

LIFE SATISFACTION SCALE

College Student Problem Checklist

developed by Mrs K. Abraham

Purpose To help individuals express their problems between counsellor and counsellee.

Usefulness 1. find out what problems the members of the group are concerned about

2. to locate those who want and need counselling and individual help

3. to determine the most prevalent problems expressed within the group as a basis of utilization and expansion of facilities.

4. to discuss topics or group activities which are related to the personal interests and needs of members of the group.

5. to suggest approaches by which a group leader can establish more personalized relationships with the members of the group.

PROBLEM

To assess the problem areas of the subject using the college student problem checklist.

Experiment: College Student Problem Checklist

Plan: The CSPC is administered and scored. The problems identified by the individual in each area are compared with the problems of the group with the help of a histogram.

Controls 1. must make sure the subject understood the instructions.

2. the subject should be informed that it permits them to indicate the problems that they are aware of and willing to admit.

3. must go through the list vertically.

Materials 1. College Student Problem Checklist

2. Writing materials

Procedure 1. Seated comfortably, given a copy of CSPC.

2. Instructions are given to the subject.

3. Takes 20-30 mins to complete, but may take up to 50 mins. Slower subjects must be given the opportunity to complete the checklist.

4. Subject must go through the list vertically.

5. After completion, the responses are scored for the eleven problem areas.

Experiment: College Student Problem Checklist (cont)

Instru- c tions 1. this is not a test. It is a list of problems which students usually face in college.

2. It covers problems such as Health, Social Life, Religion and Morals, Vocation and Employment, etc.

3. Read it slowly, pick out problems that trouble you the most, underline them.

4. Go through the list vertically

Problem To assess the problem areas of the subject using CSPC.

Basics

Chadha Et. Al quality of life is the physical fitness, psychological health, leisure time and social support network.

Lio Et. Al analysed nine life satisfaction variables including: relationship satisfaction, hobbies, residence, satisfying life, health condition, physical fitness, overall satisfaction with one's life situation.

Neugarten Et. Al 1. taking pleasure



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THE ELEVEN PROBLEM AREAS

HPD Health and Physical Development

FLE Financial, Living and Employment

SRA Social and Recreational Activities

SPR Social Psychological Relations

PPR Personal Psychological Relations

CSM Courtship, Sex, Marriage

HF Home and Family

MR Morals and Religion

ACW Adjustment to College Work

FVE Future, Vocation, Education

CTP Curricular and Teaching Procedure

ANALYSIS OF DATA

1. One mark is given for each underlined item.

2. Number of items identified is added horizontally to find the total score in the respective areas.

3. Mean and Range is calculated for group data.

4. Individual scores are compared to the group scores and graphically represented through a histogram.



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