A STUDY OF ANXIETY AND GUILT IN YOUNG ADULTS
FROM A DIVORCED HOME BACKGROUND

APPROVED:

Ray W. Johnson
Major Professor

Hersold D. Holloway
Minor Professor

Chaiman of the Department of Psychology

Robert B. Toulouse
Dean of the Graduate School
Bagwell, Mary Jane, *A Study of Anxiety and Guilt in Young Adults From a Divorced Home Background*. Master of Arts, August, 1971, 55 pp., 18 tables, bibliography, 45 titles.

Young adults from a divorced home background (N = 125) were compared with a control group matched by sex and age (N = 125) on the scores obtained from the IPAT Anxiety Scale and the Mosher Incomplete Sentences Test. It was hypothesized that young adults from a divorced home background would have more anxiety or guilt than their controls. The hypothesis was rejected. Therefore, parental divorce did not result in greater guilt or anxiety as measured by the tests used in this study.

The experimental group was then divided into three treatment groups according to the age of the individual at the time of parental divorce. The three age groupings were as follows: 0-6 years; 7-12 years; and 13 years and above. It was hypothesized that there would be differences in anxiety and guilt levels between the age groups. No significant differences were found between groups, so the hypotheses were rejected. Thus, it was concluded that parental divorce does not result in greater guilt or anxiety, as measured by the IPAT Anxiety Scale and the Mosher Incomplete Sentences Test, regardless of the age of the child at the time of divorce. However, as was expected, the females scored significantly higher on the Total MIST Scale and the Sex Guilt Sub-Scale of the MIST than did the males in their treatment groups.
A STUDY OF ANXIETY AND GUILT IN YOUNG ADULTS
FROM A DIVORCED HOME BACKGROUND

THESIS

Presented to the Graduate Council of the North Texas State University in Partial Fulfillment of the Requirements

For the Degree of

MASTER OF ARTS

By

Mary Jane Bagwell, B.A.
Denton, Texas
August, 1971
TABLE OF CONTENTS

LIST OF TABLES ........................................ iv

Chapter

I. INTRODUCTION ...................................... 1

Statement of the Problem
Hypotheses
Definition of Terms Used In Study

II. RELATED LITERATURE ............................... 12

Studies Related to Guilt
Studies Related to Anxiety

III. METHOD ........................................... 22

Subjects
Instruments
Procedure
Statistical Treatment

IV. RESULTS AND DISCUSSION .......................... 26

Additional Analyses
Discussion

V. SUMMARY AND CONCLUSIONS ........................ 44

APPENDIX ............................................. 46

BIBLIOGRAPHY ......................................... 52
# LIST OF TABLES

<table>
<thead>
<tr>
<th>Table</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Analysis of Variance of the IPAT Anxiety Scores for the Experimental and Control Groups</td>
<td>26</td>
</tr>
<tr>
<td>II. Analysis of Variance of the MIST Guilt Scores for the Experimental and Control Groups</td>
<td>27</td>
</tr>
<tr>
<td>III. Mean, Standard Deviation, and t Values of the Experimental and Control Groups on Anxiety and Guilt Scores</td>
<td>27</td>
</tr>
<tr>
<td>IV. Summary of the Analysis of Variance of the IPAT Anxiety Scores for the Three Treatment Groups</td>
<td>28</td>
</tr>
<tr>
<td>V. Means, Standard Deviations, and t Values of the Three Treatment Groups' Scores on the IPAT Anxiety Scale</td>
<td>29</td>
</tr>
<tr>
<td>VI. Analysis of Variance of the MIST Guilt Scores for the Three Treatment Groups</td>
<td>30</td>
</tr>
<tr>
<td>VII. Means, Standard Deviations, and t Values of the Three Treatment Groups' Scores on the MIST Guilt Scale</td>
<td>30</td>
</tr>
<tr>
<td>VIII. Analysis of Variance of the Sex Guilt Scores for the Three Treatment Groups</td>
<td>32</td>
</tr>
<tr>
<td>IX. Means, Standard Deviations, and t Values of the Three Treatment Groups' Scores on the MIST Sex Guilt Sub-Scales</td>
<td>32</td>
</tr>
<tr>
<td>X. Means, Standard Deviations, and t Values of the Three Treatment Groups' Scores on the MIST Hostile Guilt Sub-Scale</td>
<td>33</td>
</tr>
<tr>
<td>XI. Means, Standard Deviations, and t Values of the Three Treatment Groups' Scores on the MIST Morality-Conscience Guilt Sub-Scale</td>
<td>33</td>
</tr>
<tr>
<td>XII. Analysis of Variance of the Sex Guilt Scores of the Experimental and Control Subjects in the 0-6 Years Treatment Group</td>
<td>34</td>
</tr>
<tr>
<td>Table</td>
<td>Description</td>
</tr>
<tr>
<td>---------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>XIII.</td>
<td>Analysis of Variance of the Sex Guilt Scores of the Experimental and Control Subjects in the 7-12 Years Treatment Group</td>
</tr>
<tr>
<td>XIV.</td>
<td>Analysis of Variance of the Sex Guilt Scores of the Experimental and Control Subjects in the 13 Years or Older Treatment Group</td>
</tr>
<tr>
<td>XV.</td>
<td>Analysis of Variance of the Morality-Conscience Guilt Scores of the Experimental and Control Subjects in the 0-6 Years Treatment Group</td>
</tr>
<tr>
<td>XVI.</td>
<td>Means, Standard Deviations, and t Values of Males and Females of the 0-6 Years of Age Treatment Group and their Controls on the IPAT, Total MIST, and the Sex Guilt, Hostile Guilt, and Morality-Conscience Sub-Scales of the MIST</td>
</tr>
<tr>
<td>XVII.</td>
<td>Means, Standard Deviations, and t Values of the Males and Females of the 7-12 Years of Age Treatment Group and their Controls on the IPAT, Total MIST, and the Sex, Hostile Guilt, and Morality-Conscience Sub-Scales of the MIST</td>
</tr>
<tr>
<td>XVIII.</td>
<td>Means, Standard Deviations, and t Values of the Males and Females of the 13 Years of Age and Above Treatment Group and their Controls on the IPAT, Total MIST, and the Sex, Hostile and Morality-Conscience Guilt Sub-Scales of the MIST</td>
</tr>
</tbody>
</table>
CHAPTER I

INTRODUCTION

Divorce, the legal procedure for dissolving the marriage vows of husband and wife, has increased in both number and rate since the turn of the century. The National Center for Health Statistics estimates that there are well over 55,000 divorces and annulments each month in the United States (23).

With few exceptions, divorce has a catastrophic effect on all individuals involved. Unlike separation by death, where the loss of the spouse or parent can be much more easily rationalized, divorce means irreconcilable failure to function as a family unit in today's society. Because there is such a traumatic emotional effect on the lives of countless men, women, and children entangled in the situational stresses of divorce, more investigations are needed to determine the general effects of divorce, such as increased anxiety and guilt, on all of the individuals involved. Specific action could then be taken to minimize the damage done by divorce. With this in mind, the primary purpose of this study was to determine if there were differences in anxiety and guilt in young adults from divorced home backgrounds and young adults of the same sex and age from intact homes. The secondary objective was to examine the possible relationships between these two constructs and such variables as sex and the age of the young adult at the time of parental divorce.
Kushner (13) and Dublin (6) reported that over one-third of a million children are being affected annually by divorce or annulment. The importance of studying children from divorced home environments was emphatically stated by Ackerman:

Divorce involving the fate of offspring is the more vital question. In . . . instance, marital conflict is of significance not only of itself but also as the epitome and the very core of disintegrative trends in family life and the harbinger of distorted emotional development in the offspring (1, p. 149).

A search of related literature revealed that homes in which a parent is absent due to divorce, death, or separation tend to produce offspring with social and personality problems at a significantly higher rate than parent-present homes. An analysis by Glueck and Glueck (8, p. 91) compared juvenile delinquency rates in the various types of broken homes. Juvenile delinquents were compared to a non-delinquent control group, and the results suggested that there exists a higher frequency of juvenile delinquency in homes of divorce than in homes with both parents present.

Ingham (11) found that 31.1 per cent of psychoneurotics came from homes disrupted by separation and only 13.5 per cent of psychoneurotics came from intact homes. Greer (10) compared suicidal neurotics with non-suicidal neurotics and found that suicidal neurotics tended to have a higher incidence of parental loss and that a large percentage experienced the loss before the age of five years.

Suedfeld (22) reported data relating father-absence and successful completion of overseas assignments by Peace Corps volunteers. Only 9 per cent of those who completed overseas duty assignments were from parent-absent homes. On the other hand, 44 per cent of the volunteers
terminating assignment before completion because of poor adjustment or unacceptable conduct were found to be from parent-absent homes. The racial and socioeconomic factors usually identified with father-absent families were not significant for this research sample. Almost all of the subjects were college graduates and were from white, middle class families.

Siegman (20) hypothesized a correlation between father-absence during early childhood and antisocial behavior; his subjects were 165 first-year medical students. Subjects were asked how often they had participated in each of fourteen items on the Antisocial Behavior Questionnaire. Subjects' scores reflected a significant correlation between father-absence and antisocial behavior, thus supporting the research hypothesis.

It is difficult to determine the factors which produce the social and personality problems that appear at such a high rate in juveniles and young adults from parent-absent homes. However, research studies involving young children of parent-absent homes and theories concerning personality development and identity processes are keys which may help to explain some of the influences of early environment on young adults from parent-absent homes.

There is some evidence which suggests that father-absence during crucial periods of development has a detrimental effect on development of a masculine identity. Biller (4) reported a study in which five-year-old boys from father-absent homes displayed less masculine sex-role preferences and orientations than did the father-present controls.
In a study of father-figure fantasies of twenty father-separated children from six to ten years of age, Bach (3) used interviews with mothers and the projective technique of doll play to compare these children with twenty father-present children. The father-separated children produced an idealistic and feminized fantasy picture of the father in contrast to the control group, who elaborated on the father's aggressive tendencies. Lynn and Sawry (15) also used doll play to study the effects of father separation on a group of eighty second graders aged eight to nine and one-half years. The father-absent boys manifested more immaturity and tended to react to their insecure masculine identification with more compensatory masculinity than did the father-present controls.

In comparison to the number of studies carried out on parent-absent boys, there has been little research done to determine the effects of parental-absence on girls. When the daughter has been limited in her exposure to the adult male, she may be denied the opportunity to develop the necessary skills of social interaction with adult males later in life. Therefore, it would be expected that father-absence is as detrimental to a daughter as to a son (17). Sears, Pintler, and Sears (19) matched father-absent preschool children by sex and age with father-present controls. Doll play was used to measure fantasy aggression. The boys from father-absent homes displayed much less fantasy aggression than boys from father-present homes. However, the girls from father-absent homes had slightly more aggression than their controls from father-present homes. Lynn and Sawry (15) reported that a significantly larger proportion of father-absent girls gave much higher dependency responses than their
controls. The higher dependency responses in the father-absent girls were attributed to the fear of losing the remaining parent.

For many years, psychologists have questioned the role of theory in research. Some psychologists strongly believe that the researcher must first have a theory in order to logically derive research hypotheses (12). On the other hand, there exists another group of psychologists who believe, equally as strongly, that one need not bother with theory before scientifically investigating phenomena. Rather, these psychologists believe it is preferable to gain as much research evidence as possible, then develop a theory of causes on the basis of the research findings (21). Although there appear to be differing opinions concerning the role of theory in research, the present study cannot neglect pertinent theories of personality development.

Freud's controversial theory of psychosexual development postulates that one of the most important psychosexual conflicts occurs during the phallic stage, i.e., between three to five years of age (7). This conflict arises because the young boy has incestuous cravings for his mother and views his father as his hated rival. At the same time, the child fears that his father may retaliate by removing his penis. The conflict existing in the female during the phallic stage is very similar, but based essentially on the premise that the girl wishes to replace her mother. Under normal circumstances, the child represses his or her desires for the parent of the opposite sex and hostilities for the parent of the same sex. The theory would lead one to expect that on the other hand, if the parent of the same sex is removed from the home
before the conflict is resolved, the child may subconsciously feel guilty and personally responsible for removing the parent from the home.

Learning theorists, such as Miller and Dollard, have suggested that all behavior is learned through rewards and punishments during interaction with the individual's environment (16). A child who has found security and love from both parents can easily be placed in an agitating "approach-avoidance" conflict if the home is disrupted by separation or divorce. Reasoning in the terms of the Dollard and Miller theory, one would infer that the child views the presence of each parent as a desirable goal; that there may exist guilt feelings from divided loyalties and fear of possible punishment from one of the parents if the other parent (goal) is approached. This situation may result in an unresolved conflict for the child.

Coleman (5) depicts the typical personality development of a child from a broken home as having the characteristics of anxiety, tension, insecurity, lack of secure home base, tendency to evaluate the world as a dangerous and insecure place, conflicting loyalties, and lack of adequate models for proper ego development. Goode (9) further theorizes that when the absence of the parent is caused by divorce and not death, the psychodynamic structure of the child's personality is complicated by feelings of guilt generated by his divided loyalties. Kushner (13) pointed out that in reacting to pressure, the child of divorce may withdraw, act out, or displace his feelings of anger, guilt, and frustrations on himself or his environment.
Review of the theories of personality development with regards to children from divorced homes suggested a predominant theme of anxiety and guilt. According to Freudian theory, there exists a crucial period for the presence of both parents to insure proper psychosexual development. This crucial period has been labeled the phallic stage, which occurs between the ages of three to five years. However, the present study hypothesized the crucial period to fall between the ages of seven to twelve years, occurring after the so-called Oedipal conflict. If the marriage break came before or in the early stages of the Oedipal conflict, it is believed that the child would experience less guilt, and thus less anxiety, because the child had not consciously or unconsciously wished the removal of the parent from the home. At the same time, it would appear that children who had not yet entered or were in the early stages of the so-called Oedipal conflict at the time of the divorce would experience more anxiety or guilt than children who were in their early teens or older at the time of the break due to their less secure sexual role orientation. Additionally, the early teen and older group will exhibit less guilt and anxiety than the other two age groupings because they have already established their sexual identity and have gone through the stresses of puberty. The older group can also rationalize a divorce much more easily than the two younger groups of children.

Statement of the Problem

The primary purpose of this study was to determine if there were differences in anxiety and guilt in young adults from divorced home
backgrounds and young adults of the same sex and age from intact homes. The secondary objective was to examine the possible relationships between these two constructs and such variables as sex and the age of the young adult at the time of the parental divorce.

Landis (14) and Althus (2) concluded that one cannot group all offspring from divorced homes together because they were not all affected by divorce in the same way. With this in mind, the experimental group was divided into three treatment levels according to the age of the subject at the time of parental divorce. The treatment levels were 0-6 years, 7-12 years, and 13 years and older at the time of the divorce.

Hypotheses

In accordance with the personality development theories of Ackerman (1), Coleman (5), Freud (7), Goode (9), and Kushner (13), which suggested that offspring from divorced homes are psychologically different compared to their peers from intact homes, the following hypotheses concerning anxiety and guilt in young adults from divorced home backgrounds were proposed:

1. Young adults from a divorced home background will exhibit more anxiety or guilt than those from intact homes.

2. Young adults from a divorced home background who were between the ages of 7-12 years at the time of parental divorce will manifest more anxiety or guilt than those young adults from a divorced home background in the other two age groups.

3. Young adults from a divorced home background who were between the ages of 0-6 years at the time of parental divorce will manifest
less anxiety or guilt than those in the 7-12 years treatment group, but more than the 13 years and older treatment group.

4. Young adults from a divorced home background who were 13 years of age or older at the time of parental divorce will exhibit less anxiety or guilt than the other two groups from divorced homes.

Definition of Terms Used in Study

For the purposes of this study, the definitions of terms used are as follows:

Guilt: The painful internal tension generated whenever the emotionally charged barrier erected by the Super-Ego is being touched or transgressed (18, p. 6). For this study, guilt was operationally defined as the total guilt score on the Mosher Incomplete Sentences Test.

Anxiety: An acutely unpleasant emotional state of dread, apprehension, or psychic tension aroused by a threat to the adequacy or worth of self. For this study, anxiety was operationally defined as the total anxiety score on the IPAT Anxiety Scale Questionnaire.
CHAPTER BIBLIOGRAPHY


CHAPTER II

RELATED LITERATURE

Very few researchers have attempted to study subjects exclusively from homes broken by divorce, but several studies have combined subjects from homes broken by death, separation, and divorce. Since the present investigation was concerned only with offspring from a divorced home background, most of the following studies deal with children or adults from divorced homes. Some, however, include subjects from homes broken by means other than divorce.

In a study using 295 university students, all of divorced parents, Landis (12) administered an 8-page anonymous biographical questionnaire which concerned pertinent family background data and also the subject's reactions to the parental divorce and their evaluation of the divorce. A large number of subjects (38%) were too young to remember the home situation at the time of the divorce. However, for those subjects who were old enough to remember the environment before and after the divorce, there existed a relationship between the perceived happiness of the home and good psychological adjustment to the divorced environment. Those who perceived the home before the divorce to be happy tended to have the most difficulty in adjusting to the situation. On the other hand, those subjects who perceived their home environment before the divorce as unhappy and who reported that open conflict characterized the situation, appeared to adjust much better to the divorced home.
Althus (1) also used a group of university subjects in studying the effects of a home broken by divorce. Twenty-five male freshman students from divorced homes were compared on the MMPI and the ACE with a control group of the same sex and age. The males from divorced homes manifested a higher mean average on every scale, but did not differ significantly from their controls. Althus concluded from the results that one can not group all offspring from divorced couples together because they were not all affected by divorce the same way, a conclusion which was also suggested by Landis in the study previously cited.

A study by Gay and Tonge (7) demonstrated long term effects from the loss of one or more parents in childhood. However, the population surveyed consisted exclusively of psychiatric patients (N=494). The subjects were divided into two groups according to whether their parents were separated for a period of at least six months before the subject reached the age of 15 years or whether the parents remained together. Only 136 subjects qualified for the separation group, while the remaining 358 subjects formed the comparison group. The two groups were compared on the variables of diagnosis, age at the time of first psychiatric referral, suicidal behavior, occupational adjustment, and marital adjustment. Findings of this study revealed that the women of the population studied tended to have more marital disharmony when there was an early loss of both parents or a loss of a parent through separation or divorce. Men tended to exhibit occupational maladjustment when the loss of the father was by separation.

Jacobson and Ryder (8) studied the effects of parental loss by death on the offspring's marriage closeness. A rating of marriage closeness
was made by an interviewer and an observer. Group therapy and the projective technique of role playing were employed. Findings suggest that those offspring that had lost their parents after the age of 12 had a closer marriage relationship than those offspring who lost a parent between the ages of birth and 12 years.

McCord, McCord, and Thurber (16) studied 255 juvenile delinquent boys between the ages of 10-15 years. The subjects were observed in their father-absent homes at regular intervals for a period of six years by trained social workers. The social workers wrote reports of each boy's behavior after each unannounced visit. The reports were later rated by clinical judges. The results of this study indicate that feminine-aggressive behavior could be attributed to paternal-absence only when the boy was between the ages of 6-12 years when the father left, or if the mother was deviant or rejecting. Oral regression was also related to father-absence when the mothers were deviant or rejecting. The experimenters theorized that most of the psychological maladjustment blamed on parental absence is, in reality, caused by the general instability of the home, resulting from the salient characteristics of intense conflict, rejection, and/or deviance in the remaining parent.

Loeb and Price (14) further investigated the personality characteristics of divorced and separated mothers. The divorced and separated mothers were matched on the variables of age and education with mothers who remained with their spouse. The 44 women used in this study were the mothers of child patients at a Child Guidance Center. The results indicated that divorced and separated mothers were much higher (P<.001) on the psychopathic deviate scale (Pd), higher (P<.05) on the schizophrenia
scale (Sc), and the hypomania scale (Ma) of the MMPI, a finding which suggests the impulsiveness, anger, and non-conformity usually associated with conduct disorders. The children of divorced or separated mothers who were patients at the Child Guidance Center were more frequently rated as aggressive ($P < .001$) than children from intact families. The researchers thus concluded that parental personalities contributed to the difficulties of children from broken homes.

In studying problems encountered by the one-parent family, Fruedenthal (6) found that recurring themes of frustration, guilt, and failure dominated the group therapy sessions held for the group of "only-parents" studied. Guilt feelings were not only manifested by divorced parents but widowed parents as well (2). The children of these "only-parents" who participated in the Freudenthal (6) study had guilt feelings related to their inability to prevent their parents' marriage from being dissolved and a belief that they were the cause of the remaining parent's deprivations and inability to enjoy fuller gratifications in life.

Studies Relating to Guilt

For many years, guilt was a psychological construct which could not be measured until Mosher (17) developed the Mosher Incomplete Sentences Test (MIST). Since that time, the MIST has had a variety of uses in the field of psychological research.

Significant differences ($P < .001$) in guilt scores between first offender and recidivist inmates in a maximum security prison were found by Mosher and Mosher (18). The 156 subjects in the sample did not differ in age, number of offenses, race, or intelligence from a larger sample.
of prisoners admitted to the same institution.

Okel and Mosher (19) used the Mosher Forced Choice Guilt Inventory and a mood scale to test the hypothesis that subjects scoring high on a measure of hostile-guilt would manifest a greater increase in feelings of guilt than would subjects scoring low on that same measure, after an aggressive act had been witnessed by both groups. The hypothesis of this study was supported.

Another study of guilt was reported by Unger (20) where two measures of guilt responsivity were administered. The first measure of guilt responsivity was a projective measure intended to index the strength of developed guilt potentials, while the second measure was an index of actual frequency and pervasiveness of the subject's "worry about doing wrong." These two measures were administered to 328 sixth graders and were correlated to child reports of the parents' behavior. High parental nurturance and a predominant use of psychological disciplinary measures were associated with the development of dependable, transgression-contingent guilt potentials in the child. When parental disciplinary responses were unclear or enduring, dependable potentials appeared to be accompanied by a generalized pattern of guilty apprehensiveness.

In an unpublished doctoral dissertation, Bradbury (4) found that guilt and anxiety were positively correlated. The study also compared guilt and anxiety in individuals whose parental homes were broken by separation, divorce, or death and those whose parental homes were intact. There was no significant difference between the mean scores, but there was a recommendation that the variables, such as the age of the subject at the time of parental break, be narrowed down in order to investigate
offspring from broken homes more thoroughly.

Lowe (15) reported a positive correlation of .93 between guilt and anxiety in his study in which a scale of guilt was devised and then compared with the Taylor Manifest Anxiety Scale. The guilt scale items were selected by clinical judges from the MMPI, an approach which made the guilt scale similar to the TMAS in construction.

Three different groups of MMPI protocols were used in the study. One group consisted of 70 psychiatric patients, while the other two groups consisted of 70 female and 70 male psychiatric aide applicants. The high correlation between guilt and anxiety observed in this study pointed out that guilt and anxiety are closely related psychological constructs.

Studies Relating to Anxiety

Anxiety, the other psychological construct employed in this study, was regarded by early psychologists as instinctual behavior rather than a learned process (13). It was not until after the turn of the century that anxiety was singled out and studied. At first, Freud recognized anxiety as being purely physiological in nature, but later realized what an important role anxiety played in his theory of personality development. Freud believed the first experience of anxiety in human life occurs at birth and sets the pattern for all later anxiety reactions (5).

Behaviorists view anxiety differently. A behaviorist would regard anxiety as an autonomic process that was learned by the association of a particular stimulus to pain (13). If the anxiety reaction was strong enough, it generalized to other objects or situations similar to the original. Those who have been exposed early in life to intense fears are
more likely to manifest a higher predisposition to anxiety in later life than those who have not. Kahn (9) demonstrated this theory in a study in which a group of mice were subjected to early trauma and compared with a matched group of mice traumatized later in life. The group of mice subjected to early trauma manifested more detrimental effects of the trauma than did mice from the group that were traumatized later in life.

Weitzner, Stallone, and Smith (21) compared high, middle, and low anxiety scores on the TMAS with personality characteristics and found that persons with low anxiety profiles have more self-confidence, higher self-evaluation, and are generally more emotionally stable. High anxiety scorers are just the opposite in that the person has less self-confidence, a lower self-evaluation, and is generally more emotionally unstable. Scorers in the middle range of anxiety have a personality profile somewhere in between the two extremes.

Koch (11) used Amen's Projective Test of Anxiety and parent interviews to assess anxiety in 22 pre-school children. Eleven children from broken homes were matched with eleven children from intact homes by I.Q. and chronological age. Results reflected a greater frequency of unhappy responses for children in the broken home group. The author infers from this that the children are more anxious from broken homes and thus have a greater adjustment problem.

Bendig (3) reported a study in which 219 student subjects were divided into four age groups. Findings demonstrated that covert anxiety, as measured by the IPAT Anxiety Scale, did not decrease with age, but there exists a significant linear decrease with age and overt anxiety. This study also reported insignificant sex differences in regards to anxiety.
Contrary to the findings of this study, other studies, such as the study researched by Katahn and Branham (10), support the hypothesis that females have higher anxiety and guilt feelings than males.

In summary, a review of the related literature reveals that guilt and anxiety have been positively correlated and appear to be highly related, if not equivalent, psychological constructs. Other studies revealed that the perceived happiness or unhappiness in the home prior to separation was negatively correlated with later psychological adjustment in the offspring of divorced parents. Also, parental personalities contribute to the difficulties in the adjustment of children and adolescents from homes broken by divorce.
CHAPTER BIBLIOGRAPHY


CHAPTER III

METHOD

Subjects

The subjects used in this study were students enrolled in freshman and sophomore psychology courses at a large state university located in North Central Texas. The subjects participated in this study in order to fulfill partial requirements of their psychology courses. The 125 experimental subjects chosen for study were from a divorced home background. Each experimental subject was matched on the basis of sex and age with a control subject from an intact home background, an arrangement which made a total of 250 subjects. In order to reduce as many extraneous variables as possible, an attempt was made to match each experimental subject with a control subject from the same class section in their psychology course. Of the 250 subjects, there were 128 females and 122 males participating in the study. The ages ranged from 17 years to 26 years, with a mean age of 19.65 years.

Instruments

A biographical questionnaire was constructed for use in the present study. The questionnaire was designed to differentiate young adults from divorced homes from the total population surveyed (see Appendix A). Information concerning the age of the subject at the time of the divorce was also obtained from this questionnaire. The questions concerning the
marital status of the parents were strategically placed in the questionnaire in an effort to minimize the subject's awareness of these particular questions.

The instrument selected to measure guilt in the present study was the **Mosher Incomplete Sentences Test (MIST)**. The test was originally presented in an unpublished doctoral dissertation at Ohio State University in 1961 by Donald L. Mosher (4). The MIST is a projective technique composed of sentence stems to which the subject adds his own ending (see Appendix B). Three sub-scales divide the MIST into Sex Guilt, Hostile Guilt, and Morality-Conscience Guilt. Very little research has been reported on the three sub-scales because of the very low reliability and validity of the sub-scales. However, two positive studies of the validity of the total MIST have been reported (3, 5). Interrater reliability coefficients established on a group of thirty females and thirty males for the total MIST score was .97 for males and .99 for females. A split-half reliability coefficient of the total MIST score, based on the scores of thirty males and thirty females, was reported .92 for the males and .59 for the females (4).

The **IPAT Anxiety Scale Questionnaire** (hereafter referred to as IPAT) was the instrument selected to measure anxiety in the present study. The IPAT was developed by the Institute for Personality and Ability Testing in 1963 (2). The test consists of forty questions with a choice of three answers to each question (see Appendix C). Bendig (1) studied a sample of 200 psychology students in which the construct validity of items on the IPAT was measured to be .85 to .90. The reliability of the
total anxiety score was reported as .83.

Procedure

A biographical questionnaire was administered to twenty-eight sections of freshman and sophomore psychology courses. After the experimental subjects were selected, a control subject was matched with that person on the variables of age and sex. The subjects were tested by appointment only, with the number being tested at one time ranging from one to fifteen subjects. The subjects were told to read the instructions on each test carefully and proceed at their own pace. The subjects were assured that their scores and responses would not be disclosed to anyone other than the examiner and that truthfulness was of utmost importance to the study. The subjects were not told the nature of this study in order to keep the communication between the subjects from biasing the results of the study.

Statistical Treatment

To test the hypothesis that young adults from a divorced home background would manifest more anxiety or guilt than young adults from an intact family, a two-way analysis of variance technique was used. The total number of subjects used to test this hypothesis was 250. Three 3 x 2 analyses of variance were used to test the hypotheses concerning significant differences in the amount of anxiety or guilt observed between the three experimental groups by age levels (N = 125). The level of significance required for accepting all hypotheses in this study was .05.
CHAPTER BIBLIOGRAPHY


CHAPTER IV

RESULTS AND DISCUSSION

Presentation of Results

The first hypothesis, as presented in Chapter I, proposed that young adults from a divorced home background would manifest significantly higher anxiety and guilt levels than their controls from an intact home background. This hypothesis was tested by computing two analyses of variance. The results of the analysis of variance computed to analyze possible differences between the experimental group and the control group on the independent variable of anxiety may be seen in Table I.

TABLE I

ANALYSIS OF VARIANCE OF THE IPAT ANXIETY SCORES FOR THE EXPERIMENTAL AND CONTROL GROUPS

<table>
<thead>
<tr>
<th>Source</th>
<th>Sum of Mean Squares</th>
<th>df</th>
<th>Squares</th>
<th>F</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between</td>
<td>119.704</td>
<td>1</td>
<td>119.704</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within</td>
<td>33992.137</td>
<td>248</td>
<td>137.065</td>
<td>0.873</td>
<td>N/S</td>
</tr>
<tr>
<td>Total</td>
<td>34111.841</td>
<td>249</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

A summary of the second analysis of variance, which tested for significant differences between the experimental and control groups on the guilt variable, may be seen in Table II.
TABLE II
ANALYSIS OF VARIANCE OF THE MIST GUILT SCORES FOR THE EXPERIMENTAL AND CONTROL GROUPS

<table>
<thead>
<tr>
<th>Source</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Squares</th>
<th>F</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between</td>
<td>212.716</td>
<td>1</td>
<td>212.716</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within</td>
<td>71166.186</td>
<td>248</td>
<td>286.960</td>
<td>0.873</td>
<td>N/S</td>
</tr>
<tr>
<td>Total</td>
<td>71378.902</td>
<td>249</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The mean scores, standard deviations, and t values computed for the experimental and control groups' scores on the anxiety and guilt tests may be seen in Table III.

TABLE III
MEAN, STANDARD DEVIATION, AND t VALUES OF THE EXPERIMENTAL AND CONTROL GROUPS ON ANXIETY AND GUILT SCORES

<table>
<thead>
<tr>
<th>Test</th>
<th>Experimental Mean</th>
<th>S.D.</th>
<th>Control Mean</th>
<th>S.D.</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td>IPAT Anxiety Scale</td>
<td>33.62</td>
<td>12.45</td>
<td>32.24</td>
<td>10.81</td>
<td>0.94</td>
</tr>
<tr>
<td>MIST</td>
<td>96.92</td>
<td>17.89</td>
<td>98.77</td>
<td>15.79</td>
<td>0.86</td>
</tr>
</tbody>
</table>

An analysis of the computation used to test Hypothesis 1 revealed that there existed no significant differences in anxiety or guilt levels between the experimental group and the control group. Thus, Hypothesis 1 was rejected.
To test Hypotheses 2 - 4, the experimental group was divided into three treatment groups (columns) according to the subject's age at the time of parental divorce. The study also investigated possible sex differences in levels of anxiety or guilt in young adults from homes broken by divorce by using sex as the second dependent variable (rows). Two 2 x 3 analyses of variance were employed to test for significant differences in anxiety or guilt levels between the three treatment groups and between males and females. A summary of results of the two-way analysis of variance used to analyze anxiety differences between the dependent variables may be seen in Table IV. The results of this analysis demonstrated that there were no significant differences in anxiety levels between the three treatment groups (columns). However, when the variance was examined between the rows (the male and female variables), a significant difference (P < .05) in anxiety level was measured between the two
sexes. The means, standard deviations, and $t$ values of the three treatment groups' anxiety scores subdivided into levels of male and female, may be seen in Table V.

**TABLE V**

**MEANS, STANDARD DEVIATIONS, AND $t$ VALUES OF THE THREE TREATMENT GROUPS' SCORES ON THE IPAT ANXIETY SCALE**

$N = 125$

<table>
<thead>
<tr>
<th>Treatment Group</th>
<th>Male ($N = 61$)</th>
<th>Female ($N = 64$)</th>
<th>$t$</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>S.D.</td>
<td>Mean</td>
</tr>
<tr>
<td>0-6 yrs.</td>
<td>29.90</td>
<td>13.07</td>
<td>37.70</td>
</tr>
<tr>
<td>7-12 yrs.</td>
<td>30.20</td>
<td>11.04</td>
<td>36.83</td>
</tr>
<tr>
<td>13 &amp; over</td>
<td>33.10</td>
<td>11.16</td>
<td>33.40</td>
</tr>
</tbody>
</table>

*P < .05

An examination of the means revealed that the females of the three treatment groups consistently scored higher than the male subjects in their treatment groups, the difference being significant for the 0-6 year group.

The results of the two-way analysis of variance which used the MIST guilt scores as the independent variable have been summarized in Table VI. Again, the sex variable has been represented in the table as "rows," while the age groupings of the experimental subjects at the time of parental divorce have been represented as "columns." A non-significant $F$ level of 0.5515 for the variance between the columns indicated that there existed no significant differences between the three treatment groups' level of guilt as measured by the MIST. On the other hand, a
TABLE VI
ANALYSIS OF VARIANCE OF THE MIST GUILT SCORES FOR THE THREE TREATMENT GROUPS

<table>
<thead>
<tr>
<th>Source</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Squares</th>
<th>F</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Row</td>
<td>6681.848</td>
<td>1</td>
<td>6681.848</td>
<td>24.232</td>
<td>.01</td>
</tr>
<tr>
<td>Column</td>
<td>304.143</td>
<td>2</td>
<td>152.071</td>
<td>0.552</td>
<td>N/S</td>
</tr>
<tr>
<td>Interaction</td>
<td>193.343</td>
<td>2</td>
<td>96.671</td>
<td>0.351</td>
<td>N/S</td>
</tr>
<tr>
<td>Within</td>
<td>32813.446</td>
<td>119</td>
<td>275.743</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

significant F level for the variance between males and females resulted, with the females again scoring significantly higher than the males (see Table VII).

TABLE VII
MEANS, STANDARD DEVIATIONS, AND t VALUES OF THE THREE TREATMENT GROUPS' SCORES ON THE MIST GUILT SCALE
N = 125

<table>
<thead>
<tr>
<th>Treatment Group</th>
<th>Male (N = 61)</th>
<th>Female (N = 64)</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>S.D.</td>
<td>Mean</td>
</tr>
<tr>
<td>0-6 yrs.</td>
<td>88.75</td>
<td>19.91</td>
<td>100.55</td>
</tr>
<tr>
<td>7-12 yrs.</td>
<td>90.00</td>
<td>14.49</td>
<td>104.29</td>
</tr>
<tr>
<td>13 &amp; over</td>
<td>89.48</td>
<td>18.83</td>
<td>107.35</td>
</tr>
</tbody>
</table>

*P < .05
**P < .01
To summarize the results of the computations that tested Hypotheses 2–4, there existed no significant relationships between the young adult's age at the time of parental divorce and the level of guilt or anxiety that was measured by this study. Additional information was obtained by dividing the experimental treatment groups into sub-categories of sex. Females from homes broken by divorce in the 0-6 age group tended to manifest significantly higher anxiety levels \( (P<.05) \), and females from all three age groupings tended to manifest higher guilt levels \( (P<.01) \) than did the male subjects from homes broken by divorce.

Additional Analyses

In order to further investigate anxiety and guilt levels in young adults from a divorced home background, additional statistical treatment of the data was employed. The total MIST scores were divided into the three sub-scales of the MIST; i.e., Sex Guilt, Morality-Conscience Guilt, and Hostile Guilt. Three two-way analyses of variance were used to test for significant differences between the three treatment levels of age groupings, and also for significant sex differences in the experimental group on the three guilt sub-scales. The results indicated that there was not a significant difference on any of the sub-scales between any of the treatment groups (columns), but there was a significant sex difference (rows) only on the Sex Guilt sub-scale. A summary of the analysis of variance which used the Sex Guilt sub-scale scores as the independent variable has been reported in Table VIII. The means, standard deviations, and \( t \) values of the three treatment groups' sex guilt scores may be seen in Table IX. An examination of the means revealed
TABLE VIII
ANALYSIS OF VARIANCE OF THE SEX GUILT SCORES FOR THE THREE TREATMENT GROUPS

<table>
<thead>
<tr>
<th>Source</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Squares</th>
<th>F</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Row</td>
<td>2424.478</td>
<td>1</td>
<td>2424.478</td>
<td>39.120</td>
<td>.01</td>
</tr>
<tr>
<td>Column</td>
<td>18.997</td>
<td>2</td>
<td>9.499</td>
<td>0.153</td>
<td>N/S</td>
</tr>
<tr>
<td>Interaction</td>
<td>86.520</td>
<td>2</td>
<td>43.260</td>
<td>0.698</td>
<td>N/S</td>
</tr>
<tr>
<td>Within</td>
<td>7375.067</td>
<td>119</td>
<td>61.975</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

that the female subjects in each treatment group consistently scored higher on the sex guilt scale than did their male counterparts.

TABLE IX
MEANS, STANDARD DEVIATIONS, AND \( t \) VALUES OF THE THREE TREATMENT GROUPS' SCORES ON THE MIST SEX GUILT SUB-SCALES

<table>
<thead>
<tr>
<th>Treatment Group</th>
<th>Males</th>
<th>Females</th>
<th>( t )</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>S.D.</td>
<td>Mean</td>
</tr>
<tr>
<td>0-6 yrs.</td>
<td>24.450</td>
<td>8.523</td>
<td>32.200</td>
</tr>
<tr>
<td>7-12 yrs.</td>
<td>25.200</td>
<td>5.689</td>
<td>32.750</td>
</tr>
<tr>
<td>13 &amp; over</td>
<td>23.667</td>
<td>6.206</td>
<td>34.850</td>
</tr>
</tbody>
</table>

*P<.01

The means, standard deviations, and \( t \) values of the three treatment groups on the Hostile Guilt and Morality-Conscience sub-scales of the
MIST may be seen in Table X and Table XI respectively.

**TABLE X**

MEANS, STANDARD DEVIATIONS, AND t VALUES OF THE THREE TREATMENT GROUPS' SCORES ON THE MIST HOSTILE GUILT SUB-SCALE

<table>
<thead>
<tr>
<th>Treatment Group</th>
<th>Males</th>
<th></th>
<th>Females</th>
<th></th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>S.D.</td>
<td>Mean</td>
<td>S.D.</td>
<td></td>
</tr>
<tr>
<td>0-6 yrs.</td>
<td>31.150</td>
<td>7.637</td>
<td>31.600</td>
<td>7.952</td>
<td>0.185</td>
</tr>
<tr>
<td>7-12 yrs.</td>
<td>30.400</td>
<td>7.612</td>
<td>34.125</td>
<td>6.002</td>
<td>1.602</td>
</tr>
<tr>
<td>13 &amp; over</td>
<td>32.286</td>
<td>9.407</td>
<td>35.600</td>
<td>5.953</td>
<td>1.381</td>
</tr>
</tbody>
</table>

**TABLE XI**

MEANS, STANDARD DEVIATIONS, AND t VALUES OF THE THREE TREATMENT GROUPS' SCORES ON THE MIST MORALITY-CONSCIENCE GUILT SUB-SCALE

<table>
<thead>
<tr>
<th>Treatment Group</th>
<th>Males</th>
<th></th>
<th>Females</th>
<th></th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>S.D.</td>
<td>Mean</td>
<td>S.D.</td>
<td></td>
</tr>
<tr>
<td>0-6 yrs.</td>
<td>33.650</td>
<td>7.748</td>
<td>36.750</td>
<td>5.778</td>
<td>1.452</td>
</tr>
<tr>
<td>7-12 yrs.</td>
<td>34.400</td>
<td>5.731</td>
<td>37.833</td>
<td>7.128</td>
<td>1.679</td>
</tr>
<tr>
<td>13 &amp; over</td>
<td>33.524</td>
<td>7.242</td>
<td>37.400</td>
<td>5.389</td>
<td>1.837</td>
</tr>
</tbody>
</table>

Additional information was also obtained by computing analyses of variance which compared each of the three treatment groups with their matched controls on the IPAT, total MIST, and the three MIST sub-scales. Again, no significant interactions between the dependent variables of divorced, intact, male, or female groupings were demonstrated. However,
significant main effects of those statistical treatments were found between males and females on the IPAT, Total MIST, and the Sex Guilt and Morality-Conscience Guilt sub-scales. The results of the analyses of variance for the IPAT scores and Total MIST scores which compared the divorced, intact, male and female groupings have been reported previously (Tables I-II). The results of the analysis of variance for the Sex Guilt sub-scale scores for the divorced, intact, male and female variables for each treatment level may be found in Tables XII-XIV.

**TABLE XII**

ANALYSIS OF VARIANCE OF THE SEX GUILT SCORES OF THE EXPERIMENTAL AND CONTROL SUBJECTS IN THE 0-6 YEARS TREATMENT GROUP

<table>
<thead>
<tr>
<th>Source</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Squares</th>
<th>F</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Row</td>
<td>1419.613</td>
<td>1</td>
<td>1419.613</td>
<td>17.593</td>
<td>.01</td>
</tr>
<tr>
<td>Column</td>
<td>112.813</td>
<td>1</td>
<td>112.813</td>
<td>1.398</td>
<td>N/S</td>
</tr>
<tr>
<td>Interaction</td>
<td>9.113</td>
<td>1</td>
<td>9.113</td>
<td>0.113</td>
<td>N/S</td>
</tr>
<tr>
<td>Within</td>
<td>6132.450</td>
<td>76</td>
<td>80.690</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>7673.989</td>
<td>79</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant differences between males and females on the Morality-Conscience Guilt sub-scale were found only in the control group in the 0-6 years of age treatment level. The analysis of variance summary for the 0-6 years of age treatment level on the Morality-Conscience sub-scale scores may be seen in Table XV.
TABLE XIII

ANALYSIS OF VARIANCE OF THE SEX GUILT SCORES OF THE EXPERIMENTAL AND CONTROL SUBJECTS IN THE 7-12 YEARS TREATMENT GROUP

<table>
<thead>
<tr>
<th>Source</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Squares</th>
<th>F</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Row</td>
<td>1062.737</td>
<td>1</td>
<td>1062.737</td>
<td>19.228</td>
<td>.01</td>
</tr>
<tr>
<td>Column</td>
<td>13.136</td>
<td>1</td>
<td>13.136</td>
<td>0.238</td>
<td>N/S</td>
</tr>
<tr>
<td>Interaction</td>
<td>7.110</td>
<td>1</td>
<td>7.110</td>
<td>0.129</td>
<td>N/S</td>
</tr>
<tr>
<td>Within</td>
<td>4642.608</td>
<td>84</td>
<td>55.269</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>5725.591</td>
<td>87</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TABLE XIV

ANALYSIS OF VARIANCE OF THE SEX GUILT SCORES OF THE EXPERIMENTAL AND CONTROL SUBJECTS IN THE 13 YEARS OR OLDER TREATMENT GROUP

<table>
<thead>
<tr>
<th>Source</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Squares</th>
<th>F</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Row</td>
<td>1746.226</td>
<td>1</td>
<td>1746.226</td>
<td>30.595</td>
<td>.01</td>
</tr>
<tr>
<td>Column</td>
<td>0.049</td>
<td>1</td>
<td>0.049</td>
<td>0.001</td>
<td>N/S</td>
</tr>
<tr>
<td>Interaction</td>
<td>78.000</td>
<td>1</td>
<td>78.000</td>
<td>1.337</td>
<td>N/S</td>
</tr>
<tr>
<td>Within</td>
<td>4451.969</td>
<td>78</td>
<td>57.077</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>6276.244</td>
<td>81</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
TABLE XV
ANALYSIS OF VARIANCE OF THE MORALITY-CONSCIENCE GUILT SCORES OF THE EXPERIMENTAL AND CONTROL SUBJECTS IN THE 0-6 YEARS TREATMENT GROUP

<table>
<thead>
<tr>
<th>Source</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Squares</th>
<th>F</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Row</td>
<td>320.000</td>
<td>1</td>
<td>320.000</td>
<td>6.317</td>
<td>.05</td>
</tr>
<tr>
<td>Column</td>
<td>84.050</td>
<td>1</td>
<td>84.050</td>
<td>1.659</td>
<td>N/S</td>
</tr>
<tr>
<td>Interaction</td>
<td>16.200</td>
<td>1</td>
<td>16.200</td>
<td>0.320</td>
<td>N/S</td>
</tr>
<tr>
<td>Within</td>
<td>3849.700</td>
<td>76</td>
<td>50.654</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>4269.950</td>
<td>79</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The means, standard deviations, and t values for each of the three treatment groups and their controls have been compared by sex on the IPAT, Total MIST, and the Sex Guilt, Hostile Guilt, and Morality-Conscience sub-scales of the MIST in Tables XVI-XVIII.
TABLE XVI


<table>
<thead>
<tr>
<th>Test or Sub-Scale</th>
<th>Divorced Males</th>
<th>Divorced Females</th>
<th>Intact Males</th>
<th>Intact Females</th>
<th>t</th>
<th>Intact Males</th>
<th>Intact Females</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>S.D.</td>
<td>Mean</td>
<td>S.D.</td>
<td></td>
<td>Mean</td>
<td>S.D.</td>
<td></td>
</tr>
<tr>
<td>IPAT</td>
<td>29.90</td>
<td>13.07</td>
<td>37.70</td>
<td>11.46</td>
<td>2.12*</td>
<td>30.55</td>
<td>10.79</td>
<td>33.80</td>
</tr>
<tr>
<td>Total MIST</td>
<td>88.75</td>
<td>19.91</td>
<td>100.55</td>
<td>15.51</td>
<td>2.12*</td>
<td>91.65</td>
<td>16.03</td>
<td>107.30</td>
</tr>
<tr>
<td>Sex Guilt</td>
<td>24.45</td>
<td>8.52</td>
<td>32.20</td>
<td>7.78</td>
<td>2.71*</td>
<td>26.15</td>
<td>9.21</td>
<td>35.25</td>
</tr>
<tr>
<td>Moral.-Con. Guilt</td>
<td>33.65</td>
<td>7.75</td>
<td>36.75</td>
<td>5.78</td>
<td>1.38</td>
<td>34.80</td>
<td>7.18</td>
<td>39.70</td>
</tr>
<tr>
<td>Hostile Guilt</td>
<td>31.15</td>
<td>7.64</td>
<td>31.60</td>
<td>7.95</td>
<td>0.19</td>
<td>31.45</td>
<td>6.60</td>
<td>32.35</td>
</tr>
</tbody>
</table>

*P < .05
**P < .01
TABLE XVII


<table>
<thead>
<tr>
<th>Test or Sub-scale</th>
<th>Divorced Males</th>
<th>Mean</th>
<th>S.D.</th>
<th>Divorced Females</th>
<th>Mean</th>
<th>S.D.</th>
<th>t</th>
<th>Intact Males</th>
<th>Mean</th>
<th>S.D.</th>
<th>Intact Females</th>
<th>Mean</th>
<th>S.D.</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>IPAT</td>
<td>30.20</td>
<td>11.04</td>
<td></td>
<td>36.83</td>
<td>13.60</td>
<td></td>
<td>1.84</td>
<td>30.95</td>
<td>9.69</td>
<td></td>
<td>33.79</td>
<td>11.50</td>
<td></td>
<td>0.79</td>
</tr>
<tr>
<td>Total MIST</td>
<td>90.00</td>
<td>14.49</td>
<td></td>
<td>104.29</td>
<td>12.80</td>
<td></td>
<td>3.54**</td>
<td>91.85</td>
<td>15.08</td>
<td></td>
<td>103.71</td>
<td>9.78</td>
<td></td>
<td>2.93**</td>
</tr>
<tr>
<td>Sex Guilt</td>
<td>25.20</td>
<td>5.69</td>
<td></td>
<td>32.75</td>
<td>7.89</td>
<td></td>
<td>3.35**</td>
<td>25.05</td>
<td>7.74</td>
<td></td>
<td>31.46</td>
<td>7.37</td>
<td></td>
<td>2.85*</td>
</tr>
<tr>
<td>Moral.-Con. Guilt</td>
<td>34.40</td>
<td>5.73</td>
<td></td>
<td>37.83</td>
<td>7.13</td>
<td></td>
<td>1.77</td>
<td>37.25</td>
<td>6.98</td>
<td></td>
<td>39.00</td>
<td>5.02</td>
<td></td>
<td>0.90</td>
</tr>
<tr>
<td>Hostile Guilt</td>
<td>30.40</td>
<td>7.61</td>
<td></td>
<td>34.13</td>
<td>6.00</td>
<td></td>
<td>1.76</td>
<td>29.55</td>
<td>7.85</td>
<td></td>
<td>33.25</td>
<td>6.01</td>
<td></td>
<td>1.74</td>
</tr>
</tbody>
</table>

*P < .05
**P < .01
| Test or Sub-Scale         | Males | S.D. | Males | S.D. | t   | Males | S.D. | Males | S.D. | t   |
|--------------------------|-------|------|-------|------|-----|-------|------|-------|------|-----|-----|
|                          | Mean  |      | Mean  |      |     | Mean  |      | Mean  |      |     |     |
| IPAT                     | 33.10 | 11.16| 33.40 | 11.71| 0.09| 29.48 | 11.40| 34.70 | 10.22| 1.46|
| Total MIST               | 89.48 | 18.83| 107.35| 14.99| 3.62**| 91.90 | 15.27| 105.55| 11.38| 2.77*|
| Sex Guilt                | 23.67 | 6.21 | 34.85 | 9.39 | 4.74**| 25.62 | 6.21 | 32.90 | 7.31 | 3.08**|
| Moral.-Con. Guilt        | 33.52 | 7.24 | 37.40 | 5.39 | 1.80| 36.05 | 8.03 | 38.20 | 5.64 | 1.00|
| Hostile                  | 32.29 | 9.41 | 35.60 | 5.95 | 1.42| 30.24 | 7.64 | 36.00 | 5.41 | 2.03|

*P < .05
**P < .01
Discussion

The hypothesis that young adults from a divorced home background would manifest significantly higher anxiety or guilt levels than their controls from an intact home background was rejected. Research cited earlier by Bradbury (1) also reported no significant differences in anxiety or guilt levels in individuals whose parental homes were broken, as compared to their controls from an intact family background. However, the Bradbury study combined into one experimental group individuals from homes broken by divorce, separation, and death. The findings of the present study and the Bradbury study are in conflict with the previously cited research on the subject which suggested that there are differences in behavior, and thus differences in the psychological make-up of individuals from those two groups. Perhaps anxiety and guilt are not the psychological constructs which make the differences between the two groups. Also, there is a definite possibility that the instruments used to measure these two constructs do not tap the dimensions of anxiety or guilt which may be associated with the behavior of an individual from a home broken by divorce.

A factor which might have been associated with the non-significant findings of this study was that the young adults from a divorced home background whose parents had remarried were not differentiated from those individuals whose parents had not remarried.

Another factor that might have influenced the results of this study was that no attempt was made to differentiate young adults whose perceived childhood was happy from young adults whose perceived childhood was unhappy. Certainly, this factor would have some effect on the level of anxiety or guilt manifested later in life. Despert (2, p. vii), in
discussing an unhappy married home as a much worse environment for a child than a happy divorced home, stated:

It is not divorce, but the emotional situation in the home, with or without divorce, that is the determining factor in a child's adjustment. A child is very disturbed when the relationship between his parents is very disturbed.

Many of the control subjects used in the study may have come from an "emotionally divorced" home even though there was not a legal divorce, nor actual separation, which would present an extraneous variable. Therefore, the anxiety level and guilt level of individuals from the emotionally divorced home may have caused the non-significant results between the experimental and control groups.

Hypotheses 2, 3 and 4 were concerned with significant anxiety or guilt differences between the three treatments of the experimental group divided according to the individual's age at the time of parental divorce. These hypotheses were rejected. However, a significant main effect was observed between males and females on the MIST, with the females scoring significantly higher than the males. When the MIST Sex Guilt, Hostile Guilt and Morality-Conscience Guilt sub-scales were analyzed, the females in the experimental group differed significantly only on the Sex Guilt sub-scale. Further investigation of the three age groups and their controls revealed that females from both the divorced and the intact groups scored significantly higher on the Total MIST and the Sex Guilt sub-scales. On the basis of this information, the difference between the males' and females' scores should not be attributed to homes broken by divorce, but rather to the dictates of society. Several factors in our society, the foremost being religion, have forced the female to be taught guilt
regarding sexual behavior at a very early age. Because this is directly in conflict with her normal and natural passions, anxiety is acquired. In contrast, according to society, the masculine male should not have guilt feelings or extreme anxiety with regard to his sexual behavior. As a result, the finding that females do have higher anxiety and guilt levels might be expected.

A very important finding of this study developed when additional statistical treatments were applied to the data. Females from a divorced home background aged 0-6 at the time of the parental divorce scored significantly higher than the males from their treatment group. No other significant differences in levels of anxiety resulted in any of the other treatment groups. The results of this finding tend to agree with the theory that there is a crucial period in a daughter's psychological development to have the father present in order to have an understanding of the proper sex role for a woman. A young adult woman who is insecure in her sex role as a woman would exhibit more anxiety than one who is secure in her sex role.
CHAPTER BIBLIOGRAPHY


CHAPTER V

SUMMARY AND CONCLUSIONS

The theories of personality development mentioned in Chapter I suggested that offspring from homes broken by divorce are psychologically different as compared to their peers from intact homes. Therefore, the primary purpose of this study was to determine if there were differences in anxiety and guilt in young adults from divorced home backgrounds and young adults of the same sex and age from intact homes. The secondary objective was to examine the possible relationships between these two constructs and such variables as sex and the age of the young adult at the time of the parental divorce.

Young adults from a divorced home background (N = 125) were compared with a control group matched by sex and age (N = 125) on the scores obtained from the IPAT Anxiety Scale and the Mosher Incomplete Sentences Test. The hypothesis that young adults from a divorced home background have more anxiety or guilt than their controls was rejected. Therefore, parental divorce did not result in greater guilt or anxiety as measured by the tests used in this study.

The experimental group was then divided into three treatment groups according to the age of the individual at the time of parental divorce. The three age groupings were as follows: 0-6 years; 7-12 years; and 13 years and above. The hypotheses (2, 3, and 4) which compared the anxiety and guilt levels in the three treatment groups were tested by two-way
analysis of variance and were rejected. Thus, it was concluded that parental divorce does not result in greater guilt or anxiety, as measured by the IPAT Anxiety Scale and the Mosher Incomplete Sentences Test, regardless of the age of the child at the time of divorce. However, as was expected, the females scored significantly higher on the Total MIST Scale and the Sex Guilt Sub-Scale of the MIST than did the males in their treatment groups.

Several factors that could have differentiated the groups, but were not explored in this study, may have influenced the findings of this study. For example, young adults from a divorced home background whose parents had remarried were not differentiated from those individuals whose parents had not remarried. Another variable which was not controlled in this study was the young adult's perceived childhood happiness. An individual who perceived his childhood to be happy would probably manifest lower guilt and anxiety levels in later life than those young adults who perceived their childhood to be unhappy.

Perhaps further study with young adults from homes broken by divorce would demonstrate significant results if variables, such as socio-economic class, perceived happiness during childhood, and the remarriage of parents, were controlled. It is recommended that researchers investigate not only college students from homes broken by divorce, but also young adults from a divorced home background in other situations of life.
APPENDIX A

BIOGRAPHICAL QUESTIONNAIRE

Please fill in and return to Instructor

Name_________________ Age ___ Social Security #___________

Course #________ Section #________ Classification ____________

Instructor __________________ Previous Psychology Courses_______

Employed? _____ If yes, how long ________________________________

Do you consider your health: Good _____ Average____ Fair ________

What is your hometown population? _______________________________

Did you attend public or private school?____________________________

What were the subjects you enjoyed most?____________ Least?__________

Do you come from a broken home?_______________________________

Are one or both of your parents dead?______________________________

_______Mother Your age at death______ Cause____________________

_______Father Your age at death______ Cause____________________

Are your parents: _____Separated? _____Divorced?

Your age at separation or divorce________________________________

Do you have brothers and/or sisters? _____Yes ________No

Do you consider your childhood to have been a happy one?___________

Are there any subjects that you would rather not talk about in class?

_________________ If answer is yes, please fully explain_________________

Have you ever participated in any psychological experiments before?

__________ Yes __________ No
APPENDIX B

MOSHER INCOMPLETE SENTENCES BLANK

Instructions: Complete these sentences to express your real feelings. Do each one. Be sure to make a complete sentence.

1. People ________________________________
2. When I tell a lie ________________________________
3. The idea of murder ________________________________
4. When I have sexual dreams ________________________________
5. My father ________________________________
6. I tried to make amends ________________________________
7. When someone swears at me ________________________________
8. Masturbation ________________________________
9. I punish myself ________________________________
10. After a childhood fight, I felt ________________________________
11. If in the future I committed adultery ________________________________
12. I could not do it because ________________________________
13. Most women ________________________________
14. "Dirty" jokes in mixed company ________________________________
15. After an argument ________________________________
16. Back home ________________________________
17. I should have been punished for ________________________________
18. When I was a child, sex ________________________________
19. To kill in war ________________________________
20. Sex relations before marriage ____________________________.
21. Sin and failure ________________________________________.
22. Other people __________________________________________.
23. Petting ________________________________________________.
24. Arguments leave me feeling ______________________________.
25. Unusual sex practices ____________________________________.
26. I detest myself for ______________________________________.
27. If I had sex relations, I would feel ________________________.
28. If I robbed a bank ________________________________________.
29. I _____________________________________________________.
30. As a child, sex play ______________________________________.
31. When caught in the act ____________________________________.
32. When anger builds up inside me ____________________________.
33. A guilty conscience ______________________________________.
34. If I felt like murdering someone ____________________________.
35. One should not __________________________________________.
36. I hate __________________________________________________.
37. A mother ________________________________________________.
38. After an outburst of anger ________________________________.
39. When I have sexual desires ________________________________.
40. When I was younger, fighting ______________________________.
41. I regret ________________________________________________.
42. Women who curse ________________________________________.
43. The idea of incest is ______________________________________.
MIST, Page 3

44. Capital punishment ________________________________.
45. If I hated my parents ________________________________.
46. Obscene literature ________________________________.
47. If I committed a homosexual act ____________________.
48. Prostitution ________________________________.
49. If I killed someone in self-defense I __________________.
Inside this booklet you will find forty questions, dealing with difficulties that most people experience at one time or another. It will help a lot in self-understanding if you check Yes, No, etc., to each, frankly and truthfully, to describe any problems you may have.

Start with the two simple examples just below, for practice. As you see, each inquiry is actually put in the form of a sentence. By putting a cross, X, in one of the three boxes on the right you show how it applies to you. Make your marks now.

1. I enjoy walking.__________________________________________________________________________
   Yes  Occasionally  No

A middle box is provided for when you cannot definitely say Yes or No. But use it as little as possible.

2. I would rather spend an evening:
   (A) talking to people, (B) at a movie__________________________________________________________________________
   A  In between  B

About half the items inside end in A and B choices like this. B is always on the right. Remember, use the "In between" or "Uncertain" box only if you cannot possibly decide on A or B.

Now:

1. Make sure you have put your name, and whatever else the examiner asks, in the place at the top of this page.

2. Never pass over an item but give some answer to every single one. Your answers will be entirely confidential.

3. Do not spend time pondering. Answer each immediately, the way you want to at this moment (not last week, or usually). You may have answered questions like this before; but answer them as you feel now.

Most people finish in five minutes; some, in ten. Hand in this form as soon as you are through with it, unless told to do otherwise. As soon as the examiner signals or tells you to, turn the page and begin.

STOP HERE—WAIT FOR SIGNAL
1. Through getting tense I use up more energy than most people in getting things done.
2. I make a point of not being absent-minded or forgetful of details.
3. However difficult and unpleasant the obstacles, I always stick to my original intentions.
4. I tend to get over-excited and "rattled" in upsetting situations.
5. I occasionally have vivid dreams that disturb my sleep.
6. I always have enough energy when faced with difficulties.
7. I sometimes feel compelled to count things for no particular purpose.
8. Most people are a little queer mentally, though they do not like to admit it.
9. If I make an awkward social mistake I can soon forget it.
10. I feel grouchy and just do not want to see people:
   (A) occasionally, (B) rather often.
11. I am brought almost to tears by having things go wrong.
12. In the midst of social groups I am nevertheless sometimes overcome by feelings of loneliness and worthlessness.
13. I wake in the night and, through worry, have some difficulty in sleeping again.
14. My spirits generally stay high no matter how many troubles I meet.
15. I sometimes get feelings of guilt or remorse over quite small matters.
16. My nerves get on edge so that certain sounds, e.g., a screechy hinge, are unbearable and give me the shivers.
17. If something badly upsets me I generally calm down again quite quickly.
18. I tend to tremble or perspire when I think of a difficult task ahead.
19. I usually fall asleep quickly, in a few minutes, when I go to bed.
20. I sometimes get in a state of tension or turmoil as I think over my recent concerns and interests.

STOP HERE. BE SURE YOU HAVE ANSWERED EVERY QUESTION.
BIBLIOGRAPHY

Books


Articles


Reports

Unpublished Materials
