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RELIABILITY AND VALIDITY OF LOGOTEST AMONG NIGERIAN POPULATION

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Abstract

In facilitating cross-cultural study in the field of psychology and Logotherapy, the reliability and validity of the logotest which measures inner meaning fulfillment was carried out among 885 University of Ibadan students, 439 males and 434 females, aged between 15 and 60 years old with mean X age of 6.0. Data analyses support the reliability and validity of the test and it therefore should be recommended for the Nigeria population.

Introduction

Logotest is the third most popular instrument for research and practice in logotherapy. It is one of the standardized tests used worldwide. The first and second ones are the Life Purpose Test (PIL) and the Seeking Noetic Goal (SONG) both developed by Crumbaugh and Maholick in 1976 and 1977 respectively.. According to Crumbaugh and Henrion (1988), the two tests are attitudinal scales that were constructed from the concept of logotherapy. They have been validated, standardized and reported in many publications as well as doctoral dissertations, masters and bachelor degrees theses. While PIL measures the degree to which one has found meaning and purpose in life, the SONG is a complimentary scale to the PIL which measures the strength of a subject's motivation to find life meaningful. The combination of the two scales is essentially useful in accurately assessing individuals with various existential problems. For instance, if a subject scores high on PIL and low on SONG signifies that the person has a satisfactory level of meaning but lacks the motivation to find more. The person is not likely to be a good candidate for therapy. It is the opposite for the person who has a low score on the PIL and high on the SONG. It is clearly here that such a person lacks life purpose, but has the motivation to find it would be right for therapy. Information on how to use the two tests such as the validity, reliability administration, scoring, the norm and the rationale scores for the therapy can be found in the two manuals as stated by Crumbaugh and Herrion (1983).

Generally, it has been discovered that people with low inner meaning fulfillment always question their existence in life. Frankl(1988) used to quote a philosopher and Scientist, Albert Einstein, as having said that "who ever regards his life as meaningless is not merely unhappy but hardly fit for life". Therefore, logotest is based also on the concept of logotherapy and it is a useful instrument to measure inner meaning fulfillment from early adulthood to old age.

According to Lukas (1992) logotherapy sees man as having three dimensions: the biological, the psychological and the spiritual. Each of these dimensions is very relevant and work independently and dependent on each other. None of which could not be neglected in psychotherapy. This is the reason why psychotherapy cannot be complete and effective without logotherapy or with logotherapy alone. The development of inner meaning fulfillment takes place when an individual perceives his action as "worthwhile and appropriate" with the meaning of the moment. Therefore, according to Lukas (1983) health can come through: man having meaning in life which logotherapy provides by helping man view human nature in different ways which helps man to retain, regain and maintain health. Although meaning can not be given, it is the by product of the search for meaning. The motive for search for meaning is culturally relevant everywhere in the world as man is found to be searching for meaning. {Asagba,2002a}. Therefore, the search for meaning is universal. This is noted everywhere one finds individuals who have the motive for meaning which is present with man during both in sickness and health. Also, it is present with the different ethnical background. Lukas and Preble (1989) and Asagba 2002a&b) and (2005) among people with different socio-political background, Cuttmann (1994). Furthermore, the lack of inner meaning fulfillment is indicated in some individuals with an 'existential vacuum' and even among some individuals with disabilities. Stark (1981) and long (1987). While Addad 1987)'s findings with prisoners and Frankl 1992)'s work with the college students found inner meaning fulfillment which was based on a sense of responsibility and perceived self efficacy in facing the demands of moment to moment.

Furthermore, statistical significant results for the reliability and validity have been reported for logotest among samples in other countries such as, Austria, USA, Sweden.. Lukas (1986), Lukas & Preble (1989), Schutzenauer (1992), Apfelhaler (1999), Stanich & Orengrren-Stanich (1990).

The purpose of the present study is to examine the reliability and validity of the English version of the logotest among a sample of the University of Ibadan. In addition, external validity was evaluated through correlation with other measures. It was expected that it will provide useful tools for subsequent researchers by sparing them time for doing pilot test.

Methodology

Participants/Setting

The participants for the study comprised of eight hundred and eighty five (885) students of the University of Ibadan who attend classes and live in halls of residence in the university.

Their demographic characteristics include 439 (49.6%) males, 434 (43.4%) female, 260 (2.4%) Igbo, 490 (55.5%), Hausa 44 (5.0%) and 77(6.7%) others; 614 (69.4%), Christianity; 190 (21.5%); Islam, 16 (1.6%) and 12 (1.4%) other religions, 165 (16.6%);

married, 645 (12.9%) single; 15 (1.7%) separated; and 5 (0.6%) widowed; 490 (55.5%) monogamous; 232 (26.2%) polygamous; 548 (62.0%) undergraduates; 270 (30.5%) postgraduates; 72 (3.1%) 0 – 15 years; 563 (63.6%); 16 – 29 years, 129 (14.6%) 30 – 39 years, 27 (3.1%) 40 – 49 years; 1 (1%) 50 – 59 years, 93 (10.5%); 60 – above years.

Instrument

Data for this research were gathered using, Inner meaning fulfillment scale (Logotest). This is an instrument designed by Lukas in Europe in German language, and the English version was standardized in U.S.A by Lukas and Preble in 1989. The scale is in two (Male and Female) versions. Many researchers alike have reported its good reliability and it has been widely used for research purposes and clinical assessment of Mental Health of individuals. For example, the test consists of four sections with total of 18 self reporting statements or questionnaire which as follows:

Section I The section contained demographic variables such as sex, age, ethnicity, occupation, religion, marital status, family setting, level of education as well as the parents' income which were not in the original version, except sex.

Section II Is the section I of the logotest which contains nine Yes or No statements with potentials being peculiar to the respondents' lives. The instruction allowed the respondents to leave the question unanswered in case of any uncertainty or refusal to agree with the question. The following factors of each item are:

- (i) Own well being
- (ii) Self actualization
- (iii) Family
- (iv) Occupation
- (v) Social Aspects
- (vi) Interests
- (viii) Experiences
- (vii) Services based on conviction
- (ix) Overcoming distress

Section III Contains seven statements in which the respondents must answer with

- (i) "often"
- (ii) "Once in a while"
- (iii) "never".

The statements were based on the reactions to existential frustration, which are specific to the following areas: (1) Aggression (2) Regression (3) Overcompensation (4) Fight reactions (5) A reasonable coming to grips with the situations (reverse scores) (6) Neurosis (7) Depression

Section IV Is divided into subsections in which the first part briefly stated three different case histories and the respondents have to answer two questions. For example, "which man or woman is the happiest or suffer most?" The second part of the section instructed respondents to describe their own case histories from the previous format in the space left in the lower part of the last section of the questionnaire. This part measures the grand total scores of the above mentioned by using the result of the total score as indicated in the diagnostic profile of the logotest manual.

The result of the pilot study showed a reliability coefficient $\alpha r = .60$ which was found to be very significant as well as split – half reliability which was established by Spearman-Brown of $r = .61$.

Procedure

The logotest for the present study which is the English version were administered to the 1000 participants who were 15 years of age or older. The test was administered individually and sometimes in groups in all the locations of eleven halls of residence and six hostels outside the university of Ibadan.

The participants were made to know that it is a special set of questions and not a test of intelligence, achievement or aptitude test. This is because there are no right or wrong answers. Neither, is it a process to uncover something about the attitude towards life and about life in general as life adjustment, satisfaction, goals, purpose as well as disappointment and suffering in life. Participants were approached and informed of the purposes, nature, time, and confidentiality of the test result. All the moral and ethical issues were explained to the participants. In addition, the importance of the test for the diagnosis and the treatment were also explained. During the administration of the test, the data collectors were supervised and it was ensured that all items were comprehended and understood.

After the collection of the data, each questionnaire had to be thoroughly examined making sure that only the 885 properly filled ones met all the criteria's for the coding. Those ones that were uncompleted or failed to meet the criteria set for the scoring in the unfillment, manual were discarded.

The scoring of the logotest from part I – III requires different techniques. These were followed by the use of the test manual instructions. Generally, the scoring of logotest is by accumulation of highest points that indicate dissatisfaction with life existential frustration and noogenic neurosis. Therefore, these scores of high points signify warning signs and suggest the need for concern and seek for help from the logotherapeutic point of view.

Statistical Analysis

Descriptive analysis was used for the study such as mean, standard deviation,

and frequency. Also, Pearson Moment Products (r) and Spearman Brown which were used to correlate all the total scores and subtests.

Results

For the total scores for all the respondents, the reliability and validity were found to be statistically significant for such a widely used test in both American and Europe and the total correlation of all the items in the instruments were found to be statistical significant. The results are presented in Table I.

Table I showing the item total correlation of all the items in the instruments

<i>No. of items in the section/ part of the Total Test Scores</i>	<i>Coefficient Alpha</i>	<i>Spearman Brown Split Half Reliability</i>
<i>Logotest Part I (9 items)</i>	.59	.58
<i>Logotest Part II (7 items)</i>	.47	.47
<i>Logotest Part III (4 items)</i>	.56	.17
<i>Self-esteem scale (15 items)</i>	.67	.62
<i>Life stressful event scale (31 items)</i>	.92	.78
<i>Life stressful event scale (39 items)</i>	.96	.87
<i>Life satisfaction scale (13 items)</i>	.51	.50

As shown in the above table, all the items in the instruments were significant. For instance, the part I sub test consisted of statement which are summarized into factors such as follows;- (i) Own well being (ii) Self actualization (iii) Family (iv) occupation (v) Social Aspects (vi) Interests (viii) Experience (viii) Services based on conviction lix) Overcoming distress. All these sub-total test scores indicated r.59 coefficient Alpha with the spear man Brown Split Half Reliability of r.58.

The part II of the logotest consisted of seven statements based on the reactions to existential frustration such as (1) Aggression (2) Regression (3) Overcompensation (4) Right reactions (5) A reasonable coming to grips with the situations which is the reverse scores) (6) Neurosis and (7) Depression. This also is r.47 of Spearman Brown Split Half Reliability.

In addition the above, part III which consisted four items in three part as indicated in the instrument section revealed that he total of r.56 coefficient alpha with r.17 of Spearman Brown, Split Half Reliability. The other can currently measures are self-esteem scale (15 items) is r.67 coefficient and r.62 Spearman Brown Split half reliability. While life stressful event scale 1 with 31 items revealed r.92 coefficient alpha and r.78 Spearman Brown Split half reliability. The life stressful event scale II with the 39 items indicated r.96 coefficient alpha and r.87 Spearman Brown Split half reliability. The life satisfaction scale with 13 items revealed r.51 coefficient alpha r.51 and r.50 Spearman Brown split half reliability.

Overall, as the researcher had written earlier on, the part I – III were statistical significant, although Part I has a higher significant level followed by Part III with the lowest .17 Spearman brown split half reliability.

Furthermore, the correlation of the subtests to the total score were computed and the score of the various subtests are compared with the total score on the test which are presented below in table 11 perusal..

Table II presents the correlation of the total scores with subtests

<i>Correlation coefficient for the Sub-Tests and other measures</i>	<i>Total Score</i>
<i>Logotest Part I</i>	<i>r = .783 (.79)</i>
<i>Logotest Part II</i>	<i>r = .565 (.57)</i>
<i>Logotest Part III₁</i>	<i>r = .439 (.44)</i>
<i>Logotest Part III₂</i>	<i>r = .421 (.42)</i>
<i>Logotest Part III₃</i>	<i>r = .407 (.41)</i>
<i>Self-esteem</i>	<i>r = .18</i>
<i>Life satisfaction</i>	<i>r = .06</i>
<i>Life stressful event</i>	<i>r = .13</i>

As shown above, all the subtests contribute significantly to the total score. The correlation coefficient for all the sub-tests and other measures as follows: The logotest part indicated r.79 while part II revealed r.59. The part III, with the three sections indicated the lowest with r.44; r.42 and r.41 Coefficient alpha although each point is still statistically significant. Part I is very high in reliability and validity control. Validity control with other measures indicated that self-esteem is r.18 followed by life stressful event which is r.13 with the lowest r.06 for the life satisfaction.

In addition to the validity control, an external criterion as comparative test tests in order to meet one of the seven psychometric properties requirements recommended by Kaplan and Saccuzo (1982). This is also one of the requirements for a test manual population as in the standards for educational and psychological tests, jointly published by the American Educational Research Association and the National Council for Measurement in Education. The correlation between the internal validation all the items in the subtests with external criterion, self-esteem scale life stressful event scale 1 & 2 and life satisfaction scale were all statistically significant. These had been extensively reported in Asagba & Nwagwu 2003 per perusal.

Conclusion and Discussion

From the viewpoint of the major task of this study, it was set out to examine and analyze the reliability and validity of the logotest which is a standardized test in Europe and American for the Nigerian population. The findings revealed statistical significant for the reliability and validity control and also ascertained the psychometric properties for the present study. It can now be established that the logotest is highly reliable and valid. These findings are consistent with the result of Lukas (1986) which was the German version and other studies in Europe, Schutzennaue (1992) Apfelhaler (1999) and Stanich and Orengrén-Stanich (1990). All of these indicated evidence of the reliability and validity in the logotest. The implications of this study from the result and interpretation cannot be over emphasized for all the stakeholders in research policy making, educational and health planning that reliable and valid tool like this does not come at a better time when the cases of antisocial and maladaptive behaviour are now rampant in all the universities and other tertiary institutions.

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**APPENDIX
LOGOTEST (IMF SCALE)**

Logotest – (IMF) Questionnaire Male Version

This is a special set of questions. It is not a test of intelligence or achievement because there are no right or wrong answers. It is not a process to uncover something about your personality. We are concerned about your attitude towards your life and life situation in general and how well you have adjusted to your life conditions. How you balance satisfactions and disappointments or whether some of your life goals are still open.

Perhaps you will find new insights as you proceed from question to question. That is why it is important that you carefully consider your answer to every test question, without staying with it long. Work calmly and with concentration, try for your own sake to be honest and don't forget to complete the last sheet so that our result will permit meaningful conclusion about your future life.

The findings would be used strictly for research purposes. You are not to write your names on the form to guarantee the confidentiality attached to the expected responses.

Yours faithfully,
The Researcher

Section A

Researcher Number

1. Sex: (a) Male [] (b) Female []
2. Age (please be specific)
3. Ethnicity: (a) Ibo [] (b) Yoruba []
(c) Hausa [] (d) Others []
4. Occupation: (a) Worker [] (b) Student []
(c) Both []
5. Religion: (a) Christianity [] (b) Islam []
(c) Traditional [] (d) Others..... (Please specify)
6. Marital Status: (a) Married [] (b) Single []
(c) Widowed [] (d) Separated []
(e) Divorced []
7. Family Background: (a) Monogamous [] (b) Polygamous []
8. Level at University: (a) 100 Level [] (b) 200 Level []
(c) 300 Level [] (d) 400 Level []
(e) 500 Level [] (f) 600 Level []
(g) 700 Level [] (h) 800 Level []
9. Presented below is a range of incomes which category does your family's income fall?

	Annual Income (₦)	Self	Father	Mother	Spouse
a	Below 40,000 per year				
b	40,000 – 70,000 per year				
c	70,000 – 100,000 per year				
d	1,000 per year				

Section B

Part I

Read the following statements, Mark "Yes" next to those that agree with you and which could have been phrased by yourself. Mark "No" next to those that go against your opinion. You may leave the box unmarked if you find the decision is difficult or does not apply.

	Statement	Yes	No
1	To be frank, I prefer a pleasant, peaceful life without great difficulties and with sufficient financial resources.		
2	I have certain ideas on what I'd want to be like and in what areas I'd like to be successful, and I try to realize these idea as best I can.		
3	I feel happy in the safety of a home (or community), within my family, and would like to help my children (if I have any) to gain a similar foundation.		

4	<i>I find fulfillment in the work I am engaged in or for which I am preparing myself.</i>		
5	<i>I have commitments and relationships with one or several people and find pleasure in living up to these.</i>		
6	<i>There is one special activity that particularly interests me, about which I always want to learn more, and on which I work whenever I have the time.</i>		
7	<i>I find pleasure in experiences of certain kinds (art, nature) and don't want to miss out on them.</i>		
8	<i>I believe in a religious or political task (or one connected with progress) and place myself at its disposal.</i>		
9	<i>When suffering, worry, or sickness darkens my life, I make great efforts to improve the situation.</i>		

Part II

Indicate by a tick on how often you have had the following experiences and try to be honest

	<i>Experiences</i>	<i>Very often</i>	<i>Once a while</i>	<i>Never</i>
1	<i>The feeling of helpless anger because you thought that all you had done so far was in vain.</i>			
2	<i>The wish to be a child again and to be able to start all over again.</i>			
3	<i>The observation that you try to present your life to yourself and others as being richer in content than it really is.</i>			
4	<i>The desire not to burden yourself with deep and possibly uncomfortable thoughts about what you are doing.</i>			
5	<i>The hopes to turn an unsuccessful project or a misfortune into something positive if you only try hard enough.</i>			
6	<i>The thought that at the moment of death you would have to say to yourself your life had not been worth living.</i>			
7	<i>The mood of anxiety which overcomes you against your better judgment and which causes an agonizing loss of interest in everything that comes up.</i>			

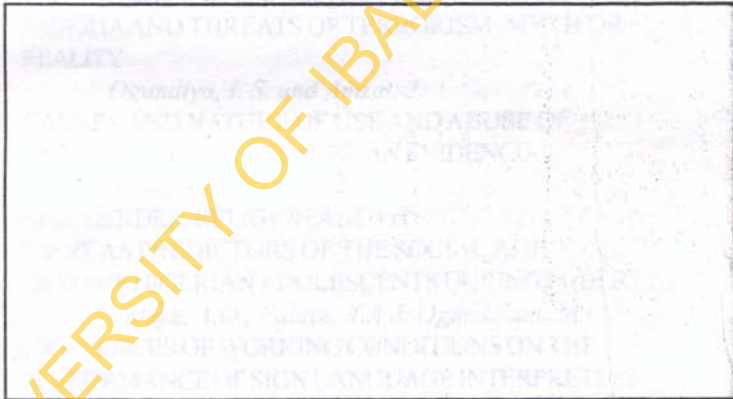
Part III

1. Here are three cases:

- (a) A man is very successful in life. What he really wanted to achieve has eluded him, but in the course of time he had gained a good position and can face the future without much concern.

- (b) A man insists on reaching a goal he had set for herself. He clings to it in spite of constant failure. To reach this goals, he had sacrificed much and, in the final analysis, has gained little.
 - (c) A man had made a compromise between his desires and the realities of his life. He dutifully fulfills his obligations, although not with particular pleasure. But at the time, he returns to his private ambitions.
2. Considering these three cases, please answer:
Which man is happiest?
Which man suffers most?
 3. In conclusion, describe your own 'case' in a few sentences by contrasting what you have striven for, what you actually have accomplished and how you feel about it.

Part IV



Only for the Tester

Part I	Total					
Part II	Total without item 5:					
Part III Item 5;						
2	Happy					
	Suffering:					
Part III						
		0	1	2	3	4
	Meaning continuum:					5

Attitudinal Score:

Total Score.....

Age.....

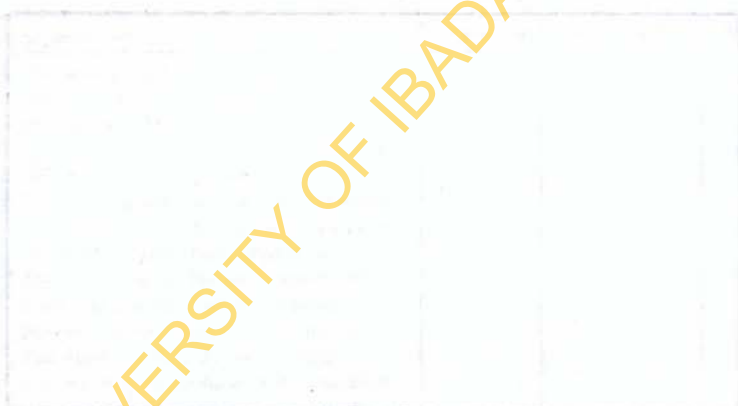
The result lies in 01 middle 04
(02 + 03)
04 D9 D10

Part I – Part III; Comparism - (D9 + D10)

Crucial Points:.....

Other Observations:.....

Therapeutic Relevance:.....



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