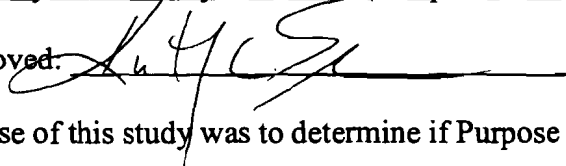# AN ABSTRACT OF THE THESIS OF

Bridget C. Burns for the Master of Science in Physical Education, Recreation and Dance

presented on April 14, 1999

Title: The Relationship Between Purpose in Life Scores and Lifestyle Inventory Scores

Among Fraternity and Sorority Members at Emporia State University

Abstract approved: _____

The purpose of this study was to determine if Purpose in Life scores (PIL) were

related to Lifestyle Inventory (LI) scores among fraternity and sorority members at

Emporia State University. The participants of this study were fraternity members

(N=76) and sorority members (N=72) affiliated with Emporia State University. The

participants were asked to complete a PIL scale and a LI scale. Data were analyzed

through the use of Pearson product moment correlation coefficient, t test, an analysis

of variance (ANOVA) and Tukey HSD post hoc analysis. Hypothesis 3 was analyzed

at $p < .06$ because it was an exploratory study however, all other data were analyzed

at the $p < .05$ level of significance. The correlation coefficient indicated there was a

significant relationship between PIL scale scores and LI scale scores among both

fraternity and sorority organizations, $r = .55$ and $r = .48$ respectively. A t test

indicated significant gender differences between PIL scores, $t = -1.926$. A t test

indicated significant differences existed between fraternity members' scores on the LI

and sorority members' scores on the LI, $t = -4.812$.

Greek letter affiliation, class status and current involvement in a relationship were

analyzed against PIL scores to determine if a significant relationship existed. An

analysis of variance and Tukey HSD post hoc analysis concluded the members of Group 8 scored significantly higher on the PIL scale than Group1 and Group 2, F (7,140) = 2.26, $p < .05$. An analysis of variance revealed there was a significant difference between the freshman and sophomore classes and the freshman and senior classes in relation to PIL scores, $F(3) = 3.60$, $p < .05$. A t test concluded participants currently involved in a relationship had significantly higher PIL scores than participants who were not currently involved in a relationship, $t(146) = 2.92$, $p < .05$.

THE RELATIONSHIP BETWEEN PURPOSE IN LIFE SCORES AND

LIFESTYLE INVENTORY SCORES AMONG FRATERNITY AND

SORORITY MEMBERS AT EMPORIA STATE UNIVERSITY

A Thesis

Presented to

The Division of Health,

Physical Education, and Recreation

EMPORIA STATE UNIVERSITY

In Partial Fulfillment
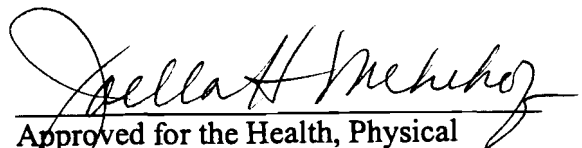
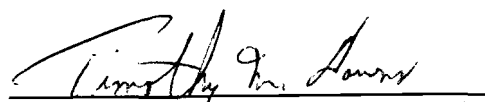of the Requirements for the Degree

Master of Science

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by

Bridget Colleen Burns

May 1999

Approved for the Health, Physical
Education & Recreation Division

Approved for the Graduate Council

ACKNOWLEDGMENTS

I would like to extend my love, appreciation and thanks to my parents, Terrence and Mary Burns for their encouragement, understanding and patience. Without their advice and support, I never would have developed the courage to make a decision and accept responsibility for the consequences. With your encouragement, I willingly accept challenges and have made tremendous strides towards discovering the ultimate meaning of my life. I have come to realize that the primary forces which I commission to battle my inner tension originate from my personal relationship with God and knowledge that has been shared with me by my family members. For this I am extremely grateful and wish to express, from my heart, a sincere appreciation. Thank you, Mom and Dad.

I would like to extend my appreciation to Dr. Kathy Ermler, Dr. Joella Mehrhof and Dr. Kenneth Weaver for their patience with my progress and their constant encouragement toward my efforts. Their guidance in this undertaking was crucial and I truly appreciate their unconditional support. I would especially like to thank Dr. Kathy Ermler for her willingness to share her knowledge and for providing the structural basis necessary for this endeavor. You patiently explained concepts until they finally made sense to me and set high expectations knowing all the hard work and tears would be worth it. You dropped everything to help me, and I am very grateful for that. Thank you for your concern, your expert advice and especially for modeling effective teaching.

I would like to extend my appreciation to Dr. Joella Mehrhof who possesses such a magnitude of concern and compassion for others. Your encouraging words and

willingness to be a listener were so important to me during this endeavor. Thank you for your honesty and faith in my abilities.

I would like to extend my appreciation to Dr. Kenneth Weaver who is so effective in building a rapport with his students. You are so eager to share your knowledge rather than simply display it. The passion you have for your job is inspiring.

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CHAPTER 1

INTRODUCTION

Striving to find the ultimate meaning of one's life is the "primary motivational force of human nature" (Frankl, 1963, p. 171). This meaning is not invented, desired or self-serving, rather, it is detected and discovered along life's journey. However, discovering meaning is not a simple process, but a process that requires an individual to develop awareness, confront and, ultimately, interpret psychological tension. According to Frankl (1969), this tension is healthy and occurs as a result of the gap between reality and ideal or the actual and potentiality. In other words, psychological tension arises when an individual sees what he/she is or has already achieved and then becomes aware of what he/she could be or ought to accomplish in life.

The choices a person makes in life do not resolve this psychological tension. Psychological tension is a state that cannot be resolved and is an apriori condition of being human (Frankl, 1969). However, by making choices and accepting responsibility for these choices, an individual can begin to discover meaningfulness in life and come to an understanding of the meaning of life. Without the discovery of meaning, tension can take the form of boredom, fatigue, hopelessness, frustration, confusion, fear and/or uncertainty. These manifestations are symptoms of a meaningless existence. Suffering from these symptoms has been shown to result in low self-esteem, depression, suicidal thoughts, ineffective coping ability, substance abuse, self-alienation and social isolation (Bentler, Harlow, & Newcomb, 1986). An individual who makes choices without juxtaposing meaning to these choices, will experience psychological tension in what Frankl refers to as an existential vacuum.

With the discovery of meaning, the tension a person experiences may manifest happiness, hope, strength, certainty, and power. These manifestations are symptoms of a meaningful existence (Frankl, 1969). Research by Bentler, et al. (1986) indicated individuals who focus on meaning in life, possess a stronger self-identity, greater self-direction with regard to vocational plans and healthier relationships with others. "A strong meaning orientation is a health promoting and life-prolonging if not a life-preserving agent. It not only makes for mental health but fewer symptoms of physical distress" (Frankl, 1969, p. 48).

Statement of Problem

Decisions individuals make with regard to their health reflect the meaningfulness or meaninglessness these individuals feel about their life. In essence, there may be a relationship between a college student's decision to participate in high risk health-related behaviors and the degree of meaningfulness the person perceives in his/her life. Transitional times in life, such as entering or graduating from college, joining an organization or getting married, may affect a person's discovery of meaning (Bond & Feather, 1988). A student may experience a greater degree of psychological tension manifested as uncertainty, confusion, self-doubt and challenge during these transitional times (Frank, 1969). If a student is able to discover meaningfulness in the choices he/she is making, he/she may be able to avoid taking part in high risk health-related behaviors. However, if a student is unable to detect meaningfulness in the choices he/she is making, he/she may be more likely to take part in high risk health-related behaviors.

Typically, the concerns of a college student include developing autonomy, establishing a personal identity, managing interpersonal relationships, planning for the future and discovering a purpose in life. Active involvement within a campus affiliation, such as a Greek-letter society, may provide a student with the opportunity to address these concerns (Irvine, Kilmer, Larimer & Marlatt, 1997). However, participation within a Greek-letter society can present the opportunity for a person to lose sight of meaningfulness and choose to participate in high risk health-related behaviors. Alcohol consumption is prevalent within this social institution. Limited research has been done to examine the high risk health behaviors of Greek-letter members and their perception of meaningfulness in life.

Statement of Purpose

The purpose of this study was to determine if Purpose in Life scale (PIL) scores were related to Lifestyle Inventory (LI) scores among fraternity and sorority members at Emporia State University. The PIL scale measures an individual's perceived degree of meaningfulness in life. The LI scale assesses behaviors associated with six high-risk health related factors including smoking and tobacco use, alcohol and drug abuse, promiscuous behaviors resulting in sexually transmitted diseases, an unbalanced diet, physical inactivity and intentional/unintentional injury. The fraternity and sorority members participating in this study were given the opportunity, through survey research to examine their own lives and the factors that contribute to personal health-related decisions.

Hypotheses

1. There is no relationship between scores on the PIL scale and the LI scale among fraternity members.

2. There is no relationship between scores on the PIL scale and the LI scale among sorority members.

3. There is no difference between fraternity members' scores on the PIL scale and sorority members' scores on the PIL scale.

4. There is no difference between fraternity members' scores on the LI scale and sorority members' scores on the LI scale.

Statement of Significance

This study may provide information concerning abusive and destructive lifestyle behaviors among fraternity and sorority members. Identifying an underlying reason for a student's choice to participate in a potentially destructive health behavior may lead to the development of new, non-traditional intervention techniques. These new techniques would involve re-orientating an individual toward the meaning of his/her life. If this study finds a relationship between meaningfulness and health-related behavior, educational interventions must focus on a student's choices and the purpose or reason behind these choices.

Literature Review

The purpose of this study was to determine if PIL scores were related to the LI scores of fraternity and sorority members at Emporia State University. The review of literature begins with the concept of meaning and continues with ways individuals can discover meaning in their lives. Next, the six high risk health-related behaviors

are explained. The concept of meaning is then related to these high risk health-related behaviors. Lastly, factors that affect the discovery of meaning of life and their relationship to Greek-letter social organizations are discussed.

The Concept of Meaning

Once discovered, the ultimate meaning of life is everlasting. However, opportunities to find meaning vary from person to person, day to day, situation to situation. Finding meaning within life's choices is critical to a person's happiness. Happiness and pleasure are not objectives of a person's life but by-products of a meaningful life. By examining an individual's collection of meaningful experiences in life, an ultimate meaning of life may be revealed. According to Frankl (1963) the concept of meaning consists of three components: freedom of will, will to meaning and meaning of life.

Freedom of will is defined as the freedom an individual has to make choices in life. This freedom of choice implies a sense of responsibility. An individual chooses for what and to whom to be responsible based on his/her decisions not instincts or drives. A person makes choices in life and, as a result, must be responsible for the consequences of those choices.

The second component of meaning is will to meaning. Will to meaning is defined as the tension that is aroused in order to make sense of one's choices. This tension, caused by a reflection on one's choices, is healthy and essential for fulfillment of meaning. It is not a result of experienced physiological or biological causes but psychological reasons following one's freedom of choice (Frankl, 1969). Will to meaning is the construct measured by Frankl's Purpose in Life (PIL) scale.

The third component of meaning is meaning of life. This is the ultimate meaning that ensues from the freedom of will and will to meaning. It is not a detached concept but something that is revealed to a person through a lifetime of meaningful experiences.

Discovering Meaning

Meaning can be discovered through a variety of ways. Frankl (1969) believed meaning could be discovered by doing good deeds, experiencing a value, and suffering (Frankl, 1969). A good deed involves accomplishing a task or committing an action whose aim is outside of the person doing the good deed. It is a form of sacrifice made for others (Frankl, 1963).

A value can take the form of appreciating nature, experiencing new cultures or becoming aware of the essence of another through love. A value is what one takes from encounters and experiences in life. Experiencing a value can uncover potential within oneself as well as reveal the humanness of self and others.

Suffering refers to the predicaments and situations in life that cannot be changed, altered or avoided. Frankl recalls his life as a prisoner in the German concentration camps as an example of a life situation where suffering was endured. In these situations a person must take a stand and turn even the most desperate and tragic of situations into one that is constructive and meaningful.

Another method used to discover meaning in one's life is through spirituality. "Mere thinking cannot reveal to us the highest purpose-it's a matter of believing out of whole being, ie., through faith" (Frankl, 1969, p. 145). One may choose to be

personally responsible to a spiritual force, thereby searching for meaning outside of one's self.

Stones and Philbrick (1980) studied one hundred South African men and women, ranging in age from 17 to 30, who had recently adopted a spiritual organization or religious affiliation. The PIL scale was administered to participants when they first joined their respective groups then re-administered four months after joining the group. The religious groups included Hare Krishna, Divine Light Mission, Jesus People and Seminarians. An individual's PIL score increased after the four-month period. The researchers concluded the will to believe, no matter the form it took, increased one's sense of meaningfulness of life.

Almaguer, DeMan and Weinstein (1988) surveyed 700 recently converted Christians, trainees in a congregation of Dominican Sisters, active leading Protestant parishioners, Mennonites, Catholics and secular people. The researchers concluded the stronger one's religious convictions, the more intensely perceived was one's existence to be full of meaning and purpose. "Recently converted Christians, trainees in a congregation of Dominican Sisters and active, leading Protestant parishioners show significantly more meaning in life than lesser or non-religious persons" (p. 335). The Dominican sisters represented the highest average score on the PIL scale of all groups tested. The authors concluded discovering a sense of spirituality was a vehicle for the sisters to find meaningfulness in everyday life decisions, ultimately strengthening their sense of meaningfulness of life.

Soderstrom and Wright (1977) examined a sample population of 430 freshman and sophomore students. Data were collected on intrinsic/extrinsic religious

motivation, committed/non-committed religious belief systems and true believers/non-believers. Intrinsic religious motivation was seen as having religious faith as the ultimate motive of life. Extrinsic religious motivation was viewed as using a motive such as religious faith to serve other purposes like status, power and security. Intrinsic religious motivation, a committed religious orientation and a true believing orientation were each indicative of a relatively high degree of meaning in life. Participants who scored high on intrinsic religious motivation had an average PIL score of 115 and participants categorized as true believers had a mean PIL score of 112.52. Extrinsic religious motivation, an uncommitted religious orientation and an unbelieving orientation were each indicative of a relatively low degree of meaning in life. Participants who scored high on extrinsic religious motivation had an average PIL score of 99 while participants categorized as unbelievers had a mean PIL score of 102.40.

A study by Crandal and Rasmussen (1980) attempted to determine the values associated with high PIL scores. The results of the study indicated values such as prosperity and excitement were not related to PIL scores. However, the value of salvation was attributed to the highest level of PIL scores received from the participants. The participants included 80 university students who were surveyed using the PIL scale and the Rokeach's Value Survey. In addition, data revealed the stronger an individual's intrinsic religious motivation, the higher his/her PIL score. Extrinsic religious motivation was not related to the participants' PIL score. It was concluded that a "genuine, intrinsic religious orientation may help to foster a greater perceived meaning and purpose in life" (p. 485).

Meaning can be discovered in a variety of ways. Performing good deeds, experiencing a value, suffering, and spirituality are all methods which initiate this search. According to Frankl (1963), discovering meaning and spirit in one's life keeps a person psychologically sound and, possibly, physically healthy (Frankl, 1997).

High-Risk Health Behaviors

The six categories of high risk health behaviors include smoking and tobacco use, alcohol and drug abuse, promiscuous behaviors resulting in sexually transmitted diseases, unbalanced diet, physical inactivity and intentional/unintentional injuries. Tobacco use increases the likelihood for developing cancer as well as respiratory difficulties. Smoking is also the number one cause of emphysema and heart disease, which is the fifth leading cause of death between the ages of 15 and 24. Drugs and alcohol affect the physical body as well as its cognitive processes, causing injury to self or others. "Alcohol immediately acts on the brain's central control areas to slow down or depress brain activity" (Howley & Franks, 1997, p. 453). Unprotected sexual encounters can lead to the transmission of potentially fatal diseases. HIV is the sixth leading cause of death of people between the ages of 15 and 24. Lack of energy or zest for life can be traced to dietary habits and frequency of physical activity. Injuries are the leading cause of death of people between the ages of 15 and 24. Intentional injuries occur as a result of an individual deliberately causing harm to self or others. Suicide and murder are examples of intentional injuries. Unintentional injuries are defined as thoughtless or accidental occurrences. Failing

to wear a seatbelt, drinking and driving and using tobacco products are examples of unintentional injuries.

<u>Relationship between Purpose in Life and High-Risk Health Behavior</u>

A person must engage in the search for meaning for the sake of meaning rather than to fulfill selfish desires (Frankl, 1969). "By pursuing happiness or pleasure, one makes it an object of attention and by doing so loses sight of reason" (p. 35). Issues of success, power, pleasure, prosperity and happiness are side effects or by-products of the search for meaning, not a goal. Research indicates there is a relationship between a persons meaning or lack of meaning in life and their likelihood to participate in certain high risk health behaviors (Bond & Feather, 1988; Jacobson, Mueller & Ritter, 1977; Bentler, Harlow & Newcomb, 1986). One who chooses not to engage in high risk health behaviors is more likely to have a clearer sense of purpose in life.

Ryff & Keyes (1995) conducted a study focusing on the six dimensions of wellness. The six dimensions of wellness included purpose in life, self-acceptance, positive relations with others, personal growth, environmental mastery and autonomy. Results revealed realizing one's potential and adopting goals and purposes requires discipline. These findings support the belief that happiness is a by-product of a meaningful existence, not a purpose in life.

Debats, Drost & Hansen (1995) surveyed 122 university students assessing the relationship between the Life Regard Index and essay inventory questions used to evaluate meaningfulness in one's life. The authors concluded a sense of meaninglessness was linked to detachment from self due to blocked potentials, a loss

of contact with others due to death or separation and a disconnection with the shared world. A strong sense of meaning was related to the ability to acknowledge and share both positive and negative feelings with others.

Research by Bond & Feather (1988) demonstrated time structure was correlated negatively with depression and positively with self-esteem. Time structure was defined as the "degree to which individuals perceive their use of time to be structured and purposeful" (p. 328). After surveying university students using the Time Structure Questionnaire, Bond & Feather concluded if a person perceived his/her time was used well, it resulted in a stronger PIL score, higher self-esteem, lower depression level, and less psychological distress. PIL scores were the lowest during perceived unstructured time use especially during key transition points in one's life, such as leaving home or retiring.

Jacobson, et al. (1977) researched the affect of an individual's discovery of meaning within a 30-day rehabilitation alcohol program. Fifty-seven patients at a rehabilitation hospital were pre-tested and post-tested using the PIL scale and Allport-Vernon Lindzey Study of Values. All participants demonstrated a significant increase in PIL score between testing sessions. The researchers concluded training for meaning in life seemed to be an effective method for psychological rehabilitation for alcohol patients.

A study by Bentler, et al. (1986) involved 722 college participants. The participants were given the Depression Assessment, Self-Derogation Scale, Substance Use Scale, PIL Scale, Suicide-Ideation Scale and a questionnaire related to substance use. The results indicated psychological discomfort and negative feelings or thoughts

including depression and self-derogation were precursors of a lack of purpose in life. Drug use renders the abuser helpless and produces an overall lack of purpose or meaning in life. Men and women had different results regarding meaninglessness and purposefulness. Men who had low PIL scores, were more likely to engage in suicidal thoughts while women with low PIL scores were more likely to become involved with substance use (drugs or alcohol). Men who had low depression and self-derogation scores engaged in substance use and abuse while women who had low depression and self-derogation scores harbored thoughts of suicide. Depression and self-derogation showed significant negative relationships for both women and men. These findings suggest that self-derogation leads to a negative view of life. Negative attitudes about oneself and one's life situations lead to a sense of meaninglessness.

Fechtmann and Shean (1971) researched the relationship between drug use and purpose in life. Participants in the study included two equal groups of undergraduate students. Weekly marihuana users had an average PIL score of 88.47. A non-drug use control group had an average PIL score of 98.39. The researchers concluded that substance use lowers one's sense of purpose in life.

Coleman, Downing & Kaplan (1986) researched the relationship between lifestyle and loss among 111 participants. Forty of the participants were heroin addicts, 40 of the participants were psychiatric patients and 31 of the participants were college students. The Coleman Family Background Questionnaire, Quick Test of Intelligence, Consequences of One's Death, Collett-Lester Fear of Death and Dying, Hopkins Symptoms Checklist, PIL and Family Environment Scale were used to collect the data. Heroin addicts were the least likely to find life meaningful. They

also less frequently endorsed a set of altruistic values and attributed less importance to making a contribution to society. Suicidal thinking and behavior was comparable among the psychiatric participants and addicts, with 26% and 28% respectively. Ford, Rushford and Sudak (1984) reviewed several studies on the factors associated with suicide rates. Adjustment techniques such as suicide and/or homicide were associated with the following tensions, society's demands on gender and cultural role assignments, family and personal disorganization, diminished religious and moral values and an increased competition for job opportunities. These tensions were manifested through an individual suffering from low self-esteem, low coping skills, high isolation and a loss of hope.

Caciani & Saller (1976) studied the relationship between sexual satisfaction and purpose in life scores among college students. The authors concluded when males felt sexual frustration or dissatisfaction, they also experienced a perceived lack of purpose in life. The authors concluded sexual frustration might be a manifestation of existential frustration for males. The college students were surveyed using a PIL, Sex Drive and Interest Scale and Sexual Frustration and Maladjustment Scale. There was no significant relationship between sexual satisfaction and purpose in life for females, suggesting a gender difference.

Edwards and Meier (1974) examined the relationship between age and PIL scores. Two hundred participants, randomly selected from 10 churches, were divided into 5 age groups 13 to 15, 17 to 19, 25 to 35, 45 to 55, 65 and over. The researchers concluded the two youngest groups scored significantly lower on the PIL than the

three older groups. It appears as a person gets older, his/her purpose in life becomes clearer.

Membership Within a Greek-Letter Social Organization and PIL Scores

According to Doerries (1970) there is a significant relationship between social participation and meaning in life. An individual's participation within community organizations can contribute to finding a sense of direction, clearly defining goals and strengthening self-confidence. By joining a social organization one may be exposed to a variety of opportunities to search for meaning in his/her life.

Rentz and Hunt (1994) surveyed 321 Greek-letter organization members (sophomores, juniors and seniors) at a mid-western college using the Student Development Task and Lifestyle Inventory and the Extracurricular Involvement Inventory to evaluate members' level of involvement and psychosocial development. Involvement was related to establishing and clarifying a person's purpose in life, developing mature interpersonal relationships and establishing an intimate relationship with another based on trust, reciprocal caring and honesty. According to the authors, women tend to uncover a purpose in life earlier than men. Junior women's sorority involvement was related to establishing and clarifying a purpose. However, establishing and clarifying a purpose as well as establishing intimate relationships was linked to senior fraternity involvement. Rentz & Hunt concluded those students who participated less in activities and organizations outside the fraternity or sorority or who had lower levels of involvement within their Greek-letter social organization seemed to report less psychosocial development than those who are more involved.

Irvine, Kilmer, Larimer & Marlatt (1997) concluded men and women within high alcohol consumption reputation Greek-letter social organizations perceived high risk alcohol use to be more acceptable within their houses than did members of average or low alcohol use organizations. The levels of alcohol use were determined by surveying the members of each Greek organization using the Organizational Perceptions Questionnaire. In addition, the acceptability of high risk drinking was evaluated by the House Acceptability Questionnaire and alcohol norms were measured using the Drinking Norms Rating Form.

Dawson-Threat & Huba (1996) surveyed 396 college seniors using the Student Developmental Task and Lifestyle Inventory (SDTLI) and the Bem Sex Risk Inventory. The SDTLI consisted of items that assess the establishment and clarity of one's purpose in life. The purpose of the study was to identify the relationship between choosing a major and gender significance on the clarity of one's purpose in life. Female college students exhibited a clearer sense of purpose than did male college students. Choosing a major at the beginning of college is the single best predictor of a career choice at the end of college. The senior participants who had made a career choice had a significantly higher sense of purpose in life than those who had not made a career choice.

Summary

Though ultimate meaning of life is unique to each individual, its discovery and fulfillment serve as a mission for all of mankind. Meaning in life results from an individual's freedom to make choices, evaluate those choices through inner tension and discover meaning. There are infinite ways to add and discover meaning in one's

life. The purpose of this study was to determine if Purpose in Life scores were related to Lifestyle Inventory scores among fraternity and sorority members at Emporia State University.

CHAPTER 2

METHODS

The purpose of this study was to determine if PIL scores were related to LI scores among fraternity and sorority members at Emporia State University. Within this chapter, the population constraints, procedures and statistical design used by the researcher are discussed.

Participants

The participants in this study were fraternity and sorority members affiliated with Emporia State University. A total of 255 Greek members were surveyed; 148 surveys were randomly selected as the sample population or 20 surveys from each Greek organization with the exception of 2 Greek organizations which had fewer than 20 members. There were 12 surveys collected from Phi Delta Theta and 16 surveys collected from Delta Phi Epsilon.

Procedures

Permission to conduct this study was obtained from the Institutional Review Board for the Treatment of Human Subjects at Emporia State University (Appendix A). The researcher contacted the president of each fraternity and sorority house and received permission to use his/her organization as a target population. Questionnaire packets consisting of an Informed Consent Form (Appendix B), PIL scale (Appendix C) and the LI scale (Appendix D) were given to the president of each fraternity and sorority. A demographics page was also included within each packet (Appendix E). The president administered the data collection process by reading written instructions

aloud to all members present (Appendix F). After the purpose of the study was presented to each member, he/she was asked to sign the Informed Consent Form. After signing and returning the Informed Consent Form, each participant was given a questionnaire packet. After the participants completed the questionnaires, the president of the fraternity or sorority collected the packets and placed them in a manila folder labeled with the appropriate Greek-letter social organization. The researcher returned to the fraternity or sorority house to retrieve the folders. Once the folders from each fraternity and sorority house had been collected, the researcher went through all of the questionnaire packets and discarded any packets that were incomplete. To select a sample population of fraternity and sorority participants for the study, the researcher randomly selected 20 completed surveys from each manila folder to use as the sample population. In the case of the two Greek-letter social organizations that had fewer than 20 members, all of the participants' surveys were used as data.

Instrumentation

The PIL scale is an attitude scale used to measure meaningfulness in an individual's life. The scale was constructed as a measure of Frankl's basic existential therapy called Logotherapy or treatment of neurosis through finding meaning. Part A of the scale consists of 20 items each rated on a 7 point Likert scale ranging from completely bored to meaningful. The highest possible score is 140. Scores above 112 indicate presence of definite purpose and meaning in life. Scores of 92-112 indicate indifference. Scores below 92 indicate a lack of purpose. Parts B and C may only be interpreted clinically by a trained counselor, psychologist or psychiatrist and

therefore, were not used for this study. The scale has a reliability rating ranging from .81-.90.

Crumbaugh (1968) assessed both construct and criterion validity of the PIL scale. The difference between patient and non-patient populations was obtained. A significant difference was found between "normal" groups (M=112.42, N=805, SD=14.07) and combined psychiatric groups (M=92.60, N=346, SD= 21.34) at a significance level of p < .001. Further, the difference in variance between patient and non-patient populations was significant F = 2.20, p < .01.

The LI scale is a 25-item inventory measuring the quality of an individual's lifestyle in six health related areas including smoking and tobacco use, alcohol or drug abuse, promiscuous behaviors resulting in sexually transmitted diseases, an unbalanced diet, physical inactivity and unintentional/intentional injury. The highest possible score is 100 with high scores indicating a healthier lifestyle. Pearson product moment correlative coefficient produced a split-half reliability of .83.

Statistical Design

The purpose of this study was to determine if PIL scores were related to LI scores among fraternity and sorority members at Emporia State University. The following hypotheses were identified for this study. Hypothesis 1 stated there was no relationship between scores on the PIL scale and LI scale among fraternity members. A Pearson product moment correlation was used to analyze the data. Hypothesis 2 stated there was no relationship between scores on the PIL scale and LI scale among sorority members. A Pearson product moment correlation was used to analyze the data. Hypothesis 3 stated there was no difference between fraternity members' scores

on the PIL scale and sorority members' scores on the PIL scale. A t test was used to assess this hypothesis. Hypothesis 4 stated there was no difference between fraternity members' scores on the LI scale and sorority members' scores on the LI scale. A t test was used to analyze the data. All data were analyzed at the $p < .05$ level of significance except Hypothesis 3, $p < .06$.

Summary

The purpose of this study was to determine if PIL scores were related to LI scores among fraternity and sorority members at Emporia State University. Both the PIL scale and LI scale were administered to members of Greek-letter social organizations affiliated with Emporia State University. From this target population, 20 members from each fraternity and sorority were randomly selected as the sample population for this study. If a Greek-letter organization did not have at least 20 members, all of the members surveyed were added to the target population.

CHAPTER 3

RESULTS

The purpose of this study was to determine if Purpose in Life (PIL) scores

were related to Lifestyle Inventory (LI) scores among fraternity and sorority members

at Emporia State University. The participants for this study were fraternity members

($\underline{N}$=72) and sorority members ($\underline{N}$=76) affiliated with Emporia State University. The

data were analyzed through Pearson product moment correlation coefficient and $\underline{t}$ test.

Significance was determined at a level of $\underline{p} < .05$ except for Hypothesis 3, $\underline{p} < .06$.

The dependant variables were the PIL scale and the LI scale scores. The independent

variable was membership within a fraternity or sorority. Table 1 contains descriptive

statistics on PIL and LI scores for fraternity and sorority members.

Hypothesis 1 stated there was no relationship between scores on the PIL scale and

LI scale among fraternity members. The data were analyzed through the use of a

Pearson product moment correlation coefficient and indicated a significant

relationship between scores on the PIL scale and LI scale among fraternity members $\underline{r}$

(70) = .55, $\underline{p} < .01$. Based on this analysis, Hypothesis 1 was rejected.

Hypothesis 2 stated there was no relationship between scores on the PIL scale and

LI scale among sorority members. The data were analyzed through the use of a

Pearson product moment correlation coefficient and indicated a significant

relationship between scores on the PIL scale and LI scale among sorority members $\underline{r}$

(74) = .48, $\underline{p} < .01$. Based on this analysis, hypothesis 2 was rejected.

Table 1

Descriptive Statistics on PIL and LI Scores for Fraternity and Sorority Members

Group		PIL		LI	
	N	M	SD	M	SD
Fraternity	72	105.86	14.83	62.22	14.63
Sorority	76	110.22	12.69	73.00	12.46

Hypothesis 3 stated there was no difference between fraternity members' scores on the PIL scale and sorority members' scores on the PIL scale. There was a significant difference between fraternity members' scores on the PIL scale and sorority members' scores on the PIL scale t (146) = -1.93, p < .06. Sorority members had less lack of purpose than fraternity members. Based on this analysis, Hypothesis 3 was rejected.

Hypothesis 4 stated there was no difference between fraternity members' scores on the LI scale and sorority members' scores on the LI scale. The data were analyzed through the use of a t-test and indicated there was a significant difference between fraternity members' scores on the LI scale and sorority members' scores on the LI scale t (146) = -4.81, p < .05. Based on this analysis, Hypothesis 4 was rejected.

Additional Analyses

Greek-letter affiliation, class status and current involvement in a relationship were analyzed against PIL scores to determine if a significant relationship existed. Data were analyzed using an analysis of variance with a Tukey HSD test for post hoc analysis and a t test. All three items demonstrated a significant relationship with PIL scores. Table 2 contains descriptive statistics on PIL scores for each Greek-letter organization. Table 3 contains descriptive statistics on PIL scores for class status.

There was a significant difference among Greek-letter affiliation and PIL scores. Data were analyzed using an analysis of variance. Members of Group 8 sorority (n=20) scored significantly higher on the PIL scale than the members of Group 1 sorority (n=16) and the members of Group 2 fraternity (n= 20), F (7,140) = 2.26, p < .05.

Table 2

Descriptive Statistics on PIL Scores for each for Greek-Letter Organization

Factors			PIL		
Gender	Greek Organization	$\underline{N}$	$\underline{M}$	$\underline{SD}$	
Sorority	Group 1	16	103.18	14.77	
Fraternity	Group 2	20	103.70	14.04	
Fraternity	Group 3	20	104.25	18.09	
Fraternity	Group 4	12	108.08	12.06	
Sorority	Group 5	20	108.10	12.90	
Fraternity	Group 6	20	108.30	14.00	
Sorority	Group 7	20	111.05	9.21	
Sorority	Group 8	20	117.15	10.69	

Table 3

Descriptive Statistics on PIL Scores for Class Status

Factors		PIL	
Class Status	$\underline{N}$	$\underline{M}$	$\underline{SD}$
Freshman	32	102.66	15.41
Junior	40	106.05	14.81
Senior	36	111.47	11.27
Sophomore	40	111.48	12.47

A significant difference existed between class status and PIL scores. Data were analyzed using an analysis of variance with a Tukey HSD test for post hoc analysis. The freshman class had lower PIL scores than the sophomore and senior classes F (3) $= 3.60$, $p < .05$.

In addition, a significant difference was found between individuals in a relationship and individuals not in a relationship and their PIL scores. The data were analyzed using a t test. Participants currently involved in a relationship ($n=88$) had significantly higher PIL scores than participants who were not currently involved in a relationship ($n=60$), t (146) $= 2.92$, $p < .05$.

The purpose of this study was to determine if PIL scores were related to LI scores among fraternity and sorority members at Emporia State University. Data were analyzed using Pearson product moment correlation coefficient, an analysis of variance with a Tukey HSD test for post hoc analysis and t test. There was a significant relationship between scores on the PIL scale and LI scale among fraternity members. There was a significant relationship between scores on the PIL scale and LI scale among sorority members. There was a significant difference between fraternity members' scores and sorority members' scores on the PIL scale. There was a significant difference between fraternity members' scores and sorority members' scores on the LI scale. Additional analyses revealed a significant difference among Greek-letter affiliation and PIL score. There was a significant difference between class status and involvement in a relationship and PIL scores.

CHAPTER 4

DISCUSSION AND FUTURE RECOMMENDATIONS

The purpose of this study was to determine if Purpose in Life (PIL) scores were related to Lifestyle Inventory (LI) scores among fraternity and sorority members at Emporia State University.

Discussion

The results of this study indicated an individual who perceived his/her existence to be meaningful was less likely to participate in high risk health-related behaviors. These findings support the work of previous researchers in the areas of, substance use (Bentler, Harlow, & Newcomb, 1986), sexual promiscuity (Caciani & Saller, 1976) and unintentional/intentional injuries (Coleman, Downing, & Kaplan, 1986). Bentler, Harlow & Newcomb concluded depression and self-derogation were precursors to a lack of meaningfulness in life. Caciani & Saller determined sexual frustration and dissatisfaction among males was perceived as a lack of meaningfulness in life. Coleman, et al. discovered the frequency of suicidal thoughts and behaviors between drug addicts and psychiatric patients was comparable.

Frankl (1972) determined a young adult created an unhealthy tension due to symptoms of meaninglessness. Infrequent or failed attempts to make decisions and accept responsibility for these decisions results in low self-esteem, depression, suicidal thoughts, ineffective coping skills, substance abuse, self-alienation and social isolation (Bentler, et al., 1986). A strong self-identity, greater self-direction with

regard to vocational plans and healthy relationships with others are characteristics associated with discovering meaning in life.

The results of this study indicated gender differences in PIL scores. These findings are supported by Rentz and Hunt (1994). Women tend to uncover a purpose in life earlier than men. Junior status sorority involvement was related to establishing and clarifying a purpose in life. Senior status fraternity involvement was linked to establishing and clarifying a purpose in life.

The author speculates gender differences in PIL scores may have been a result of house expectations, behavior policy and recruitment of new members. The low expectations concerning academics, in-house upkeep and maintenance and community outreach by many fraternity organizations diminishes the opportunities to find meaning in life. According to Gwen Hagerman, Panhellic Director at Emporia State University (1999), each individual house sets its own academic standards and guidelines for behavior. Sororities have a more structured and formal executive board than fraternities and are held accountable for their actions. The lack of structure and liberal behavior and consequence policy demonstrated by the fraternities results in a casual recruitment philosophy based solely on compatibility rather than academic merit or other predetermined expectations. Inner tension experienced by fraternity members may be due to too few responsibilities and include symptoms of meaninglessness, such as boredom, lust or lack of self-control.

Results of this study indicated sorority members' had more positive health-related behaviors than fraternity members. These findings support a study conducted by Ford, Rushford & Sudak (1984). The authors concluded women were allowed more

latitude to express and share their feelings while society placed high demands for emotional control on men. Issues such as career choices, recreational interests and lifestyle interests, including concerns for marriage and family, also have perceived societal gender expectations. Though this inner tension is healthy, adjustment techniques used to respond to this tension are frequently ineffective and unhealthy. Men were three times as likely to commit suicide than women.

In regards to Greek society, the author speculates sorority members participated in fewer high risk health-related behaviors due to the expectations set and enforced by the house executive board and the groups' connection with the community. Gwen Hagerman (1999) reveals the executive board of officers within a sorority establishes, enforces and outlines consequences for failure to meet house expectations. The members are aware of these expectations and have the opportunity to own the consequences of their actions. This executive board also delegates community service leaders within the sorority who advertise, plan and rally members to outreach to local organizations. These not for profit services to the community help an individual find his/her connection to the world, build confidence and provide an alternative adjustment technique to respond to inner tension. The researcher concludes the internal structural differences between fraternities and sororities relate to the gender differences in health behaviors.

Results of this study revealed Group 8 had a clearer sense of meaning in life as compared to Group 1 and Group 2. The author speculates the members of Group 8 represent a sorority that has a reputation for group unity or sisterhood. Discovering meaning through the value of friendship may have influenced the members' PIL

scores. The members of Group 1 represent the smallest sorority at Emporia State University and are disbanding as of the end of the 1998-1999 school year due to under-representation and academic concerns. These circumstances may have influenced the members' PIL scores. The author speculates the members of Group 2 represent a fraternity that have a reputation for individualism rather than group unity within the house. Self-interest rather than group or community involvement may have influenced the members' PIL scores.

Results of this study also indicated freshman were struggling to find meaning in life while both seniors and sophomores demonstrated a clearer sense of meaning. These findings support a study conducted by Edwards & Meier (1974). The authors concluded as one ages, his/her purpose in life becomes clearer. The researcher speculates responsibility levels increase with age. This provides more opportunities to discover meaning and develop effective and healthy responses to feelings and emotions.

Results of this study showed an individual who perceived him/herself to be committed to a relationship scored higher on the PIL scale than one who was not currently involved in a relationship. These findings are supported by Frankl (1969). Experiencing a value such as love may assist in uncovering meaning in life. The researcher speculates this commitment to another creates an opportunity to discover a person's true essence.

<u>Future Recommendations</u>

Recommendations for future research include:

1. Investigate the relationship between college students who participate in extracurricular activities and college students who do not participate in extracurricular activities and scores on the PIL.

2. Investigate the relationship between PIL scores and LI scores on a random sample of college students.

3. Investigate the relationship between two different extracurricular activities and the members' scores on the PIL scale.

4. Investigate the relationship between traditional and non-traditional college students and scores on the PIL.

5. Investigate the relationship between college students attending a public institution and college students attending a religious affiliated institution and scores on the PIL.

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APPENDIX A

Permission to use Human Participants

Human Subjects Committee - Emporia State University

EMPORIA STATE UNIVERSITY

1200 Commercial	316-341-5351	GRADUATE STUDIES AND RESEARCH
Emporia, Kansas	316-341-5909 fax	RESEARCH AND GRANTS CENTER
66801-5087	www.emporia.edu	Campus Box 4003

January 29, 1999

Bridget Burns
P.O. Box 924
Emporia, KS 66801

Dear Ms. Burns:

The Institutional Review Board for Treatment of Human Subjects has evaluated your application for approval of human subject research entitled, "The relationship between purpose in life scores and high-risk health behavior.." The review board approved your application which will allow you to begin your research with subjects as outlined in your application materials.

Best of luck in your proposed research project. If the review board can help you in any other way, don't hesitate to contact us.

Sincerely,

Timothy M. Downs, Ph.D.
Dean, Graduate Studies and Research

pf

cc: Kathy Ermler

APPENDIX B

Informed Consent Document

STUDENT INFORMED CONSENT FORM

The Department of Health, Physical Education and Recreation at Emporia State University supports the practice of protection for human subjects participating in research and related activities. The following information is provided so that you can decide whether you wish to participate in the present study. You should be aware that even if you agree to participate, you are free to withdrawal at any time, and that if you do withdraw from the study, you will not be subjected to reprimand or any other form of reproach.

All that is expected of the participants is to take the time to reflect upon and give honest responses to the statements on both questionnaires.

"I have read the above statement and have been fully advised of the procedures to be used in this project. I have been given sufficient opportunity to ask questions I had concerning the procedures and possible risks involved. I understand the potential risks involved and I assume them voluntarily. I likewise understand I can withdraw from the study at any time without being subjected to reproach."

_____   _____

Student   Date

APPENDIX C

Purpose in Life Scale

Purpose in Life Scale (PIL)

James C. Crumaugh, Ph.D   Leonard T. Maholick, M.D.

Psychometric Affiliates

Part A: For each of the following statements, circle the number that would be most nearly true for you. Note that the numbers always extend from one extreme feeling to its opposite kind of feeling. "Neutral" implies no judgment either way; try to use this rating as little as possible.

1. I am usually:

1	2	3	4	5	6	7
(completely bored)			(neutral)		(exuberant, enthusiastic)	

2. Life to me seems:

7	6	5	4	3	2	1
(always exciting)			(neutral)		(completely routine)	

3. In life I have:

1	2	3	4	5	6	7
(no goals or aims at all)			(neutral)		(very clear goals/ aims)	

4. My personal existence is:

1	2	3	4	5	6	7
(utterly meaningless w/o purpose)			(neutral)		(purposeful, meaningful)	

5. Everyday is:

7	6	5	4	3	2	1
(constantly new)			(neutral)		(exactly the same)	

6. If I could choose, I would:

1	2	3	4	5	6	7
(prefer never to have been born)			(neutral)		(like nine more lives)	

7. After retiring, I would:

7	6	5	4	3	2	1
(do some of the exciting things I have always wanted to)			(neutral)		(loaf completely the rest of my life)	

8. In achieving life goals I have:

1	2	3	4	5	6	7
(made no progress whatsoever)			(neutral)		(progressed to complete fulfillment)	

9. My life is:

1	2	3	4	5	6	7
(empty, filled only with despair)			(neutral)		(running over with exciting, good things)	

10. If I should die today, I would feel that my life has been:

7	6	5	4	3	2	1
(very worthwhile)			(neutral)		(completely worthless)	

11. In thinking of my life, I:

1	2	3	4	5	6	7
(often wonder why I exist)			(neutral)		(always see a reason for being here)	

12. As I view the world in relation to my life, the world:

1	2	3	4	5	6	7
(completely confuses me)			(neutral)		(fits meaningfully with my life)	

13. I am a:

1	2	3	4	5	6	7
(very irresponsible person)			(neutral)			(very responsible person)

14. Concerning man's freedom to make his own choices, I believe man is:

7	6	5	4	3	2	1
(absolutely free to make all life's choices			(neutral)			(completely bound by limitations of heredity, and environment)

15. With regard to death, I am:

7	6	5	4	3	2	1
(prepared and unafraid)			(neutral)			(unprepared and frightened)

16. With regard to suicide, I have:

1	2	3	4	5	6	7
(thought of it seriously as a way out)			(neutral)			(never given it a second thought)

17. I regard my ability to find a meaning, purpose, or mission in life as:

7	6	5	4	3	2	1
(very great)			(neutral)			(practically none)

18. My life is:

7	6	5	4	3	2	1
(in my hands and I am in control of it)			(neutral)			(out of my hands and controlled by external factors)

19. Facing my daily tasks is :

7	6	5	4	3	2	1
(a source of pleasure and satisfaction)			(neutral)		(a painful and boring experience)	

20. I have discovered:

1	2	3	4	5	6	7
(no mission or purpose in life)			(neutral)		(clear cut goals and a satisfying life purpose)	

APPENDIX D

Lifestyle Inventory

Lifestyle Inventory

Do you have a healthy lifestyle?

by Cyberia Shrink

Indicate how often the following statements apply to you. Be honest with yourself. In order for the test to be valid, all questions must be answered.

1. I feel good about what I do (studies, job, being a full-time mother/father...).
Almost never
Sometimes
Most of the time

2. I like learning new things.
Almost never
Sometimes
Most of the time

3. I have the motivation to realize my plans.
Almost never
Sometimes
Most of the time

4. I eat a healthy balanced diet according to the official nutritional guidelines.
Almost never
Sometimes
Most of the time

5. I avoid excess of salt, sugar and saturated fat (must apply to all three).
Almost never
Sometimes
Most of the time

6. I make sure I get enough fiber and vitamins.
Almost never
Sometimes
Most of the time

7. I eat meat LESS than three times a week.
Almost never
Sometimes
Most of the time

8. My weight is within the normal range.
Almost never
Sometimes
Most of the time

9. I drink LESS than three cups of coffee or tea a day.
Almost never
Sometimes
Most of the time

10. I drink LESS than 5 oz (three drinks) of alcohol per week.
Almost never
Sometimes
Most of the time

11. I use drugs no more than once a month or never.
Almost never
Sometimes
Most of the time

12. I smoke LESS than 1 pack of cigarettes per week (less than 3 a day).
Almost never
Sometimes
Most of the time

13. During my usual day, I am physically active (I take the stairs instead of the elevator, I walk).
Almost never
Sometimes
Most of the time

14. During my usual day, I take time to stretch and to relax.
Almost never
Sometimes
Most of the time

15. I exercise at least once a week.
Almost never
Sometimes
Most of the time

16. Once I get to bed, I fall asleep easily.
Almost never
Sometimes
Most of the time

17. To ease my aches and pains, I prefer natural remedies to medication.
Almost never
Sometimes
Most of the time

18. I have a stable sexual partner (or I am celibate).
Almost never
Sometimes
Most of the time

19. I am aware of the occupational hazards my job involves (stress, pain, fatigue...)
and I take preventive measures.
Almost never
Sometimes
Most of the time

20. I am aware of the risks and side effects of contraception (or lack thereof) I and/or
my partner use(s). I am celibate
Almost never
Sometimes
Most of the time

21. I am satisfied with my relationships (friendships, love).
Almost never
Sometimes
Most of the time

22. I am satisfied with my sexual life (or: I am celibate by choice).
Almost never
Sometimes
Most of the time

23. I am satisfied with the way I spend my leisure time.
Almost never
Sometimes
Most of the time

24. I am capable of balancing my budget.
Almost never
Sometimes
Most of the time

25. I have a check-up exam at least once every three years.
Almost never
Sometimes
Most of the time

APPENDIX E

Demographics Page

DEMOGRAPHICS

Directions: Please fill in the blanks below or circle the appropriate response.

1. Age: _____

2. Gender: Male   Female

3. School Residence: in the house   dorm   apartment   other

4. Where do you consider home in the U.S.?   NE   SE   Midwest   W

5. Classification in school: freshman   sophomore   junior   senior

6. Have you declared a major?   Yes   No

7. What type of job do you hold outside of school?   part-time   full-time   none

8. How often do you attend a religious service?_____

9. Are you currently involved in a relationship? Yes   No

10. Do you keep a journal / diary   Yes   No

APPENDIX F

Proctor Instructions

PROCTOR INSTRUCTIONS:

1. Please read **aloud** to the participating group, the **boldface** type below, before passing out any papers.

Each member will receive a packet containing 2 questionnaires. These questionnaires include The Purpose in Life Scale and The Lifestyle Inventory. Your honest responses will be collected and analyzed within a graduate student's thesis project this semester. Please take the time to answer each question to the best of your ability, beginning with the Student Informed Consent Form. This individual form will be collected separately from your questionnaire packet. Answer the cover sheet questions first, then progress to the questionnaires. Names are not necessary and all information will be kept confidential. Thank you for your time, effort and honesty.

2. Pass out the Student Informed Consent Forms

3. Pass out the Questionnaires

4. Collect the completed Consent Forms

5. Collect the completed Questionnaires

I, Bridget Burns, hereby submit this thesis to Emporia State University as partial

fulfillment of the requirements for an advanced degree. I agree that the Library of the

University may make it available to use in accordance with its regulations governing

materials of this type. I further agree that quoting, photocopying or other

reproduction of this document is allowed for private study, scholarship (including

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potential financial gain will be allowed without written permission of the author.

_____
Signature of the Author

_____
5/13/99
Date

The Relationship between Purpose in Life scores
and Lifestyle Inventory scores among fraternity
and sorority members
Title of Thesis

_____
Signature of Graduate Office

_____
May 13, 1999
Date Received