

CHAPTER 3

RESEARCH METHODOLOGY

3.1 Introduction

This chapter details the research methodology, specifically on the method utilized to conduct the research. Research design, population and sampling, the location of the research study, instrumentations, data collection, methods of data analysis and pilot studies were discussed thoroughly.

3.2 Research design

This study will utilize a quantitative research design, specifically through cross-sectional survey. A cross-sectional survey can look at present practises, attitudes, or beliefs of an individual (Creswell, & Guetterman, 2021). Through this design, respondents will be asked to reflect on their father's involvement in their overall development during their childhood, and the current perception of their body image. With the results of the cross-sectional survey, researcher will see the levels of nurturant fathering and father involvement, alongside the body esteem perception of young adults. Aside from that, research will also investigate whether nurturant fathering and father involvement in the life of young adults during their childhood affect their current body image perception.

3.3 Research location

This study was conducted at Universiti Malaysia Sarawak, also known as UNIMAS and is located at Samarahan, Sarawak.

3.4 Population and sampling

The term "target population," which also refers to research population, are a group of people, things, or events that have particular qualities and are of interest to the researcher (Creswell, 2014). Target population is used to describe the research population. It stands in for the broader population that a sample is taken from (Creswell, 2014). Based on the precise qualities or attributes being investigated as well as the study objectives, the research population is defined. For instance, the research population in a study examining the effects of a Ozempic would include every person who might be impacted by the drug. On the other hand, a sample is a carefully chosen subset of the research population that is meant to represent its characteristics (Creswell, 2014). Scholars and researchers alike examine this more manageable, smaller group in order to make generalizations that apply to a wider population (Thomas, 2023). In order to guarantee that the sample fairly represents the diversity and relevant characteristics of the research population, care must be taken when choosing it. Compared to investigating the full population, researchers can collect data from a sample study more efficiently (Thomas, 2023). To draw conclusions about the overall research population, the sample's results are then extrapolated (Thomas, 2023).

To collect data, the sampling method that is used by researcher is simple random sampling. Mcleod (2014) noted that this sampling technique allows for everyone in the population to have equal chance of being selected. It is an advantage because it could

eliminate sampling bias (Mcleod, 2014). In this study, population focuses on the young adult counselling students in Universiti Malaysia Sarawak. As of June 2024, the current total population of counselling students across all programs, between the age of 18 and 26 years old is 250. In determining sample size, Krejcie & Morgan's table is used. Based on the population, which is 250, the sample size would be 152 (Krejcie & Morgan, 1970).

Table 3.1: Table for determining sample size for a known population

N	S	N	S	N	S	N	S	N	S
10	10	100	80	280	162	800	260	2800	338
15	14	110	86	290	165	850	265	3000	341
20	19	120	92	300	169	900	269	3500	346
25	24	130	97	320	175	950	274	4000	351
30	28	140	103	340	181	1000	278	4500	354
35	32	150	108	360	186	1100	285	5000	357
40	36	160	113	380	191	1200	291	6000	361
45	40	170	118	400	196	1300	297	7000	364
50	44	180	123	420	201	1400	302	8000	367
55	48	190	127	440	205	1500	306	9000	368
60	52	200	132	460	210	1600	310	10000	370
65	56	210	136	480	214	1700	313	15000	375
70	59	220	140	500	217	1800	317	20000	377
75	63	230	144	550	226	1900	320	30000	379
80	66	240	148	600	234	2000	322	40000	380
85	70	250	152	650	242	2200	327	50000	381
90	73	260	155	700	248	2400	331	75000	382
95	76	270	159	750	254	2600	335	100000	384

Note: N is Population Size; S is Sample Size *Source: Krejcie & Morgan, 1970*

Table 3.1 shows the population size = N, and the corresponding sample size = S, that to be obtained for quantitative research.

3.5 Research Instruments

In quantitative research, survey can be conducted as a method of data collection. It is proven to be helpful tool for data collection, especially when the population and sample size are large (Creswell, 2014).

To collect data from the respondents, a questionnaire was disseminated among counselling students in Universiti Malaysia Sarawak. The survey includes four sections which include section A, the demographic profile, section B, the Nurturant Fathering Scale, section C, the Father Involvement Scale (FIS) by Finley and Schwartz (2004), and section D, which is the Body Esteem Scale for Adolescents and Adults (BESAA) by Mendelson et al. (1997).

3.5.1 Instrumentation

The following is the layout of the questionnaire disseminated to the respondents:

Section A

The demographic profile questions consist of matric number, university email, age, gender, ethnicity, religion, number of siblings, birth order, parents' marital status, dual choice question on whether they were raised by their biological father, and consequent question on another father figure (if their father did not raise them). Aside from that, body weight (kg) and Body Mass Index (BMI).

Section B

This section consists of the Nurturant Fathering Scale (Williams & Finley, 1997). It is a 9-item measure that can be used to identify fathering quality. Each question is rated on a 5-point Likert-type scale that respondents use to describe their relationship with their father or any other paternal figure. This scale has a high Cronbach's alpha coefficients that is .88 (Finley & Schwartz, 2004; Kume, 2015).

Table 3.2: Items in the nurturant fathering scales

Items
1. How much do you think your father enjoyed being a father
2. When you needed your father's support, was he there for you?
3. Did your father have enough energy to meet your needs?
4. Did you feel that you could confide in (talk about important personal things with) your father?
5. Was your father available to spend time with you in activities?
6. How emotionally close were you to your father?
7. When you were an adolescent (teenager), how well did you get along with your father?
8. Overall, how would you rate your father?
9. As you go through your day, how much of a psychological presence does your father have in your daily thoughts and feelings?

Each item in the scales use the 5-point Likert Scale but they are marked differently for each item. For question 1, the Likert scales are: 5 = A great deal, 4 =

Very much, 3 = Somewhat, 2 = A little, 1 = Not at all. For question 2, the Likert scales are: 5 = Always there for me, 4 = Often there for me, 3 = Sometimes there for me, 2 = Rarely there for me, 1 = Never there for me. For question 3, 4 and 5, the Likert scales are: 5 = Always, 4 = Often, 3 = Sometimes, 2 = Rarely, 1 = Never. For question 6, they are: 5 = Extremely close, 4 = Very close, 3 = Somewhat close, 2 = A little close, 1: Not at all close. For question 7, the Likert scales are: 5 = Very well, 4 = Well, 3 = Ok, 2 = Poorly, 1 = Very poorly. For question 8, the Likert scales are: 5 = Outstanding, 4 = Very good, 3 = Good, 2 = Fair, 1 = Poor. For question 9 the Likert scales are: 5 = Always there, 4 = Often there, 3 = Sometimes there, 2 = Rarely there, 1 = Never there. There are no subscales in nurturant fathering. To get the score for nurturant fathering, the responses are summed up. The range of scores would be in between 9 to 45. The higher the scores, the higher the nurturant fathering.

Section C

This section consists of the Father Involvement Scale (FIS). FIS is a 20-item measure that can be used to identify a person's perceptions of their fathers' involvement (Finley & Schwartz, 2004). There are three dimensions of father involvement which are expressive, instrumental and mentoring/advising. Questions are answered using a 5-point Likert scale. The Father Involvement Scale (FIS) has a high Cronbach's alpha coefficients, which is .97 (Finley & Schwartz, 2004; Siew Ting Yap & Rozumah Baharudin, 2016).

Table 3.3: Items in the father involvement scales

Types of subscales	Items
Expressive	11, 20, 13, 2, 3, 15, 6, and 5
Instrumental	8, 18, 4, 12, 16, 15, 9, and 19
Mentoring/advising	10, 14, 17, and 1

There are three subscales in father involvement which are expressive, instrumental and mentoring/advising. Expressive consist of items number 11, 20, 13, 2, 3, 15, 6, and 5 which are leisure, companionship, sharing activities/interests, emotional development, social development, caregiving, physical development and spiritual development. Instrumental consists of items 8, 18, 4, 12, 16, 15, 9, and 19 which are developing responsibility, ethical development, providing income, being protective, caregiving, developing independence and school/homework. Lastly, the mentoring/advising dimension contains items 10, 14, 17, which are developing competence, mentoring/teaching advising, and intellectual development. The Likert scales for all the items are as follows: 5 = Always involved, 4 = Often Involved, 3 = Sometimes Involved, 2 = Rarely Involved, 1 = Never involved. In order to get the overall score for father involvement all the items are summed up. The range of scores would be between 20 to 100. Higher scores indicate high father involvement.

Section D

This section includes the Body Esteem Scale for Adolescent and Adults (BESAA) by Mendelson et. al. (2001). BESAA is a 23-item self-report tool with three subscales: overall feelings about appearance in private, satisfaction with weight, and opinions

others have about one's physique and look (Mendelson et al., 2001). A 5-point Likert scale, with 0 (never) to 4 (always), is used to gauge the respondents' level of agreement. BESAA has a high internal consistency, in which the Cronbach's alpha coefficients is .89 (Mendelson et al., 2001).

Table 3.4: Items in the body esteem scale

Types of subscales	Items
BE-Appearance	11, 7, 9, 13, 17, 21, 21, 6, 23, 15, and 1
BE-Weight	8, 10, 16, 19, 4, 18, 22, and 3
BE-Attribution	2, 20, 12, 5, and 14

Based on table 3.4, there are three types of subscales in BESAA. BE-Appearance consists of items 11, 7, 9, 13, 17, 21, 21, 6, 23, 15, and 1. BE-Weight subscales consist of items 8, 10, 16, 19, 4, 18, 22, and 3. Lastly, BE-Attribution consists of items 2, 20, 12, 5, and 14. Items 11, 7, 9, 13, 17, 21, 19 and 18 are negative statements. Therefore, they are reverse scored. Aside from that, all the Likert scales are labelled as follows: 4 = Always, 3 = Often, 2 = Sometimes, 1 = Seldom and 0 = Never. Simple addition is used to calculate the scores for each subscale and the overall score. Higher body esteem is indicated by a higher BES score.

3.6 Data collection and procedure

An online survey was developed using the Google Forms program and it is designed to gather detailed information about perceived father involvement, nurturant

fathering and their body esteem perception. The study was carried out in Universiti Malaysia Sarawak in the course of one month between May and June 2024. The questionnaire was disseminated using word-of-mouth to a total of 250 undergraduate students enrolled as a counselling student in Universiti Malaysia Sarawak between the age of 18 to 26 years old, and they took the questionnaire online. Respondents are made aware of the study's objectives, their right to withdraw from it whenever they wish and without penalty, and the confidentiality of the data. The respondents received no compensation for participating.

One of the criteria for participating is that they have to be enrolled in the university and submit the questionnaire by the cutoff date. To ensure that the respondents are a current student in the university, researcher made it compulsory for them to include their matric number or ID and active university email in the questionnaire. Besides that, the researcher also took note of students who have parents that are divorced, those whose biological father passed away before their adolescent age, and those with an absent biological father throughout their childhood. Students who fit these criteria will be asked to answer the questionnaire with their primary father figure of their life in mind. Additionally, the respondents be instructed to answer the questionnaire by reflecting on their experience with their father/father figure during their childhood—with an emphasis on during their adolescent days. Although a total of 152 samples were needed for the research, only 108 respondents answered the questionnaire.

3.7 Pilot study

3.7.1 Reliability Testing

The consistency or stability of a measurement is referred to as reliability (Coley & Betz, 2018). As reliability is unavoidably the first step in proving the scientific validity and use of a test, reliability is of utmost importance. In fact, strong reliability is a requirement for a test's validity, which is in other words, defined as how well a test captures the construct it claims to assess (Meschkow et. al., 2018). The study found that the 9 items in Nurturant Fathering scales and 20 items in Father Involvement scales have a Cronbach alpha of 0.95, while the 23 items in the Body Esteem scales have a Cronbach alpha of 0.98. Reliability values between 0.50 and 0.90 are considered reliable by most researchers globally (Sidek Mohd Noah, 2010). This shows that the items in the test have a high internal consistency.

Table 3.5: Cronbach Alpha of all the constructs

Construct	Item	Cronbach's Alpha
Nurturant Fathering	9	0.957
Father Involvement	20	0.976
Body Esteem	23	0.953
Total		0.974

Table 3.5 above shows the result of Cronbach Alpha for the questionnaire given to the respondents. Nurturant Fathering has a Cronbach Alpha of 0.957, Father Involvement has a Cronbach Alpha of 0.976 while Body Esteem items have an overall

Cronbach Alpha of 0.953. According to Dalyanto (2021), a Cronbach alpha value of > 0.80 – 1.00 is considered very reliable. Therefore, the overall research instrument is considered reliable based on the value ($\alpha = 0.974$) derived from the reliability testing.



3.8 Data analysis

Table 3.6: Research objective, questions and types of analysis

No	Research objectives	Research questions	Analysis
1	To identify the level of nurturant fathering among young adults.	What is the level of nurturant fathering among young adults?	Descriptive
2	To identify the level of father involvement among young adults.	What is the level of father involvement among young adults?	Descriptive
3	To identify the body esteem perception among young adults.	What is the body esteem perception among young adults?	Descriptive
4	To examine the relationship between nurturant fathering and body esteem perception of young adults.	Is there relationship between nurturant fathering and body esteem perception of young adults?	Inferential
5	To investigate the relationship between father involvement and body esteem perception of young adults.	Is there any relationship between father involvement and body esteem perception of young adults?	Inferential

After data collection is finished, descriptive and inferential statistics were conducted using the Statistical Package for Social Sciences (SPSS), version 27.0. For the first three objectives, descriptive analysis was used to determine the frequency, mean and standard deviation. From this analysis, the frequency of level of nurturant

fathering, father involvement and body esteem perception among respondents could be analysed and make inference from. Meanwhile, for the third and fourth objectives, they were analysed using Pearson correlation coefficients. A correlation coefficient of over 1.0 means two variables are statistically significant (Cohen, 2009).

3.9 Conclusion

In this chapter, the research methodology is discussed which are research design, location of research, and population and sampling. This study was conducted on the young adult counselling students in Universiti Malaysia Sarawak. The hurdles experienced throughout the data collection process were also discussed. Besides that, the three instruments used which are the Nurturant Fathering Scale, Father Involvement Scale and Body Esteem for Adolescent and Adults Scale were thoroughly explained in terms of items, subscales and scoring. Additionally, researcher also detailed out the data analysis, in which three descriptive analyses and two inferential analyses were conducted.

