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THE SELF-CONCEPT AS RELATED TO THE
CONCEPT OF THE "IDEAL MAN" AND OF THE "IDEAL WOMAN"

by
Yves Bégin s.j

A thesis Submitted to the Faculty of the Graduate School
of Loyola University in Partial Fulfillment of
the Requirements for the degree of
Master of Arts

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CHAPTER I

INTRODUCTION

Many reasons could be given why more studies of the self-concept are desirable, in spite of the fact that the precision of analysis and of measurement is not easily achieved with regard to such a complex subject in the present state of psychological methodology. One of these reasons is the importance of the subject within the field of psychology. Indeed, it is an important subject of study, not only for the clinicians, who have to deal with the problem in their everyday work, but also for experimentalists.

Fortunately enough, this fact has been officially recognized by the hard-headed and prestigious Hilgard as early as 1949, in his epoch-making address to the American Psychological Association. After that event, no one needed anymore to apologize for daring to undertake the study of such a complex subject.

While admitting that the study of the self present in awareness is most illusive, because self-deception so easily contaminates self-observation, nonetheless, Hilgard did not hesitate to encourage investigators to do what could be done. And from that time on, studies have increased in number and in quality.

So much so, that, in 1961, Rurh Wylie was able to publish a book in which a critical survey of more than 500 studies was made.

We have been encouraged to enter this area of research by the discovery of an instrument recently devised by Kilpatrick and Cantril (1961) which could be easily adapted to our purpose. This instrument represents, so we believe after G. W. Allport (1961), a breakthrough in the study of the individual world which is unique to each person. It has been called the Self-Anchoring Scale. As we shall soon see, it consists basically in an open-ended questionnaire which provides the upper and lower anchoring points for a ten-rung ladder, symbolizing the hopes and fears of the person. After having answered the questionnaire about his hopes and fears, the subject is invited to rate himself on the ladder of his hopes and fears.

The Self-Anchoring Scale has been used in this research in order to investigate the self-concept of two groups of College students, and to compare their self-concept with their concept of the ideal person. Specifically, we have asked the following question: is what College students want (or fear the loss of) for themselves significantly different from what the ideal person as conceived by themselves would want (or fear) for himself? The assumption is that a mature person is aware that he is not the ideal person, even if he entertains very high aspirations (as College students are known to entertain), and that, consequently, he can differentiate

his aspirations (and fears) from the aspirations of the ideal person as conceived by himself. In other words, we hope that this research might help estimate how mature College students are in their aspirations.

Besides, because women in our society are still striving for a status of full equality with men, we suspect that there might be a significant difference in aspirations and sense of achievement between men and women, and also, that men and women might conceive differently the aspirations of the "Ideal Man" and of the "Ideal Woman". This is why, although our main purpose is, as we have stated above, to compare the personal condition (personal hopes and fears) with the ideal condition (hopes and fears attributed to the ideal person) within each of the two groups, we propose also to compare the two groups with one another in the following manner: 1) Differences in self-concept between men and women College students; 2) Differences in concept of "Ideal Man" between men and women College students; 3) Differences in concept of "Ideal Woman" between men and women College students.

CHAPTER II

REVIEW OF LITERATURE

At the time when this research was made (1965) Magda B. Arnold had already published a book entitled Story Sequence Analysis (1962) in which she presents a method of appraising and measuring the philosophy of life that is unique to each person. Her approach is even more idiographic than the instrument we shall use, because the analysis of content preserves entirely what is unique to each person, that is, the evaluative abilities of each person, whereas in Cantril's instrument, these evaluative tendencies cannot be focused upon; only the objects of hopes and fears can be categorized, even though the categories have been empirically derived from actual investigations with the instrument (as it is the case with Arnold's instrument); they have not been imposed a priori upon the data. Unfortunately, we could not use Arnold's instrument for our research, because a rather extensive training is required, that we did not possess. But it would be interesting to compare the scoring made by the experimenter in Arnold's instrument, with the ratings that the subject gives himself on the Self-Anchoring ladder.

Plan of the review of literature. Our research required that we investigate first of all the literature on the self-concept.

We have done this with the idea in mind that attention should be paid as much to the methodology used as to the results obtained. After our general survey of the literature on the self-concept, we shall report some findings made with the Self-Anchoring Scale by Cantril.

A few studies have been made on the "Ideal Man". We shall evaluate them, taking occasion of this evaluation to state clearly what we mean by "Ideal Man" and "Ideal Woman". Finally, data about the College population having relation to our research will be reported.

A. LITERATURE ON THE SELF-CONCEPT

Experiments on the self-concept have been so numerous in recent years that one is forced to rely on critical reviews of these researches. Many such reviews have been published. Marshall Lowe (1961) is rather pessimistic about the future of this kind of research, because the self-concept seems to be a somewhat nebulous abstraction useful only to give a theoretical basis to things the psychologist could not otherwise understand. He insists that the results of such research cannot be taken at face value, because other explanations would be more parsimonious or reasonable.

Strong and Feder (1961) have taken a more positive stand in their evaluation. They are ready to admit that many studies

leave much to be desired, but they find promising the tendency to approach personality adjustment in terms of a totality of response.

As mentioned in the introduction, the most extensive survey has been made by Ruth C. Wylie (1961). More than 500 studies are carefully evaluated in her book, although rather severely. She concludes that the total accumulation of substantive findings is disappointing, especially in proportion to the effort, which obviously has been expended during two decades, and hopes that from these prescientific efforts, hypotheses of a scientific sort may come. In any case, she admits that a useful pioneering function has been performed by these researches.

These severe critiques seem legitimate, but none of these reviewers comes up with any kind of positive and concrete proposals to help reorientate research. Fortunately, such a proposal is found in a recent book by Vernon (1964) on personality assessment. The book is a critical survey of the literature. The author has a chapter on the study of personal concepts, in which he enumerates both the virtues and the limitations of Q-techniques, the Semantic Differential, Kelly's Rep Test (Role Construct Repertory) and the use of autobiographical materials. He concludes: "None of them (techniques mentioned above) seems quite to meet the need for a device which will: (a) Supplement the self-report test or inventory by allowing the person to express his spontaneous concepts;

(b) direct his attention to other persons, groups and activities as well as to his Self-picture, trends and goals; (c) be sufficiently structured to produce comparable material from many counselees, which could be categorized or scored, and its construct validity investigated." To his evaluation, Vernon fortunately adds the following proposal: "The best approximation that the present writer can suggest might work as follows. After a preliminary interview to help establish rapport, or even a group session with a number of counselees, each would be asked to write for 10-15 minutes on four topics: 1. What I most like about the world in which I live. 2. What I most dislike about it, and what I do about these dislikes. 3. What I most like about myself. 4. What I most dislike and how I hope to change. ... While the material can be treated nomothetically or normatively, it should also bring out unique trends and structures." (Vernon, 1964, pp. 287-288).

However, Vernon admits that no trials have been made of the feasibility of such a technique. Since there is as yet no method of evaluations, we cannot use Vernon's suggestions. But there is an instrument which has many similarities with Vernon's suggestions: it is the Self-Anchoring Scale described by Kilpatrick and Cantril. These two projects conceived almost at the same time by three prominent authors seem to show the direction that research

is destined to take, if the study of the Self-Concept is to be more fruitful in the future. Here is what G. W. Allport has to say about Cantril's instrument.

"The Self-Anchoring Scale offers a unique measure of a person's satisfaction with his situation in life. The authors, Kilpatrick and Cantril, employ a wholly idiographic procedure. They seek first to elicit from the subject a statement regarding his own "very best or ideal way of life". The subject may indicate, for example, that for his ideal situation he would want good health, more material possessions, satisfactions in his job, and domestic felicity. The subject is then asked to describe what he would consider the very worst way of life for himself. He might reply by mentioning poverty, dependency, illness, moral degradation. Having thus anchored the extreme ends of his own "reality world," he is asked to imagine himself on a ladder, standing somewhere between the worst and the ideal extremes. He is shown the diagram of a ladder and asked, "where on this ladder would you say you are now?" He can also be asked "where on this scale were you two years ago, five years ago?" "Where do you think you will be five years hence?"

"The method has the advantage of anchoring the scale at the top and bottom in terms of the person's own values, goals, and fears. It thus employs a self-defined continuum. In using it a picture is obtained of the distress or depression, of the happiness and hope in a given life. Important, too, is the trend that is noted: does the person feel he is gaining or losing ground? Used in this fashion, the method is as we have said, wholly idiographic. It does, however, yield important

nomothetic data... The method is versatile and deals effectively with subtle aspects of personal value." (Allport, G.W., 1961, pp. 413-414)

B. LITERATURE ON THE SELF-ANCHORING SCALE

The first report of research made with the Self-Anchoring Scale has been presented by Kilpatrick and Cantril in 1960, in the Journal of Individual Psychology. Since then, a progress report has been published in the American Behavioral Scientist (1962). The complete coding system for the analysis of content is given there, together with instructions for coders. The Scientific American has also presented the method to its readers (1963). In these three articles, Cantril gives some of his results, but the bulk of his findings has been published as recently as December 1965 in a book entitled the Pattern of Human Concerns. It is the final report of studies made in 14 nations and five continents with the Self-Anchoring Scale. After a careful study of a sample of 23875 persons, representing roughly 30 percent of the population of the world, Cantril concludes:

- "1. Man seems to be a creature of hope: "hope springs eternal" or, as the Psalmist said, "But I will hope continually".
2. the fears, worries, and apprehensions people express are, of course, by definition, that their desires will not be obtainable, that conditions beyond their control will

interfere and prevent the hopes from being realized: war, a deterioration in their standard of living, and illness are the major sensed impediments to the realization of hopes or the undercutting of gains already made."

"3. At the present stage of human and societal development, the vast majority of both hopes and fears revolves around the complex of well-being as this is rather simply defined: a decent standard of living; opportunities for children; technological advances within the nation which will increase economic development; good health; a good job; a house, land or business of one's own; a happy home life; better educational facilities in the country, etc. Wealth per se is a desideratum for only two percent of all people sampled."

"Relatively few hopes are more idealistic or sophisticated, although such items as a desire for an improved sense of social and political responsibility, being useful to others, and the aspiration for self-development are mentioned by at least 5 per cent of the population sampled. But concerns for greater social justice, better moral standards, the resolution of moral or ethical problems, leading a good and decent life, achieving a sense of personal worth, freedom, and self-discipline appear to be "self-conscious" concerns for only a tiny minority throughout the world. Nevertheless, it may well be that these percentages, small as they are, actually are higher than might have been found if a comparable study had been made on the people who inhabited the globe two thousand years ago, and may be smaller than those that would be found in another comparable study done two thousand years hence. One must

never lose sight of the fact that this study, as well as any other done by the social scientist, occurs at a specific point in time in the long history of mankind."
(pp. 277-280)

We shall see that the "more idealistic or sophisticated" hopes, as Cantril calls them in the text quoted above, are mentioned with higher frequencies in our sample, as one would expect from subjects having a high level of education. In fact, Cantril has found that of all the factors on which information was obtained, education is the most important. "Education increases the concern for personal values and character, for personal social values..., for family life and for the type of job or work situation a person wants, especially if he is young".
(Cantril, 1965, p. 283)

If we were now to ask ourselves if there is any unifying factor around which most of the other factors cluster in the concerns of people as studied by Cantril, it seems that we should say that it is the enjoyment of a happy family life. This seems to be Cantril's conviction. For instance, when he summarizes his study of the American sample, he says: "In the United States, as in nearly all the countries studied, the major hopes and aspirations are those involved in maintaining and improving a decent, healthy family life." (Cantril, 1965, p. 35) In other

words, whatever may have been men in the past, men of the 20th century see themselves essentially as existing within the family nucleus. We think that Cantril has not stressed enough the importance of this finding. As is often the case in research and also in life, the most evident facts cannot easily be put into words, precisely because they provide the frame of reference which renders possible the evaluation of every other more limited aspect or dimension of reality.

The reader shall see how important is family life in our findings. Furthermore, we have found that it is primarily with regard to the importance of the family in her life that the ideal woman, as seen by men, differs from the ideal woman as seen by women. This might very well be our main finding.

Cantril has not applied his instrument to the study of the "Ideal Person", although he approves the idea (personal communication). But he has investigated the self-concept of College populations. In one investigation, he has compared the personal aspirations of Indian and American students. He found that a harmonious family life was the aspiration most frequently expressed by American students, whereas Indian students insisted more often on their desire to live a life of service. There were no significant differences in ladder ratings. (Kilpatrick and Cantril, 1960, p. 168)

C. STUDIES HAVING TO DO WITH THE "IDEAL MAN" ("IDEAL WOMAN")

Preamble: During the last two decades, many studies have investigated the "Ideal Self". Most of the time, the purpose of these studies was to measure the discrepancy (or congruence) between the Self and the Ideal Self, the assumption being that the greater the discrepancy, the less adjusted the personality. Such a view is controversial. But, whatever its value, it is not the approach proposed in this research. The concept of the Ideal Person to be investigated refers to something different. Too often, in previous researches, the two concepts have been erroneously considered as synonymous. A mature person may perhaps describe his Self and his Ideal Self in similar terms, although the chances are, either that his Self-Ideal is not high enough or that he is not aware of all the possibilities of development within himself. But if a person identifies himself with the "Ideal Person", then it is difficult to consider him as mature. Surely, in our society, the mature person is aware of his limitations. He knows he is not the "Ideal Person"; although he may think he is quite close to the idea he has of his Ideal Self.

Two studies in the recent literature have used formally the concept of the "Ideal Person". Merenda (1964) has admin-

istered the Activity Vector Analysis to 19 Ss with the instructions to check first those words which they felt applied to the "Perfect Person" and then those words which they perceived to be applicable to their image of Nikita Krushchev. Results showed that only 14 words were applicable to both persons. 44 adjectives were applicable to the "Perfect Person", but not to Mr. K.; 12 adjectives were applicable to Mr. K., but not to the "Perfect Person". The conclusion seems to be that the Ss were able to differentiate in a significant way Mr. K. from the "Ideal Person", which comes as no surprise, since the study was made with American Ss. But surprisingly enough, this is not the conclusion to which the author comes. He rather infers from his findings that persons do develop as definite perceptions of others as they do of themselves. We think that Merenda cannot do this. For he has studied only the "Ideal Person" and has not asked any question having to do with the Self of his Subjects or their Ideal Self. Our point is that it is not permissible to equate the "Ideal Person" with the Ideal Self of a particular person. By doing so, we think that Merenda obscures the interpretation of his results. One consequence of his confusion of the Ideal Self with the Ideal Person is the strange affirmation that his Ss agree in their perceptions of themselves, as if there were no individual differences

between them. What he should have said is that they all perceive the Ideal Person in a similar way, whatever might be the Ideal Self of each one of them.

Steinmann, Levi and Fox (1964) have compared the Self-Concept of college women with (a) their concept of the "Ideal Woman" and (b) with what the Ss thought was men's concept of the "Ideal Woman". The Es used an inventory of feminine values devised by Rotwin. They found that women's Self-Concept was not exactly the same as their concept of the "Ideal Woman." But when they interpret this finding, it appears that the authors do not differentiate the "Ideal Woman" from the Ideal Self. Their experiment is about the "Ideal Woman" and they make inferences about the Ideal Self of their subjects. This can be seen from the fact that they postulate some intra-psychic conflict to account for the discrepancy between the Self Concept and the concept of the "Ideal Woman". But our point is that one should expect that there will be a difference between the Self-Concept and the "Ideal Woman" if the Ss used are normal. We have argued above that the Ideal Self cannot be equated with the Ideal Person. A normal person is aware of not being the Ideal Person, although he may describe his self and his Ideal Self in similar terms, if he is satisfied with himself. Another finding in the same

research was that women perceive a man's "Ideal Woman" as significantly more passive, ready to accept a subordinate role in both personal development and place in the familial structure. In our research, we have asked both men and women to say what they thought were the desires and fears of the "Ideal Woman", whereas Steinmann et al. have interrogated women only. Moreover, we can compare these results with what men and women have to say about the "Ideal Man".

D. DIFFERENCES IN SELF-CONCEPT BETWEEN MAN AND WOMEN IN COLLEGE POPULATIONS

Smith and Clifton (1962) have studied sex differences in expressed Self-Concepts concerning the performance of selected motor skills. The hypothesis that the male Ss would rate themselves more favorably than would the females was supported.

After a review of studies having a more or less direct bearing on sex differences, Wylie (1961) says:

"There does seem to be some evidence to support the following generalizations: (1) College Ss hold stereotypes of real and ideal male and female persons. (2) The stereotype concerning the male is more favorable than that concerning the female. (3) This attitude of unfavorability may be applied by female Ss to themselves as individuals. Generally speaking, the latter tendency seems weaker or less clearly substantiated than is the trend toward females' endorsement of the unfavorable stereotype of "women in general". (4) Women indicate more

acceptance of others than do men even when level of self-acceptance is constant." (p.147)

Gillespie and Allport (1955) have undertaken to study the attitudes of youth in ten different countries toward their personal lives and future careers. As in Cantril's research, they found that "familism is a universal foundation for individual and group life. It is the essential framework within which students view and plan their futures". (p. 37) A strong flavor of privatism marked the American sample, as compared to others. With regard to the difference between men and women, the authors have this to say: "Women, regardless of nationality, are more family-oriented than men. They are also articulate in their demand for more freedom and autonomy. In every country, men are more resistant than women to reforms that would help women achieve the freedom they desire." (p. 39)

CHAPTER III

METHOD

Subjects. The subjects were 100 College women and 100 College men from Freshmen and Sophomore classes. The Ss were asked to sign out for a day and an hour of their convenience. The questionnaire could easily be given to many students at the same time, since all questions (and spaces for answers) were contained in the booklet. It was assumed that the size of the different groups was a negligible variable, since these groups were not formal groups. Each S answered for himself at his own speed.

The instrument. The Self-Anchoring Scale allows a person's expression of his hopes and fears to establish the top and bottom points of a self-defined measurement continuum. In the adaptation of the method as proposed in this study, each subject was given a booklet and encouraged to answer the questions frankly. To achieve this goal more easily, he was asked not to write his name on the booklet, but to indicate his age, sex and class in school. The first question asked was the following:

Everybody wants certain things out of life.
When you think about what really matters in
your life, what are your wishes and hopes

for the future? In other words, if you imagine your future in the best possible light, what would your life look like then, if you are to be happy? Take your time in answering. Such things are not easy to put into words."

The second question read as follows:

Now, taking the other side of the picture, what are your fears and worries about the future? In other words, if you imagine your future in the worst possible light, what would your life look like then? Again, take your time in answering."

After the person had thus established his own "self-anchoring scale" by defining his personal hopes and fears, he could see on the next page a ladder and was asked to assume that the hopes represent the top of the ladder and the fears the bottom of the ladder. He was asked to judge on which rung of the ladder, number 0 to 10, he stood at the present time, where he stood 5 years ago, and where he would be 5 years from the present.

In order to investigate the relationship between the individual's Self-Concept and his concept of the "Ideal Man" and the "Ideal Woman", 2 sections were substituted for Cantril's section on national aspirations and fears. The subjects were asked to define the top and the bottom of a Self-Anchoring Scale for their "Ideal Man" and their "Ideal Woman". Then each woman subject was asked to indicate on the ladder of the "Ideal Woman" just

defined where she stood five years ago, where she stood at the time of the experiment and where she thought she would stand five years hence. The same information was secured from the man with respect to the scale for the "Ideal Man". The following objection can be raised against this part of our study: the "Ideal Man"(or Woman) really represents the top of the ladder. As long as there is a bottom to it, the ideal is not the goal of one's striving. Our answer to the difficulty is that the bottom of the ladder must be thought of in terms of fears and worries. The "Ideal Man" is still a man exposed to adversity. The S is asked to say what he thinks would be the fears and sorrows that could most disturb such an "Ideal Person". It might have been better to ask what are the kinds of adversity that might befall the "Ideal Person", whether or not such a person would actually be afraid of them. However, results show that the subjects could answer the question as it is stated.

Finally, both women and men Ss indicated on the ladder of the "Ideal Woman" where they thought the "Average American Woman" stood 5 years ago, where she stood at the present time, and where she would be 5 years hence. Both groups gave the same information regarding the "Average American Man" on the scale of the "Ideal Man".

The booklet contained in all ten pages. The questions could be answered in approximately half an hour. Most subjects showed interest in the task. Only a few subjects asked for explanation, which seemed to mean that the questions were sufficiently clear. The questionnaire is reproduced in Appendix I.

Treatment of the data

Coding procedure. The data received for each question were coded according to the categories worked out by Cantril (1962) as a result of his research on thousands of subjects. The instructions for coders given by Cantril (1962) were carefully followed. All the coding was made by the experimenter himself. We like to stress the importance of this last point. In this way, it was made reasonably certain that the codes were used in a consistent manner. Whatever were the biases of the experimenter, their influence should have been neutralized in the comparisons between conditions.

The following categories are illustrative of the coding system worked out by Cantril:

- Happy family life - happy marriage; pleasant home; love within family; have a (good) husband or wife; have children.

- Improved or decent standard of living for self or family sufficient money to live better or to live decently; freedom from debt; make ends meet; relief from poverty; not suffer want, hunger, etc.
- Good job, congenial work for self, spouse or other family member; independence in choice of occupation; pleasant, interesting job or work situation; chance of advancement.
- Emotional stability and maturity - peace of mind, mental health and wellbeing; sense of humor, understanding of others, etc.; harmonious life.
- Desire to be useful to others; ability and opportunity to serve the people, community, nation, world; or to hold public office.

The concerns expressed by College students in this experiment seemed to require additional categories. We have introduced the following for the coding of hopes:

- Desire for a professional career
- Temporary job until marriage
- To have friends
- To do the will of God

The following categories were added for the coding of fears:

- Failure in (or to attain) professional career
- School failure
- "Old Maid"
- To have no friends
- To lose the faith

- To commit sin
- Inadequate housing

The two categories having to do with professional career proved to be the most useful and needed of all the categories added, as the results will show.

The confidence limit approach, as described by Cantril (1965, p. 360-362), has been employed to evaluate the significance of differences between categories, or between groups for the same category. Dr. Rimoldi, director of the Loyola Psychometric Laboratory, has approved this procedure.

Ladder ratings analysis.

The means of ladder ratings for each group were calculated for the present, the past and the future. These calculations yielded 12 means for each group, since each S was asked to rate himself on the personal ladder, to rate himself again on the Ideal ladder, and also to rate the Average American Woman and the Average American Man on the Ideal ladder. The scores obtained for the Personal condition were correlated with the scores obtained for the Ideal condition. A computation of the number of subjects rating themselves lower on the Ideal ladder as compared with the Personal ladder was also made. Finally, the means obtained from ratings by men were compared with the means obtained from ratings

by women and the significance of the differences between these means was evaluated through an empirical method worked out by Peter Janicki and Samuel S. Wilks for Cantril's instrument. (Cantril, 1965, pp. 362-364.)

Chapter IV

RESULTS AND DISCUSSION

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CHAPTER IV

RESULTS AND DISCUSSION

A. GENERAL RESULTS OF CONTENT ANALYSIS

The total number of items coded was 3680. Since 200 Ss were used, this means that a mean number of 18.4 items were coded for each subject. And since there were three conditions for each subject and two questions asked in each condition, the mean number of responses for each question was 3.06 items.

Men have given more responses than women. The ratio of the number of items produced by men to the number of items produced by women is 1.10/1.

The totals of hopes and fears produced by each group in each condition are given in the following table.

Table A

Number of Hopes and Fears expressed
by each group in each condition

	MEN			WOMEN		
	(Personal) P	(Ideal Wom.) IW	(Ideal Man) IM	P	IW	IM
HOPES	398	295	353	349	335	344
FEARS	325	257	304	255	228	237
TOTAL	723	552	657	604	563	581

We note that both Men and Women (but Men especially so) had more to say about the Ideal Man than about the Ideal Woman, even though both groups were first interrogated about the Ideal Woman. A satiation effect was feared for the Ideal Man condition, but was not obtained.

When the total number of hopes for the two groups is compared to the total number of fears, a ratio of 1.29/1 is obtained. Clearly, then, our subjects are creatures of hope, as is also the general population of the world, according to Cantril's findings (Cantril, H., 1965, pp. 276-277). Moreover, when the two groups are compared in this respect, the ratios obtained reveal that women have expressed themselves much more frequently than men in terms of hopes. The ratios obtained for each condition show the same trend in more details in the table given below.

Table B

Ratios of Hopes compared to Fears			
	P	IW	IM
Men	1.22	1.14	1.16
Women	1.36	1.46	1.45

It is possible to compare the frequencies of hopes and fears obtained in our groups for the Personal condition with the frequencies found in the general American population for the same condition. Cantril (1965, p. 156) found that 100 Americans expressed hopes 268 times, and fears 207 times. The frequencies corresponding to these in our experiment are 373 for hopes, and 290 for fears. This means that 105 more hopes and 83 more fears have been expressed in our experiment.

B. RESULTS OF CONTENT ANALYSIS BY CATEGORIES

We shall now give the detailed results of our content analysis for each condition and the two groups. These results will be found in Tables 1 to 12. It should be noted that the frequencies which appear in these tables for each item are percentages of Ss responding, since our N was 100 in each group. For instance, in Table 1, the first item

Happy family life	64%
-------------------	-----

means that 64 College Men out of 100 have mentioned a desire for a happy family life. This was the item most frequently mentioned by this group for this condition (i.e., personal hopes). In the same group, 42 Men have also expressed the desire of having a professional career. The rest of the table should be read in the

same way. Only the items mentioned by 5 Ss or more are listed in the tables.

At the bottom of each table (1 to 12), the total, range and concentration are given. The total refers to the number of times that the 100 Ss have responded in all categories. Each one could score only once in each category. The range is the number of categories which have been used 5% or more of the time by the subjects. In order to evaluate the concentration or clustering of concerns, Cantril (1965, p. 158) has devised an index by dividing the total number of responses in all categories by the range. What this index indicates is the mean frequency with which the categories have been used within a given condition.

Table 1

Hopes of College Men Rank order of frequencies obtained (N = 100)		
1	Happy family life	61%
2	Professional career	42
3	Decent standard of living	35
4	Good job	31
5	To be useful to others	23
6	Success in one's work	22
7	Resolution of spiritual problems	20
"	To have friends	20
9	To have own house	17
10	Concern for family needs	13
"	Self-development	13
12	Personal worth	12
13	Emotional maturity	9
"	To have modern conveniences	9
15	Acceptance by others	8
"	Recreation, leisure	8
17	Own health	7
"	Opportunities for children	7
19	Wealth	5
	Other categories	<u>33</u>
	Total	398
	Range	19
	Concentration	20.9

Table 2

Hopes of Ideal Woman as seen by College Men Rank order of frequencies obtained (N = 100)		
<hr/>		
1	Happy family life	74½
2	Concern for family	51
3	Emotional maturity	25
4	Decent standard of living	14
5	Useful to others	12
6	Personal worth	11
6	Resolution of spiritual problems	11
6	Self development	11
9	Professional career	8
10	Be a normal, decent person	7
10	Have friends	7
12	Opportunity for children	5
	<u>Other categories</u>	<u>59</u>
	Total	295
	Range	12
	Concentration	24.5

Table 3

Hopes of Ideal Man as seen bu College Men
 Rank order of frequencies obtained
 (N = 100)

1	Happy family life	50%
2	Personal worth	28
3	Success in work	27
4	Good job	26
5	Emotional maturity	24
6	Concern for family	22
7	Self development	19
"	Resolution of spiritual problems	19
"	To be useful to others	19
10	Decent standard of living	16
11	To have friends	14
12	To have wealth	9
"	Acceptance by others	9
14	Own health	8
15	Professional career	7
"	To be a normal decent person	7
17	Recreation, leisure	6
18	To lead a disciplined life	5
	Other categories	38
	Total	353
	Range	18 Concentration 19.6

Table 4

Hopes of College Women
Rank order of frequencies obtained
(N = 100)

1	Happy family life	66%
2	Self development	42
3	To be useful to others	40
4	Resolution of spiritual problems	37
5	Professional Career	36
6	Concern for needs of family	17
7	Personal worth	16
8	Emotional maturity	11
9	Temporary job until marriage	10
10	Decent standard of living	9
10	To have own house	9
10	To have friends	9
13	Opportunities for children	8
14	Recreation, leisure	7
	<hr/> Other categories	32
	Total	349
	Range	14
	Concentration	24.9

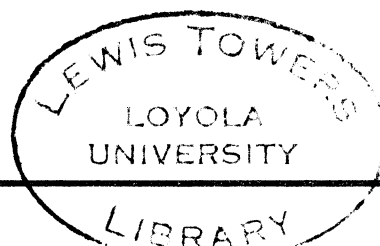


Table 5

Hopes of Ideal Woman as seen by College Women		
Rank order of frequencies obtained		
(N = 100)		
<hr/>		
1	To be useful to others	48%
2	Emotional maturity	47
3	Personal worth	38
4	Resolution of spiritual problems	36
5	Happy family life	35
6	Self development	27
7	Concern for needs of family	23
8	Professional career	12
9	To have friends	6
10	Health of family	5
<hr/>		
	Other categories	58
	Total	335
	Range	10
	Concentration	33.5

Table 6

Hopes of Ideal Man as seen by College Women Rank order of frequencies obtained (N=100)		
1	Happy family life	41%
2	To be useful to others	37
3	Sense of personal worth	33
4	Concern for family	32
5	Emotional maturity	28
6	Good job	27
7	Resolution of spiritual problems	25
8	Self development	19
9	Success in work	18
10	Decent standard of living	13
11	Have friends	10
12	Acceptance by others	8
13	Professional career	6
14	Opportunity for children	5
	Other categories	42
	Total	344
	Range	14
	Concentration	24.5

Table 7

Fears of College Men		
Rank order of frequencies obtained		
(N = 100)		
<hr/>		
1	Unhappy family life	37%
2	Poor job	32
3	No sense of personal worth	26
4	Inadequate standard of living	23
4	Failure in one's work	23
6	No self development	17
6	School failure	17
8	Emotional immaturity	14
9	No friends	13
9	Ill health (self)	13
9	Separation from family	13
12	Loss of faith	10
13	Not be accepted by others	8
13	Inadequate opportunities for children	8
15	War	7
16	Become anti-social	6
17	Failure to attain professional career	5
18	<u>Inadequate housing</u>	5
	Other categories	48
	Total	325
	Range	18
	Concentration	18

Table 8

Fears of Ideal Woman as seen by College Men		
Rank order of frequencies obtain (N = 100)		
<hr/>		
1	Unhappy family life	60%
2	Separation from family	27
3	No emotional maturity	18
4	Inadequate standard of living	17
5	No opportunity for children	14
6	No friends	12
7	No sense of personal worth	10
7	No self development	10
9	No acceptance by others	8
10	Bad health in family	7
11	Old maid	6
11	Loss of faith	6
13	Not to be useful to others	5
<hr/>		
	Other categories	57
	Total	257
	Range	13
	Concentration	19

Table 9

Fears of Ideal Man as seen by College Men		
Rank order of frequencies obtained		
(N = 100)		
<hr/>		
1	Unhappy family life	35%
2	No sense of personal worth	34
3	Separation from family	27
4	Inadequate standard of living	21
5	Failure in one's work	20
6	Emotional instability (no maturity)	16
7	Poor job	15
7	Not be useful to others	15
9	No friends	14
9	No self development	14
11	Not be accepted by others	12
11	Unemployment	12
13	Become anti-social	8
13	Loss of faith	8
15	Ill health (self)	6
<hr/>		
	Other categories	47
	Total	304
	Range	15
	Concentration	20.2

Table 10

Fears of College Women		
Rank order of frequencies obtained		
(N = 100)		
<hr/>		
1	Unhappy family life	31%
2	No sense of personal worth	27
3	No self development	19
3	Not to be useful to others	19
3	No emotional maturity	19
6	No friends	16
7	Loss of faith	13
8	Failure in professional career	12
8	Separation from family	12
10	Failure in work	9
10	School failure	9
12	Poor job	7
13	Inadequate standard of living	6
13	Health of family	6
15	No opportunity for children	5
15	War	5
<hr/>		
	Other categories	40
	Total	255
	Range	16
	Concentration	15.9

Table 11

Fears of Ideal Woman as seen by College Women		
Rank order of frequencies obtained		
(N = 100)		
<hr/>		
1	No sense of personal worth	28%
2	No emotional maturity	24
3	Not to be useful to others	23
4	No friends	16
5	Separation from family	15
6	Loss of faith	14
7	No self development	13
8	Unhappy family life	10
9	Health of family	8
9	Inadequate standard of living	8
11	No opportunity for children	7
11	No acceptance by others	7
<hr/>		
	Other categories	55
	Total	228
	Range	11
	Concentration	20.7

Table 12

Fears of Ideal Man as seen by College Women		
Rank order of frequencies obtained		
(N = 100)		
<hr/>		
1	No sense of personal worth	32%
2	Separation from family	29
3	Failure in work or job	18
4	No emotional maturity	17
5	Unhappy family life	14
6	Poor job	13
7	Inadequate standard of living	12
8	No self development	10
8	Loss of faith	10
8	No friends	10
11	No character	8
11	Not to be useful to others	8
11	Unemployment	8
14	No opportunity for children	7
15	No acceptance by others	5
16	Ill health (self)	5
<hr/>		
	Other categories	31
	Total	237
	Range	16
	Concentration	14.8

The indices of concentration given in the tables above (Tables 1 to 12) are grouped in Table C for purpose of comparison. The reader may note in Table C that the index for the hopes of the Ideal Woman as expressed by Women is 8.6 units larger than the next largest index, while all other indices are contained within a ten-unit range. As explained in page 25, the index of concentration indicates the mean frequency with which a category has been chosen within a condition. It seems, then, that agreement between the subjects of a group was best achieved when Women were asked to express the hopes of the Ideal Woman. These hopes are given in Table 5.

Table C
Indices of concentration
for each condition
and each group

	Men			Women		
	P	IW	IM	P	IW	IM
Hopes	20.9	24.5	19.6	24.9	33.5	24.5
Fears	18.	19.	20.2	15.9	20.7	14.8

C. DIFFERENCES BETWEEN IDEAL AND PERSONAL
CONDITIONS WITHIN EACH GROUP

Since the comparison between the personal and the ideal conditions (Ideal Man or Ideal Woman) is the main purpose that we had in mind in designing this research, we shall give a detailed comparison of all differences between percentages (Tables 13 to 16) disregarding at first whether the differences are significant or not. This procedure seems advisable in order to become aware of all the possible trends. The significant differences shall then be detached from this general background and grouped in a table (Table 17) which will constitute a summary of our comparisons between conditions.

Following Centril (1965, pp. 360-362), we shall adopt the confidence limit approach to evaluate the significance of differences within same sample. For a sample of our size, this means that differences as high as 19% are required at the 5% level, and differences as high as 26% at the 1% level. It should be understood that these criteria are very conservative. In a personal communication, Dr. Rimoldi has confirmed the soundness of this procedure.

Differences between Personal Hopes (P)
of Women and the Hopes that they
attribute to the Ideal Woman (IW)

(Comparison of Table 4 with Table 5)

I

A) Items whose frequencies increase with the Ideal Woman (IW) condition:

	size of increase in frequency
. Emotional maturity	36%**
. Sense of personal worth	22 *
. To be useful to others	8
. Concern for needs of family	5

B) New item appearing in table for IW condition (i.e., whose frequency rises to 5% level).

- . Health of family

II

A) Items whose frequencies decrease with the IW condition:

	size of decrease in frequency
. Happy family life	31%**
. Professional career	24 *
. Self development	15
. To have friends	3
. Resolution of spiritual problems	1

B) Items which disappear from table for IW condition:

- . Temporary job until marriage
- . Decent standard of living
- . To have own house
- . Opportunities for children
- . Recreation, leisure

** Significant at 1% level.

* Significant at 5% level.

Discussion of Table 13

The objective comparisons made above suggest the following interpretation. When the College women used as subjects in this experiment are asked to say what the Ideal Woman would desire most, what comes more characteristically to their mind is the possession of emotional maturity (36% increase) and of a sense of personal worth (22% increase). Furthermore, they imply that these hopes cannot be satisfied easily if the Ideal Woman is restricted to the family horizon (31% decrease). The Ideal Woman wants to have the opportunity to be useful to others (i.e., outside the family). It is to be recalled that this category ranks first for the ideal woman, with a 6% increase over what College women have scored for themselves. The alternative of being useful to others does not mean necessarily the possession of a professional career. (24% decrease).

Table 14

Differences between Personal Fears
of Women and the Fears that they
attribute to the Ideal Woman.
(Comparison of Table 10 with Table 11)

I

A) Items whose frequencies increase with the Ideal Woman (IW) condition.

	size of increase in frequency
. Emotional immaturity	5%
. Not to be useful to others	4
. Separation from family	3
. Bad health in family	2
. Inadequate standard of living	2
. No opportunity for children	2
. Loss of faith	1
. No sense of personal worth	1
. No friends	0

B) New item (i.e., whose frequency reaches 5% level with IW condition):

. No acceptance by others	7% increase
---------------------------	-------------

II

A) Items whose frequencies decrease with IW condition:

	size of decrease in frequency
. Unhappy family life	21%*
. No self development	6

B) Items whose frequencies fall below 5% level with IW condition:

- . Failure in professional career
- . Failure in work
- . Poor job
- . War
- . School failure

* significant at 5% level.

Discussion of Table 14 (added to Table 13)

The comparison of the two tables seems to confirm for fears what we have said before about the hopes of women for themselves and for the Ideal Woman. The highest decreases in frequency for both hopes and fears concern Happy or unhappy family life (31% - 21%). What the Ideal Woman wants most is to be found outside the family. This desire does not seem to be egocentric, for the category Self development has a decreasing frequency for both hopes (15%) and fears (6%). Rather, the Ideal Woman seems to want to achieve a sense of personal worth and emotional maturity by being allowed to be useful to others outside the family: these three categories have the first ranks for the Ideal Woman in both hopes and fears. However, what the Ideal Woman wants outside the family does not seem to be related to a professional career or a regular job outside the family, as can be seen in the tables.

Table 15

Differences between Personal Hopes
of Men and the Hopes that they
attribute to the Ideal Man
(Comparison of table 1 with table 3)

I

A) Items whose frequencies increase with the Ideal Man (IM) condition:

	size of increase in frequency
.Personal worth	16%
.Emotional maturity	15
.Concern for family needs	9
.Self development	6
.Success in work	5
.Wealth	4
.Acceptance by others	1
.Own health	1

B) New items appearing in table for IM condition (whose frequency raises at 5% level)

- .To be a normal decent person
- .To lead a disciplined life

II

A) Items whose frequencies decrease with the Ideal Man (IM) condition:

	size of decrease in frequency
.Professional career	35%**
.Decent standard of living	19 *
.Happy family life	14
.To have friends	6
.To have good job	5
.To be useful to others	4
.Recreation, leisure	2

B) Items which disappear from table for IM condition:
(i.e., whose frequency falls below 5%)

- .To have own house
- .Opportunities for children
- .To have modern conveniences

** significant at 1% level.

* significant at 5% level.

Discussion of Table 15

The objective comparisons made above seem to indicate the following trend. The Ideal Man is not the one who desires most of all good health and the enjoyment of leisure. The Ideal Man is not either characterized by a desire to have a decent standard of living, his own house, modern conveniences. He is not especially interested in the possession of wealth in general or in the company of many friends. Neither is he primarily interested in the attainment of a professional career or in the possession of a good job, although he wants to be successful in his work. The Ideal Man does not desire happy family life more than the ordinary man, although he may be more concerned for the needs of his family. He does not hope to be more useful to others than the ordinary man.

If anything characterizes his aspirations, he is a man who desires to become more than a decent, normal and disciplined person through self development. What he wants most of all is to have experience emotional maturity and a sense of personal worth.

To sum up, the most surprising finding is the Ideal Man's sharp decrease of desire for a Professional Career (35%, significant at 1% level), and for a high Standard of Living (19%, significant at 5% level) to turn toward personal values. The relationship of the Ideal Man to his family needs to be clarified by data to be studied below. Let us remember only that desire for a Happy family life keeps the first rank. This is not the case for the Ideal Woman, as we have seen above (Tables 13 and 14).

Table 16
Differences between Personal Fears
of Men and the Fears that they
attribute to the Ideal Man
(Comparison of Table 7 with Table 9)

I

A) Items whose frequencies increase with the Ideal Man (IM) condition:

. Separation from family	14%
. No sense of personal worth	8
. Not be accepted by others	4
. Become antisocial	2
. Emotional immaturity	2
. No friends	1

B) Items whose frequencies reach 5% level with IM condition:

. Not be useful to others	11% increase
. Unemployment	9 "

II

A) Items whose frequencies decrease with IM condition:

. Poor job	17%
. Ill health	7
. Failure in one's work	3
. No self development	3
. Inadequate standard of living	2
. Unhappy family life	2
. Loss of faith	2

B) Items whose frequency falls below 5% level with IM condition:

- . Inadequate opportunities for children
 - . War
 - . Failure to attain professional career
 - . Inadequate housing
-

None of the above differences is significant.

Discussion of Table 16:

None of the variations in frequency observed above reaches a level of significance. However, our comparison of the two conditions indicates that the slight decrease in category Unhappy family life is largely compensated by the fear of separation from (or incompetence in the service of) family (14%, largest increase). In other words, the Ideal Man sees his relation to the family as an important cause of fear; Separation from family is a greater threat than Unhappy family life. We shall see that the situation is quite different with the Ideal Woman.

Not to achieve a sense of Personal Worth is also an important source of fear (rank 2 in IM condition, with 8% increase). This finding correlates well with the hopes of the Ideal Man, where the category Personal Worth had the largest increase (16%). On the other hand, whether one considers hopes or fears, the concern about Job or Work situation seems to have less importance, including the fact that Failure in professional career falls almost completely out of the picture, when subjects are interrogated about their fears.

Table 17

Summary of comparisons between conditions

M E N Subjects (P versus IM conditions)	
HOPES	FEARS
significant increases in % with IM condition:	significant increases in % with IM condition:
- none	- none
significant decreases in % with IM condition:	significant decreases in % with IM condition:
- Professional career (35%)**	- none
- Decent standard of living (19%)*	
W O M E N Subjects (P versus IW conditions)	
HOPES	FEARS
significant increases in % with IW condition:	significant increases in % with IW condition:
- Emotional maturity (36%)**	- none
- Sense of personal worth (22%)*	
Significant decreases in % with IW conditions:	significant decreases in % with IW condition:
- Professional career (24%)*	- Unhappy family life (21%)*
- Happy family life (31%)**	

** Significant at 1% level.

* Significant at 5% level.

In Table 17 are summarized the comparisons that we have made between the Personal and the Ideal conditions for both groups. Only differences reaching 19% are mentioned. These values are significant at least at the 5% level by Cantril's criterion (Cantril, H., 1965, pp. 360-1). There is one difference between the Personal and Ideal conditions on which the data for both groups agree: for the Ideal man or woman, both groups register fewer hopes for a Professional Career.

The variations which are particular to each group, when the conditions are compared, are the following. Men express fewer hopes for a Decent standard of living, when asked about the Ideal Man. On the other hand, Women show significant variations both positively and negatively. Positively, they indicate that the Ideal Woman has more hopes for Emotional maturity and a Sense of personal worth. Negatively, they say that the Ideal Woman has less concern for a Happy family life, both in terms of hopes and fears.

**D. DIFFERENCES BETWEEN GROUPS
WITHIN EACH CONDITION**

Table 18 gives significant differences between men and women, when they express their personal hopes and fears. It is the result of comparisons between table 1 and table 4 (for hopes); table 7 and table 10 (for fears) presented above. Differences between groups which are considered to be significant at the 5% level are those which reach a frequency as high as 14% (Cantril, H., 1965, pp. 361-362.)

Before discussing the differences, we note that both groups are in agreement as to the primary importance of a Happy family life. This category obtains the highest frequency for both groups. The reason we stress this similarity, is that the situation is quite different in the Ideal Woman condition.

It can be seen from Table 18 that College Men's aspirations and energies are absorbed by the challenge of having to find the job situation which will provide the appropriate standard of living for a family. College women, on the other hand, think more often of their self development and the resolution of their own religious and spiritual problems. Also, they consider their usefulness outside the context of family as something important to themselves.

Table 18

The Self Concept of Men compared to
the Self Concept of Women
(Comparison between Table 1 and 4; 7 and 10)

HOPES	FEARS
<u>Men higher on:</u>	<u>Men higher on:</u>
- Decent standard of living by 26%	- Poor job by 25%
	- Inadequate standard of living by 17%
<u>Women higher on:</u>	<u>Women higher on:</u>
- Self development by 29%	- Not to be useful to others by 15%
- To be useful to others by 17%	
- Resolution of spiritual problems. by 17%	

Table 19 shows how Men and Women differ in the way they conceive of the hopes and fears of the Ideal Woman. It will be recalled that both groups gave equal attention to the all-important category Happy family life, when they expressed their personal hopes. But the same groups take divergent directions on the same category, when interrogated about the Ideal Woman. Men say that the Ideal woman is even more concerned about it (74%). The frequency of hopes and fears is the highest obtained on any category for any condition. On the other hand, only 35 women out of 100 scored on the same category, which gives the highly significant difference of 39%. Moreover, the difference between Men and Women on this category becomes even larger, when it is looked at from the point of view of fear (fear of Unhappy family life). The difference becomes 50%, since Men scored 60% and Women, only 10%. Now, this is the largest difference found in all conditions and for all categories. Moreover, 60% is the highest frequency obtained for fears in all conditions. The next highest frequency for fears is only 37%, and it happens to be the percentage expressing the personal fears of the same subjects on the same category (Unhappy family life).

It seems then that Men and Women look at the Ideal Woman differently. While Men think that the Ideal Woman's aspirations focus on family life, Women present a different picture. They

stress her desire to serve or to be useful to others (this category was used when the desire to be useful was intended at persons other than those within family circle). One should be careful not to conclude that any negative attitude toward family life is implied here, because the Ideal Woman is probably so ideal, from the point of view of Women, that it needs not be even mentioned that her primary concerns are about her family. Finally, Women emphasize in a significant manner three hopes having to do with the person of the Ideal Woman: Sense of Personal Worth, Resolution of spiritual problems and Self development.

Table 19

The concept of the Ideal Woman
as seen by Men and Women
(comparison between tables 2 and 5; 8 and 11)

HOPES	FEARS
<u>Men higher on:</u>	<u>Men higher on:</u>
- Happy family life by 39%	- Unhappy family life by 50%
- Concern for family by 28%	
<u>Women higher on:</u>	<u>Women higher on:</u>
- To be useful to others by 36%	- Not to be useful to others by 18%
- Sense of personal Worth by 27%	- No sense of personal worth by 18%
- Resolution of spiritual problems by 25%	
- Self development by 16%	

Table 20

The concept of the Ideal Man
as seen by Men and Women
(Comparison between tables 3 and 6; 9 and 12)

HOPES	FEARS
<u>Men higher on:</u>	<u>Men higher on:</u>
- None	- Unhappy family life by 21%
<u>Women higher on:</u>	<u>Women higher on:</u>
- None	- None

In sharp contrast with the Ideal Woman condition, the Ideal Man's aspirations are described in a similar way by Men and Women. Both groups give the highest frequency to the category Happy family life. (We recall that the situation is the same in the Personal condition.) No significant difference is noticeable in terms of hopes. And there is only one significant difference in terms of fears between Men and Women Subjects. Men Subjects see more often the Ideal Man as concerned about Family life.

Table 20 summarizes these findings.

E. RATINGS COMPARED

The reader will recall that after the subjects described the best and worst possible ways of life they could imagine, these descriptions were taken as the top and bottom of a ladder symbolizing their concerns, and they were asked to rate their present, past and anticipated future status on this ladder. Now, the subjects were asked to rate themselves not only on their personal ladder (the ladder whose top and bottom is anchored in their own hopes and fears), but also on the ladder representing the hopes and fears of the Ideal Man. The assumption was that, if the subjects saw any real difference between their own person and the Ideal Person, they would not give themselves the same ratings on the Ideal ladder as on their personal ladder. They would rather acknowledge their own limitations with regard to the Ideal Person for the past, the present and presumably also for the future.

In fact, the results show that less than 40% of Men gave themselves lower ratings on the Ideal Man's ladder, for either the past (28%), the present (31%) and the future (39%). More women gave themselves a lower ratings on the Ideal ladder, but the frequencies never reached 50%, whether we consider ratings

for the past (49%), the present (46%) or the future (40%).

These data seem to show how difficult it is for a College student to admit to himself that he was not in the past, is not now and will probably never be the Ideal Person. This interpretation seems to be supported by the fact that there is a high correlation between the ratings for the Personal and Ideal conditions in both groups. The coefficients are given in Table 21. All coefficients are significant beyond 1% level.

Table 21

Product moment coefficients expressing correlation of ratings for Personal condition with ratings for Ideal condition			
	Past	Present	Future
Men	.55	.59	.498
Women	.68	.40	.53

In Table 22, the means of the ladder ratings that we have been talking about are given, and the reader can visualize in Figures 1 and 2 how the Personal condition compares with the Ideal condition in terms of these means. It can be seen that women (Fig.2) rate themselves consistently lower on the Ideal ladder, but men (Fig. 1) rate themselves lower on the Ideal ladder only for the past. But in all cases, the differences are small. It seems,

then, that we must conclude that the Personal and the Ideal conditions were not clearly distinguished from one another by our subjects in terms of ratings. This Experimenter feels that only one subject has produced the appropriate response. He did that by locating himself at minus infinity on the Ideal Man's ladder for the past, at 0 for the present, and at five for the future. He describes the Ideal Man essentially as a community-minded person, enjoying wealth and many friendships, whereas his own concerns seem to be limited to a professional career and the family circle.

Figure 1
Means of ratings
College Men rating themselves
on Personal and Ideal Man's ladders

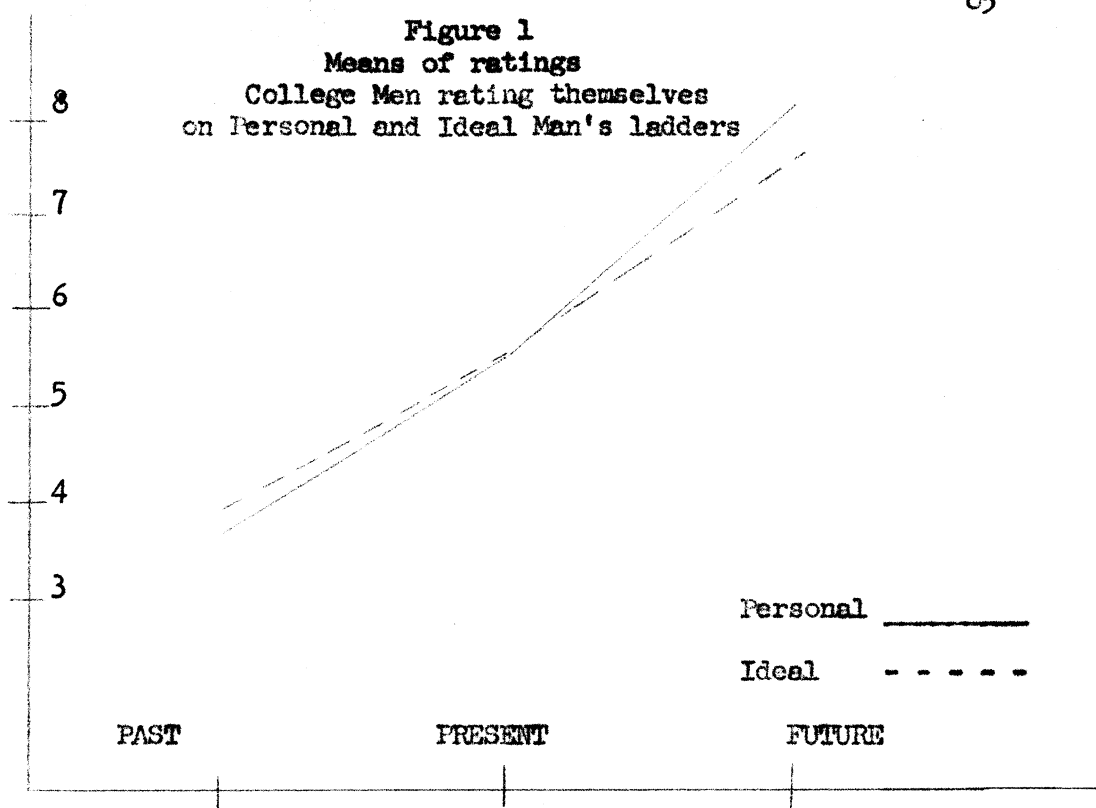


Figure 2
Means of ladder ratings
College Women rating themselves
on Personal and Ideal Woman's ladders

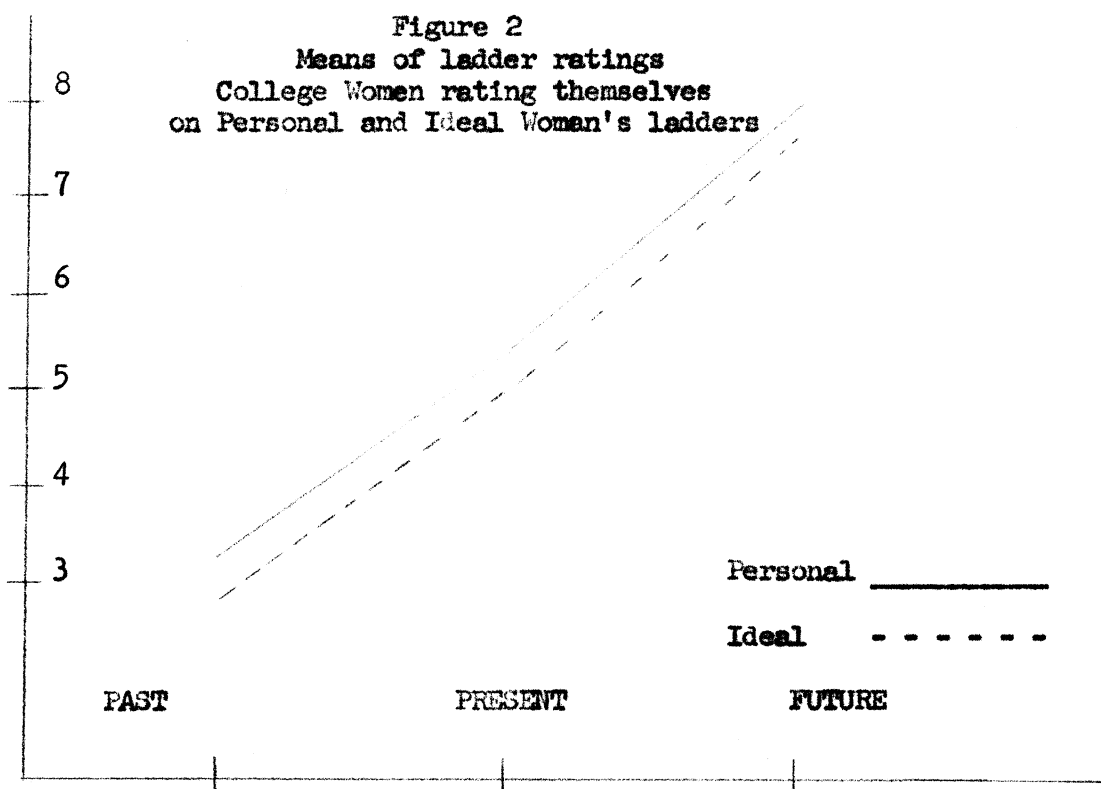


Table 22

Means of ladder ratings Ss rating themselves on Personal and Ideal ladders		
Mens Ss		
	Personal ladder	Ideal Man's ladder
Five years ago	3.77	3.97
Present	5.68	5.65
Five years ahead	8.13	7.75
Womens Ss		
	Personal ladder	Ideal Woman's ladder
Five years ago	3.35	2.87
Present	5.43	5.04
Five years ahead	7.96	7.68

It remains for us to study the differences between men and women within each condition. Table 22 can be used for this purpose and Figures 3 and 4 show that, in general, women rate themselves lower than men, although most of the time the differences are small. In fact, if we follow Cantril's criterion (1965, pp. 362-5) for determining the significance of differences between means when two groups are compared, the only difference which is significant is for the past on the Ideal ladder (3.97 - 2.87). This difference

Figure 3
Means of ratings
Men rating themselves on Personal Ladder
compared to
Women rating themselves on Personal Ladder

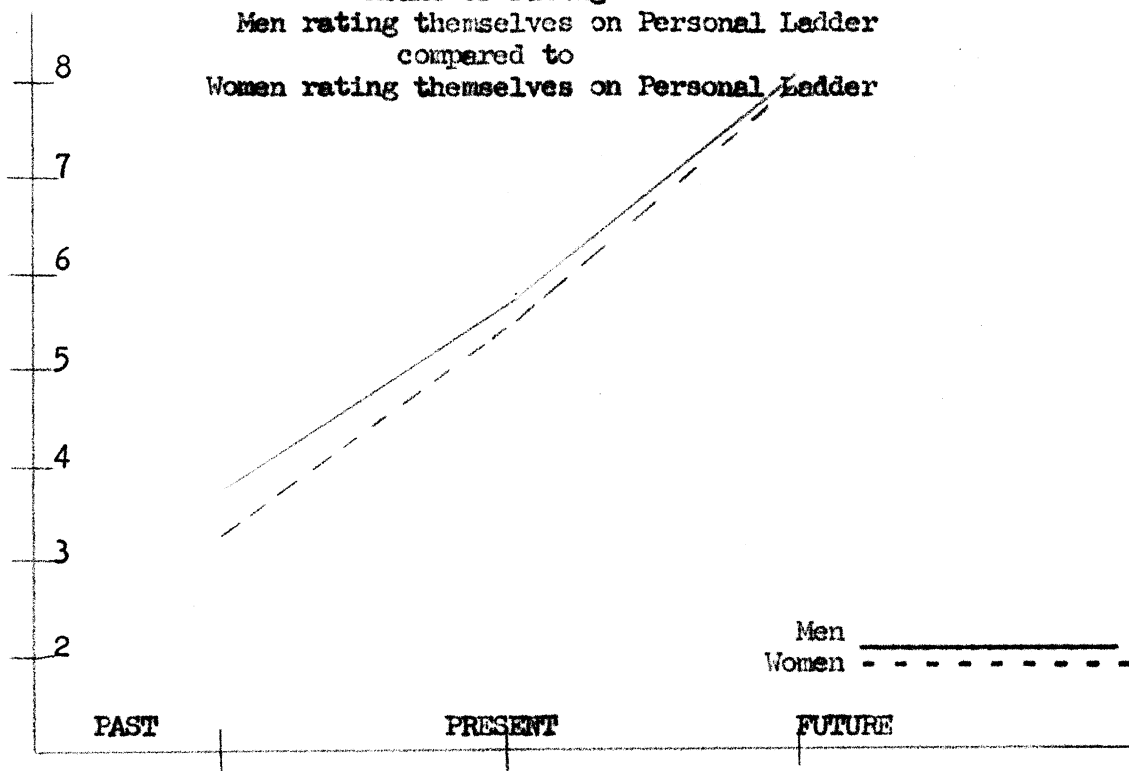
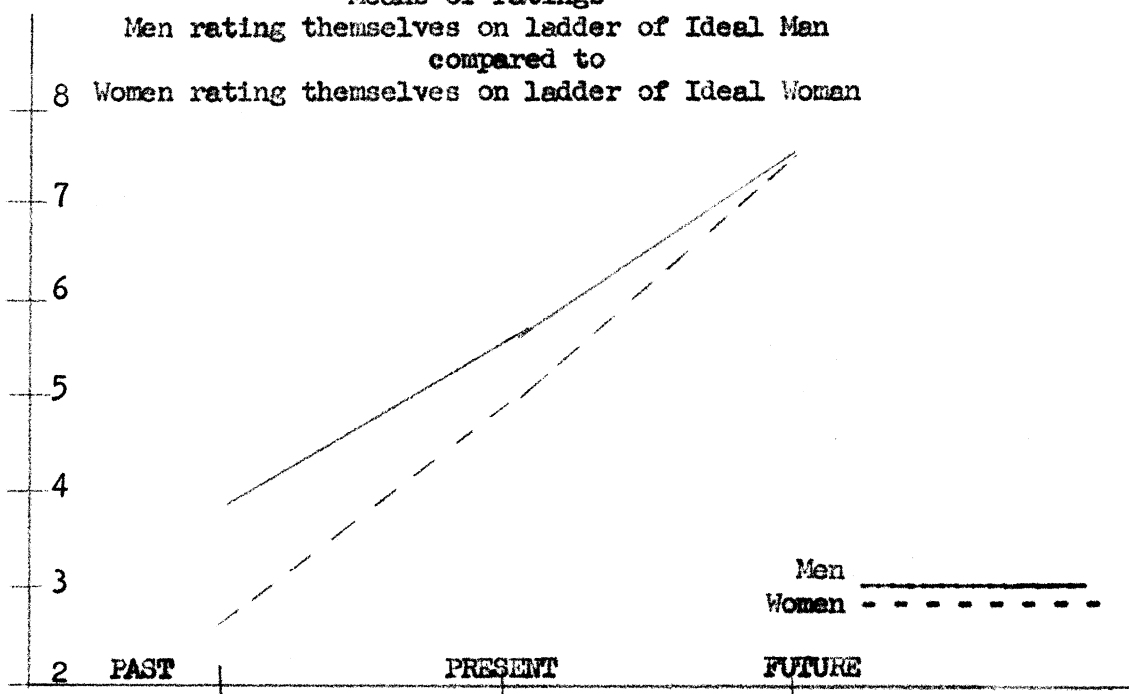


Figure 4
Means of ratings
Men rating themselves on ladder of Ideal Man
compared to
Women rating themselves on ladder of Ideal Woman



is significant at the 1% level. However, Figures 3 and 4 show clearly that, as we go from the past to the future, there is tendency for women to rate themselves more and more like men do rate themselves. This trend is just noticeable when the Personal ladders of both groups are compared (Figure 3), but is nicely amplified by the comparisons of the means on the Ideal ladder (Figure 4).

Finally, our subjects were asked to rate the Average American Man on the ladder of the Ideal Man, and to rate the Average American Woman on the ladder of the Ideal Woman. The reason why we did that is that it was possible in this way to obtain ratings of men and women and ratings of women by men. What we found out is that when Men and Women are asked to rate the Average American Man, they are in substantial agreement (see Figure 5). But when the Average American Woman is considered, it is found that women rate her much lower than men do for the past, and even for the present. The means of these ratings are given in Table 23. The difference for the past (5.55-4.47) is significant at the 1% level, while the difference for the present is significant at the 5% level. Figure 6 shows these differences and also the general trend: as we go from the past to the future, women tend to see the standing of the Average American Woman as

men see it. We have noted a similar trend in Figures 3 and 4. It seems, then, that whatever is the angle from which we look at our data, men and women agree on what the future will be for themselves, as well as for the Average American person.

Table 23

Means of ladder ratings for Average American Man on ladder of Ideal Man		
	Ratings by men	Ratings by women
Five years ago	5.19	4.91
Present	5.55	5.56
Five years ahead	6.13	6.42
Means of ladder ratings for Average American Woman on ladder of Ideal Woman		
	Ratings by Men	Ratings by women
Five years ago	5.55	4.47
Present	5.98	5.17
Five years ahead	6.27	6.04

We like to end this relation of our results by an observation of human nature that will surprise nobody who has an "average" experience of this nature of ours. Table 23 can be used for this purpose. It can be seen that the mean ratings

Figure 5
Average American Man
Mean ratings by Men compared to
Mean Ratings by Women

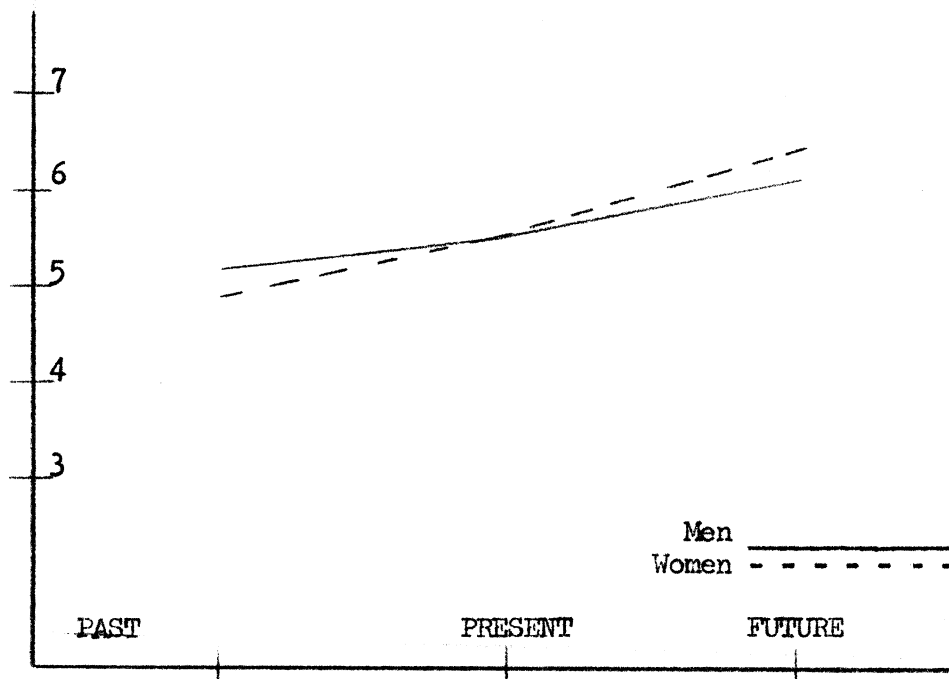
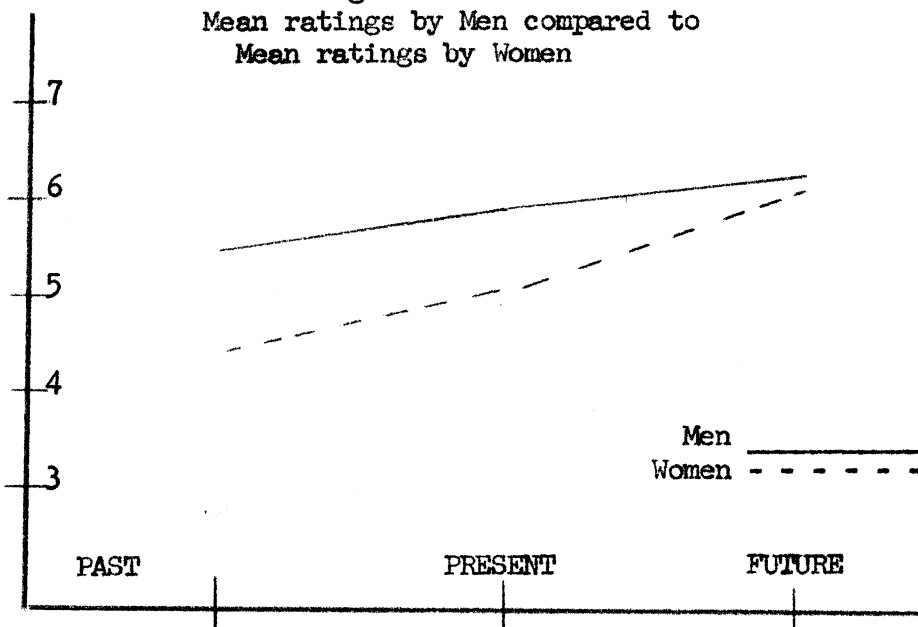


Figure 6
Average American Woman
Mean ratings by Men compared to
Mean ratings by Women



attributed by men to the Average American Woman (5.55, 5.98, 6.27) are all correspondingly higher than the ratings attributed to the Average American Man by the same Ss, whereas the ratings attributed by women Ss to the Average American Woman (4.47, 5.17, 6.04) are all correspondingly lower than the ratings attributed to the Average American Man by the same Ss. In other words, men say that women have a better chance than men in life, while women think that men have the advantage. We shall not try to decide here who is right...And fortunately enough the differences are not significant! It may be that a general explanation of this finding would be found along these lines: what you don't have often looks better than what you have.

CHAPTER V

SUMMARY OF FINDINGS

AND

CONCLUSION

It seems legitimate to conclude that our subjects are creatures of hope to the same extent as the general population studied by Cantril. But when men are separated from women, the two groups are found to vary in opposite directions: women in the direction of hope and men in the direction of fear. This difference is accentuated to a surprising degree by the ideal conditions, as can be seen in Table A and B. But more research is necessary before anything can be said about the significance of this finding.

Comparisons between Ideal and Personal conditions

When we take a closer look at the data, that is, in terms of specific categories, the following pattern appears. First, there is only one point on which both groups are in agreement as to what differentiates the Ideal condition from the Personal condition: this is indicated by the sharp decrease in frequency in hopes for a Professional career with the Ideal condition, when this category is compared with the Personal condition. Our first interpretation

of this finding was that our College students do not seem to see the achievement of their professional career as a worthy object of involvement for the Ideal Person. This was seen as an alarming situation, since, after all, they are attending college precisely for the achievement of such a goal. But it may very well be that our subjects considered the Ideal Person as having so necessarily achieved success in a professional career, that it was not worth mentioning it.

What we have just said of the attitude toward a professional career is true for both men and women. Now, there is a trend particular to women to which we must pay attention. It is related to the way they look at Family life. It is undoubtedly an important value for themselves, as the personal condition shows. But when the Personal condition is compared with the Ideal Woman condition, Women mention the hopes for a Happy family life far less often, while Men mention it just as often for the Ideal Man as for themselves. Since, on the other hand, women show a significant increase of hopes for Emotional maturity and a sense of Personal Worth (and these are the only significant increases in frequency found in the research, when the Ideal condition is compared to the Personal condition), one is tempted to conclude that the Ideal Woman as seen by women may easily experience her family obligations as an obstacle to her sense of personal worth

and her emotional maturity. However, another interpretation is also possible. It may be that the Ideal Woman is considered so "ideal" by women that she will attract the right man, be a model wife and homemaker and so automatically have a happy family life. On the other hand, men may very well see Happy family life as the woman's achievement. So, the Ideal Man must still hope for it, however "ideal" his own personality, while the Ideal Woman (as seen by women) has achieved it. Only more research will help decide between these two interpretations.

Comparisons between Men and Women

When the personal hopes and fears of men are compared with the personal hopes and fears of women (see Table 18), it becomes even more evident how much women are preoccupied with personal values (such as Self development and Resolution of spiritual problems). The desire to extend their activity beyond the family circle and to be useful to others is also evident. Men, on the other hand, seem to be absorbed by the challenge of having to find the job situation which will provide the appropriate standard of living for a family.

However, the most striking differences between Men and Women show up when they both try to describe the concerns of the Ideal Woman (See Table 19). While men think that the Ideal Woman's aspirations focus on family life, women stress her desire to be

useful to others, to achieve a sense of personal worth, self development and the resolution of her spiritual problems.

Perhaps it would be exaggerated to say that these findings show a divergence of opinion between the two groups, since there is no real opposition between the two perspectives. It is more a question of accent. On the other hand, we are inclined to take these differences seriously, especially in view of the fact that the same groups describe the hopes and fears of the Ideal Man in much the same way (See Table 20). Why are the descriptions different in one case and similar in the other? Perhaps the differences found in the case of the Ideal Woman are related to the changing roles and responsibilities of the woman in our society, these changes being viewed differently by men and women. More research on this point should be rewarding.

Ratings

According to our assumption, subjects who are aware of their own individual limitations should not give themselves the same ratings on the Ideal ladder as on the Personal ladder. Our findings show that Men and Women rate themselves essentially in the same manner on both ladders. However, we think that these findings do not constitute clear enough evidence to show that our subjects failed to see any significant difference between themselves

and the Ideal Person. In addition, it may be that our assumption was wrong with regard to ratings for the present: since the Ss were asked to locate themselves in terms of their own fears and hopes, on the ladder indicating fears and hopes of the ideal person, they may have considered the fears of such a person not as great as their own, his hopes not as intense as their own. Thus being halfway between optimism and pessimism themselves, they would also locate themselves halfway on the shorter ladder of the ideal person for the present. In other words, location on this "ladder" for the present does not at all mean that the Ss consider themselves as identical with the ideal.

Finally, Women show a tendency to rate themselves lower than Men rate themselves for the past. But as we go from the past to the future, the ratings become more and more identical, so that the agreement between groups as to how they will stand in the future is almost perfect.

These days, negative stereotypes about the college population are easily acquired. They are often reinforced by the fact that College students sometimes manifest their new awareness of their social responsibilities in negative ways. Thus it may easily be concluded that the college population is irresponsible, detached from reality, that their values are pleasure, leisure and money,

if not intellectual perversion. We think that this research may help discard such ideas. The students we have studied are occupied with a serious task, that of preparing themselves to lead a happy family life. This is why they want a professional career, or, more simply, a good job. This is why they want a decent standard of living. And very often, their desire for happiness extends beyond the limits of the family and includes the opportunity to help other people achieve the same goal. It is truly the generation of the Peace Corps.

GENERAL SUMMARY

The Self-Concepts of 100 College Men and 100 College Women have been studied and compared with their concepts of the Ideal Man and the Ideal Woman, using an adaptation of Cantril's Self-Anchoring Scale. It was found that, although College Men and College Women mention often the achievement of a professional career as their personal goal, they fail to mention it as often as an aspiration of the Ideal Person.- Men and Women have a different concept of the hopes and fears of the Ideal Woman, but they agree substantially on their concept of the hopes and fears of the Ideal Man. - College Men express themselves more in terms of fears than Women. - In terms of ratings, it was found that the subjects rate themselves essentially in the same manner on the ladder of their own hopes and fears as on the ladder representing the hopes and fears of the Ideal Person. Possible interpretations of these findings are offered, which may help direct further research.

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APPENDIX I

The Biographical Data Sheet and the pages (8 1/2 x 5 1/2 inches) of the questionnaire used by the subjects are reproduced below.

Biographical Data Sheet

Do not write your name on any of these sheets

Age _____

Sex (M or F) _____

Class in school _____

Date of interview _____

Name of interviewer _____

Everybody wants certain things out of life. When you think about what really matters in your own life, what are your wishes and hopes for the future? In other words, if you imagine your future in the best possible light, what would your life look like then, if you are to be happy? Take your time in answering; such things aren't easy to put into words.

Now, taking the other side of the picture, what are your fears and worries about the future? In other words, if you imagine your future in the worst possible light, what would your life look like then? Again, take your time in answering.

10
9
8
7
6
5
4
3
2
1
0

Here is a picture of a ladder. Suppose we say that at the top of the ladder is the very best state of affairs you have just described; at the bottom is the very worst state of affairs you have just described.

Where on the ladder do you feel you personally stand at the present time?

Step number _____

Where on the ladder would you say you stood five years ago?

Step number _____

And where do you think you will be on the ladder five years from now?

Step number _____

Everyone has a certain picture of the ideal woman. Now, imagine your ideal woman. When she thinks about what really matters in her life, what are her wishes and hopes for the future? In other words, if she imagines her future in the best possible light, what would her life look like then, if she is to be happy?

Now, taking the other side of the picture, what are the fears and worries of this ideal woman about the future? In other words, if she imagines her future in the worst possible light, what would her life look like then?

10

9

8

7

6

5

4

3

2

1

0

Here is another picture of a ladder. Suppose the top represents the very best state of affairs for the ideal woman you have just described; the bottom the very worst state of affairs.

Now, if you think about yourself in relationship to the state of affairs you have described for the ideal woman, on what step of the ladder would you put yourself at the present time?

Step number _____

Where on the ladder would you say you stood five years ago?

Step number _____

And where do you think you will be on the ladder five years from now?

Step number _____

-6

10

9

8

7

6

5

4

3

2

1

0

Here is another picture of a ladder. Suppose the top represents the very best state of affairs for this ideal woman; the bottom the very worst state of affairs you have just described.

Now, if you think about the average American woman in relationship to this ladder, on what step of the ladder would you put the average American woman at the present time?

Step number _____

Where on the ladder did the average American woman stand five years ago?

Step number _____

And where will the average American woman be on the ladder five years from now?

Step number _____

Everyone has a certain picture of the Ideal Man. Now, imagine your ideal man. When he thinks about what really matters in his life, what are his wishes and hopes for the future ? In other words, if he imagines his future in the best possible light, what would his life look like then, if he is to be happy ?

- 8

Now, taking the other side of the picture, what are the fears and worries of this ideal man about the future ? In other words, if he imagines his future in the worst possible light, what would his life look like then ?

(Men only) - 8B

10
9
8
7
6
5
4
3
2
1
0

Here is another picture of a ladder. Suppose the top represents the very best state of affairs for the ideal man you have just described; the bottom the very worst state of affairs.

Now, if you think about yourself, in relationship to the state of affairs you have described for the ideal man, on what step of the ladder would you put yourself at the present time ?

Step number _____

Where on the ladder would you say you stood five years ago ?

Step number to _____

And where do you think you will be on the ladder five years from now ?

Step number _____

10
9
8
7
6
5
4
3
2
1
0

Here is another picture of a ladder. Suppose the top represents the very best state of affairs for this ideal man; the bottom the very worst state of affairs you have just described.

Now, if you think about the average American man in relationship to this ladder, on what step of the ladder would you put the average American man at the present time ?

Step number _____

Where on the ladder did the average American man stand five years ago ?

Step number _____

And where will the average American man be on the ladder five years from now ?

Step number _____

VITA

Yves Bégin S.J. was born in Beaumont, P.Q., Canada, August 15, 1929. He obtained the degree of Bachelor of Arts from "l'université Laval", in 1950, a license in Philosophy (1956) and in Theology (1962) from "les Facultés S. J. de Montréal". In 1959, he also obtained the degree of "Maître ès arts" from "l'université de Montréal".

APPROVAL SHEET

The thesis submitted by Reverend Yves Begin, S.J. has been read and approved by the members of the Department of Psychology.

The final copies have been examined by the director of the thesis and the signature which appears below verifies the fact that any necessary changes have been incorporated, and that the thesis is now given final approval with reference to content, form, and mechanical accuracy.

The thesis is therefore accepted in partial fulfillment of the requirements for the Degree of Master of Arts.

Dec. 1, 1966

Date

Magda B. Arnold

Signature of Adviser