

## Personality Problems and Culture

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Studies of culture and personality have been concerned with modal approved behavior patterns and, frequently, with the childhood antecedents of adult behavior shared by all members of a society. Ethnopsychiatric research, by contrast, has compared the incidence of various symptoms and, occasionally, the application of different treatment procedures. But relatively less attention has been given to the relationships between cultural demands and behavior problems. This is unfortunate because it is from this domain—the testing of relationships between society's demands and the individual's difficulties—that the greatest benefit from crosscultural research may come to clinical psychology and social science in general. Mead went to Samoa in 1927 with just such a purpose in mind and found, to her satisfaction, that the adolescents' problems in the industrial world were not an inevitable part of growing up. Very few crosscultural studies since then have explicitly set about to use other cultures as experiments in which theoretically important antecedents are examined to see whether they in fact lead to the behavioral consequences which theories of personality development have postulated.

This failure to treat other societies as natural laboratories is not wholly the responsibility of cultural anthropologists. The most serious impediment to such research probably lies in the theories as they are formulated. In the last analysis, many of the theories are basically untestable because they can account for any finding and because they often have no verifiable implications. Their fault lies in the fact that crucial variables are response-defined, i.e., a process is inferred from observations and then the process is invoked to account for later observations. These methods of postulating and manipulating variables, which have produced such notions as unconscious drives, do not give rise to testable implications by which the theory can either be supported or refuted. There is a seductive explanatory value about psychodynamic formulations—very much like the early physicists' concept of ether—but there is little of predictive value if one changes the social context of an activity. Support for my contention lies in the fact that observations of behavior in

exotic settings have led to no changes in psychodynamic theories in the more than half century of their existence.

In contrast to the broad sweep of the foregoing, the present study is very modest. It is our purpose to study the incidence of various personality problems in samples of Filipino and American college students and to try to relate their problems to their cultural contexts. Knowing what we know about American and Filipino cultures, what differences can we expect in the personality problems and interpersonal behavior of respective members?

Culture and personality research in the Philippines has been enumerated by Lawless (1967). Some of the most important themes are social acceptance (Lynch 1970), the extended family (Stoodley 1957), and power (Guthrie and Azores 1968). Bulatao (1963, 1970), Jocano (1969), Hollnsteiner (1970), and many others have contributed to the development of a picture in which an emphasis is placed on social acceptance, family centeredness, striving for economic security, and avoidance of interpersonal hostility. In contrast, Americans place considerable emphasis on achievement, heterosexual attractiveness, and autonomy. The extended-family and multiple-obligation systems of Filipinos contrast sharply with the nuclear family of the United States and the goal of independence and separation from relatives.

In many ways a college education means the same thing to both groups in terms of a socially determined goal of graduation and a means of economic and personal advancement. Students, however, bring their personality patterns and problems to school with them. If cultural factors influence the pattern and incidence of problems, these factors should become most apparent as representatives of the two societies face similar sets of demands. In a sense then we have an experiment with subjects receiving the same treatment—college—and we are observing the effects of individual difference variables—cultures—on the nature and extent of some of the problems they report.

This research also has the practical purpose of suggesting to Filipino counselors how similar their students may be to American students. This issue becomes important because Filipino teachers have been influenced greatly by American theories of personality development, by American books and research, and often by advanced training obtained abroad, principally in the United States. They need to know how different Filipino students are from those of the more documented society and what some of the Filipino cultural factors are which may account for those differences.

### *The Present Study*

This research was concerned with the relative incidence of various personality problems in samples of Filipino and American college students and with

the relationship of these findings to cultural differences in the two societies. We used a Student Attitude Survey (Guthrie, Kirchner, and Rohm 1966) designed to determine base rates of certain problems of American students. The survey, administered in English, inquired about the respondent's experience with a wide range of problems frequently encountered in counseling college students. The survey items are shown in Table 1. The American version had additional items on smoking, drugs, and recreation, items not appropriate for our comparisons.

The survey was administered to 102 male and 114 female students at The Pennsylvania State University, 92 males at the Ateneo de Manila, and 111 females at Maryknoll College, Quezon City, Philippines. All were majors in the liberal arts or education. Thirty per cent of the Ateneo respondents were sophomores and the balance juniors and seniors. More than 90 per cent of the other three groups were juniors and seniors. The Filipino sample's average age was one year lower than the American. Ninety-five per cent of the Filipino sample were Roman Catholic as were 25 per cent of the Americans, while 40 per cent of the American sample were Protestant and 25 per cent Jewish.

There were marked differences in the educational and occupational level of the parents of the subjects studying in their respective institutions. Fifty per cent of the Filipinos' mothers were college graduates, as were 75 per cent of their fathers. The corresponding figures for Americans were 15 per cent for mothers with a college education and 35 per cent for fathers. Paralleling these differences, 93 per cent of the Filipinos had a family head whose occupation was at the business or professional level, while the corresponding figure for the American sample was 62 per cent. The surveys were administered in classes at all three institutions but the students did not sign their names.

### *Results*

The results are presented in the accompanying table (pp. 87-97). The chi-square test was used to examine whether the differences were significant, that is, whether they were of sufficient magnitude that we could expect to find them again if we repeated the study. With the number of subjects as large as it was in this study, some differences may reach statistical significance without being of any practical importance. The latter is largely a matter of judgment, determined in part by the social significance of the content of the question. In the presentation which follows we shall group the items, referring to them by their number in the table.

Both Americans and Filipinos indicate that they talk over their personal problems with others, even with nonrelatives. Both groups are somewhat

more reticent with nonrelatives of the opposite sex. This is especially true of Filipino college girls, 40 per cent of whom, in contrast to only 10 per cent of American females, would not discuss personal problems with a man who is not a relative (Items 1, 2, and 3).

Relatively few differences are reported in the domain of social participation and social confidence (Items 5 and 6). More Filipinos say they do not get along with the opposite sex as well as their peers do, something very few Americans admit (Item 7). Filipinos of this age group are more likely to prefer small rather than large social groups (Item 4). Filipinos, male and female, are less likely to report that they feel at ease in the presence of a person who is of higher status than they are (Item 8). The difference is not so great as one might expect from the description of *hiya* (shame) in the literature, but our results might be quite different if our sample had been drawn from a middle-class Manila or provincial setting. Similarly, in Item 10 a small majority of both groups say that they take the opportunity to meet someone new. Filipino males are more likely than Americans to report that they are too easily influenced by other people, while women of both groups report that they are more easily influenced than men (Item 9). In contrast to our expectations in light of the importance of his family to a Filipino, we find no difference between the two cultural groups on the relative importance of the opinions of those at home versus those whom he knows on the campus (Item 11).

The two groups report no differences in the happiness of their childhood (Item 12) nor in their present happiness (Item 15) when they compare themselves with their acquaintances. Fewer than one-fifth of the respondents feel they are worse off than others.

Relationships with parents could be expected to be different, particularly in light of the Filipino emphasis on advising and on unqualified acceptance of parental judgments. There is also a theme in Filipino folklore and literature which extols the special role of mothers. In light of all this, it is surprising to find few differences between Filipinos and Americans. Both groups see fathers as having more self-control (Item 13) and both groups tend slightly to feel that they are understood better by the mother than by the father (Item 14). Both groups report that they come from stable marriages (Item 16) and both groups feel that they have the support of both mother and father in their undertakings (Items 17 and 18). Both groups will usually follow the advice of either parent except that Filipinas express more doubts about their mothers' advice (Items 23 and 24). In light of the vaunted solidarity of the Filipino family, it is surprising to find that Filipinos express a slightly (nonsignificant) lower confidence in parental support.

While there are few differences reported in Filipino and American relationships with parents, there are differences in relationships with siblings. These

differences must be interpreted with the knowledge that American families are generally smaller than Filipino families. Filipino college girls report more than their American counterparts that they have been intensely jealous of a sibling (Item 19), even to the extent of entertaining desires to hurt that person (Item 20). In the same vein they report frequently that their mother favors a brother or a sister, while they themselves are their father's favorite (Items 21 and 22).

Consistently, but not significantly, Americans acknowledge that they have on occasion wished they had a different mother or father (Items 25 and 26). Filipinos, more than Americans, report that their father makes the major family decisions, a difference which reaches a significant level with the women.

Neither group feels that they have ever sensed that either their mother or their father did not want them (Items 28 and 29). Only slightly more than half of each of the four groups feel that they can talk over a personal problem with their mothers while only about a third of the Filipinos feel that they can talk over a problem with their father. This contrasts with one-half of American men in the sample who feel they can go to dad—a cultural difference which is significant. Although the difference is not significant statistically, American girls, more than Filipino girls, report that they can talk over personal problems with their fathers (Items 30 and 31). Items 32 to 42 deal with the respondents' feelings of personal security and freedom from anxiety and depression. Neither group is a stranger to personal difficulties. In view of the Filipinos' Roman Catholic training, it is surprising to find that thoughts of suicide and actual attempts at suicide are as common among Filipinos as among Americans; and rather common in fact in both groups as a whole, despite the gravity of the act (Items 41 and 42). Almost two-thirds of Filipino males, as contrasted with one-third of Americans, feel that their religious beliefs have changed in college; half of the women from each culture report the same experience (Item 43). On several items (35, 37, and 38), Filipino males report more feelings of lack of personal worth than do their American counterparts. In contrast to the foregoing, on Item 46 more Americans report difficulty in relaxing. In an apparent contradiction, Filipino women are more likely to report that they take things too lightly while at the same time they and Filipino men are more likely to feel that life has given them a "raw deal" (Items 44 and 45). Finally, on Item 52 the men do not differ, but Filipino women are more likely to rate themselves less nervous than their peers.

Although social scientists emphasize *amor proprio* ("sensitivity to personal affront") among Filipinos, only Filipino males report more frequently than American males that their feelings are easily hurt. This suggests that the individual may not think of himself as sensitive but rather as having a certain humanity (*pagkatao*) which cannot be ignored (Item 47).

In spite of the strong Philippine tradition of the equality of women, almost one-half of the Filipino college girls admit occasionally wishing they were men, an insignificantly higher percentage than that yielded by the Americans. Only 10 per cent of the men of either culture acknowledge occasionally wishing that they were women (Item 48).

While Filipinos of both sexes feel that they are under considerable social and academic pressure, and that they have to put up a front in a social group (Items 49, 50, and 51), the Filipino women individually think of themselves as less nervous than their fellow students more frequently than do American women (Item 52). Aside from about 10 per cent reporting that they see themselves at least as intelligent, liked, and happy as their classmates, there are no differences by sex or culture among all groups on Items 53, 54, and 55.

American students say that they received most of their information about sex from friends or magazines while Filipinos indicate that they obtained most of their information from schools and/or books. This may be due to a differential availability of such magazines in the Philippines, although there is no shortage of romantic pulps. Noteworthy for both cultures are the low percentages of students who said their information came from parents, siblings, or the church (Item 56). The Filipinos, more than the Americans, see their college friends as more liberal than their friends at home. In contrast to the Americans, they did not see campus regulations as too restrictive (Items 57 and 58). It should be noted at this point that the American data were collected before the extensive removal of campus rules in 1969. Following the same theme, more Filipinos tend to report that college has changed their outlook on life (Item 59).

On the subject of a college education and future career, Americans are more satisfied than Filipinos with their choice of curriculum but are less satisfied than Filipinos with the choice of college (Items 60 and 61). There are no differences, however, in both groups' reported confidence in their career choices or in their general satisfaction with their college experience (Items 62 and 63).

### *Discussion*

In view of the emphasis that earlier reports have placed on differences in the culture patterns of the two societies, it is surprising to find that there exists such a degree of overall similarity in reported personality and behavior patterns. The similarity is enhanced, no doubt, by the similarities of social demands the two groups face, enrolled as they are in institutions of higher learning, studying similar subjects (often using the same books), and in the final stages of preparation for entry into the modern industrial world. It must be borne in mind, however, that the Filipinos in this sample are from wealthy

families who have been exposed to a wider range of models of family relationships than is true of the vast majority of their countrymen. Nor are the American subjects a representative sample of all Americans. In social-science research one has to deal with samples rather than universes, and one must keep the problems of sampling in mind as one develops interpretations.

We shall discuss these results with reference to the family, the peer group, self-attitudes, and goals and values. In view of the powerful role of women in Philippine society, we predicted that mothers would play a predominant role in the lives of students. More than Americans, however, Filipino students report that the father generally makes the important family decisions; he also is the parent with whom they have more difficulty discussing problems. The women are more likely to reject their mothers' advice, and they join American women in often wishing they were men. Furthermore, contrary to the Filipino emphasis on the primacy of the family is the finding that the opinions of those one knows on campus are as important as the opinions of those at home.

In their fascination with the Filipino family, social scientists may have overlooked the importance of peer groups. Filipino males will discuss personal problems with nonrelatives. Filipino males and females report social participation and social confidence at about the same level as Americans. Filipinos see themselves as easily influenced by others, especially by those with whom they are in contact on the campus.

Sibling relationships within the family, especially problems of favoritism and jealousy, appear to be a matter of intense concern for the Filipino respondents. Outside the family, Filipinos report as frequently as Americans having many close friends and being received favorably by new acquaintances. These results suggest that peer groups may be as significant in these subjects' lives as siblings and other relatives.

There are few differences in self-attitudes. Most significant of these attitudes are that Filipinos are more likely to admit having had ideas of suicide and that they feel they get a "raw deal" from life. Both Filipino males and females report more commonly than Americans that they feel they are under social and academic stress. On the other hand, Filipino students report that they are no different from others with regard to confidence in their intelligence, their likabilities, and their happiness.

The most significant finding with respect to goals and values is the tendency of Filipinos to indicate that college has changed their outlook. The Filipino women have reached the stage where they are more likely than American women to reject their mothers' advice. Having reduced the importance of parents, our group of Filipina subjects were falling increasingly into the sphere of influence of their friends.

These results, in which fewer differences were found than previous research had led us to anticipate, need to be examined in light of the differences which Lynch (1970:35-39) has tabulated. With the exception of the studies of communication networks, the data he cited are based on questions about the subjects' habitual attitudes rather than their responses to the college situation and its immediate accompaniments. We found little evidence of the pervasive role of the desire for social acceptance because we did not ask questions which would elicit it. When we asked about potentially intense personal relationships (Items 10, 11, 23, 24, 30, and 31), we found no evidence to support markedly greater concern for the opinions of others on the part of Filipinos. This is in keeping with our contention that personality traits and personality problems are influenced very greatly by the immediate social context and are not primarily manifestations of behavior patterns established almost irreversibly in childhood. Continuities of culturally approved behavior patterns are the product of the persistent demand characteristics of a society: change the demands by placing the individual in a new context and many of his persistent "culturally determined" behavior patterns will change. The demands of the college environment are sufficiently similar across at least two societies that a great similarity of attitudes and personality problems emerges. But when students go back to their homes where greater differences in expectations prevail, it is likely that greater differences in problems will emerge. This, however, is conjecture which would have to be verified by further studies.

### *Conclusions*

The purpose of this research was to examine the personality problems of members of two societies confronted by sets of demands which have many similarities. The fact that we find relatively few differences in outlook argues for a position which emphasizes the importance of immediate social factors as determinants of behavior. The effects of differences which may have existed in childhood experience and of other antecedent events are largely wiped out by imposing a relatively similar set of immediate expectations on all members of both cultural groups.

At the practical level, these results suggest that Filipino counselors can expect that, to the degree that the demands of college life in the Philippines are similar to those faced by students in other societies, Filipino college students will manifest problems and attitudes with base rates similar to those of students elsewhere. If this conclusion is sound, it follows that the performance of students is not predestined by cultural background but rather is subject to change under the impact of the ideals, expectations, and reinforcement contingencies over which college leaders have some control.



Percentages of Filipinos and Americans responding to questions of Student Attitude Survey.

	Males		Females	
	American (N=102)	Filipino (N=92)	American (N=114)	Filipino (N=111)
1. When you have a personal problem, do you talk it over with someone?				
Yes, usually	34	40	60	57
Yes, occasionally	52	54	37	39
No	14	6	3	4
2. Is there someone of the same sex who is not a relative with whom you can discuss personal problems?				
Yes, more than three people	22	30	30	27
Yes, two or three people	56	46	57	50
Yes, one person	10	13	12	16
No	12	11	1	7
3. Is there someone of the opposite sex who is not a relative with whom you can discuss personal problems?				
Yes, more than three people	10	10	6	3
Yes, two or three people	26	30	52	28
Yes, one person	33	25	31	28
No	31	35	11	41
4. When you plan an evening, do you usually prefer to.				
Be by yourself	4	10		4
Be with a few friends	53	73	46	50
Be in a group with some friends	43	16	52	41
Be in a crowd	1	1	2	5
			$p < .01^*$	
$p < .01$				
5. Today there is a great deal of discussion about the kinds of friendships people form. At this time do you have:				
More than three close friends	50	60	58	60
Two or three close friends	44	33	40	33
One close friend	3	2	2	4
No close friends	3	5		3

\*Probability of chi square when significant.

	Males		Females	
	American (N = 102)	Filipino (N = 92)	American (N = 114)	Filipino (N = 111)
<b>6. When you are with people of the same sex as you, do you feel:</b>				
Usually at ease	94	85	89	81
Usually at ease only when you get to know him	5	15	8	16
Usually uncomfortable	1		3	3
	$p < .05$			
<b>7. Compared with others, how do you get along with the opposite sex?</b>				
Better	28	32	26	30
The same	61	44	68	49
Not as well	11	24	6	21
	$p < .05$		$p < .01$	
<b>8. When you are with a professor or someone else of a higher position than you, do you feel:</b>				
Usually at ease	45	26	51	24
Usually at ease only when you get to know him	48	68	47	70
Usually uneasy, even after several meetings	7	6	2	6
	$p < .05$		$p < .01$	
<b>9. Do you think that you are too easily influenced by other people?</b>				
Yes	17	37	38	49
No	83	63	62	51
	$p < .01$			
<b>10. When you have the opportunity to meet someone new, do you usually:</b>				
Take the initiative	60	61	51	51
Wait to be approached	40	37	49	48
Avoid the situation		2		1
<b>11. We are concerned with what other people think of us. Whose opinion of you matters more to you:</b>				
The people you know on campus	44	52	46	52
The people you know at home	56	48	54	48

	Males		Females	
	American (N=102)	Filipino (N=92)	American (N=114)	Filipino (N=111)
12. <i>Compared with that of your friends, would you say your childhood was:</i>				
Happier	17	13	20	30
Equally happy	66	72	65	60
Less happy	17	15	15	10
13. <i>Which of your parents seemed to have more self-control, to be more stable?</i>				
Your mother	32	34	32	40
Your father	57	56	59	56
Not applicable, for instance, if only one parent is living	11	10	9	4
14. <i>Whom do you feel understood you better?</i>				
Your father	42	35	32	40
Your mother	45	51	59	56
Not applicable, for instance, if one parent is deceased	13	14	9	4
15. <i>How would you compare your home life with that of other students whom you know? Is it:</i>				
Happier	27	25	32	31
Equally happy	60	62	54	54
Less happy	13	12	14	15
16. <i>Were your parents ever divorced or separated from each other?</i>				
Yes	4	4	15	3
No	96	96	85	97
17. <i>Do you think your mother generally supports you in your endeavors and beliefs?</i>				
Yes	85	73	80	69
No	11	24	17	26
Not applicable	4	3	3	5
18. <i>Do you think your father generally supports you in your beliefs and endeavors?</i>				
Yes	77	68	76	67
No	12	22	18	29
Not applicable	11	10	6	4

	Males		Females	
	American (N=102)	Filipino (N=92)	American (N=114)	Filipino (N=111)
19. As a result of preferential treatment, have you ever been intensely jealous of a brother or sister?				
No	77	89	72	66
A sister	7	5	11	22
A brother	4	5	6	11
I am an only child	12	1	11	1
	$p < .05$		$p < .01$	
20. Have you ever been so jealous of a brother or a sister that you made plans to hurt him or her in some way?				
Yes	4	11	8	18
No	85	88	82	81
I am an only child	11	1	10	1
			$p < .01$	
21. Would you say your mother favored you or a brother or a sister?				
Myself	19	24	8	8
A brother	6	10	5	24
A sister	4	5	8	14
No favorites	62	59	67	52
I am an only child	9	1	12	1
			$p < .01$	
22. Would you say your father favored you or a brother or a sister?				
Myself	19	12	16	36
A brother	8	12	10	7
A sister	5	14	8	12
No favorites	59	61	54	44
I am an only child	10	1	12	1
	$p < .05$		$p < .01$	
23. Do you think that your world is so different from that of your mother that you would not follow advice she gives?				
Yes	19	17	14	24
No	74	73	81	69
Not applicable	7	9	4	7
			$p < .05$	

	Males		Females	
	American (N = 102)	Filipino (N = 92)	American (N = 114)	Filipino (N = 111)
24. Do you usually follow advice that your father gives?				
Yes	68	70	68	78
No	17	17	22	15
Not applicable	15	13	10	7
25. Have you ever been so upset or unhappy with your mother that you wished you had a different mother?				
Yes	39	21	48	40
No	60	77	50	56
Not applicable	1	2	2	4
$p < .05$				
26. Have you ever wished you had a different father?				
Yes	34	25	41	31
No	60	71	55	66
Not applicable	6	4	4	3
27. Would you say your mother or father makes the major decisions in your family?				
Mother	15	11	11	13
Father	40	58	29	46
Both	30	24	47	38
Not applicable	15	8	13	3
$p < .01$				
28. As a child, or recently, have you ever sensed that your mother did not want you?				
When a child	7	7	5	4
Yes, recently	1	3	3	5
Both recently and as a child	4	1	7	4
No	86	87	82	85
Not applicable	2	1	3	2
29. Have you ever sensed that your father did not want you?				
When a child	5	10	7	3
Yes, recently	2	8	5	4
Both recently and as a child	4		5	1
No	82	78	77	88
Not applicable	7	4	5	4

	Males		Females	
	American (N = 102)	Filipino (N = 92)	American (N = 114)	Filipino (N = 111)
30. <i>We hear a lot about communications between parents and their children. Can you talk over your personal problems with your mother?</i>				
Yes	54	53	53	50
No	40	42	43	48
Not applicable	6	4	4	2
31. <i>Can you talk over your personal problems with your father?</i>				
Yes	51	35	37	31
No	37	55	56	66
Not applicable	12	10	7	3
$p < .01$				
32. <i>If you have ever reacted to your personal problems by having a nervous breakdown, at what age did it occur? (If you have had more than one nervous breakdown, refer only to the first.)</i>				
No nervous breakdown	98	95	92	80
Before 13 years			3	3
13-18 years	1	3	1	12
Over 18 years	1	2	3	5
$p < .01$				
33. <i>It is said that there is a great deal of pressure on people today. Do you think that you will ever react to this pressure by having a nervous breakdown?</i>				
Yes	8	8	10	22
No	92	92	89	78
$p < .05$				
34. <i>Have you found that your mood often or occasionally changes for no apparent reason?</i>				
Often	8	14	10	21
Occasionally	52	58	68	60
No	40	28	22	19
35. <i>Have you ever talked with a professional counselor in order to straighten out your personal problems?</i>				
Yes	32	51	34	23
No	68	48	66	77

	Males		Females	
	American (N = 102)	Filipino (N = 92)	American (N = 114)	Filipino (N = 111)
<b>36. Have you ever consulted a psychiatrist for help?</b>				
Yes	17	8	15	7
No	83	93	85	93
<b>37. Do you find that perhaps even when things are going well, you cry for no apparent reason?</b>				
Yes		10	19	29
No	100	90	81	71
$p < .01$				
<b>38. Have you occasionally or often felt that you were so inept or dislikeable that you hated yourself?</b>				
Often	3	9	6	8
Occasionally	28	38	37	32
Once	11	19	15	18
Never	58	34	42	42
$p < .01$				
<b>39. Have you occasionally or often been under such pressure that you felt completely alone and confused?</b>				
Often	6	11	6	13
Occasionally	59	57	66	44
Once	16	13	17	25
Never	20	19	10	18
$p < .01$				
<b>40. Have you ever felt so confused or lost that you feared that you might be going insane?</b>				
Often		4	2	2
Occasionally	14	13	22	16
Once	13	14	22	22
Never	73	68	54	60
<b>41. Have things ever seemed so depressing or so against you that you had thoughts of doing away with yourself?</b>				
Often		1	3	4
Occasionally	10	20	19	11
Once	10	14	20	21
Never	80	65	58	64

	Males		Females	
	American (N = 102)	Filipino (N = 92)	American (N = 114)	Filipino (N = 111)
42. <i>Have you ever been so anxious or desperate that you tried to do away with yourself?</i>				
More than once		3	2	6
Once	1	5	7	9
Never	99	91	91	84
	$p < .05$			
43. <i>Living in a new environment can change a person. Do you feel that your religious beliefs have changed since you studied here?</i>				
Yes	34	62	41	50
No	66	38	59	50
	$p < .01$			
44. <i>Every day we encounter differing outlooks on life. Do you feel that you take things:</i>				
Too seriously	39	29	37	32
Too lightly	10	16	4	17
With a balanced outlook	51	54	59	51
			$p < .01$	
45. <i>There are many articles written on how the world treats individuals. Do you feel life has:</i>				
Treated you well	71	63	75	65
Treated you indifferently	25	23	24	22
Given you a raw deal	2	14	1	13
	$p < .05$		$p < .01$	
46. <i>We often hear of the importance of relaxing. Do you find it difficult to relax?</i>				
Often	77	11	16	7
Occasionally	25	52	67	45
Never	2	36	17	47
	$p < .01$		$p < .01$	



	Males		Females	
	American (N = 102)	Filipino (N = 92)	American (N = 114)	Filipino (N = 111)
47. As a result of your experiences with other students, do you feel that your feelings are:				
Easily hurt	18	30	33	28
About as sensitive as others	58	55	57	65
Hard to hurt	24	14	10	7
	$p < .05$			
48. We are all aware that each sex has its advantages. Have you ever felt that you would be happier if you were of the opposite sex?				
Yes, often			5	6
Yes, occasionally	11	11	38	44
Never	89	89	57	50
49. We often hear about the abilities of today's college students. Do you feel that too much is expected of you academically?				
Yes	17	43	16	55
No	82	57	84	45
	$p < .01$		$p < .01$	
50. Do you feel that too much is expected of you socially?				
Yes	15	32	10	30
No	85	68	90	70
	$p < .01$		$p < .01$	
51. When you are in a group, do you feel that you are in a position where you must put up a front?				
Often	6	11	6	7
Occasionally	65	76	53	68
Never	29	13	41	24
	$p < .05$		$p < .05$	
52. Compared to other students you know, do you think you are usually more or less nervous than others?				
More nervous	25	21	34	28
Less nervous	23	19	14	32
About the same	51	60	52	39
			$p < .01$	

	Males		Females	
	American (N = 102)	Filipino (N = 92)	American (N = 114)	Filipino (N = 111)
<b>53. At college you have perhaps met many new people. Do you think people generally initially react to you:</b>				
Favorably	73	77	80	86
Unfavorably	4	4	2	5
Indifferently	22	18	18	9
<b>54. Compared to most other students, do you feel you are:</b>				
Somewhat more intelligent	33	46	31	28
As intelligent	60	50	60	55
Somewhat less intelligent	7	4	9	17
<b>55. Compared with others you know, do you feel that your life is basically:</b>				
Happier	24	38	29	33
About as happy	66	52	64	54
Less happy	10	10	7	13
<b>56. From whom did you receive most of your information about sex?</b>				
Parents	4	3	14	8
Brother(s) and/or sister(s)	6		2	3
Friends and/or magazines	66	52	53	42
Schools and/or books	24	42	31	47
The church		2	1	
	$p < .01$			
<b>57. A good deal has been said in the last couple years about the changes in standards governing sexual behavior. Compared with your friends at home, would you say students here are generally:</b>				
More liberal	37	47	46	77
The same	59	41	51	16
More conservative	4	12	3	6
	$p < .05$		$p < .01$	
<b>58. On many campuses today there is a controversy over university control of students. Do you feel that students here are under:</b>				
Too many restrictions	62	30	67	5
The right amount of restrictions	38	63	32	82
Too few restrictions		7	1	13
	$p < .01$		$p < .01$	

	Males		Females	
	American (N = 102)	Filipino (N = 92)	American (N = 114)	Filipino (N = 111)
59. <i>It is said that college can change one's outlook on life. Would you say that as a result of your experience here you have changed?</i>				
A great deal	55	71	56	66
A little	40	29	40	32
Not at all	5		4	2
	$p < .05$			
60. <i>On campus we hear a lot about curriculum choice. Are you satisfied with your present choice?</i>				
Yes	84	61	79	51
No	16	39	21	48
	$p < .01$		$p < .01$	
61. <i>Knowing what you know now, if you were beginning college again, would you choose to come here?</i>				
Definitely	21	65	19	53
Probably	49	32	54	40
No	30	3	27	7
	$p < .01$		$p < .01$	
62. <i>When you consider your future in your chosen career, do you feel:</i>				
Confident	23	28	26	32
Relatively confident	49	46	46	36
Unsure	27	25	28	32
63. <i>When you look back on your educational experience here thus far, do you find it:</i>				
Very rewarding	28	42	28	26
Satisfactory	55	53	58	68
Unsatisfactory	17	4	13	6
	$p < .01$			

## Notes

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