

Appendix A

(Examiners' Copies Only)

Biographical Information

Thank you for taking the time to participate in this study by completing the following questionnaires.

There are no time limits on any of the questionnaires but try to respond as quickly as possible because your first answer is also usually your most accurate. The instructions for each questionnaire are printed at the beginning of the respective questionnaires and you should read these carefully before responding. It is important to respond honestly to all questions.

Please complete the following biographical details - they are for purposes of analysis only:

Date of birth (day/month/year):

Gender: Female Male

Home language:

Degree enrolled for:

I hereby acknowledge that I have agreed to participate in the abovementioned study and understand that anonymity and confidentiality will be upheld and that I will be able to obtain access to the research once it has been completed.

Signature.....

Date:

If you have any queries or require additional information, please do not hesitate to contact me on 082 297 2000 or via email at hutchinsons@absamail.co.za

Regards,

Ann-Marie Kerr Hutchinson

Adolescent Coping Scale (Frydenberg & Lewis, 1993)

PART 1

Students have a number of concerns or worries about things such as work, family, friends, the world and the like. Below is a list of ways in which people of your age cope with a wide variety of concerns or problems. Please indicate by circling the appropriate number, the things you do to deal with your concerns or worries. Work down the page and circle 1, 2, 3, 4 or 5 as you come to each statement. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which best describes how you feel.

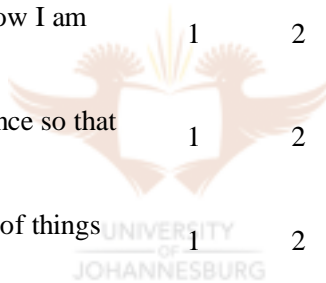
For example if you **sometimes** cope with your concern by 'Talk to others to see what they would do if they had the problem' you would circle 3 as shown below:

	Doesn't apply or don't do it	Used very little	Used some- times	Used often	Used a great deal
1. Talk to others to see what they would do if they had the problem	1	2	3	4	5

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	Doesn't apply or don't do it	Used very little	Used some- times	Used often	Used a great deal
1. Talk to other people about my concern to help me sort it out	1	2	3	4	5
2. Work at solving the problem to the best of my ability	1	2	3	4	5
3. Work hard	1	2	3	4	5
4. Worry about what will happen to me	1	2	3	4	5
5. Spend more time with boy/girl friend	1	2	3	4	5

6. Improve my relationship with others	1	2	3	4	5
7. Wish a miracle would happen	1	2	3	4	5
8. I have no way of dealing with the situation	1	2	3	4	5
9. Find a way to let off steam; for example cry, scream, drink, take drugs etc	1	2	3	4	5
10. Join with people who have the same concern	1	2	3	4	5
11. Shut myself off from the problem so that I can avoid it	1	2	3	4	5
12. See myself as being at fault	1	2	3	4	5
13. Don't let others know how I am feeling	1	2	3	4	5
14. Pray for help and guidance so that everything will be alright	1	2	3	4	5
15. Look on the bright side of things and think of all that is good	1	2	3	4	5
16. Ask a professional person for help	1	2	3	4	5
17. Make time for leisure activities	1	2	3	4	5
18. Keep fit and healthy	1	2	3	4	5
19. List any <i>other</i> things you do to cope with your concern/s					



Purpose in Life Test (Crumbaugh & Maholick, 1981)

PART 2

Section A:

For each of the following statements, circle the number that would be most true for you. Note that the numbers always extend from one extreme feeling to its opposite kind of feeling. "Neutral" implies no judgement either way. Try to use this rating ("neutral") 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 and aims

4. My personal existence is:

1	2	3	4	5	6	7
utterly meaningless, without purpose			neutral			very purposeful and meaningful

5. Every day is:

7	6	5	4	3	2	1
constantly new and different			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 just like this one

7. After retiring, I would:

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

8. In achieving life goals I have:

1	2	3	4	5	6	7
			neutral			
made no progress whatsoever				progressed to complete fulfilment		

9. My life is:

1	2	3	4	5	6	7
			neutral			
empty, filled only with despair				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
			neutral			
very worthwhile				completely worthless		

11. In thinking of my life, I:

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

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

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

13. I am a:

1	2	3	4	5	6	7
			neutral			
very irresponsible person				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 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

Orientation to Life Questionnaire/Sense of Coherence Scale (Antonovsky, 1987)

PART 3

Here is a series of questions relating to various aspects of our lives. Each question has 7 possible answers. Please mark the number which expresses your answer, with 1 and 7 being the extreme answers. If the words under 1 are right for you, circle 1; if the words under 7 are right for you, circle 7. If you feel differently, circle the number which best expresses your feeling. Please give only one answer to each question.

1. When you talk to people, do you have the feeling that they don't understand you?

1	2	3	4	5	6	7
never have this feeling						always have this feeling

2. In the past, when you had to do something which depended upon cooperation with others, did you have the feeling that it:

1	2	3	4	5	6	7
surely wouldn't get done						surely would get done

3. Think of the people with whom you come into contact daily, aside from the ones to whom you feel closest. How well do you know most of them?

1	2	3	4	5	6	7
you feel that they're strangers						you know them very well

4. Do you have the feeling that you don't really care what goes on around you?

1	2	3	4	5	6	7
very seldom or never						very often

5. Has it happened in the past that you were surprised by the behaviour of people whom you thought you knew well?

1	2	3	4	5	6	7
never happened						always happened

6. Has it happened that people whom you counted on disappointed you?

1	2	3	4	5	6	7
never happened						always happened

7. Life is:
- | | | | | | | |
|------------------|---|---|---|---|---|--------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| full of interest | | | | | | just routine |
8. Until now your life has had:
- | | | | | | | |
|----------------------------------|---|---|---|---|---|------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| no clear goals or purpose at all | | | | | | very clear goals and purpose |
9. Do you have the feeling that you're being treated unfairly?
- | | | | | | | |
|------------|---|---|---|---|---|----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very often | | | | | | very seldom or never |
10. In the past ten years your life has been:
- | | | | | | | |
|---|---|---|---|---|---|---------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| full of changes without knowing what will happen next | | | | | | completely consistent and clear |
11. Most of the things you do in the future will probably be:
- | | | | | | | |
|------------------------|---|---|---|---|---|---------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| completely fascinating | | | | | | deadly boring |
12. Do you have the feeling that you're in an unfamiliar situation and don't know what to do?
- | | | | | | | |
|------------|---|---|---|---|---|----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very often | | | | | | very seldom or never |
13. What best describes how you see life?
- | | | | | | | |
|--|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| one can always find a solution to painful things in life | | | | | | there is no solution to painful things in life |



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14. When you think about your life, you very often:
- | | | | | | | |
|-----------------------|---|---|---|---|---|-----------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| feel good to be alive | | | | | | ask yourself why you exist at all |
15. When you face a difficult problem, the choice of a solution is:
- | | | | | | | |
|-----------------------------------|---|---|---|---|---|-------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| always confusing and hard to find | | | | | | always completely clear |
16. Doing the things you do everyday is:
- | | | | | | | |
|--|---|---|---|---|---|------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| a source of deep pleasure and satisfaction | | | | | | a source of pain and boredom |
17. Your life in the future will probably be:
- | | | | | | | |
|---|---|---|---|---|---|---------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| full of changes without knowing what will happen next | | | | | | completely consistent and clear |
18. When something unpleasant happened in the past your tendency was:
- | | | | | | | |
|-------------------------------|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| "to eat yourself up" about it | | | | | | to say "ok, that's that, I have to live with it" and go on |
19. Do you have very mixed-up feelings and ideas?
- | | | | | | | |
|-------------|---|---|---|---|---|---------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very seldom | | | | | | very often or never |
20. When you do something that gives you a good feeling:
- | | | | | | | |
|---|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| it's certain that you'll go on feeling good | | | | | | it's certain that something will spoil the feeling |



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