated with respect to seven dimensions as follows; Biological (3 items), Economical (4 items), Familial (19 items), Interpersonal (19 items), Personality (16 items), Psychological (17 items), and Social (6 items). For family dysfunction inventory, the items for the final scale are selected on the basis of t value.

4) Scoring of the Scale

The scale for Family Dysfunction expressed along the five point scale, the scoring scheme adopted for the scale is as follows. For negative statement the scoring is 5,4,3,2, and 1, and for the positive statements, the scoring is 1,2,3,4 and 5.

5) Item Analysis

The statements were selected for the final analysis on the basis of item analysis of each statement using the method suggested by Edwards (1957). For the item analysis the investigator collected data for a sample of 200 response sheets. Then the investigator calculated the total score of each respondent. The response sheets were arranged in the ascending order of total marks. The 27% of lower group and the 27% of higher groups were taken for item analysis. In evaluating the responses of higher and lower groups to the individual statements, t value is found out.

The statement with t value is greater than or equal to 2.58 is considered to be a good item for measuring the family dysfunction. If the t value of an item is less than 2.58, those items are eliminated from the draft scale. Thus, the selected items of the draft scale are re-arranged to get the final scale. Then the final scale consists of 84 items of which 31 are positive and 53 are negative. Detailed description of the tool is given in the Appendix 3.
6) Validity and Reliability of the Scale

The family dysfunction inventory is prepared very carefully following the principles of inventory construction. Furthermore, the consistency of the items in the scale is guaranteed through the item analysis. The item selection procedure furnished the internal validity of the scale. The investigator established face validity by showing the tool to a number of Family Counsellors. Based on their opinion the tool is found to be valid.

Reliability of the scale is found by test-retest method on a sample of 100 spouses. To find out the reliability of the scale the investigator re-administered after 3 weeks time. The two sets of the scores are correlated by using the Pearson’s Product Moment Coefficient of Correlation to obtain the reliability of the test. The reliability coefficient is found to be 0.84 (84%). It shows that the test is highly reliable.

4.12.2. Differentiation of Self Inventory

The Differentiation of Self Inventory (DSI; Skowron 1998, Revised; 2003) is one relatively new self-report measure of differentiation derived from Bowen theory, developed to assess emotional functioning, intimacy, and autonomy in interpersonal relationships. Its subscales are designed to assess interpersonal (i.e., fusion and emotional cutoff) and intrapsychic dimensions of differentiation problems (i.e., emotional reactivity and difficulty taking an “I” position). Differentiation of Self Inventory (Revised) of Elizabeth Skowron and Thomas A. Schmitt (2003) is well modified scale to Bowen Family Therapy. The DSI-R is a 46-item self-report measure that focuses on adults, their significant relationships, and current relations with family of origin. Participants rate items using a 6-point, Likert-type scale, ranging from 1 (not at all true of me) to 6 (very true of me). The DSI contains four subscales: Emotional Reactivity (ER), “I” Position (IP), Emotional Cut-off (EC), and Fusion with Others (FO). The 11-item ER scale assesses the tendency to respond to environmental stimuli on the basis of autonomic emotional responses, emotional flooding, or liability. Scores are reversed so that higher scores reflect less emotional reactivity or greater differentiation of self. The 11-item IP scale contains items that reflect a clearly defined sense of self and the ability to thoughtfully
adhereto one’s convictions even when pressured to do otherwise. Higher scores indicate an ability to take an “I-” position or greater differentiation of self. The 12-item EC scale consists of items reflecting fears of intimacy or engulfment in relationships, and the accompanying behavioural defences against those fears. Higher scores indicate less emotional cut-off, or greater differentiation. The 12-item FO scale in its original form reflects emotional overinvolvement with significant others and over identification with one’s parents—taking in parental values, beliefs and expectations without question. Higher scores indicate less fusion or greater differentiation of self.

1) Scoring of the Scale

The scale for Differentiation of Self expressed along the six point scale, the scoring scheme adopted for the scale as follows. For positive statement the scoring is 6, 5, 4, 3, 2, and 1, and for the negative statements, the scoring is 1, 2, 3, 4, 5, and 6.

2) Reliability of the Scale

Since it as a standardized foreign tool, a study is conducted to know the Reliability. Statistical analysis -Cronbach’s Alpha - is done. Value of Cronbach’s Alpha for ‘Differentiation of Self inventory’ of Elizabeth Skowron is found 0.822. So inventory is reliable at 82% level. Hence it is accepted.

4.12.3 Integrated Spiritual Intelligence Scale

Integrated Spiritual Intelligence Scale of Yosi Amram (2007) is a well adapted ecumenical scale to know the spiritual intelligence. It contains 22 subscales assessing separate SI capabilities related to Beauty, Discernment, Egolessness, Equanimity, Freedom, Gratitude, Higher-self, Holism, Immanence, Inner-wholeness, Intuition, Joy, Mindfulness, Openness, Practice, Presence, Purpose, Relatedness, Sacredness, Service, Synthesis, and Trust. These 22 subscales are grouped into 5 domains: Consciousness, Grace, Meaning, Transcendence and Truth. ISIS predicted satisfaction with life and correlated with existing measures of spirituality. It has 83 statements in a 6 point Likert-type scale, ranging from 1 (Never or almost never) to 6 (Always or almost always) with minimum score 83 and maximum score 498.

The 12 item consciousness scale assesses the ability to operate with a high level of awareness of one’s situation, context, and intentions in the moment. High scores
reflect the higher consciousness. The 19 item grace scale assesses the person’s ability to express creatively and the beauty and sensuality uncovered in one’s work. Higher scores reflect the high level of grace. The 8 item Meaning scale reflect the experience of deep sense of meaning and purpose from the works and obligations that goes beyond the material rewards and the ability to find meaning even in challenges, pain and suffering. Higher scores reflect the high level of Meaning. The 22-item Transcendence subscale reflects the awareness of a higher self that one listen for guidance. This connection to higher consciousness affords deeper insight and trust. Higher scores reflect the high level of Transcendence. The 22 item Truth subscale reflects the one’s acceptance of him/her and the world as it is, with all of its limitations and imperfections. And one remain curious, open and seek to become aware of truth rather than resisting it, even when it may not be pleasant to face. And in working to affect change, one draw on his/her ability to accept what is. Higher scores reflect the high level of Truth.

1) Scoring of the Scale

The scale of Integrated Spiritual Intelligence Inventory expressed along the six point scale, the scoring scheme adopted for the scale as follows. For positive statement the scoring is 6,5,4,3,2, and 1, and for the negative statements, the scoring is 1,2,3,4,5 and 6.

2) Reliability of the Scale

Since it as a standardized foreign tool, a study is conducted to know the Reliability. Statistical analysis -Cronbach's Alpha- is done. Value of Cronbach’s Alpha for ‘Integrated spiritual intelligence inventory’ of Yosi Amram is found 0.914, indicates inventory is highly reliable at 91% level, so accepted.

English version of the final scales are given in the Appendix 4, 5, & 6
Malayalam version of the tools are given in the Appendix 10

4.13 Pilot Study

The researcher conducted a pilot study to ensure the research project is successful and effective. The main purpose of the pilot study was to administer the family dysfunction inventory, differentiation of self inventory and spiritual
intelligence Inventory on a selected sample of spouses, to find out the items framed were brief enough and clear enough not to be misunderstood and ambiguous and sufficiently to test the family dysfunction, differentiation of self and spiritual intelligence of spouses, got married between 1990 and 2010. The investigator conducted pilot study using random sample 70 (35 Couples). From the study the researcher found the difficulty in understanding the Spiritual Intelligence Inventory (David King) by the spouses due to its ambiguous nature. So the researcher selected Yosi Amram’s Integrated Spiritual Intelligence Inventory after consulting Research Supervisor. Again a pilot study is conducted for 30 samples in order to know relevance of the new inventory taken. And it is found relevant.

4.14 Procedure Adopted for the Collection of Data

As preliminary step for collection of data, the Parish Priests and Sisters of the respective parishes were contacted and their help was sought for administering the tools for couples. The purpose of the different tools was explained to the subjects concerned and then tools were administered taking care to clarify the doubts, if any. The researcher collected the number of families of the spouses married between 1990 and 2010, assisted by parish Priest and Sisters of the respective parishes. With the assistance of parish Secretary/ Sisters, the researcher directly approached each spouses and distributed questionnaire to them and explained and clarified the content given to them.

4.14.1 Consolidation of the Data

The data collected from spouses (N=544) using the problem inventories - family dysfunction, differentiation of self and integrated spiritual intelligence - were tabulated and subjected to statistical analysis by applying appropriate statistical techniques.

4.14.2 Identification of Dysfunctional Families

The researcher identified the dysfunctional family using the following method. The total number of the item in the inventory is 84. Since the minimum score value is ‘1’ the minimum value is 84 and maximum score value is 5 the maximum value is 420. The scores obtained are divided by the number of items for each dimension and for total FDI. The researcher considered 10% level difference in
order to specify fair, slightly dysfunctional, poor, very poor, worst, acute, very acute, and completely dysfunctional families. The researcher judged the families fall under ‘Fair’ to ‘completely dysfunctional’ level, as dysfunctional families, in various degrees. No family is found as perfect functional or completely dysfunctional family. 26.5% are comes under the fair condition. 37.5% families have slight level of dysfunction. 20.2% and 11.1% of families are in poor and very poor situation. 3.3% and 1.4% of families are experiencing dysfunction at worst and acute condition. The ranges defined to identify the dysfunctional families and the parish vice classification of the level of dysfunctional families is given in Annexure 7. To maintain confidentiality and privacy code number is used instead of names of the parishes and the place.

4.15 PHASE – II : Quasi Experimental Method

In the phase II, from the study conducted at Phase 1, the researcher identified the dysfunctional families and experimental study is conducted among spouses of identified and selected dysfunctional families to know the impact of family counselling on differentiation of self and spiritual intelligence. The detailed description on the studies carried out at phase II is given hereunder

4.15.1 Locale and Samples of the Study

From the survey the researcher identified the various levels of dysfunction, which the families showed parish-vice. The highest number (39) of couples responded in the survey was from the Parish of PY 16 of VIth Diocese. Since the same parish shows more dysfunctional families in a high range, the researcher selected the spouses from that parish for experimental study with the permission of Parish Priest.

Thirty out of thirty nine couples, who showed family Dysfunction in various level (Poor to Acute levels) invited for the Counselling session. To inviting them the researcher visited their houses. 21 couples were responded to the counsellor. So in the beginning of the counselling session, the sample size of the experimental study was 42 (21 couples). But after one week, a premature termination of the counselling happened. The counselling dropouts were 6 couples. Three spouses
discontinued the sessions due to the non co-operation of one of the spouses. One of spouses is sent for the treatment of alcoholism. Two families shifted their domicile to faraway places. The sessions continued with 15 couples until the termination of counselling programme. Purposive Sampling Technique is used for the selection of samples for the experimental study.

4.15.2 Description of the Sample

The details of experimental samples selected for the study is given below. The following tables shows Gender, Nature of Marriage, Number of Children, Duration of Marriage, monthly income and education wise distribution of the sample selected for the study.

Table 9: Distribution of the Sample Based on Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Husband</td>
<td>15</td>
<td>50.0</td>
</tr>
<tr>
<td>Wife</td>
<td>15</td>
<td>50.0</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>100.0</td>
</tr>
</tbody>
</table>

The gender represents the husbands and wives of the study. Since the present study is conducted between couples, the sample size is equal in number. That is, for the study 15 men (50%) and 15 (50%) women are considered.

Table 10: Distribution of the Sample Based on Duration of the Marriage

<table>
<thead>
<tr>
<th>Duration of Marital Life in Years</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 5</td>
<td>8</td>
<td>26.7</td>
</tr>
<tr>
<td>5-15</td>
<td>12</td>
<td>40.0</td>
</tr>
<tr>
<td>Above 15</td>
<td>10</td>
<td>33.3</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>100.0</td>
</tr>
</tbody>
</table>

The above table shows the breakup of the samples taken for the study according to their duration of marital life. The total number of the sample is 30. Of the 15 samples 8 (26.7%) are under below 5 years, 12 (40%) are under between 5-15 years, 10 (33.3%) are under above 10 years.
Table 11: Distribution of the Sample Based on Number of Children

<table>
<thead>
<tr>
<th>Number of Children</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>No child</td>
<td>2</td>
<td>6.7</td>
</tr>
<tr>
<td>One</td>
<td>2</td>
<td>6.7</td>
</tr>
<tr>
<td>Two</td>
<td>26</td>
<td>86.7</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>100.0</td>
</tr>
</tbody>
</table>

The above table shows the breakup of the samples taken for the study according to the Number of Children they have. The total number of the sample is 30. Of the 30, 2 (6.7%) do not have children, 2 (6.7%) have one child and 26 spouses (86.7%) have two children.

Table 12: Distribution of the Sample Based on their Monthly income

<table>
<thead>
<tr>
<th>Monthly Income</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below `3000</td>
<td>15</td>
<td>50.0</td>
</tr>
<tr>
<td><code>3001-</code>5000</td>
<td>11</td>
<td>36.7</td>
</tr>
<tr>
<td>Above `5000</td>
<td>4</td>
<td>13.3</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>100.0</td>
</tr>
</tbody>
</table>

The above table shows the breakup of the samples taken for the study based on monthly income. The total number of the sample is 30. Of the 30, 15 (50%) have monthly income below `3000, 11 (36.7%) have monthly income `3001-`5000 and 4 (13.3%) have monthly income above `5000.

Table 13: Distribution of the Sample Based on Nature of marriage

<table>
<thead>
<tr>
<th>Nature of Marriage</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arranged Marriage</td>
<td>24</td>
<td>80.0</td>
</tr>
<tr>
<td>Love cum Arranged</td>
<td>4</td>
<td>13.3</td>
</tr>
<tr>
<td>Love Marriage</td>
<td>2</td>
<td>6.7</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>100.0</td>
</tr>
</tbody>
</table>

The above table shows the breakup of the sample taken for the study according to Nature of Marriage. The total number of the sample is 30. Out of the
30, 24 (80%), 4 (13.3%) and 2 (6.7%) are having arranged, love cum arranged and love marriage respectively.

Table 14: Distribution of the Sample Based on Educational Qualification

<table>
<thead>
<tr>
<th>Education</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below SSLC</td>
<td>2</td>
<td>6.7</td>
</tr>
<tr>
<td>SSLC</td>
<td>17</td>
<td>56.7</td>
</tr>
<tr>
<td>PDC</td>
<td>7</td>
<td>23.3</td>
</tr>
<tr>
<td>Graduate</td>
<td>4</td>
<td>13.3</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>100.0</td>
</tr>
</tbody>
</table>

The above table shows the breakup of the samples taken for the study based on Educational Qualification. The total number of the sample is 30. Of the 30 samples 2 (6.7%) are below SSLC, 17 (56.7%) are SSLC, 7 (23.3%) are PDC, 4 (13.3%) are Graduates

4.15.3 Procedure

The Counselling session is opened for spouses of the families identified as dysfunctional. The intervention is aimed for the improvement of spiritual intelligence and differentiation of self of the spouses, so as to minimise the family dysfunction. So the primary concern of the sessions was the spouses; the key persons in the family. And later for two or three sessions, whole family is included. Before starting experimental study, a pre-test is given using FDI, DSI, ISIS questionnaires to know the present status of the spouse clients and their family. In the counselling sessions, after listening their current problems and issues, the researcher helps the clients to become aware about their current state of differentiation of self and spiritual intelligence and their relationships in the family. And the researcher has given guidelines to improve their differentiation of self and spiritual intelligence in the light of Murray Bowen Family System theory and Yosi Amram’s Spiritual Intelligence theory. The period of experimental study was for 4 months from the month of February to May, 2012. At the end of the study a post-test is taken to know the growth and the change underwent by the couples and their families.

The counselling sessions were conducted for each family according to the need of the clients. A minimum of four to a maximum of fifteen sessions were conducted in
accordance with the wants and needs of the families. The researcher visited their houses as part of the intervention, which also facilitated the intervention. The researcher spent, total 268 hours for 114 counselling sessions and 130 hours for 75 house visits of the clients. The detailed description of the overall procedure of the experimental intervention is given in Annexure 8

4.16 Statistical Techniques Employed for the Analysis

The collected data (Survey, pre and post test) is analyzed by using appropriate statistical techniques such as number and percentage, mean, median, mode, skeweness, kurtosis, standard deviation, t-test, coefficient of correlations, chi-square, Fried man test, ANOVA, DMRT Post Hoch analysis, and stepwise multiple regression analysis with the help of software programme SPSS 17 and structural equation modelling with the help of software programme AMOS 16.

To find out the levels of spiritual Intelligence, differentiation of self, and family dysfunction of spouses, mean and standard deviation of the variables; spiritual intelligence, differentiation of self and family dysfunction is computed. By using the conventional procedure, \( \bar{x} \) distance from mean M is calculated. The spouses are classified in to three groups high, low and average according to the scores obtained greater than \((M+\bar{x})\), scores obtained less than \((M-\bar{x})\) and scores obtained in between \((M+\bar{x})\) and \((M-\bar{x})\) respectively. The correlation coefficient analysis is carried out to find out the relationship between dysfunction in the family, differentiation of self, spiritual intelligence and to find out the interrelationship between dimensions of the variables. Friedman test is implemented to know the difference between mean ranks of dimensions of differentiation of self, spiritual intelligence and family dysfunction. Chi-square test is used to find out the association between level of family dysfunction, differentiation of self and spiritual intelligence. Student t test is computed to find out the difference between gender and locale on differentiation of self, spiritual intelligence and family dysfunction of spouses. ANOVA is computed to find out the difference between spouses based number of children they have, duration of their marital life, nature of marriage, monthly income, and educational qualification of with respect to family dysfunction, differentiation of self and spiritual intelligence. Stepwise multiple regression
analysis is done to predict how much and how well the independent variables
differentiation of self and spiritual intelligence having logical bearing on the
dependent variable differentiation of self. Structural equation modelling is done to
test and estimate the causal relations of the variables. Paired t test is computed to
find out the difference between pre-test scores and post –test scores of spouses for
family dysfunction, differentiation of self and spiritual intelligence and its
dimensions.

The detailed description of obtained results of Quantitative and Qualitative
analysis is presented and discussed in the next chapter.