FEAR OF DEATH AS RELATED TO A POSITIVE FUTURE
TIME PERSPECTIVE AND SELF-ESTEEM

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FEAR OF DEATH AS RELATED TO A POSITIVE FUTURE TIME PERSPECTIVE AND SELF-ESTEEM

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CHAPTER I

INTRODUCTION AND STATEMENT OF THE PROBLEM

Although man's concern with death has been reflected through philosophical and religious literature for hundreds of years, only recently has it been scientifically investigated as a psychological variable. Caprio (7) found that reflection concerning death extends back to the earliest civilizations and exists among practically all people. In Western culture, however, Wahl (37) and Feifel (14) found death to be a taboo topic, and they encountered resistance while conducting research in this area. According to Feifel (14, p. xiv): "We have been compelled in unhealthy measure to internalize our thoughts and feelings, fears and even hopes concerning death."

This statement implies that fear of death may be related to a healthy or unhealthy state within an individual, and, therefore, it may possibly have important implications in relation to certain psychological variables. One psychological process which may be related to fear of death is time consciousness, or more specifically, future time perspective. One study (10) found that individuals with different time perspectives also differ in their attitudes toward death. Another psychological variable which appears to be related to fear of death is self-esteem. One study (12) discovered that individuals with high
and low self-esteem perceive death differently. The problem with which this investigation was concerned was to determine whether or not fear of death was related to positive future time perspective and self-esteem.

Theoretical Background

There are many theories on the meaning of the fear of death. Wahl (34) considered fear of death a realistic concern that someday we will cease to exist. Schiller (30) interpreted the psychoanalytic concept of death as a fear of losing the possibility of pleasure. Freud (18) held that many fear of death derives from his unconscious wish for the death of others. Chadwick (9) considered fear of death an equivalent to insecurity experienced in childhood. Murphy (26) related fear of death to a fear of losing consciousness, fear of the unknown, fear of punishment, and fear of loneliness. McClelland (23) held that the fear of death in dying women may represent illicit sexual seduction, guilt, and punishment. Wahl (34) related the fear of death in childhood to hostile death wishes. Since many of these assumptions are contradictory, it seems obvious that death does not hold the same meaning for all individuals. Murphy (26, p. 335) stated: "It is apparent that fear of death is not psychologically homogeneous at all, even in a narrowly defined cultural group."

Although everyone may fear death, some individuals seem to fear death more than others. Caprio (5) defined fear of
death as a universal phenomenon from which no one is free.

Chadwick (9, p. 322) said:

One of the most remarkable phenomena of this fear is that it may be found in persons for whom there is no immediate or known menace to life, when physical health is excellent, and assurances of medical opinion by no means mitigate the anxiety except for the shortest period. This type of death fear may be found among widely differing types of persons and in both sexes. It is common at all ages but may be rather more emphatic under certain circumstances as well as at certain times.

Zilboorg (35) felt that no one is free of the fear of death. He believed that this fear is always present in our mental functioning, but he concluded that man cannot function normally if this fear is constantly conscious. The extent to which one is preoccupied with this fear may determine its effect on other psychological processes.

One psychological process which may be related to fear of death is time perception. Heidegger (12) saw the real meaning of existence in the fact of death. He spoke about existence towards death and went so far as to suggest that man perceives time only because he knows he must die. Many others have indicated that there may be a relationship between man's conception of time and death. For example, Moerlooe (24, p. 608) stated that time symbolizes both life and death. He concluded that "Time, the symbol of creation and death is involved in all our time conceptions." Fraisse (17, p. 5) stated: "The future time perspective of an individual depends on his capacity for anticipating what is to come." On the basis of this
assumption an individual who is oriented toward the future would be more likely to anticipate death than a person who is oriented toward the present. Arieti (4) saw anticipation as being responsible for the knowledge of one's inevitable death. Bonaparte (6) compared the grinning skeleton of death to time with his long white beard. According to Bonaparte, man can only appreciate the temporal limits of his life through an awareness of the passage of time. The assumptions of Arieti and Bonaparte imply that anticipation and temporal awareness elicit concern over death. Bonaparte (6) explained that Bergson's concept of death and time differs from hers. For Bergson, an awareness of the passage of time, rather than eliciting concerns over death, leads to a more intense identification with life. The person who anticipates the future transcends himself and participates in the future of mankind with little concern about his own death. It is possible, however, that an individual who intensely identifies with life may also fear death. The individual who has expectations and plans for the future may place a high value upon his life. Diggory and Rothman (12, p. 206) stated: "Actively getting experiences and executing plans are values the loss of which by death would be keenly felt because of their importance to self-esteem." Death is capable not only of preventing one from executing plans for the future, but it can also mean destruction of one's highly valued self. If an individual
has positive future expectations, he may value his life highly and fear losing it.

Empirical Studies

Many studies have attempted to relate attitudes toward death to other variables. Martin and Wrightsman (22) found that religious persons fear death less than nonreligious persons. In contrast, Feifel (13) found a positive relationship between fear of death and strong religious belief. Adlerstein (1) concluded that both religious and nonreligious individuals fear death but that they use different methods for resisting its negative effects. Alleenman (3) found that college students, regardless of belief, see death as negative and potent.

Certain negative variables have also been related to attitudes toward death. Sarnoff and Corwin (29) discovered a relationship between castration anxiety and fear of death. Rudick and Bibner (27) found that negative attitudes toward death were related to neuroticism. Swenson (32), however, found that healthy persons have the least positive attitude toward death.

Various studies have also been concerned with the amount of preoccupation of various individuals with death. Middleton (25) demonstrated that college students rarely think of their own death; Schilder (3) stated that adults think frequently of their death, and Feifel (13) felt that older persons occasionally will concern themselves with death.
The majority of the above-mentioned studies are contradictory. They were mostly concerned with the relationship between death attitudes and demographic variables such as age, health, and religious belief. Few studies have explored the relationship between death attitudes and such psychological functioning as time perspective. In one study (20), however, the relationship between death concern and time perspective was investigated. It was discovered that most adolescents live in the present, reject death, and disconnect it from their lives. Fifteen percent of the subjects did express concern about death, and these adolescents were seen as resisting cultural influences and attempting to structure their lives in terms of goals far removed in time. The future-oriented adolescent, therefore, was actually more concerned with death than the present-oriented adolescent. In contrast to these findings, however, Dickstein and Blatt (10) found that heightened death concern is related to a foreshortened time perspective. The subjects that were highly concerned or preoccupied with death were more present-than future-oriented. Dickstein and Blatt measured preoccupation with death, however, not fear of death. The results may have been different if fear of death had been measured, since as Piisel (13) reminds us, there is no necessary relationship between fear of death and thinking about death. Some individuals may frequently think of death with little or no fear. Dickstein and Blatt (10, p. 13) concluded:
An individual whose temporal awareness extends into the future may perceive himself as a participant in the stream of life with death a remote concern. People who live more in the present may not see death as so remote because they have not filled their future time with activities and goals.

Dickstein and Blatt imply that future-oriented individuals may see death as remote because their future time is filled with activities and goals. The individual who has goals and expectations may consider his life very precious, particularly if these expectations are positive. Dickstein and Blatt did not consider whether their subjects' attitude toward the future was negative or positive. An individual with positive expectations may fear anything which may prevent him from experiencing these expectations. Dickstein and Blatt's assumption, therefore, that the future-oriented individual is more concerned with life does not rule out the possibility that he is also afraid of death. The individual who places a high value upon himself and his life may see death as very threatening. Diggory and Rothman (12) found that one who has high self-esteem is more afraid of death than one who has low self-esteem. Self-esteem was not measured directly but was inferred on the basis of an individual's goal-achieving confidence. It was assumed that individuals who have confidence in attaining their goals in life will also have high self-esteem. According to Diggory, Riley and Blumenfeld (11), and Diggory and Rothman (12), the major value of the self is its utility as a goal-achieving instrument. In order to achieve goals, however, one must first set them, and setting goals
requires looking into the future. It therefore appears that a relationship may exist between setting goals and a future temporal orientation. Lewin (21, p. 49) stated: "The setting up of goals is closely related to time perspective. The goal of the individual includes his expectations for the future, his wishes, and his daydreams." Teahan (33) has also indicated that there is a relationship between goals and future time perspective. Teahan (33, p. 379) stated: "The setting up of goals implies a temporal orientation that is geared to the future, since a person's goals imply expectations and anticipations of future successes."

Both Teahan (30) and Lewin (21) have indicated that a close relationship between establishing goals and future time perspective exists. Diggory and Rothman (12) have found a close relationship between goals and self-esteem. Individuals who see the future as rewarding and who expect to achieve their goals in life appear to have high self-esteem. It is therefore possible that a relationship between self-esteem and a positive future time perspective exists. Diggory and Rothman (12) found that self-esteem was related to fear of death and if an individual with a positive future time orientation values himself highly, there may also be a relationship between a positive future time perspective and fear of death. In consideration of the above findings it would seem that the individual with a positive future time perspective may highly value himself and therefore should fear any threat to this prized possession.
Value and Purpose of Study

What is the importance of man's attitude toward death?

According to Feifel (13), death's meaning for the individual can serve as an important organizing principle in life. Alexander and Colley (2) believe that man's fear of death may serve as a significant motivating force in human functioning. Man's knowledge that he is finite, therefore, may actually add meaning to his life. In reference to the future and attitudes toward death, Feifel (13, p. 116) explained:

The underemphasis on the place of the future in psychological thinking is surprising because, in many moments, man responds more to what is coming than to what has been. Indeed, what a person seeks to become may, at times, well decide what he attends to in his past. The past is an image that changes with our image of ourselves. It has been said that we may learn by looking backward—we live looking forward. A person's thinking and behavior may be influenced more than we recognize by his views, hopes, and fears concerning the nature and meaning of death.

These conclusions by Feifel indicate the importance of man's attitude toward death in determining how he will conduct himself in life. Information concerning fear of death in relation to other psychological variables, such as future time perspective and self-esteem, should provide a better understanding of the psychological significance of this fear. Feifel (14, p. 130) stated further:

Since the fear of death constitutes a universal reaction common to so many human beings, it would appear that any study of attitudes toward death would throw further light on the psychodynamics of human behavior.
He concluded that there is a pressing need for more reliable information and controlled study in this field. The present study is an attempt to meet this need by investigating the relationship between fear of death, positive future time perspective and self-esteem.

Definition of Terms and Abbreviations

1. **FDS.** This abbreviation refers to Sarnoff and Corwin's (29) Fear of Death Scale.

2. **TRI.** This abbreviation refers to Rooset's (28) Time Reference Inventory.

3. **IAV.** This abbreviation refers to Bills' (5) Index of Adjustment and Values.

4. **Fear of Death** is determined by the number of points a subject accumulates on the FDS. The higher the score, the greater is the fear of death.

5. **Positive Future Time Perspective** is determined by the number of positive items a subject considers a reference to his future as measured by the TRI. The greater the number of future positive items selected, the greater is the positive future time perspective.

6. **Self-Esteem** is determined by the difference between a subject's self-concept and self-ideal as measured by the IAV. The greater the discrepancy, the lower is the self-esteem. According to Silber and Tippett (31, p. 1017), "Realistic approximation of the self-image with the ideal self-image would be expected to heighten self-esteem."
Hypotheses

1. There will be a significant positive relationship between fear of death and self-esteem.

2. There will be a significant positive relationship between fear of death and a positive future time perspective.

3. There will be a significant positive relationship between self-esteem and a positive future time perspective.
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CHAPTER II

METHODOLOGY

The general procedure of this study was to administer the FDS, TRI, and IAV to a group of male freshmen psychology students. The correlations between scores on the FDS and TRI, FDS and IAV, and TRI and IAV were computed to determine if there was a positive relationship between these sets of scores.

Subjects

The subjects utilized in this study were forty-eight male college students, all of which were enrolled in freshman psychology classes. Four separate psychology classes were used in the study. The freshman, sophomore, junior, and senior classes were represented. The sample was composed of twenty-eight freshmen, eleven sophomores, seven juniors, and two seniors. There was an age range of fifteen years. The youngest was eighteen and the oldest thirty-two years of age, with a group mean of 20.2 years.

Apparatus

The instruments used in this study were Sarnoff and Corwin's (7) FDS, Roose's (5) TRI, and Bills' (3) IAV. Martin and Wrightsman (4, p. 319) gave the following description of the FDS:
This scale is a five-item Likert type scale measuring degree of fear of death. The five items have been shown by item analysis to be measuring the same attitude, and the scale has been shown to have construct validity.

Roos and Albers (6) gave the following description of the TRI:

The TRI is a thirty-item paper-and-pencil questionnaire designed by the senior author to evaluate temporal orientation. The subject indicates for each item whether it most appropriately refers to his past, present, or future. The first ten statements refer to pleasant or positive events, the second ten refer to unpleasant or negative events, and the last ten refer to affectively neutral events.

In the present study only the first ten (positive) items were considered. This researcher found these ten items to have a test re-test reliability coefficient of .90.

Bills (1, p. 135) gave the following description of the IAV:

The Index of Adjustment and Values requires that a subject make three ratings on a five point scale for each of forty-nine traits. These ratings are arranged in three columns which have been designated by the Index authors as concept of self, acceptance of self, and the concept of the ideal self. A fourth score, called discrepancy, is obtained by totaling the differences between concept of self and concept of the ideal self.

In the present study only the discrepancy score was considered.

Bills, Vance and McLean (2, p. 261) stated:

The data show that the Index of Adjustment and Values is a reliable instrument which should prove useful as a research tool. The data which have been collected indicate that the Index is valid.
Procedure

The first test administered to the students was the TRI. Each student was instructed to indicate for each item whether it most appropriately referred to his past, present, or future. The total amount of future references (past and present references were not considered) on the ten positive items was recorded for each subject. The thirty items were randomly arranged to avoid a set response. The second test administered was the FDS. The responses on the FDS were coded in terms of a six point scale ranging from 3 (strongly agree) to -3 (strongly disagree), and the subjects were instructed to place the appropriate score by each of the five items. The total score for each subject was then obtained.

The third test to be administered was the IAV. The subjects were instructed to make two ratings for each of forty-nine traits. A discrepancy score was then obtained by comparing the differences between concept of self and concept of the ideal self. (See Appendix for instructions in detail).

Statistical Design

The correlations between scores on the FDS and TRI, FDS and IAV, and IAV and TRI were computed by Pearson r Coefficients of Correlation. The .05 level of significance was required for rejection of the null hypothesis.
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CHAPTER III

RESULTS AND DISCUSSION

Results

The treated data consist of correlation coefficients obtained between the three dependent variables. The statistical significance of each Pearson product-moment correlation coefficient was determined by the table given in Underwood (6). In order to test the three hypotheses listed in Chapter I, correlation coefficients were computed between scores on the FDS and the IAV, the FDS and the TRI, and the IAV and the TRI. These data are presented in Table I.

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<td>N S</td>
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<tr>
<td>IAV and TRI</td>
<td>-.23</td>
<td>N S</td>
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The correlations among the three sets of variables were not significant. The correlations between the FDS and IAV scores and the FDS and TRI scores were in the postulated direction. A negative correlation coefficient was obtained for the TRI and IAV scores.

Discussion

The data cited above represent a test of the three hypotheses discussed in Chapter I.

The first hypothesis predicted a significant positive relationship between the sets of scores on the FDS and the IAV. The scores obtained on these two tests reveal a positive correlation as predicted; however, this correlation is such that it is likely to be the result of chance, as shown by the test of significance. There appears to be little or no relationship between the FDS and IAV scores.

The second hypothesis predicted a significance positive correlation between the FDS and TRI scores. Again, while there was demonstrated a positive correlation between two sets of scores, a test of significance showed this correlation to be not significantly different from zero.

The third hypothesis predicted a significant positive relationship between the IAV and TRI scores. The scores obtained on these two tests demonstrated a negative correlation which was not significant.
In view of these findings, several conclusions might be drawn. A factor which should be given consideration is the method of measurement employed in the study. Direct questioning, which was utilized in the present study, may be inappropriate for reaching the real feelings of the respondents. Some individuals may have consciously suppressed or unconsciously repressed their true feelings. Freud (3) held that we do not carry a conscious fear of death with us as a part of our everyday life attitude. He said, however, there is a dislike on the part of the individual to be obliged even to think of the subject of death in connection with himself. Young adult males, as used in the present study, may be less likely to admit a fear of death than females and older males. The average young adult male in our Western society may take great pride in his fearlessness of all threats, including that of death. Martin and Wrightman (4) suggest that projective techniques may be more fruitful than direct questioning methods in measuring death concern. Perhaps techniques which are not likely to be nullified by ego defensive behavior should be utilized in studies concerned with the subject of death.

The second hypothesis predicted a significant positive relationship between the fear of death and a positive future time perspective. It was based on the assumption that individuals with positive future expectations will fear death more than persons with less positive expectations. The TRI provided the subjects with a choice among the terms...
present, and future on the ten positive items. There is no method, however, for determining how positive these individuals are in their expectations. Because several individuals scored high on positive future time perspective, it does not show that the intensity of positivity was the same. It may well be that those individuals who held the most positive future expectations did actually possess a strong fear of death.

A variable which may have contributed to the nonsignificant results of (Hypotheses I and II) is the amount of contact with death that the respondent has experienced. It is possible that the person who has experienced the death of a family member or close friend will have thought about death much more than the person whose environment has not been so affected. It is also plausible that an individual who has experienced a close brush with death may give it more thought than an individual who has had no similar experience. The amount of contact with death was not given consideration in the present study.

A very important factor of consideration is that of religious differences and amount of religious affiliation. It has been demonstrated in one study (1) that religious and non-religious groups use different methods for binding negative effects in relation to death attitudes. Many religious persons may deny the reality of physical death by their belief in an after-life. Both groups may defend
against the fear of death in an entirely different manner. Another study (5) revealed that fearful attitudes toward death tend to be found in those persons with little religious activity and among the less educated. Perhaps the religious individual fears death less because he feels that spiritually there can be no death. The information concerning religion and the fear of death is somewhat contradictory, but religious differences may well be a factor worth controlling in research studies of this nature. The implication that less educated individuals tend to fear death more than the more highly educated may be a factor worth consideration. (The present study) dealt with college students who certainly have received more education than the average member of our society. Perhaps education enhances a more meaningful life with the result that it may possibly reduce the fear of death.

Another variable which may have contributed to the non-significant results of the first two hypotheses is the age factor. Although the subjects were all similar in age, this variable was not held constant. It is plausible that death may seem more remote to the younger individual than it does to the older person. An older person may feel that he is closer to death, and this may invoke a feeling of fear. The older individual may also be less active and have fewer interests to occupy his mind. It is possible that the busier individual has less time to consider death than does the less active person.
The present study was confined to a normal population and did not deal with pathological cases. It is possible that the farther one lies along the pathological continuum, the greater the fear of death. Bromberg and Schilder (2) maintain that normal people show little conscious concern with death. An extreme fear of death is not likely to be found among a normal population. This is not to imply that normal individuals do not have a fear of death, only that the intensity of this fear may differ from that of the pathological individuals. The amount of variability in the feelings of a normal group of individuals may be less than that of a group of pathological individuals. The similarity in intensity of the feelings of the normal subjects used in the present study may have contributed to the non-significant results.

The third and last hypothesis predicted a significant positive relationship between self-esteem and a positive future time perspective. Not only was this correlation not significant, but it was also in the negative direction. This raises the interesting question of why individuals who scored high in self-esteem tended to score low on positive future time perspective. Also, the question arises, Why did individuals who scored low in self-esteem tend to score high on positive future time perspective? It was originally assumed that individuals high in self-esteem would also have a positive future outlook. This may still hold true, however. It must be remembered that the subjects were restricted to a choice
among the terms past, present, and future. The individual who scored high in self-esteem may have a positive regard for both the present and the future; however, if he is quite satisfied with his present self, it is not unlikely that he would select the term present instead of future. Because the subjects were given only one choice, there is no way to determine whether these individuals also have a positive future outlook. The individuals who scored low in self-esteem tended to score high on the positive future items. An individual who is dissatisfied with his present self may also be dissatisfied with the present. It is possible that this individual will look forward to what is coming rather than to the past or present. Perhaps it is because of the above-stated reasons that these individuals responded as such.

In considering the above findings it cannot be concluded that the original hypotheses of the present study would also be unconfirmed under different conditions. It is possible that by controlling some or all of the above-mentioned variables, some or all of the hypotheses may hold true. The inevitability of death most assuredly affects man's life and therefore may affect his thoughts and actions as well. The possible relationship between man's attitude toward death and other psychological variables leaves room for much future empirical research in this area.
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CHAPTER IV

SUMMARY

This study attempted to ascertain the relationships among fear of death, a positive future time perspective, and self-esteem.

There was a total of forty-eight male freshmen psychology students from North Texas State University used in the study. These students were given a Fear of Death Scale, a Time Reference Inventory, and an Index of Adjustment and Values. Each of the three measurement instruments has been shown to be reliable.

Three hypotheses were postulated in Chapter I of this study, and the following results were obtained:

Hypothesis 1. There will be a significant positive relationship between fear of death and self-esteem. A positive correlation of .03 was found between fear of death and self-esteem, but it was not significant at the .05 level of confidence.

Hypothesis 2. There will be a significant positive relationship between fear of death and a positive future time perspective. A positive correlation of .21 was obtained between fear of death and a positive future time perspective, but it also was not significant at the .05 level of confidence.
Hypothesis 3. There will be a significant positive relationship between self-esteem and a positive future time perspective. A negative correlation was found between self-esteem and a positive future time perspective, and this correlation was not significant at the .05 level of confidence.

It was concluded that such factors as age and religious differences, amount of contact with death, restriction of the study to a group of normal male students, and the use of questionnaires instead of projective methods of measurement may have contributed to the non-significant results. It was also concluded that the outcome of future research in this area may be quite different if the above-mentioned variables are controlled.
The following questionnaire was designed to reflect your attitude toward death. Please attribute one of the following six scores to each appropriate item.

3 Very Strongly Agree   -3 Very Strongly Disagree
2 Strongly Agree        -2 Strongly Disagree
1 Agree                  -1 Disagree

For example if you strongly disagree with item one, place a -2 in the space before item one.

Please answer all items.

FDS

____1. I tend to worry about the death toll when I travel on highways.

____2. I find it difficult to face up to the ultimate fact of death.

____3. Many people become disturbed at the sight of a new grave, but it does not bother me.

____4. I find the preoccupation with death at funerals upsetting.

____5. I am disturbed when I think of the shortness of life.
APPENDIX B

TIME REFERENCE INVENTORY

This is a brief inventory designed to estimate people's reactions in terms of past, present, and future. Please indicate for each statement below whether it most nearly refers to the past, present, or future, by placing an X in the appropriate column. Be sure to place only one X for each statement.

Two samples follow:

Sample 1: I am taking the Time Reference Inventory in the

<table>
<thead>
<tr>
<th>Past</th>
<th>Present</th>
<th>Future</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

Sample 2: My death is in the

<table>
<thead>
<tr>
<th>Past</th>
<th>Present</th>
<th>Future</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

In Sample 1, since the subject is currently taking the Time Reference Inventory, he places the X under the "Present" column.

In Sample 2, the subject expects to die in the future, and hence he places the X under the "Future" column.

Please complete every statement below, even though you may have to make "wild guesses."

1. The most important time of my life is probably to be found in the

<table>
<thead>
<tr>
<th>Past</th>
<th>Present</th>
<th>Future</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

30
2. The busiest time of my life is probably to be found in the
   Past   Present   Future

3. The most unhappy time of my life is to be found in the
   Past   Present   Future

4. I believe the most difficult time of my life is to be found in the
   Past   Present   Future

5. The most religious time of my life is probably to be found in the
   Past   Present   Future

6. I believe the happiest time of my life is to be found in the
   Past   Present   Future

7. Most of my daydreams are about the
   Past   Present   Future

8. The most frightening time of my life is to be found in the
   Past   Present   Future

9. The time of greatest worrying is probably to be found in the
   Past   Present   Future

10. My important decisions are usually based mostly on the
    Past   Present   Future

11. The period of my life during which I have gotten the most done is to be found in the
    Past   Present   Future

12. The most peaceful time of my life is to be found in the
    Past   Present   Future
13. I most often dream about the
   Past           Present           Future
14. The time in my life during which things most often go wrong is to be found in the
   Past           Present           Future
15. I usually like to talk about the
   Past           Present           Future
16. The saddest time of my life is probably to be found in the
   Past           Present           Future
17. My most active period is probably to be found in the
   Past           Present           Future
18. Most of my thinking about religion is probably to be found in the
   Past           Present           Future
19. I feel the most trying period of my life is to be found in the
   Past           Present           Future
20. The most important period of my life is probably to be found in the
   Past           Present           Future
21. The most satisfying time of my life is probably to be found in the
   Past           Present           Future
22. Most of my fantasies are about the
   Past           Present           Future
23. The most anxious time of my life is to be found in the
   Past           Present           Future
24. The most troubled period of my life is probably to be found in the
   Past           Present          Future

25. In making plans I usually think mostly about the
   Past           Present          Future

26. My period of greatest success is probably to be found in the
   Past           Present          Future

27. The most untroubled period of my life is probably to be found in the
   Past           Present          Future

28. The period of my life during which I am most likely to feel like giving up trying is to be found in the
   Past           Present          Future

29. I get most pleasure out of thinking about the
   Past           Present          Future

30. Most of my dreams are usually about the
   Past           Present          Future
APPENDIX C

SELF INSTRUCTIONS FOR IAV

There is a need for each of us to know more about ourselves, but seldom do we have an opportunity to look at ourselves as we are or as we would like to be. On the following page is a list of terms that to a certain degree describe people. Take each term separately and apply it to yourself by completing the following sentence:

I AM A (AN) _______________ PERSON.

The first word in the list is academic, so you would substitute this term in the above sentence. It would read— I am an academic person.

Then decide how much of the time this statement is like you, i.e., is typical or characteristic of you as an individual, and rate yourself on a scale from one to five according to the following key.

1. Seldom, is this like me.
2. Occasionally, this is like me.
3. About half of the time, this is like me.
4. A good deal of the time, this is like me.
5. Most of the time, this is like me.

Select the number beside the phrase that tells how much of the time the statement is like you and insert it in Column I on the next page.

EXAMPLE: Beside the term ACADEMIC, number two is inserted to indicate that—occasionally, I am an academic person.

Go to Column II; using the same term, complete the following sentence:

I WOULD LIKE TO BE A (AN) _______________ PERSON.

Then decide how much of the time you would like this trait to be characteristic of you and rate yourself on the following five point scale.

1. Seldom, would I like this to be me.
2. Occasionally, I would like this to be me.
3. About half of the time, I would like this to be me.
4. A good deal of the time, I would like this to be me.
5. Most of the time, I would like this to be me.

You will select the number beside the phrase that tells how much of the time you would like to be this kind of a person and insert the number in Column II.

EXAMPLE: In Column II beside the term ACADEMIC, number five is inserted to indicate that most of the time, I would like to be this kind of person.

Start with the word ACCEPTABLE and fill in Column I and II before going on to the next word. There is no time limit. Be honest with yourself so that your description will be a true measure of how you look to yourself.

<table>
<thead>
<tr>
<th>I</th>
<th>II</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. academic</td>
<td></td>
</tr>
<tr>
<td>1. acceptable</td>
<td></td>
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<tr>
<td>2. accurate</td>
<td></td>
</tr>
<tr>
<td>3. alert</td>
<td></td>
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<tr>
<td>4. ambitious</td>
<td></td>
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<tr>
<td>5. annoying</td>
<td></td>
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<td>6. busy</td>
<td></td>
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<td>7. calm</td>
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<td>8. charming</td>
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<td>9. clever</td>
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<td>10. competent</td>
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<td>11. confident</td>
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<td>12. considerate</td>
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<td>13. cruel</td>
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<td>14. democratic</td>
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<td>15. dependable</td>
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<td>I</td>
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<td>16.</td>
<td>economical</td>
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<td>17.</td>
<td>efficient</td>
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<td>18.</td>
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<td>19.</td>
<td>friendly</td>
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<td>20.</td>
<td>fashionable</td>
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<td>21.</td>
<td>helpful</td>
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<td>22.</td>
<td>intellectual</td>
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<td>kind</td>
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<td>24.</td>
<td>logical</td>
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<td>25.</td>
<td>meddlesome</td>
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<td>26.</td>
<td>merry</td>
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<td>27.</td>
<td>mature</td>
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<td>28.</td>
<td>nervous</td>
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<td>29.</td>
<td>normal</td>
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<td>30.</td>
<td>optimistic</td>
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<td>31.</td>
<td>poised</td>
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<td>32.</td>
<td>purposeful</td>
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<td>33.</td>
<td>reasonable</td>
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<td>34.</td>
<td>reckless</td>
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<td>35.</td>
<td>responsible</td>
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<td>36.</td>
<td>sarcastic</td>
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<td>38.</td>
<td>stable</td>
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<tr>
<td>39.</td>
<td>studious</td>
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<td></td>
<td>successful</td>
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<tr>
<td>40.</td>
<td>stubborn</td>
</tr>
<tr>
<td>41.</td>
<td>tactful</td>
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<td>42.</td>
<td>teachable</td>
</tr>
<tr>
<td>43.</td>
<td>useful</td>
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<tr>
<td>44.</td>
<td>worthy</td>
</tr>
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<td>45.</td>
<td>broad-minded</td>
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<tr>
<td>46.</td>
<td>businesslike</td>
</tr>
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<td>47.</td>
<td>competitive</td>
</tr>
<tr>
<td>48.</td>
<td>fault-finding</td>
</tr>
</tbody>
</table>
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