FEMALE ALCOHOLICS AND SELF-ACTUALIZATION

by

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A Thesis Submitted to the Faculty of the

COLLEGE OF NURSING

In Partial Fulfillment of the Requirements
For the Degree of

MASTER OF SCIENCE

In the Graduate College

THE UNIVERSITY OF ARIZONA

1975
STATEMENT BY AUTHOR

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ACKNOWLEDGMENTS

This thesis is dedicated to an outstanding teacher who is also my aunt, Doris McGuire. Over the years she has provided the encouragement and support which is responsible for any achievements I may have made.

Also, I wish to thank my family, without whose help this entire project would have been impossible.
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ABSTRACT

Nine alcoholic females were the subjects of a study centering around self-actualization in relation to the role of the female in American society.

The tools employed were the Personal Orientation Inventory, measuring the degree of self-actualization, and a questionnaire designed to reveal perceived deprivation in the female role.

Analysis of variance was not significant at the .05 level. However, descriptive analysis revealed a lesser level of self-actualization when compared with a higher incidence of perceived deprivation. If a subject appeared to be ambivalent in her perception of deprivation, she also scored lower on the Personal Orientation Inventory.

A comparison of POI results previously obtained from a study of twenty male alcoholics showed many similarities between the two groups, the women scoring somewhat higher than the men, mostly in the area of expression, where they tended to express their feelings more freely than the men.

The conclusion could not be made that the women were alcoholic due to dissatisfaction with the female role in American society, although there did seem to be a direct correlation between perceived deprivation and the Personal Orientation Inventory.
CHAPTER 1

INTRODUCTION

Alcoholism has been a human problem ever since the discovery of the effects of ethanol, not so much because human beings drink, but because some persons drink to excess.

Alcohol came to the New World with the first settlers.

Puritans shared their Old Country cousins' liberal use of drink, downing beer and cider not only because water was thought unwholesome, but because these were enjoyable good creatures of God (Furnas, 1969, p. 71).

While alcohol consumption was tolerated, if not encouraged, "tippling" was a crime. According to Furnas a visiting Dutchman to early Hartford, Connecticut, wrote:

These English live soberly, drink only three times at a meal, and whoever drinks himself drunk they tie to a post and whip him, as they do thieves in Holland (p. 71).

What was considered normal alcohol consumption in colonial times would cause alarm among even today's moderate drinkers.

Another trait common among the colonies was thorough-paced drinking. A typical man of the time started the day with a pre-breakfast dram of straight rum, whisky, or peach brandy, depending on his colony. The abstemious, like the president-to-be John Adams, confined themselves to a mug or two of hard cider to get the blood stirring (p. 142).
The history of the period is full of such quotations. Not until the end of colonial times was the temperance movement begun which eventually brought prohibition. According to Furnas (1969), war on spirits was one of the first American reforms. Like the liquid in question, the temperance movement received its inspiration from England. John Wesley had set himself against not only drunkenness, but against practically all beverage alcohol. As the temperance movement gained strength, women and children marched in the streets singing such catchy ditties as:

No matter what anyone says,  
No matter what anyone thinks,  
If you want to be happy the rest of your life,  
Don't marry a man if he drinks (p. 509).

In present times alcohol continues to play an important role in our daily lives, and in our country's economy. Fort (1973) reported that some persons estimate the alcohol industry to be worth up to twenty-four billion a year when foreign sales and taxes are included. The alcohol beverage industry has in its employ two million people. Their combined efforts were responsible for the sale of fifty million gallons of distilled spirits in December, 1972. The figure for the sale of beer and wine was not included.

Alcohol is consumed by 75 per cent of Americans, six to eight million of whom are alcoholics. Innumerable disorders in the physical as well as the social realm are
alcohol-related, of which only a few are cirrhosis of the liver, automobile accidents, and marital discord (Price, 1973).

In pursuance of an extended interest in alcoholism, the writer has observed that the greater number of studies relating to the subject deal primarily with male alcoholics, while personal observation has indicated a large number of female alcoholics, both in and out of hospital settings; and was therefore motivated to look at alcoholism from the point of view of female involvement.

Statement of the Problem

How does the perception of the female role relate to the self-actualization of female alcoholics as measured by the Personal Orientation Inventory, hereafter referred to as the POI, and a questionnaire relating to sex-role satisfaction?

Significance of the Problem

The significance of the problem can best be introduced by paraphrasing a conversation between Howard (1973), the author of a recent book, A Different Woman, and a female lawyer whom she is interviewing: Howard is exploring the premise that women, because they are women, are expected to assume a certain role in society. In the course of interviewing the lawyer, the subject turned to women and alcohol. Howard remarked that she had once thought of doing an
article on female alcoholics. The lawyer commented that there would certainly be no scarcity of subjects.

According to Lynn (1959) sex-role preference refers to the desire to adopt the behavior, or the perception of behavior, of one sex as preferable. Sex-role identification refers to actual incorporation of the role of a given sex as well as its accompanying characteristics. The failure to accept society's definitions of preference or identification would lead to conflicts characterized by anxiety and poor coping mechanisms. One of these could conceivably be alcoholism. Blane (1970, pp. 225-226) stated that "... ever and ever again when persons in the early stages of alcoholism are examined, alcohol appears to be employed by the individual to make up for some deficiency he experiences in himself." Martindale and Martindale (1971) discussed characteristics of the alcoholic personality, one of which is low self-esteem. Self-esteem is the subject of research by Coopersmith (1967). He defined self-esteem as "evaluative attitudes toward the self" and said that "It is a subjective experience which the individual conveys to others by verbal reports and other overt expressive behavior" (p. 5).

Mead (1934) believed that in the socialization process the individual internalizes the ideas and attitudes expressed by the key figures of his life and expresses them as his own. He comes to respond to himself and develops
self-attitudes consistent with those expressed by the signif­
ificant others in the world. What happens when the indi­
vidual's self-esteem is threatened? "The individual is
continually guarding himself against a loss of self-esteem,
for it is this loss that produces the feelings of distress
that are elsewhere termed 'anxiety'" (Coopersmith, 1967,
p. 31). When confronted with a threat to self-esteem which
results in anxiety, individuals cope in many ways. Alcohol
is one avenue for the individual seeking a way to cope.

**Purpose of the Study**

The purpose of this study was to explore the self-
esteeom of the American female alcoholic as reflected by her
perception of the female role and by her movement toward
self-actualization. If damage to the self-esteem or a
poorly developed sense of self-worth is in part responsible
for the behavior termed alcoholism, further assault on this
system by members of a helping profession, such as nursing,
will not improve the situation. Nurses, aware of the events
leading to conflict, anxiety, and low self-esteem in the
female alcoholic are in an optimum position because of
frequent interpersonal contact to aid the patient to change
in the manner in which she sees herself.

**Theoretical Framework**

How does a woman, or more specifically, the American
woman come to define her role?
The current status of women has its roots in the distant past. Although the origins of her subordination are not generally agreed upon, some often-considered factors are the lesser physical strength of women, the physical limitations of frequent pregnancy, and the traditional responsibility of women for early child care (Malbin and Waehrer, 1972).

As the girl grows beyond infancy, she leaves the same-sex world of her mother to enter the opposite-sex world which is male-dominated (Lynn, 1959). She learns to associate maleness with prestige and actually becomes prejudiced against women (Goldberg, 1969). A study done by Polk and Stein (1972) indicated that both men and women perceive the male role to be far superior to the female role in terms of freedom and advantage.

At the point where the female child still inhabits the same-sex world of her mother, she receives "feminine" toys, such as dolls, kitchen equipment, real dishes to wash, and even a genuine working washing machine. She is told to "be like your mother" and discouraged from being aggressive, independent, and competitive, the latter three qualities being reserved for the male. That this presentation of the feminine role is reinforced by the mass media can be verified by watching almost any television advertisement for household or child care products.
When the female child goes to school she is met with even further reinforcement of where her place in American society lies. All of this is not lost on the male children who are programmed to believe they are more worthy than the female. And so, with the passing years, both boys and girls come to believe in the superiority of the male.

In elementary school, girls do better than boys. Consistent sex differences in favor of boys do not appear until high school. Thus when they reach high school, girls often attempt to hide the fact that they are as bright or brighter than boys (Maccoby, 1966).

Rothschild (1972, p. 32) summarized the findings of her review of the literature regarding the ways in which women come to view themselves, and made the following conclusions:

1. Boys and girls are not born with distinct sex roles; they are taught the culturally approved sex roles. The socialization and indoctrination process is slow and is not usually complete until some time in adolescence.

2. Boys and girls learn that the female sex role is inferior to the male sex role, and girls (as well as boys) start from adolescence on to judge themselves and women in general accordingly, regardless of a particular woman's merit.

3. The acquired, culturally determined sex roles and sex-appropriate values and orientations lead to differential thinking, writing, and speaking patterns for men and women, reflecting the sex-appropriate behavior of action versus passivity, personal achievement versus vicarious identification with the achievement of significant others.
How then does the way in which a woman comes to view herself relate to her level of self-actualization?

Humanistic theories which focus on the self-esteem of the individual have had considerable impact on today's psychology.

Rogers' (1957) theory centers on the self as the image one has of himself. This image may or may not correspond with other people's image of him. Rogers also makes the distinction between self and the organism which he defines as the total individual. Each individual is seen as constantly striving to maintain and enhance his total being. This working toward self-fulfillment is the most basic level of motivation. As the child matures, he develops a need for self-regard as well as positive regard by other persons. These attitudes are both necessary for self-fulfillment. Out of an organism's need for positive regard, the child accepts the values of others as his own, these values being the ones propagated by his parents and by significant others. Negative values in particular are seen as his own in a distorted way, and are thus incorporated into his self-image. As personality development progresses, inevitable conflicts between the individual's true nature and his self-concept develop (Price, 1973).

In Rogerian theory, disorder of the personality can be traced to the child's attempting to be what others wish him to be, rather than what he wishes to be. The individual
is operating on two value systems; one set of values is made up of the realities that maintain and actualize the organism; the other set of values is taken from significant others and though distorted, is perceived as his own, with the end result being a development of an unrealistic concept. This self-concept denies certain of the organism's experiences with resulting conflicts. Rogers wrote that the well-adjusted individual is one in whom the inherent self-actualizing tendency is not discouraged by way of rejection through other people. In the ideal sense, the individual should be able to see the nature of his conflict between his self-concept and his total being and thus integrate experiences and feelings into a realistic self-image which equals his potential. For the individual who does not do this, and instead finds too great a discrepancy between the total organism and the self-concept, movement toward self-actualization ceases. This individual then must devote a great deal of energy to the defense of an unrealistic and idealized self-image with resultant neurotic behavior (Price, 1973).

Maslow (1971) believed that human beings who have basic needs would be able to fulfill their potential were it not for a series of frustrations and anxieties. These basic needs range from the physiological to the higher or metaneeds incorporated in personality development. Hunger, thirst, and sex must first be met. Safety follows in the
form of a stable social order. Then come the higher levels of needs: love, esteem, and self-actualization.

Maslow's (1971) theory stated that the need for self-actualization can be negated by the need for safety. A person may fear taking the risks involved to achieve self-actualization because to do so involves risking the loss of what he or she already has. Psychological disorder also can occur when the individual as a developing child is forced to accept the values of others rather than his or her own. The child cannot fully develop when he or she must choose between following his or her own value system, and the food, safety, love, and approval of significant others (Price, 1973).

All of the foregoing is not to say that the accepted female role in American society cannot lead to self-actualization or fulfillment of potential. No doubt for many it does. For many others it does not. If Rogers' theory is applied, the female finds such a discrepancy between what she perceives herself to be, or her self-image, and the total organism or total individual, that she must defend the idealized self with resultant neurotic behavior. If Maslow's theory is applied, the neurotic behavior could result from the female's fear of losing the love and esteem, as well as safety provided by the significant others in her life if she should follow her own value system rather than another's. "Self-actualizing people do not for any length
of time feel anxiety ridden, insecure, unsafe; do not feel unworthy; nor do they have crippling feelings of inferiority or worthlessness" (Maslow, 1969, p. 67).

When women fail to find fulfillment in the acceptable female role, some of them may turn to alcoholism which has long been recognized as one type of escape mechanism (Salzman-Webb, 1970).

This research project was planned within the preceding conceptual framework. Women who are not comfortable in the acceptable role defined for them by American society are destined to be caught in a conflict between their desire for exploration and growth, and their need for approval. This conflict might lead to frustration and anxiety which alcohol is then employed to relieve.

Limitations

1. This study was limited to a small number of female alcoholics in a Southwestern urban area which is perhaps atypical of the greater United States.
2. The research tool utilized to determine levels of self-actualization did not do so in terms of sex.
3. The subjects were already alcoholic and as a result conceivably suffered a further loss of self-esteem. The results might be very different for subjects in the pre-alcoholic phase of addiction.
4. The validity of the conclusions of this study will be no more accurate than the responses given by the subjects.

Assumptions

1. Alcohol is a legally obtained, socially acceptable mind-altering drug used by individuals to relieve stress.

2. Alcohol is a drug which is slowly addicting by nature.

3. The incidence of alcoholism as a health problem is increasing.

4. Nurses in a medical-surgical hospital setting deal with the related health problems of alcoholic patients such as cirrhosis, gastric ulcer, malnutrition, and should thus be well-acquainted with all facets of this problem.

5. Stress is perceived individually, so that circumstances that are stressful to one person are not necessarily so to another.

6. Perceptions of the female role by American females can be defined and described by American females.

7. Self-actualization can be measured by the use of the POI.
8. The more comfortable a woman is with her role, the greater the degree of self-actualization presumed to be present.

**Definitions**

1. **Alcoholism**: A behavioral disorder involving chronic, compulsive, and excessive drinking to the point of dependence or addiction that usually impairs the individual's functioning in the home, at work, and/or in social relationships.

2. **Female role in American society**: That role presumed by women and by American society in general to be most appropriate for the American female.

3. **Perception of the female role**: The way in which a woman sees her role in American society as elicited through responses to the questionnaire utilized in this study.

4. **Self-actualization (self-fulfillment)**: An ideal condition that few people achieve and that consists of full realization of one's own potential as a human and as an individual (Price, 1973, p. 601).

5. **Sex-role satisfaction**: Satisfaction with the role deemed appropriate for each American individual because of his/her sex.
CHAPTER 2

REVIEW OF THE LITERATURE

The purpose of this chapter is to review literature in alcoholism related to sex-distribution.

A large part of the research in alcoholism is devoted to the study of the male by the male. This is for several reasons; male alcoholics tend to be more visible; they are usually not being financially supported by someone and therefore are not able to remain hidden inside a home to imbibe in private (Senseman, 1966). In American society it is more acceptable for a man to be seen drinking in public than for a woman, thus bringing his drinking behavior to light earlier. This is particularly true should he deviate from what is considered normal within his own social context. If the male alcoholic is unable to continue in the role of provider, he is much more apt to either seek treatment or to be forced in this direction than is the dependent woman. Her alcoholism is a personal and family tragedy, but not necessarily a direct burden to the taxpayer through transference of support to the welfare system.

In a study conducted through the Emergency Room of Massachusetts General Hospital, Boston, the ratio of female alcoholics to males was found to be lower, but the average
duration of excessive drinking was greater. The researchers believed that this was due to the relative reluctance of the female alcoholic to seek treatment (Chafetz, Blane, and Hill, 1970). Calahan and Cisin (1968) in their study of American drinking practices, found the following to be true. Men in all age groups have a higher rate of drinking problems than do women. Women more often have drinking problems in their thirties or forties which are related to psychological dependence. Alcoholic women score higher on tests designed to determine degrees of alienation and maladjustment than do their male counterparts. There is evidence that the motivational factor in the drinking female is more frequently psychological than in the male (Calahan, and Cisin, 1970).

In their study of female alcoholics, Wood and Duffey (1966) found their subjects to be submissive, passive in their resentment, and deficient in self-confidence.

Winokur and associates (1970) discovered a high degree of depression present in both the personal and family background of their female alcoholic subjects.

Curlee (1970) found in a study of eleven middle and upper class women receiving help in an alcohol treatment center that their drinking problems began when their roles as wife or mother were disturbed in some fashion such as grown children leaving home, the loss of a husband, or even by menopause.
Jones (1971) reported that five times as many men as women become alcoholics and attributed this to women's greater conformity to society. Further research with female alcoholics seemed to support Jones's (1971) previous findings that they combined an extroverted attitude with a narcissistic and paranoid mistrust of interpersonal relationships.

Parker (1972) designed a study to determine the degree to which women displaying "deviant" sex-role dispositions are included in a group of women showing patterns of excessive drinking. He proceeded on the assumption that a conflict between social-role and the self or personality would create tension and anxiety which could lead to excessive drinking as a response to stress.

Parker's first hypothesis was that as excessive drinking increased, the involved women would display less feminine sex-role preferences. He derived his definitions of sex-role preference and sex-role identification from the theories of Lynn (1959). Sex role rejection is expressed through negative or positive feelings about those occupations, hobbies, or life-styles which are deemed to be masculine or feminine in a given society.

Parker's second hypothesis was stated that as excessive alcohol intake increases, the subjects display increased femininity in their emotional responses.

His third hypothesis was stated that as the degree of drinking increases, sex-role preference and emotional
responses become more incongruent. His fourth and final hypothesis was stated that as excessive drinking increases, so does the degree of neuroticism.

Comparing Lynn's (1959) findings regarding sex-role preference and identification to his own findings, Parker made the following statements.

His first three hypotheses were confirmed in his study. Utilizing Lynn's concepts, Parker proceeded on the premise that well-adjusted persons would show optimum degrees of sex-role preference and sex-role identification consistent with their own sex. Further taking from Lynn (1959), Parker (1972) stated that individuals may adopt one sex role, but would actually prefer the other. In addition, Parker utilized the concept developed by Kinsey (1968) that the female alcoholic, while failing to adopt the female role requirements, may still value them thus producing within herself chronic tension and anxiety which she relieves with alcohol.

Parker (1972, p. 656) concluded that he was unable to determine if intra-self and self-role conflict differed in their ability to produce deviant behavior such as alcoholism. He asked the question, "What is the relationship between female alcoholism and the changing role of women?"

The available literature emphasizes that female alcoholics seek help less often, that they may be
psychologically motivated to drink, that their drinking is in some way related to their role in society, that they often feel alienated, and that they are lacking in self-esteem.
CHAPTER 3

METHODOLOGY

The purpose of this chapter is to present the research design and a description of the tools which were utilized, documentation of their validity and reliability, population and sample, pilot study, data collection, and proposed analysis of data.

**Research Design**

The design of this study is a descriptive study of a small sample. A sample of nine female alcoholics was studied. This sample was derived from a population of female alcoholics residing in two different treatment centers. One was a half-way house open to ambulatory alcoholic women only. The other was a hospital facility open to men and women with problems of addictive behavior.

Two tools were utilized in the study. One, the POI (Shostrom, 1966a), measured self-actualization. This test was scored twice, once for scores on two basic scales of self-actualization, and once for scores on 10 sub-scales of personality development contributing to self-actualization. The second tool, a researcher adapted questionnaire, measured the perception of deprivation experienced or perceived due to the female role in American society.
Permission was first granted by the facility caring for the subjects through full explanation of the nature of the study. Permission was then obtained from each potential subject through explanation of the study, and the assurance that their treatment would in no way be affected by their refusal to participate. They were told that they were free at any time to withdraw from participating either by verbal notification or by simply not returning the test papers. Anonymity was guaranteed by allowing the subjects to complete the tools in private, and by requiring that they not write their names on the test papers. The two tools were matched by corresponding numbers, but it was not known to the researcher which subject had received which set of tests. Each subject had the option not to participate, or not to return the test materials if she so chose. No problems were created by this method as there was no time limit on completion of either tool. The test papers were picked up by the researcher from the facility director, or in one instance sent by registered mail.

The Tools

The first tool employed was a questionnaire which appears in Appendix A. This instrument was derived in part from a textbook of sociology (Price, 1973), intended for use by a university level class in that discipline. As it appeared initially, the questionnaire contained 12 questions.
The first four were designed to elicit absolute deprivation perceived to be a result of the female role in American society. The second four were designed to elicit perceptions of relative deprivation, while the third set of four was designed to elicit degrees of militancy resulting from being female.

It was decided to leave the first five questions as they were, and to delete the following seven as they were not deemed relevant to the study. In their place were added the two researcher designed items which appear as Number 6 and 7, and whose purpose was to get at general attitudes toward the female role in American society as perceived by American females.

The finished questionnaire contained seven items. This instrument had not previously been tested. The tool is self-administered with no time limit, most subjects being able to complete the items within five minutes.

The second tool employed in the study was the POI developed by Shostrom (1966a). This tool was designed to measure a set of comprehensive values and behaviors seen to be those of the self-actualized individual. "The items were based on observed value judgments of clinically troubled patients seen by several therapists over a five year period" (Shostrom, 1966b, p. 25).

The POI consists of 150 two-choice comparative and behavior judgments. All of the items are scored twice. The
first scoring is for the two basic scales of personal orientation, time-competency, and other or inner-directedness, hereafter referred to as the support scale. The second scoring is for the ten conceptually important elements of self-actualization. Further explanation of the sub-scales appears in Chapter 4.

The two scales which can be used as an estimate of the level of self-actualization are the time-competency scale and the support scale. The scores of each of these scales are expressed as ratios. The support scale measures an individual's reaction in terms of coming from within or being directed from without. In other words, to what extent an individual reacts to peer pressure and to society's expectations. The time scale measures the degree to which a person lives in the present in comparison to the past or future. The self-actualized individual is time-competent in that he or she does not live in the past burdened with guilts and regrets nor does he or she live in the future with idealized goals and objectives. This individual's time-competency is expressed as a ratio of 1:8, the first figure representing the hours out of 8 hours which are spent incompetently (Shostrom, 1966b).

The support ratio is intended to show whether the individual is inner-directed or other-directed. The inner-directed person is guided the majority of time by his individual set of values and principles, rather than by
outside influences. By way of contrast the other-directed person is concerned with gaining approval and affection from others. Much activity and manipulative behavior goes into this.

The self-actualized person possesses a support ratio somewhere between other and inner support, or about 1:3. The first figure represents other support, the second autonomous support.

The POI is self-administered with no time limit. Most subjects complete the 150 items within thirty minutes (Shostrom, 1966b).

Various studies relate to the validity of the POI. The test was administered to two groups, one of which was deemed to be made up of "self-actualized" individuals, the other of "non-self-actualized." Members of each group were selected by practicing clinical psychologists. The sample size was 29 for the self-actualized, and 34 for the non-self-actualized. The results of this study indicated that the POI clearly differentiated clinically appointed self-actualized individuals from those who were not on eleven of the twelve scales (Shostrom, 1966b).

Zaccaria and Weir (1967) utilized this instrument to test seventy alcoholics and their spouses. They found all mean scores to be significantly lower than those for the self-actualized individuals of the original validated clinically nominated self-actualized group.
Weir and Gade (1969) reported significant differences as measured on a pre- and posttest design while administering the POI to a group of alcoholics undergoing individual therapy. All changes were in the direction of greater self-actualization.

Test-retest reliability coefficients have been obtained by Klavetter and Mogar (1967) using 48 college students. They found the reliability coefficients for time-competency to be .71 and for inner-directedness, or support, to be .77. The coefficients for the other ten subscales range from .52 to .82.

Ilardi and May (1968) report coefficients ranging from .32 to .74 using 46 nursing students over a one-year period of time.

**Population and Sample**

The population from which the sample was drawn consisted of medically diagnosed female alcoholics from two treatment facilities. One was a half-way house in a Southwestern urban setting which provided a place for women alcoholics to stay following discharge from a hospital. Prior to their return to the community they were able to reside here for up to two weeks and were engaged in a treatment program. The number of individuals in this setting never exceeded five women at any time. Men were not admitted to this facility.
The other facility was a hospital in a different Southwestern urban setting with emphasis on treatment of addictive behavior. The number of women hospitalized at any one time varied greatly as male beds also needed to be available. The average length of stay was two weeks to two months for women in this setting. All were ambulatory and actively engaged in a treatment program.

Pilot Study

In March, 1974, a pilot study was conducted to determine clarity of the questionnaire and length of time required to complete both tools. Three non-alcoholic women agreed to participate for these reasons. The fact that these were not alcoholic women was acceptable to the researcher.

Two to four minutes were needed for completion of the questionnaire. The length of time required to complete the POI ranged from twenty-five to forty minutes.

One comment was made about the questionnaire. It was believed that the question dealing with fear of sexual assault as a teenager would elicit answers dependent upon whether the subject had been raised in an urban or rural environment.

Two comments were made about the POI. These had to do with the issue of forced-choice questions, and the
difficulty in answering when the respondent could not identify with either choice.

The comment in regard to the question dealing with fear of sexual assault was a good one. However, it was decided to leave the question intact as it was believed that this was an attitude instilled in the respondent by the significant others in her life. The issue of forced-choice questions can be resolved in part by looking at statistics of the reliability and validity of the instrument in question.

Data Collection

Data were collected over a five-month period from early April, 1974, through August, 1974. In late March, 1974, a visit was made to the half-way house. Following an explanation of the study, permission was granted by the House Director to approach the women and request their participation.

A brief explanation of the study was made to the group. Assurances were expressed that they had the option at any time not to participate, and that their anonymity would be guaranteed. Names were not to be furnished by the subjects on any of the test materials. They were able to complete the test materials at their own leisure and in privacy as there was no set time limit for this task. Three residents agreed to participate under these conditions.
In June, 1974, a psychiatrist engaged in the treatment of individuals displaying addictive behavior was approached for his help and suggestions. He volunteered to ask women who were patients in his hospital setting if they would participate in the study. The same assurances of the option not to participate as well as the guarantee of anonymity were provided these women. Six women in-patients agreed to participate. The tests were administered to them under conditions of privacy without a time limit. No names were furnished by the subjects.

Identification of the test materials was done by assigning each test booklet and each questionnaire matching numbers. This was done so that the researcher would know which questionnaire went with which POI answer sheet, and not for patient identification. No record was kept of which subject had received which numbered test materials.

Proposed Analysis of Data

The results obtained on the questionnaire were to be compared with scores on the POI to see if there was a possible relationship between self-actualization and perception of deprivation because of being female in American society. This was to be accomplished by using an analysis of variance with the level of significance at the .05 level.
CHAPTER 4

PRESENTATION OF THE DATA

The purpose of this chapter is to present the data collected, and to relate it to the initial statement of the problem, "How does perception of the female role relate to the self-actualization of female alcoholics as measured by the POI and a questionnaire relating to sex-role satisfaction?"

Characteristics of the Sample

The sample consisted of nine medically diagnosed female alcoholics, ranging in age from 22 to 65 with a mean age of 43, and a standard deviation of 17.5; all admitted to being alcoholic at the time of the study. One was single, four were married, two were divorced, and two declined to answer this question. Four gave their occupation as housewife, one as nurse, one as teacher, one as accountant, and two declined to answer this question. Both the nurse and the accountant stated that they were retired.

Findings

Due to the small sample size, the data did not lend itself well to statistical analysis. An analysis of variance showed nothing of significance at the .05 level.
Therefore it was decided to examine the results of each individual without necessarily comparing one to another.

After having done this it was found that none of the subjects were self-actualized as shown by the POI scores with the exception of two on the support scale only. From a previous description of the POI it must be stated that the two scales which can be used as an estimate of the level of self-actualization are the time-competency scale and the support scale, the scores of each being expressed as a ratio. The time-competency scale measures to what extent an individual lives in the past or an idealized future in contrast to the present. The self-actualized norm is 1:8, or only one hour of eight is spent incompetently. The support scale measures to what extent a person is outer- or inner-directed. The self-actualizing norm for this scale is 1:3 with the first figure representing to what extent the individual is other-oriented, and the second figure representing inner orientation.

Upon further inspection it was found that those who scored lower on the POI also gave varying numbers of paradoxical or ambivalent responses to the questionnaire.

The questionnaire appears as Appendix A. Table 1 shows a breakdown of responses to that tool by frequency; Table 2 shows a comparison of questionnaire responses with POI time and support scale scores; there follows a narrative
Table 1. Questionnaire Breakdown of Responses, n = 9

<table>
<thead>
<tr>
<th>Item 1. Woman's place in home</th>
<th>Yes</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Somewhat</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item 2. Relative importance of education</th>
<th>Yes</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Somewhat</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>No brothers</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item 3. Parents response to scientist</th>
<th>Supported</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Discouraged</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Neutral</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Other (no opinion)</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item 4. Teenage fear of sex attack</th>
<th>Often afraid</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sometimes</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Seldom or never</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item 5. Any occupational role</th>
<th>Accountant</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Counselor</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Editor</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Nurse</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Professor/teacher</td>
<td>2</td>
</tr>
</tbody>
</table>

**TOTAL**

Those changing role -- 7

Those remaining with role -- 2

<table>
<thead>
<tr>
<th>Item 6. Woman in society interfering with goals</th>
<th>Always</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sometimes</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Never</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item 7. Advice to female children</th>
<th>Attempt regardless</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Attempt conditionally</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Woman's place in home</td>
<td>0</td>
</tr>
</tbody>
</table>
Table 2. Response to Questionnaire Time and Support Ratio Scores

<table>
<thead>
<tr>
<th>Subject Information</th>
<th>Question</th>
<th>#1</th>
<th>#2</th>
<th>#3</th>
<th>#4</th>
<th>#5</th>
<th>#6</th>
<th>#7</th>
<th>TC</th>
<th>O</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Housewife/Secy</td>
<td></td>
<td>No</td>
<td>No</td>
<td>Supported</td>
<td>Seldom</td>
<td>Editor</td>
<td>Sometimes</td>
<td>Attempt</td>
<td>1:4</td>
<td>1:3</td>
</tr>
<tr>
<td>Age: 45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>regardless</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>02 None Listed</td>
<td></td>
<td>No</td>
<td>No</td>
<td>Discouraged</td>
<td>Sometimes</td>
<td>Psychologist</td>
<td>Sometimes</td>
<td>Attempt</td>
<td>1:2</td>
<td>1:2</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>regardless</td>
<td></td>
<td></td>
</tr>
<tr>
<td>03 Nurse</td>
<td></td>
<td>No</td>
<td>No</td>
<td>Supported</td>
<td>Sometimes</td>
<td>Nurse</td>
<td>Never</td>
<td>Attempt</td>
<td>1:1</td>
<td>1:1</td>
</tr>
<tr>
<td>Age: 57</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>regardless</td>
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<td></td>
</tr>
<tr>
<td>Divorced</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>04 Accountant</td>
<td></td>
<td>Yes</td>
<td>No</td>
<td>Supported</td>
<td>Seldom</td>
<td>Accountant</td>
<td>Never</td>
<td>Attempt</td>
<td>1:1</td>
<td>1:2</td>
</tr>
<tr>
<td>Age: 65</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>regardless</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>05 Teacher</td>
<td></td>
<td>Yes</td>
<td>No</td>
<td>Supported</td>
<td>Seldom</td>
<td>Professor</td>
<td>Sometimes</td>
<td>Attempt</td>
<td>1:2</td>
<td>1:2</td>
</tr>
<tr>
<td>Age: None</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Fine Arts</td>
<td></td>
<td>regardless</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>06 Homemaker</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td>Neutral</td>
<td>Often</td>
<td>Teacher-Care of Infants</td>
<td>Always</td>
<td>Attempt</td>
<td>1:07</td>
<td>1:1</td>
</tr>
<tr>
<td>Age: 59</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>regardless</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
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<tr>
<td>Subject Information</td>
<td>Question</td>
<td>#1</td>
<td>#2</td>
<td>#3</td>
<td>#4</td>
<td>#5</td>
<td>#6</td>
<td>#7</td>
<td>TC</td>
<td>O</td>
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</tr>
<tr>
<td>07</td>
<td>Housewife</td>
<td>Married</td>
<td>Seldom</td>
<td>Psychiatric Assistant</td>
<td>Sometimes</td>
<td>Attempt regardless</td>
<td>1:07</td>
<td>1:1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age: 37</td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Mother only</td>
<td>Supported</td>
<td>Sometimes</td>
<td>Singer</td>
<td>Never</td>
<td>Attempt-Home and Children first</td>
<td>1:53</td>
<td>1:2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age: 22</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>09</td>
<td>None Listed</td>
<td>No</td>
<td>No</td>
<td>Neutral</td>
<td>Sometimes</td>
<td>Counselor</td>
<td>Never</td>
<td>Attempt regardless</td>
<td>1:4</td>
<td>1:3</td>
</tr>
</tbody>
</table>
description of biographical data and individual questionnaire responses.

Narrative Description of Questionnaire Responses

The first subject listed her occupation as housewife/secretary, her age as 45, and her marital status as married. She answered that her mother had not believed a woman's place was in the home; that her parents had not considered her brother's education more important than hers; that had she wanted to become a scientist her parents would have supported the idea; that she was seldom or never afraid of sexual assault as a teenager; that given a choice of any occupational role in life she would choose that of editor; that she believed being a woman in American society had sometimes interfered with her goals; and that if she were the mother of female children she would advise them to attempt to do whatever they wished with their lives regardless of sex.

The second subject did not furnish her occupation, age, nor marital status. She responded that her mother had believed a woman's place was in the home; that her parents had not considered her brother's education to be more important than her's; that had she expressed a desire to become a scientist her parents would have discouraged her; that as a teenager she was sometimes afraid of sexual assault; that given the choice of any occupational role she
would choose that of psychologist; that she felt being a woman in American society had sometimes interfered with goals; and that given any female children she would advise them to do what they wished regardless of sex.

The third subject listed her occupation as nurse, her age as 57, and her marital status as divorced. She responded that her mother had not believed a woman's place was in the home; that her parents had not believed that her brother's education was more important than her's; that her expressed desire to become a scientist would have received parental support; that as a teenager she had sometimes been afraid of sexual assault; that given a choice of any occupational role she would choose nurse; that she felt being a woman in society had sometimes interfered with goals; and that given female children she would advise them to do what they wished regardless of sex.

The fourth subject listed her occupation as accountant, her age as 65, and her marital status as single. She responded that her mother had believed a woman's place was in the home; that her parents had not considered it more important for her brothers to get an education than she; that her parents would have supported an expressed desire to become a scientist; that she was seldom afraid of sexual assault as a teenager; that given the choice of any occupation she would choose accounting; that being a woman in American society had never interfered with goals; and
given female children she would advise them to do what they wished regardless of sex.

The fifth subject listed her occupation as teacher, furnished no age, and gave her marital status as married. She responded that her mother had believed a woman's place to be in the home; that her parents had not considered her brother's education more important than her's; that an expressed desire to become a scientist would have received parental support; that she had seldom been afraid of sexual assault as a teenager; that given the choice of any occupation she would choose Professor of Fine Arts; that being a woman in society had sometimes interfered with goals; and that given female children she would advise them to do what they wished regardless of sex.

The sixth subject listed her occupation as homemaker, her age as 59, and her marital status as married. She responded that her mother had believed a woman's place was in the home; that she had no brothers and therefore could not make a statement relative to their education; that her parents would have been neutral to an expressed desire to become a scientist; that as a teenager she was often afraid of sexual assault; that given any occupational role she would choose teacher, or one who "cares for infants"; that being a woman in society had always interfered with goals; and that given any female children she would advise them to do what they wished regardless of sex.
The seventh subject listed her occupation as housewife, her age as 37, and her marital status as married. She responded that her mother had believed somewhat that a woman's place was in the home; that she had no brothers and therefore could not make a statement about their education; that she was married at fifteen and did not know how her parents would have responded to an expressed desire to become a scientist; that as a teenager she had seldom been afraid of sexual assault; that given the choice of any occupation she would choose psychiatric assistant; that being a woman in society had sometimes interfered with goals; and that given female children she would advise them to do what they wished regardless of sex.

The eighth subject listed her occupation as "none, mother only," her age as 22, and her marital status as divorced. She responded that her mother had believed somewhat that a woman's place was in the home; that she had no brothers so could make no judgment as to relative importance of education; that an expressed desire to become a scientist would have received parental support; that as a teenager she was sometimes afraid of sexual assault; that given a choice of any occupational role she would choose singer; that being a woman in society had never interfered with goals, and that given female children she would advise them to do what they wished if they realized that their homes and husbands came first.
The ninth subject furnished no occupation, age, or marital status. She responded that her mother had not believed a woman's place to be in the home; that her parents had not considered her brother's education more important than her's; that an expressed desire to become a scientist would have received parental support; that as a teenager she had sometimes been afraid of sexual assault; that given the choice of any occupational role she would choose counselor; and that given female children she would advise them to do what they wished regardless of sex.

Findings: POI Sub-Scales

While the two basic scales of time-competency and support provide a measure of self-actualization, the ten sub-scales of the POI are important as they represent areas important in the development of self-actualization. Generally, scores above the midline represented by a standard score of 50 and below 60 are considered to be those of the self-actualized individual. The further below 50 the sub-scale scores, the less self-actualized is the individual. However, the more above 60 the sub-scale scores, the more likely it is that the individual is non-self-actualized, but is trying to appear so (Shostrom, 1966b).

Following will be found a key to the sub-scale symbols shown as Table 3, a comparison of each individual's time and support ratio scores with sub-scale scores which
Table 3. Explanation of the Subscales

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAV</td>
<td>SELF-ACTUALIZING VALUE—Measures affirmation of a primary value of self-actualizing people.</td>
</tr>
<tr>
<td>EX</td>
<td>EXISTENTIALITY—Measures ability to situationally or existentially react without rigid adherence to principles.</td>
</tr>
<tr>
<td>Fr</td>
<td>FEELING REACTIVITY—Measures sensitivity of responsiveness to one's own needs and feelings.</td>
</tr>
<tr>
<td>S</td>
<td>SPONTANEITY—Measures freedom to react spontaneously or to be oneself.</td>
</tr>
<tr>
<td>Sr</td>
<td>SELF-REGARD—Measures freedom to react spontaneously or to be oneself.</td>
</tr>
<tr>
<td>Sa</td>
<td>SELF-ACCEPTANCE—Measures affirmation or acceptance of self in spite of weaknesses or deficiencies.</td>
</tr>
<tr>
<td>Nc</td>
<td>NATURE OF MAN—Measures degree of the constructive view of the nature of man, masculinity, femininity.</td>
</tr>
<tr>
<td>Sy</td>
<td>SYNERGY—Measures ability to be synergistic, to transcend dichotomies.</td>
</tr>
<tr>
<td>A</td>
<td>ACCEPTANCE OF AGGRESSION—Measures ability to accept one's natural aggressiveness as opposed to defensiveness, denial, and repression or aggression.</td>
</tr>
<tr>
<td>C</td>
<td>CAPACITY FOR INTIMATE CONTACT—Measures ability to develop contactful intimate relationship with other human beings, unencumbered by expectations and obligations.</td>
</tr>
</tbody>
</table>

Source: Shostrum (1966b).
appears as Table 4, and a narrative description of these findings compared to questionnaire responses.

Upon examination of these scores it was decided that with a standard score of 50 as the midline, any score below 40 would be considered low for purposes of this study.

Two of the subjects scored above 40 on all 10 sub-scales. They also responded to the questionnaire that they had perceived no deprivation due to sex. Two subjects scored below 40 on one sub-scale, three below 40 on four sub-scales, and two below 40 on five sub-scales. All seven of those scoring below 40 on one or more sub-scales indicated some degree of deprivation on the sex-role questionnaire.

All subjects were found to have scored below the self-actualized level as defined by Shostrom (1966b) on the time scale, and two at self-actualized levels on the support scale. These two were the subjects who scored above 40 on the ten sub-scales. In addition they responded to the questionnaire that they had not experienced deprivation due to sex.

Generally, the lower the score on the POI, the greater was the deprivation due to or ambivalence toward the female role.

Although no information appeared regarding previous use of the POI with alcoholic females, Zaccaria and Weir (1967) used the POI in their study of twenty alcoholic
<table>
<thead>
<tr>
<th>Subject</th>
<th>TC</th>
<th>O</th>
<th>SAV</th>
<th>Ex</th>
<th>Fr</th>
<th>S</th>
<th>Sr</th>
<th>Sa</th>
<th>Nc</th>
<th>Sy</th>
<th>A</th>
<th>C</th>
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</thead>
<tbody>
<tr>
<td>01</td>
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<td>1:3</td>
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<td>62</td>
<td>58</td>
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<td>02</td>
<td>1:2</td>
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</tr>
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<td>1:1</td>
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<tr>
<td>05</td>
<td>1:2</td>
<td>1:2</td>
<td>38</td>
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<td>1:1.5</td>
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<td>52</td>
<td>50</td>
<td>45</td>
<td>58</td>
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males. A profile sheet comparing that group and this study group of alcoholic females follows as Figure 1. Both groups scored below a standard score of 50 of all scales of the POI with the women scoring higher in each instance.

On the two basic measurements of self-actualization, time and support, it was found that the two groups were both time incompetent and other-directed. The women were only slightly more time-competent than the men, but were to a greater degree more inner-directed.

Of the ten sub-scales the two groups scored close together on feeling reactivity, self-acceptance, and capacity for intimate contact indicating similar degrees of difficulty in these areas. They scored farthest apart on spontaneity, synergy, and acceptance of aggression. The women found it easier to express their feelings than did the men; and were able to accept feelings of anger or aggression more so than were the men.

On the other four sub-scales of self-actualizing values, existentially, self-regard, and nature of man they scored within two to three standard scores of one another with the biggest difference occurring in the area of existentiality. The women were less flexible in application of values than were the men.

In general the women apparently felt freer to express themselves than did the men, but shared many of the same feelings.
Alcoholic Males, n = 20 (from Zaccaria and Weir, 1967).
Alcoholic Females, n = 9

--- Alcoholic females
----- Alcoholic males

Figure 1. Profile Sheet for the Personal Orientation Inventory
CHAPTER 5

DISCUSSION OF THE FINDINGS

The purpose of this chapter is to discuss the findings, and to suggest possible conclusions and thoughts about further study.

The theoretical framework of the study centers around how a woman comes to define her role in American society. Once she has done this is she comfortable with that role? If she is not, how does she go about coping with this discomfort?

The study made the assumption that the more self-actualized a woman was, the more comfortable she would be in her role. This would be shown by less ambivalence toward and perceived deprivation due to sex-role.

All nine subjects scored lower on the time scale than what is considered by Shostrom (1966b) to be normal for self-actualized individuals. Only two subjects scored at a level considered satisfactory for self-actualized individuals on the support scale.

Some interesting relationships were found upon examining the responses to the questionnaire. There appeared to be several paradoxical responses indicating possible ambivalence. For example, one subject answered
that her mother had not believed a woman's place to be in the home, and that her parents had not believed her brother's education to be of more importance than her's. However, she then answered that her expressed desire to become a scientist would have been met with parental discouragement. Two subjects answered that their mothers had believed a woman's place to be in the home, but that their parents would have supported an expressed desire to become a scientist. All three of these subjects scored below the level of self-actualized individuals on the time and support scales.

Upon further examination the two individuals whose scores on the questionnaire indicated little if any deprivation due to sex, also scored highest on the time and support scales. Both answered that their mothers had not believed a woman's place to be in the home. They had perceived their education to be as important as their brothers'. One believed her expressed desire to become a scientist would have been met with parental support, while the other felt her's would have been met with neutrality. One had seldom been afraid of sexual assault, while the other had sometimes been so. Their responses as to occupational role were difficult to evaluate as one had not furnished her's initially, and the other appeared to want to change from secretary to editor. It does appear that both responded
with fewer paradoxical answers than the low scorers, and in some respects the middle scorers.

Of the four subjects whose POI scores fell between the two extremes the following can be said. Two indicated their mothers had believed a woman's place to be in the home. All four answered that their education had been as important as their brothers'. Three felt that an expressed desire to become a scientist would have been supported. Two had sometimes been afraid of sexual assault, while two had seldom been so. Three would remain as they are, or nearly so if given any occupational choice. The fourth did not furnish her's initially so that a comparison could not be made. Two believed that being female had interfered with their goals sometimes while two believed that it had never done so.

Three individuals scored quite low on both the time and support scales. The following can be said about their responses to the questionnaire.

Two answered that their mothers had believed a woman's place to be in the home. Two did not venture an opinion as to their education versus their brother's as they had no brothers. One answered that her brother's education would have been more important than her's. One indicated that her parents would have been neutral to an expressed desire to become a scientist, one declined to answer stating that she had been married at fifteen, while one
stated that she would have been supported by her parents. One was often afraid of sexual assault as a teenager, one sometimes, and one seldom. All three would have changed their occupation. One indicated that being female had always interfered with her goals, one stated that this had sometimes been the case, while the third stated that this had never been so.

Findings were that all nine subjects were essentially non-self-actualized individuals. Those who scored lowest appeared to have perceived more deprivation due to sex than those who scored higher. This was not true in each case however. More importantly perhaps was the fact that paradoxical answers to the questionnaire seemed to be coupled with middle or low scores on the POI. Perhaps the most important thing is that an individual needs to be comfortable with her life situation and not ambivalent.

Of further interest is to note that all the women with one exception answered that given female children they would advise them to do what they wished with their lives regardless of sex. The one exception believed this to be so if they realized that their home and husbands came first. She was one of the three low scorers on the POI. Another of the low scorers listed her initial occupation as "none, mother only."

Interpretation of comparison of findings between the study of the twenty male alcoholics and the nine female
alcoholics is difficult. Both groups live primarily in the past or in an idealized future. Weir (1965) in an unpublished thesis found that the alcoholic in particular is a person who centers on past or future happenings. He derived his data from a study of seventy alcoholics and their spouses who were taking part in an alcoholic treatment program. Perhaps this is an important factor in alcoholism per se that should be explored further in terms of reality testing. From the available data it does seem that women feel freer to express themselves openly than do men. This is not contradicted by American culture.

As more information becomes available about the female alcoholic a more meaningful comparison will be possible. It appears now that both groups are non-self-actualized. This might be for very different reasons, but it is apparent that the discrepancy between the way in which an individual comes to see himself or herself and the situation in which that individual ultimately finds that self is a potential area for many problems.

Conclusions

1. The study indicated that the participating alcoholic women were non-self-actualized individuals as measured by the POI. They appeared to be time-incompetent, apparently living primarily in the past or future without relating well to the here and now.
All but two subjects were primarily other-directed individuals who looked to significant others for cues as to how to behave.

2. Generally, although not in each case, the more perceived deprivation indicated by the questionnaire, the lower the score on the POI scales of time and support.

3. The subjects appeared to hold ambivalent feelings about the female role as shown by paradoxical answers to the questionnaire.

4. On the basis of a sample of nine, the statement cannot be made that perceived deprivation due to the female role was related to the subject's alcoholism.

5. The inability to work out ambivalent feelings toward her role as well as the need for outward approval might have been a factor in the use of alcohol as a coping mechanism.

**Recommendations**

The following recommendations are presented:

1. Increase the number of subjects in the study to that large enough to stabilize the means and allow parametric analysis.

2. Design a study in order to determine the degree of ambivalence perceived by women toward the female role.
3. Design a study in order to determine whether ambivalence per se relates to addictive behavior such as alcoholism.

4. Design a study in order to explore the relationship between time-competency as defined in the POI and alcoholism.
CHAPTER 6

SUMMARY

This study focuses on the relationship between alcoholism in females and the female role in American society as measured by two tools. One of these was the Personal Orientation Inventory developed by Shostrom (1966a) to determine levels of self-actualization. The other was a questionnaire derived in part from a sociology textbook, and added to by the researcher (Price, 1973). The questionnaire was designed to elicit perceived deprivation experienced by women because of their role as well as to uncover general attitudes toward the role.

Data were collected over a five-month period from April, 1974, through August, 1974. The subjects were all medically diagnosed alcoholic females undergoing treatment in either a half-way house or hospital setting. None of the women were drinking at the time they agreed to participate in the study.

The theoretical framework was built around the concept of self-actualization. The basic premise was that a self-actualized individual is one who is living according to her own inner beliefs and values rather than another's. In order to fulfill the expected role of the female in
society, a woman must sometimes compromise inner values and beliefs thus creating a conflict which could conceivably lead to the excess use of alcohol as a coping device.

Following a pilot study utilizing three non-alcoholic women in order to determine length of time required to complete the tools, as well as clarity of the questionnaire, testing was begun.

The level of self-actualization of each subject was determined which was then compared with answers given on the questionnaire. The findings were that all nine subjects were essentially non-self-actualized individuals. Those who scored the lowest appeared to have perceived greater deprivation because of sex than did those who scored higher. In addition some of those who gave paradoxical answers to the questionnaire were among the low scorers. An example of this would be an individual who answered that her mother had felt a woman's place to be in the home, but also answered that her expressed desire to become a scientist would have received parental support.

The conclusion could not be made that the women involved were alcoholic due to their dissatisfaction with the female role in American society. However, all the women in the sample were non-self-actualized as measured by the POI. The more perceived deprivation indicated by the questionnaire, the more likely it was that scores on the POI would be low. Some of the subjects appeared to hold
ambivalent feelings toward the female role as shown by paradoxical answers to the questionnaire. At this time the statement cannot be made that perceived deprivation due to the female role was related to the subject's alcoholism. The inability to work out ambivalent feelings toward her role as well as the need for outward approval may have been factors in the use of alcohol to excess.

The recommendations for further study were several. The number in the sample should be increased to that substantial enough to allow parametric analysis. In addition perhaps a study designed to determine the degree of ambivalence which is perceived by women toward their role would be useful. Finally, perhaps a study designed to determine whether ambivalence per se relates to alcoholism in any way would also be helpful.
APPENDIX A

QUESTIONNAIRE

DIRECTIONS: Please circle the number preceding the answer which most closely matches your experience or opinion.

1. Did your mother think that "a woman's place is in the home"?
   1. yes 2. no 3. somewhat

2. Did your parents consider it more important for your brothers to get an education than for the girls in the family?
   1. yes 2. no 3. somewhat

3. If you had told your parents when you were fifteen that you wanted to be a scientist, do you think they would have:
   1. supported the idea
   2. discouraged the idea because you were a girl
   3. remained neutral
   4. other ________________________________

4. Many American girls are warned to be afraid of sexual assault by men. Would you say that as a teenager you were:
   1. often very afraid
   2. only sometimes afraid
   3. seldom or never afraid

5. If you could play any occupational role you wanted in your life, what would it be? ________________________________
6. Do you feel that being a woman in your society has:
   1. always interfered with your goals
   2. sometimes interfered with your goals
   3. never interfered with your goals

7. If you had female children would you advise them to:
   1. attempt to do what it was they wished with their lives
   2. attempt to do what it was they wished with their lives only if they realized that their homes and husbands came first
   3. advise them that a woman's place is in the home
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