

The International Forum  
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## CROSS-CULTURAL VALIDATION OF SELECTED LOGOTHERAPY TESTS AMONG UNDERGRADUATE STUDENTS OF UNIVERSITY OF IBADAN

Rachel B. Asagba, Aderemi I. Alarape, & Catherine O. Chovwen

(ABSTRACT) *The present study examined the psychometric properties and the relationships that exist among selected logotherapy tests: Logotest, Purpose in Life (PIL) test, Seeking of Noetic Goals (SONG) test, Life Purpose Questionnaire (LPQ), and Belfast Tests. The battery of tests was administered to 240 undergraduate students of University of Ibadan, Ibadan, Nigeria. Their ages ranged from 17 to 35 years with a mean age of 23.8 (SD = 3.1). The Cronbach Coefficient Alpha analysis showed moderate to high reliabilities. There was a positive relationship between the PIL and LPQ. Implications of the results were highlighted and recommendations for use of the tests were made.*

The use of logotherapy techniques and scales has been demonstrated to be successful in a variety of client situations. For example, success has been recorded in the diagnosis or treatment of patients with alcoholic problems, in grief counseling, vocational and career guidance, and aiding terminally ill patients cope with impending deaths.<sup>3,10</sup>



Many studies have established that the concepts of logotherapy can indeed be measured, and several tests have been developed. For instance, the Purpose of Life (PIL) test is one of the most popularly known logotherapy tests among clinicians and non-clinicians worldwide.<sup>4,9</sup> The PIL measures Frankl's concept of "existential vacuum" which varies from one individual to another and from one group to another group. Crumbaugh (cited by Hutzell)<sup>13</sup> confirmed this view with his findings that some groups varied in terms of perceived life-meaningfulness. From the four groups studied, successful business persons scored highest, followed by "active and leading protestant parishioners," who in turn were followed by the undergraduate students, while "non-psychotic hospital patients" scored the lowest from the four groups. Crumbaugh also reported that the PIL scores were higher among "normal" individuals than "patients."

A complementary scale to the PIL, the Seeking of Noetic Goals (SONG) test was also developed by the same author to "measure the strength of motivation to find life meaning." Crumbaugh postulated that if an individual has found meaning and purpose in life, that person would have less motivation to search for sources of meaning; which is in contrast to an individual who has little or no purpose, who would be highly motivated to meet this need.<sup>8</sup> In support of this view, Crumbaugh reported "a negative correlation between SONG and PIL for normal and abnormal samples."

Sink, van Keppel, and Purcell, in an exploratory study, examined the reliability and factor structures of the Russian, Swiss-German, and American versions of PIL and SONG tests in a sample of adolescents from Moscow ( $N = 334$ ), Bern ( $N = 328$ ) and Seattle ( $N = 659$ ).<sup>21</sup> The two instruments were found to have adequate internal consistency and stability over 5 weeks, and moderate to high item-total correlations. For instance, the Coefficient Alpha for the PIL among adolescents in Moscow was .81, Bern was .83, and Seattle was .78. Cross-cultural validation studies conducted in Hong Kong have also supported the use of the PIL. The psychometric results indicated that the Chinese PIL was found to be reliable and valid.<sup>17,18,19,20</sup>

An alternative to the PIL, the Life Purpose Questionnaire (LPQ) was developed by Hutzell for circumstances where individuals cannot complete the full PIL.<sup>12</sup> A high test-retest coefficient over a one-week interval ( $r = .90$ ) was reported in a cross-validation study of the LPQ, PIL, and Life Satisfaction Questionnaire. The reliability and validity of the LPQ was confirmed in another study by Asagba and Ajayi among patients with asthmatic disease at the University College Hospital, Ibadan, Nigeria.<sup>6</sup>

The Logotest is another instrument for research and practice based on the concepts of logotherapy. The Logotest was developed by Lukas,<sup>14</sup> and it was validated in USA by Lukas and Preble.<sup>15</sup> It has been used by several researchers such as Apfelhaler, Schulzennauer, and Stanich and Ortgren in Europe and other parts of the World.<sup>1,16,22</sup> In Nigeria, Asagba, and Asagba and Nwagwu have used the Logotest in several studies.<sup>2,4,5,7</sup>

The Belfast test, developed by Giorgi in 1982, is another logotherapy test.<sup>11</sup> It is a 20-item questionnaire specifically designed to measure the respondents' difficulties in finding meaning in situations that are beyond their control such as illness or death, inability to actualize or cope with life problems, and any form of discrimination. There is presently scant literature on this test in Nigeria.

Previous studies had reported the reliability and validity of Logotest and LPQ among students of the University of Ibadan and asthmatic patients in University College Hospital.<sup>2,4,5,7</sup> Despite evidence that the PIL, SONG, and Belfast tests are important tools to use for both research and counseling, there has been little effort to determine their reliability and validity in Nigerian culture. The present study therefore was designed to evaluate the reliability and validity of the three tests, as well as evaluate the relationships among



the PIL, SONG, LPQ, Logotest, and Belfast Test among undergraduate students of University of Ibadan.

## Method

### Participants and Setting

The study took place in six undergraduate halls of residence in the University of Ibadan, Ibadan, Nigeria. Participation was voluntary for all students, and confidentiality of responses was assured. Participants comprised 240 students whose age ranged from 17 to 35 years ( $M = 23.8$ ,  $SD = 3.1$ ). There were 124 (51.7%) males and 116 (48.3%) females; 230 (96.3%) were single and 9 (3.8%) were married; 175 (72.9%) were from monogamous families, while 64 (26.7%) were from polygamous families. All the levels of undergraduate students were represented: 28 (11.7%) were in 100 level, 31 (12.9%) in 200 level, 63 (26.3%) in 300 level, 81 (33.8%) in 400 level, 32 (13.3%) in 500 level, and 5 (2.1%) in 600 level.

### Measures

A structured questionnaire, divided into six sections, was used to collect data.

**Section One:** Demographic information including sex, age, marital status, family setting, and level of education.

**Section Two:** The Inner Meaning Fulfillment scale (Logotest).

**Section Three:** The PIL test.

**Section Four:** The SONG test.

**Section Five:** The LPQ.

**Section Six:** The Belfast test.

### Procedure

Permission was obtained from the Hall Porters on duty during the time of the research. The six undergraduate halls of residence were chosen through random selection. The hall of residence was a convenient place to recruit study participants since they live and sleep there, and the environment is more relaxed to fill out the questionnaire there. A systematic sampling method was used by selecting all the odd numbered rooms. The respondents were clearly briefed on what the research was about. Questions from the respondents were answered and only those who were interested voluntarily participated. Nobody was compelled to fill the questionnaire. Assurance of confidentiality of individual information was made to them.

The questionnaires were sometimes administered individually, sometimes in groups. From a total of 300 questionnaires given out, 287 were returned by the respondents, and, after each questionnaire was thoroughly examined, 240 (80%) met the criteria for coding and scoring. The 240 questionnaires were further subjected to statistical analysis.

## Results

Table 1 shows the summary of reliability coefficients of the Logotest, PIL, SONG, LPQ, and Belfast Test. Cronbach's Alpha and the Spearman Brown split-half reliability coefficients were obtained separately for the three parts of Logotest, and for the other tests.

**Table 1: Reliability Coefficients of Five Logotherapy Tests**

Test	Alpha	Spearman-Brown
Logotest (Part 1)	.40*	.44
Logotest (Part 2)	.50*	.55
Logotest (Part 3)	.62*	-
PIL	.81	.74
SONG	.75	.76
LPQ	.63	.59
BELFAST	.74	.72

\*Alpha coefficient after deletion of weak items.

As shown in Table 1, the reliability coefficients for the PIL, SONG, LPQ, and the Belfast Test ranged from moderate to high reliability. Reliability for the Logotest was however low, but it increased after deletion of some items. The relationships among the five logotherapy tests were obtained, and the results are presented in Table 2.

**Table 2: Correlation Matrix of Five Logotherapy Tests**

	Logotest	PIL	SONG	LPQ
Logotest	----			
PIL	-.23**	----		
SONG	.07	-.01	----	
LPQ	-.27**	.46**	-.24*	----
Belfast	-.03	-.00	-.01	-.12*

\* = significant at 0.05 level (1-tailed)

\*\* = significant at the 0.01 level (1-tailed)

As shown in Table 2, the results revealed a statistically significant, positive correlation between the PIL and LPQ. Small but statistically significant negative correlations were obtained between the Logotest and both PIL and LPQ. The results also showed small, statistically significant negative correlations between the LPQ and both the SONG and the Belfast test.

## Discussion

The implications of the findings of the study are that logotherapy concepts can be measured reliably in Nigerian students by existing



logotherapy tests. The PIL, SONG, LPQ, and Belfast Test showed statistically significant reliability among undergraduate students of the University of Ibadan. The Logotest, which is in three parts, did not show statistically significant reliability in this particular sample.

The magnitude of the reliability Coefficient found in this study for the PIL test is consistent with the reliability coefficient found in some earlier studies with various samples.<sup>13,21</sup> The Cronbach Coefficient Alpha obtained for the SONG in this present study is in line with the reliability coefficient indicated in the test manual.<sup>8</sup> The LPQ's Coefficient Alpha in this present study was moderately high and is comparable to the one reported previously.<sup>12</sup> The obtained coefficients for the Belfast test showed that it is a reliable measure.

The results revealed a significant positive correlation between the PIL and LPQ. The findings support Hablas and Hutzell's results that indicated a relationship between the two,<sup>12</sup> and also support the construct validity for the LPQ.

The correlation analysis revealed a negative correlation between the PIL and the SONG, which was not statistically significant. In the same vein, Sink, van Keppel, and Purcell reported a weak negative correlation between the PIL and SONG.<sup>21</sup>

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