

# APPENDIX

Dear student

Please bear the following in mind whilst completing the questionnaire:

- Section A consists of a short biographical questionnaire, please answer *all* the questions.
- There are no correct or incorrect answers in sections B or C. All that is required of you is your honest opinion.
- Your first spontaneous response is the most valid, therefore do not spend too much time thinking about each answer. Work as quickly and accurately as possible.
- If you choose to change a response to a question do so by clearly crossing out the incorrect response and circling the new one.
- Please answer **all** the questions in **all** the sections (i.e. A, B and C).
- The questionnaire should take you about 15 minutes to complete.
- In order to qualify for the 5% incentive please enter your surname and student number in the following boxes:

Surname:	Student Number:
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Thank you for your assistance.



Mr. M Grounds  
(Researcher)

Dr. I van der Merwe  
(Supervisor)

# SECTION A

## BIOGRAPHICAL INFORMATION

Circle the applicable code or fill in the answer where necessary.

### EXAMPLE FOR COMPLETING SECTION A:

1: Please indicate your gender.

*If you are a male then circle 1 as follows:*

Male	1
Female	2

1. Please indicate your gender

Female	1
Male	2

2. How old are you? (in years only)

(For example: if you are currently twenty years old, then write: 20)

3. What is your marital status?

Single	1
Married, or living with a partner	2
Divorced	3
Other (please specify)	4

**4. What ethnic group (race) do you belong to?**

(The sensitive nature of this question is appreciated, however, this may have a profound impact on the research findings and it is therefore important to obtain this answer. Remember that all your answers are treated with absolute confidentiality.)

Black	1
Coloured	2
Indian	3
White	4
Others (please specify)	5

**5. Please indicate your current year of study**

First	1
Second	2
Third	3
Fourth	4
Other (please specify)	5

**6. In which one of the following faculties are you currently registered?**



Arts	1
Economics and Management	2
Education and Nursing	3
Engineering	4
Law	5
Natural Sciences	6

**7. Have you personally been a victim of serious crime (e.g. rape, hijacking, assault, etc.) this year (i.e. during 2001)?**

Yes	1	Please specify crime
No	2	

**8. Have you been a witness to a serious crime or any other traumatic event during 2001?**

Yes	1	Please specify event
No	2	

**9. Have you been diagnosed as clinically depressed at any time during 2001?**

Yes	1	Please give specific diagnosis
No	2	

**10. What is your religious affiliation?**

(Again, the sensitive nature of this question is appreciated, however, as this may have a profound impact on the research findings it is therefore important to obtain this answer. Remember that all your answers are treated with absolute confidentiality.)

Agnostic	1
Atheist	2
Christian	3
Jew	4
Muslim	5
Hindu	6
Other (please specify)	7

**11. Do you consider yourself to be committed to your religion – as in question 11 above? (i.e. do you practice your belief?)**

Always	1
Sometimes	2
Never	3



## SECTION B

Using the following five-point scale please indicate the extent to which you agree or disagree with the following statements by circling the relevant number:

- 1 = *strongly disagree*
- 2 = *disagree*
- 3 = *neutral*
- 4 = *agree*
- 5 = *strongly agree*

	Strongly Disagree		Strongly Agree		
1. In uncertain times I usually expect the best.	1	2	3	4	5
2. It's easy for me to relax.	1	2	3	4	5
3. If something can go wrong with me it will.	1	2	3	4	5
4. I'm always optimistic about my future.	1	2	3	4	5
5. I enjoy my friends a lot.	1	2	3	4	5
6. It's important for me to keep busy.	1	2	3	4	5
7. I hardly ever expect things to go my way.	1	2	3	4	5
8. I don't get upset too easily.	1	2	3	4	5
9. I rarely count on good things to happen to me.	1	2	3	4	5
10. Overall, I expect more good things to happen to me than bad.	1	2	3	4	5

## SECTION C

Using the following five-point scale please indicate the extent to which you agree or disagree with the following statements by circling the relevant number:

- 1 = *strongly disagree*
- 2 = *disagree*
- 3 = *neutral*
- 4 = *agree*
- 5 = *strongly agree*

	Strongly Disagree		Strongly Agree		
	1	2	3	4	5
1. I feel like I have found a really significant meaning for leading my life.	1	2	3	4	5
2. I have really come to terms with what's important for me in my life.	1	2	3	4	5
3. I have a system or framework that allows me to truly understand my being alive.	1	2	3	4	5
4. I have a very clear idea of what I'd like to do with my life.	1	2	3	4	5
5. There are things that I devote all my life's energy to.	1	2	3	4	5
6. I have a philosophy of life that really gives my living significance.	1	2	3	4	5
7. I have some aims and goals that would personally give me a great deal of satisfaction if I could accomplish them.	1	2	3	4	5
8. I just don't know what I really want to do with my life.	1	2	3	4	5
9. I really don't have much of a purpose for living, even for myself.	1	2	3	4	5
10. I need to find something that I can really be committed to.	1	2	3	4	5
11. I get completely confused when I try to understand my life.	1	2	3	4	5
12. There honestly isn't anything that I totally want to do.	1	2	3	4	5
13. I really don't believe in anything about my life very deeply.	1	2	3	4	5
14. Other people seem to have a much better idea of what they want to do with their lives than I do.	1	2	3	4	5

	Strongly Disagree			Strongly Agree	
	1	2	3	4	5
15. I have real passion in my life.	1	2	3	4	5
16. I really feel good about my life.	1	2	3	4	5
17. Living is deeply fulfilling.	1	2	3	4	5
18. I feel that I am living fully.	1	2	3	4	5
19. I feel that I am really going to attain what I want in life.	1	2	3	4	5
20. I get so excited about what I am doing, that I find new stores of energy I didn't know that I had.	1	2	3	4	5
21. When I look at my life I feel the satisfaction of really having worked to accomplish something.	1	2	3	4	5
22. I don't seem to be able to accomplish those things that are really important to me.	1	2	3	4	5
23. Other people seem to feel better about their lives than I do.	1	2	3	4	5
24. I have a lot of potential that I don't normally use.	1	2	3	4	5
25. I spend most of my time doing things that really aren't very important to me.	1	2	3	4	5
26. Something seems to stop me from doing what I really want to do.	1	2	3	4	5
27. Nothing very outstanding ever seems to happen to me.	1	2	3	4	5
28. I don't really value what I'm doing.	1	2	3	4	5

Once again, thank you for your patience, honesty and co-operation in completing this questionnaire.