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### **5.3 Goals and aspirations of adolescents**

SDT assumes that the long term goals that individuals have tend to direct the activities as well as the behaviours that individuals are involved in and become involved in (Deci & Ryan, 2008). Additionally, goals are seen as being ‘internal representations of desired outcomes’ (Ingrid et al., 2009). SDT operates on the assumption that an individual’s goal content and aspirations often represent the status of the basic psychological needs of individuals (Deci & Ryan, 2000) as well as the context or environment in which they find themselves (Ingrid et al., 2009). *To determine the goals and aspirations of secondary school learners* as framed within Self Determination Theory was one of the objectives of the study. Within Self Determination Theory, the goal content of an individual is either categorised as being

intrinsic or extrinsic in nature; however it is important to consider the effects that contextual environments have in the identification of goals and aspirations (Ingrid et al., 2009). The results as obtained within the study suggest that the total sample aspired to more extrinsic life goals than intrinsic life goals. On the basis of family structure participants from both single and married parent households had higher scores on extrinsic life goals. The findings that are suggested based on the results, that the participants rated extrinsic goals higher than intrinsic goals, are consistent with previous literature that suggests that individuals in less affluent contexts / countries tend to aspire towards extrinsic life goals more than intrinsic (Abramson & Inglehart, 1995). Participants from single parent households also had higher ratings for intrinsic goals than participants from married parent households. Currently no literature exists that examines the relationship between family structure and life goals within the context of Self Determination Theory.

Western research suggests that when the basic psychological needs of individuals are satisfied they would have goals and aspirations which are intrinsic in nature. The intrinsic life goals include personal growth, community contributions and meaningful relationships (Williams, Cox, Hedberg & Deci, 2000). However the frustration of the basic psychological needs encourages the development of extrinsic life goals, which include wealth, fame and image (Ryan et al., 2008). Intrinsic life goals are largely linked to the three basic psychological needs that promote health and well-being (Vansteenkiste, Matos, Lens & Soenens, 2007; Niemiec, Ryan & Deci, 2009). Furthermore, Vansteenkiste et al. (2004) confirm that intrinsic goals promote psychological well-being of individuals, and this is because these individuals satisfy their basic psychological needs whilst working towards achieving their goals and aspirations. According to SDT, extrinsic life goals tend to limit the chances of becoming involved in behaviour that satisfies the basic needs which ultimately results in less subjective well-being (Vansteenkiste et al., 2004). Often extrinsic life goals are

associated with negative associations of self-actualisation, vitality and positive effect (Williams et al., 2000). Literature that looks at Self Determination Theory in relation to goals and aspirations and well-being has been conducted within Western countries. These findings are not consistent and not able to be generalised to individuals from various cultural contexts and environments as the generalisation of these findings is yet to be tested (Ingrid et al., 2009). Therefore the results that are discussed within this chapter will be focused largely around the impact and influence of context in the identification of goals and aspirations.

### **5.3.1 Extrinsic goals**

The theoretical assumptions of SDT, as well as what research within this area suggests, are that aspiring to extrinsic goals is often associated with a lesser sense of health and well-being (Williams et al., 2000) but it is also important to remain cognisant that these findings based on extrinsic life goals and well-being have been found for individuals in Western countries and that results tend to differ based on different contexts. These extrinsic goals include wealth, fame and image. Kasser and Ryan (1996) have also alluded to the association with extrinsic life goals related to depression, anxiety and negative affect. However it becomes interesting to note that South African youth who partook in the study rated extrinsic life goals as being more important than intrinsic goals, and the extrinsic life goals received a higher rating among participants from both single and married parent households. The extrinsic life goal of wealth received higher ratings from participants from single parent households; however the rating for participants from married parent households was also high. These findings are similar to research that was conducted among participants from 15 different cultural groups, and it was found that participants who came from less affluent countries tend to aspire more towards the life goal of wealth than participants from more affluent countries (Grouzet et al., 2005). The ratings for the goal of fame were similar for participants from both

single and married parent households and participants from single parent households had higher ratings for the extrinsic life goal of image. Research conducted by Grouzet et al. (2005) found a similar finding which suggests that there has been a great emphasis on 'conformity' which was linked to fame and image as it dealt with the approval of others and how individuals are perceived.

However Ryan et al. (1999) have mentioned that when one considers the goals and aspirations that individuals have, it is often said the economic and cultural beliefs that one finds oneself in assist in shaping the values and life goals to some extent (Ryan et al., 1999). Taking South Africa's current economic situation into consideration as well as the diversity of cultures that South Africans are exposed to, it becomes clear that this could have played a role in the greater emphasis on aspirations toward extrinsic life goals among South African youth. Ingrid et al. (2009) have also alluded to the fact that, as much as research has indicated that aspiring to extrinsic life goals is associated with a diminished sense of well-being, this is not always the case. What seems to be important however is why the individual aspires to certain life goals (Ingrid et al., 2009; Sagiv & Schwartz, 2000). Furthermore, research that has been conducted within Croatia and less rich countries has also suggested that the aspirations and pursuit of extrinsic goals are not always unfavourable to an individual's well-being, and can often assist in the promotion and advancement of well-being (Ingrid et al., 2009). Vansteenkiste, Duriez, Simons and Soenens (2006) have also mentioned that the relationship between the content of the life goal and well-being can also be associated with what goal content the environment deems as important and encourages. Additionally, it is true to form for adolescents to aspire to extrinsic life goals at this stage within their development. Sheldon and Kasser (2008) have added that so often there is an over emphasis on extrinsic goals among individuals and we find ourselves in a world that thrives on extrinsic goals. Therefore it becomes difficult to understand that the pursuit of extrinsic goals

could be detrimental to one's well-being, but with a focus on context it becomes easier to understand the goals and aspirations of individuals.

### 5.3.1.1 Wealth

When considering that we live in a world that flourishes on extrinsic goals, and at the same time considering the assumptions of SDT and the results that have been obtained within research, that suggests that extrinsic life goals are associated with a diminished sense of health and well-being. It becomes interesting to note that the results as obtained within the study suggest that on the basis of wealth importance, the aspiration *to be financially successful* was rated as being the most important among the total sample of participants. This is interesting when looking at the economic climate of South Africa and the levels of unemployment. When taking into consideration the assumptions of SDT in relation to extrinsic life goals, one then asks why are South African youth listing the aspiration *to be financially successful* as being the most important within the wealth category. With this being asked, it becomes clear that the economic situation that a majority of South African youth find themselves in sparks the hunger to aspire to financial success and security. Vansteenkiste et al (2006) have also mentioned that the environment in which one finds oneself plays a role in the goals and aspirations, as it is the aspiration that receives support from the environment and that aids well-being. Therefore within the context of South Africa and the framework of SDT it can be suggested that based on the environment that participants find themselves in (which is South Africa) and the conditions in which they live (current economic situation) they aspire more towards the extrinsic life goal of wealth. As some South African youth find themselves living in very poor conditions, and in order to alleviate themselves from this situation, by aspiring *to be financially successful* they will be able to change their current living and life style conditions. Aspiring towards the life goal of wealth to assist with

financial security would aid in the well-being for youth within the South African context. Additionally, Ingrid et al (2009) have stated that within developing countries (very much like South Africa) extrinsic goals could assist in the promotion of well-being, but also that it is the reasons behind aspiring towards certain goals that are more important than the goal content.

The results obtained from the research on the basis of family structure, suggest that participants from both single and married parent households rated the wealth aspiration *to be financially successful* as being the most important and *to have many expensive possessions* as being the least important on the basis of wealth aspirations. The participants from both single and married parent households also rated the aspiration *to be financially successful* as being the most likely to attain and *to have many expensive possessions* as being the least likely to attain in the future. It is interesting to note that both family structures found the aspiration *to be financially successful* as important. As Self Determination Theory states that extrinsic goals are associated with a diminished sense of well-being, Luthar and Latendresse (2005) have also found that children who are exposed to affluence and wealth have implications for a number of psychosocial risks as well as create a threat for their psychological well-being. It does however then create some sort of curiosity to find out whether the aspirations towards wealth and financial success would have negative effects on persons who find themselves in developing countries, as so often the persons in developing countries are exposed to a number of factors such as poverty, lack of resources and income that it hampers the development of the individual. However most of the research conducted on the influence of extrinsic life goals and wealth in relation to well-being has been conducted with persons from developed countries such as Russia, Germany, Australia, France, Romania and the United States (Grouzet et al., 2005). However Ingrid et al. (2009) also argue whether the goal content is important rather than why a goal is pursued. As within the South African context young persons' aspirations *to be financially successful* is merely to enhance their current living and

economic conditions than it is for personal gain, as suggested by the lack of importance of the aspiration *to have many expensive possessions* among the participants in the study. Ingrid et al (2009) further state that if the aspirations towards wealth and material aspirations are for the pure enjoyment of basic financial security or one of the intrinsic goals, for example that of personal development, then the aspirations towards these extrinsic goals could not hamper the well-being of an individual. There is also evidence in research that suggests that in less affluent countries the extrinsic aspirations are not necessarily detrimental to an individual's well-being but rather that they assist in the promotion of well-being (Ingrid et al., 2009). Research that looked at goal content and well-being compared participants from North America and China, and the participants from China seemed to have greater prospects of well-being when there was an emphasis on extrinsic life goals and aspirations (Lekes, Gingras, Philippe, Koestner & Fang, 2009). Caporale et al. (2009) have also suggested that income and financial increases have been associated with the promotion of happiness in a European study. In a study conducted by Bearden and Wilder (2007), it was also found that wealth was an important predictor in the overall perception of well-being among individuals entering retirement age.

### **5.3.1.2 Fame and Image**

When looking at the results that were obtained for the extrinsic life goal of fame, the total sample suggested that the fame aspiration that was deemed as being the most important was *to be admired by many people* and the fame aspiration with the least importance was *to have my name appear frequently in the media*. These findings were similar for the participants from both the single and married parent households. The aspiration *to be admired by many people* lets one wonder why the participants would deem this fame aspiration as being the most important one. The aspiration *to be admired by many people* also suggests some relation

to the life goal of image. When focusing on the life goal of image, the results that were obtained from the study suggest that the aspiration *to have an image that others find appealing* was rated as being the most important among the total sample, as well as for participants from single and married parent households when considering the aspirations linked to the extrinsic life goal of image. It is interesting to notice that the participants from single parent households rated the aspirations *to achieve the 'look' I've been after* and *to have an image that others find appealing* as being important while participants from married parent households only found the aspiration *to have an image that others find appealing* as being the most important aspiration. There is a constant buzz among South Africans around personal branding and how one is portrayed as an individual to others that you come into contact with; this can be seen in how the participants have rated their image aspirations on the basis of importance.

*To have an image that others find appealing and to be admired by many people*, creates that link between fame and image. The results suggest that these young South Africans want to be portrayed to others in a manner in which they would be accepted by those around them as well as to then have these individuals mention how they find them *appealing*; in so doing this creates the aspiration towards fame that speaks about *to be admired by many people*. When these young people aspire to be portrayed as being 'acceptable' and 'appealing' it creates a sense of being 'admired' by those who they come in contact with. When looking at South Africa, a typical example where a demonstration of the extrinsic goals of fame and image was evident. And where it was somewhat similar to the aspirations that the participants in the study rated as being the most important among the fame and image aspirations (namely *to have an image that others find appealing* and *to be admired by many people*) is the events of the *Izikhothane* (an isiZulu word translated as 'those who lick'). South African news broadcasting shed light on the *Izikhothane*, which has become popular among township youth

in South Africa. The *Izikhotane* can be considered a subculture where young people in the township create a platform for fame among persons in the community through the consumption of expensive alcohol, clothing and accessory brands. The group of young people would gather in parks and open areas where they would get the attention of the community (which would create a sense of *fame* for these young persons among those in the community) and they would burn these expensive clothing items and branded merchandise to create an image that they assume young persons and others in the community find appealing. The Star, a South African newspaper, reported on 18 July 2012 that these young South Africans would wear expensive brands that would cost thousands of rands and when one of the young persons involved in this was asked the reasons for involvement, the response was that it was done for fame (The Star, 2012). The young South Africans create a certain image that other young persons find appealing by wearing such expensive clothing. And when these young persons wear this expensive clothing and brands it creates a certain image and it is done for the establishment of fame within the community. Charles, Hurst and Roussanov (2009) mention how individuals seem to disregard some of the important basic needs for expensive items (such as clothing) to create a certain image. The results suggest that these young people place more importance on having an appearance that others find appealing, and this creates a diminished sense of well-being as outlined with Self Determination Theory, as it is believed that when emphasis is placed on extrinsic goals (such as fame and image) there is a diminished sense of well-being.

### **5.3.2 Intrinsic goals**

Intrinsic life goals within the framework of SDT are often thought of as being satisfying as they assist in the development of an individual (Duriez, 2011). Furthermore it is believed that when an individual aspires to intrinsic life goals it promotes health and well-being (Duriez,

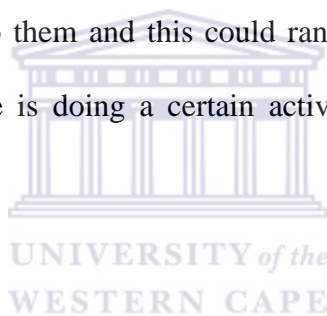
2011). When aspiring to intrinsic life goals it is thought that it satisfies the three basic psychological needs of competence, autonomy and relatedness that are deemed important for the enhancement of well-being. The concept of intrinsic life goals in relation to well-being has been considered to be dependent on the context in which an individual finds themselves, as the large body of research that supports the notion of intrinsic life goals in relation to well-being has been conducted among Western countries only (Ingrid et al., 2009). Niemiec et al. (2009) have mentioned that intrinsic goals can be seen as being synonymous of an individual's natural tendency towards development and consequently it then assists in the satisfaction and health and well-being. The intrinsic life goals include personal growth, relationship and community. The life goal of health is often ambiguous as it can be seen as being both intrinsic and extrinsic in nature. The participants from single parent households tend to have rated the intrinsic goal of personal growth higher than participants from married parent households. This finding differs from previous research that has assumed that individuals from single parent households tend to have less focus on personal growth and development (Magnuson & Berger, 2009; Richards & Schmiede, 1993; Musick & Meier, 2010). The life goal of community was rated high by both participants from single and married parent households, which is not surprising as literature suggests that individuals from collectivist contexts / countries tend to have a great focus on the community and to be of service to members who form part of their community as well as to maintain a sense of 'harmony' among the persons who constitute the community. (Ingrid et al., 2009; Oyserman, Coon & Kimmelmeier, 2002). The participants from single parent households have also rated the life goals of relationship and health higher than the participants from married parent households. The finding that participants from single parent households placed a greater emphasis on health is dissimilar to research that has focused on family structure and health in

the past, as single parent households were often associated with ill health while married parent households had a greater association with good health (Schmeer, 2012).

### **5.3.2.1 Personal growth**

Literature suggests that the more an individual aspires to intrinsic goals the better the prospects for well-being. It then becomes interesting to note that for the life goal of personal growth, the results suggest that the aspiration that participants found to be the most important was *to know and accept who I really am* and the results suggested the same response for participants from single and married parent households. The aspiration that received the least important rating with regards to the aspiration for personal growth was *to gain insight into why I do the things I do*. It is interesting to note that the participants have rated the aspiration *to know and accept who I really am* as being one of the most important personal growth aspirations, as the participants find themselves at a developmental stage where they are on a journey of self-discovery and self-acceptance. This aspiration paves the way for self-acceptance of young persons who find themselves at this stage in adolescence. Ceyhan and Ceyhan (2011) have mentioned that self-acceptance and the yearning to accept who you really are is essential in assisting with coping with the challenges that the individual is exposed to within the environment and in the developmental tasks. Self-acceptance is a goal that can be considered very appropriate at this developmental stage that the participants find themselves in; self-acceptance is also seen as being healthy and assisting in the growth of the individual as a person as they are now learning to come to terms with who they and what they might not be good at and how they can improve this for their development and ultimate well-being. The Self Determination Theory has also alluded to the psychological well-being prospects that are associated with the value and emphasis that are placed on intrinsic goals. And with much emphasis being placed on the development and growth as an individual the

self-worth of the individual is also enhanced. Self-acceptance is defined as coming to terms with who you are as an individual and this includes the positive and negative aspects; it also is considered as being an importance factor in mental health and well-being (Ceyhan & Ceyhan, 2011). It is only when one accepts who you really are, as the aspiration states, then are you able to enjoy happiness and embrace who you are, as there are no regrets of who you are. Choy and Moneta (2002) have also mentioned that self-acceptance also assists in life satisfaction. The participants have rated the aspiration *to gain insight into why I do the things I do* as being the least important among aspirations based on personal growth. It makes one ask the question why it is not important to know what and why you are doing a certain task. It then becomes clear that adolescents tend to become involved in certain activities for reasons that are sometimes not known to them and this could range from peer pressure or to fit in with the others as everyone else is doing a certain activity so they feel the need to also partake in it.



### **5.3.2.2 Relationships**

When one turns to the results that were obtained from the participants for the life goal of relationships, the aspiration *to have good friends that I can count on* was rated as being the most important and this was found true for the participants from both single and married parent households. Friendships strive towards closeness and where friends play an influential role in their lives, these increase during adolescence (Ojanen, Grönroos & Salmivalli, 2005). It is said by Baker et al. (2012) that in order for an individual to remain satisfied within a relationship or friendship, it would require engagement on a number of levels. The quality of the relationship or friendship would be determined if it involves giving support, allows for self-disclosure and is accommodating (Baker et al., 2012). Friendships are considered as being an important aspect in the social developmental for adolescents (Ojanen, Sijtsema,

Hawley & Little, 2010). Therefore the aspirations of the participants to aspire *to have good friends that I can count on* suggest that the individual would be able to find fulfilment in a relationship or friendship, where there is an understanding between those involved. Baker et al (2012) points out that if a friendship is able to accommodate one another and allows for expression among those in the friendship it will yield a quality friendship. Larson et al (1996) also mention that adolescent friendships seem to be consumed by lots of time spent among friends. When these individuals find themselves engaged in friendships, it is a continuous process of change as the friendship becomes fluid. This then calls for change and maintenance within the relationship through the process of change; it leads to individual well-being as the continuous change increases relationship satisfaction as it is not stagnant (Baker et al., 2012). Friendships among adolescents seem to become extremely close and supportive over time (De Goede, Branje & Meeus, 2009). Warren-Findlow, Laditka, Laditka and Thompson (2012) have also mentioned that social relationships play an enhancing role in emotional health and well-being later in life, which is aligned with the assumptions of Self Determination Theory that postulates that intrinsic life goals and aspirations are associated with a greater sense of well-being. The results from the study indicate that the relationship aspirations deemed as being the least important were *to have committed, intermit relationships* and *to have deep enduring relationships* among the total sample of participants. However when looking at the different family structures, participants from single parent households rated the aspiration *to have committed, intermit relationships* as least important while participants from married parent households rated the aspiration *to have deep enduring relationships* as being the least important. It is interesting to notice that both the participants from single and married parent households have rated these relationship aspirations as least important. The participants from single parent households interestingly enough have rated *to have committed, intermit relationships* as least important. It lets one think about why

relationships that need commitment and intimacy would be deemed as least important for participants from single parent households. On the basis of these results it could be suggested that, participants from single parent households have had exposure to relationships where a lack of commitment and intimacy was evident, therefore they have found relationships that involved commitment and intimacy as least important. And participants from married parent households have found the aspiration *to have deep enduring relationships* as least important, when one has to take into account the idea of being raised in a married parent household there would be the assumption that these participants would aspire to relationships that are enduring. However the results suggest that this aspiration is deemed as being the least important relationship aspiration for the participants from married parent households; this could be accounted for by the participants' age and that there could most probably not be any interest at this developmental stage in long-term enduring relationships.

### 5.3.2.3 Community

The life goal of community had participants that formed part of the total sample, as well as the participants from both single and married parent households rating the aspiration *to help people in need* as being the most important aspiration within the context of community. This is very interesting particularly for the South African context as there are common beliefs in ubuntu, a sense of belonging, and that an individual exists because of another. Rankin (2000) so aptly puts it across to South Africans that children are moulded by what they hear and see in the various cultural contexts that they find themselves in. South Africa is one such context where the spirit of *ubuntu* rests within South Africans. Rankin (2000) speaks of *ubuntu* in South Africa:

*'Ubuntu* is there in the culture to shape life – not perfectly in our unfinished world – but to help people who have suffered' (p 50).

The quotation by Rankin (2000) mentions that *ubuntu* is there to help shape the lives of fellow South Africans and it is about helping those who need it. This therefore creates the basis on which it could be suggested that the participants have an understanding of the concept of *ubuntu* and being a South African. Therefore the intrinsic life goal of community had no difference for participants from single and married parent households.

#### **5.3.2.4 Health**

The life goal of health can be both intrinsic and extrinsic in nature. When considering health, and an individual aspires towards health to obtain a certain appearance then the goal would be extrinsic in nature. However when health is focused on the well-being and longevity of the individual it can be thought of as being intrinsic in nature. The total sample indicated that the life goal of *to keep myself healthy and well* is the most important life goal within the context of health. Similar results on the basis of importance were also found for participants from single and married parent households. The aspiration with the least importance was *to feel good about my level of physical fitness*. The aspiration *to keep myself healthy and well* is important as the well-being of the individual is of utmost importance. It is interesting to note that the participants have rated the aspiration *to feel good about my level of physical fitness* as being the least important when considering the life goals of health. However a number of reports have shown concern about young persons' involvement in physical inactivity as it is not aligned with the actual amounts of physical activity that is needed to promote health and well-being (Standage, Gillison, Ntoumanis & Treasure, 2012). The results therefore suggest that the lack of importance on the basis of physical fitness creates a major health concern, especially as we find that the South African National Youth Risk Behaviour Survey (2002) mentions that one third of South African children report a lack of physical activity on a weekly basis.

The perceived accomplishment of intrinsic goals is associated with greater well-being; this is however not the same for the perceived attainment of extrinsic life goals, as it is not related to positive or negative well-being (Ryan et al., 1999). Sheldon, Gunz, Nichols and Ferguson (2010) looked at intrinsic and extrinsic goals and found that individuals who valued extrinsic goals more, seemed to be less happy. However these persons assumed that these extrinsic goals would be their pathway to happiness. Added to this Sheldon, Ryan, Deci and Kasser (2004) have mentioned that not only does the goal content of an individual (whether intrinsic or extrinsic in nature) play a role in psychological well-being but also the reasons why individuals pursue them.

Individuals seem to rate their goals and aspirations with regards to importance the same, starting with the intrinsic goals of community and personal growth as being the most important intrinsic life goals followed by the extrinsic goals (Ryan et al., 1999). This can be seen by the results suggested within the results that were obtained by the life goals of the total sample within the study. The research that was conducted for the study used college students from Russia and the United States (Ryan et al., 1999). A similar study was conducted using participants from Germany and the United States and the same results were obtained (Schmuck, Kasser & Ryan, 2000). In another study the importance of goal rating was also looked at and found it to be the same for individuals from 15 different cultural groups across the world (Grouzet et al., 2005).

#### **5.4 Family structure**

However SDT states that when the three basic psychological needs receive support from the environment in which the individual finds him/herself the well-being of the individual is enhanced (Chirkov et al., 2003). Furthermore, Chirkov et al. (2003) also state that when an environment 'blocks' or hinders the satisfaction of the three psychological needs then well-

being is diminished as these psychological needs are deemed necessary for health and well-being to be attained and to be maintained. Ingrid et al. (2009) have also maintained that the environment and context in which an individual finds him/herself has certain effects on the goals and aspirations for the future. The goals and aspirations that individuals aspire to are constructed on the basis of the context or environment in which an individual finds him/herself, as it is often reflections of desired outcomes and particular experiences or situations within one's life which are influenced by the context (Morton & Markey, 2009). The context in which this study has been framed to compare the goals and aspirations of participants was that of family structure. Family structure, namely that of being a single or married parent household, could however be seen as providing either an enhancing or hindering environment for aspiring to certain goals and aspirations.

When considering family structure it would refer to the type of family an individual is reared in as well as the marital arrangement or status of the family (Manning & Lamb, 2003; Strohschein et al., 2009). However, when looking at family structure within the context of the study and the thesis, the study focuses only on single and married parent households.

The results as obtained within the study suggest that just over fifty percent of the participants came from married parent households, and of the remainder a large proportion came from households headed by mothers only and a small proportion came from single father headed households. The results that were obtained based on family structure of participants within the study, are somewhat similar to the results as presented by Holborn and Eddy (2011), that state within South Africa 35% of children live with their biological parents, about 40% find themselves living within a single mother household and 2.8% in a single father headed household.

The first objective of the study as outlined in the first chapter of the thesis was *to determine the prevalence of single and married parent households of learners at secondary school*. In addressing the first objective of the study, it would best serve to provide insight into the variables that later formed the two categories of single and married parent households as used within the study. The formation of the categories into single and married parent households has been discussed in Chapter 3 of the thesis. The categories that were used to form the different family structures within the study were: (i) participants who came from married parent households, (ii) those who came from households where parents lived together but were not married, (iii) single parent households where the parents did not live together, (iv) participants who came from households where their parents were single due to widowhood as well as (v) participants who came from single parent households due to divorce. The category for married parent households was formed using the married variable and the category of single parent household was formed by collapsing the remaining variables. The results as presented within Chapter 4 of the thesis indicate that more of the participants came from married parent households, but when focusing on single parent households, most of the single parent households were headed by a mother and a small number was from single father headed households.

Therefore in addressing the first objective of the study, the results suggest that the prevalence of participants from single and married parent households would be that based on the results obtained within the study; a larger proportion of participants came from married parent households than from single parent households. The prevalence of family structure within the study is not representative of findings of previous research, looking at family structure within South Africa, as those results suggest that a larger number of South African children find themselves in single parent households than they do in married parent households with both biological parents present (Holborn & Eddy, 2011).

Mueller and Cooper (1986) suggest that children who are reared in single parent households have low economic, educational and employment attainment in comparison to children who are reared in married parent households. Added to this, being reared in a single mother family was associated with a decrease in achievement levels (Magnuson & Berger, 2009). Furthermore, children from single parent households spend less time with their parents and have less parental observation and supervision than children who are reared in married family households (Magnuson & Berger, 2009).

Often single parents have to juggle the responsibilities of caregiver and provider (Magnuson & Berger, 2009). Single mothers who experience financial difficulties face a number of issues ranging from poor educational attainment, minimal social support and psychological distress (Jackson et al., 2000). These issues have various effects on children who are reared within these households (Jackson et al., 2000). When considering one of the main problems single parents households face, it was often found that finances seemed to be one of the greatest concerns (Richards & Schmiede, 1993). Children in single parent households also seem to have significantly lower financial and educational achievement (Richards & Schmiede, 1993) than children who came from married parent households.

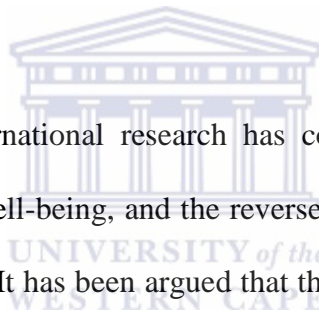
Interestingly Blackman, Clayton, Glenn, Malone-Colon and Roberts (2005) found that marriage creates some form of 'permanence' among family members and that this positively affected the relationships within the family. It was found that married parent households were also seen as being the strongest indicator of paternal involvement within the family (Blackman et al., 2005). Additionally, it was believed that the safest form of household for children to be living in was an intact married parent household where a mother and father were present (Wilcox & Dew, 2008).

Goodman and Greaves (2010) mention that children in married parent households generally fare better when looking at schooling and in social and emotional development in comparison to children who were raised in other forms of family structures. Waldfogel et al. (2010) similarly mention that children in married parent households tend to do better than children in single parent households with regards to educational achievement, risk of teenage pregnancy and the world of work. In addition to this Musick and Meier (2010) looked at whether being reared by both parents was better than one. However when considering parental conflict and children's well-being it was suggested that children in married parent households generally are better than those in single parent households. However this was not the same for every child reared in a married parent household, as parental conflict tends to impact child well-being (Musick & Meier, 2010). Married parent households also seemed to have higher levels of supportiveness with their children than was found for unmarried households (Howard & Brooks-Gunn, 2009). Furthermore Roman (2008; 2011) suggested that there was no significant difference between married and single households in terms of how parenting was perceived. When one considers the essence of what the literature presents there seems to be evidence of conflicting results of research conducted in the area of family structure. What is clear is that family structure has implications for children. Therefore it was important to investigate the prevalence of family structure among the participants in the study, where the results suggest that there were more participants from married than single parent households. However, the participants who found themselves in single parent households came largely from single mother headed households, rather than single father headed households.

## **5.5 Goals and aspirations in relation to family structure**

The third objective of the study was *to compare the goals and aspirations of learners in single and married parent households*. Grolnick, Ryan and Deci (1991) have mentioned that

during development of an adolescent in light of future beliefs, values and goals, the family and parent environment plays an important role in facilitating the aspirations towards certain goals and aspirations. When adolescents aspire to certain goals and aspirations it forms part of a motivational process, and the realisation of these goals is considered to be important and forms part of an evaluative method (Malmberg, Ehrman & Lithén, 2005). This evaluative method is where adolescents assess and appraise themselves on the basis of their goals and aspirations. One element that is of importance during the process of goals and aspirations for adolescents is context (Malmberg, Ehrman & Lithén, 2005). Context is often considered to provide structure and guidance, and during this developmental period it further allows for adolescents to aspire to certain goals and aspirations and values and beliefs (Malmberg, Ehrman & Lithén, 2005).



Therefore in light of what international research has concluded, intrinsic life goals and aspirations are associated with well-being, and the reverse was found for the aspirations and goals that are extrinsic in nature. It has been argued that the context or environment in which an individual finds him or herself assists in guiding and providing certain structure that allows for the aspirations towards certain goal content as suggested by Ingrid et al (2009). When one considers the important role that environment or context plays in the realisation and formation of certain goals and aspirations, the context or environment of family structure is just as important. Literature suggests that persons who find themselves in a single parent household would often have lower levels of educational, economical and employment attainment (Mueller & Cooper, 1986) and a decreased sense of achievement, and that there will be less time among single parents to spend with their children as they often have to manage more than one task or duty (Magnuson & Berger, 2009). The context of being in a single parent household is often made up of financial difficulties, psychological distress and limited social support (Jackson et al., 2000). Married parent households on the contrary are

often believed, according to literature, as involving greater parental involvement (Blackman et al., 2005) and there is an enhanced sense of achievement existing among children from married parent households (Waldfogel et al., 2010). Therefore in light of Self Determination Theory, and the aspirations towards certain goals it is believed that goals and aspirations are influenced by the context or environment in which the participants find themselves. The context or environment which is central to the results is that of family structure. The results therefore indicate that there was a significant difference between the individual goals and aspirations of the participants in relation to family structure. The participants from single parent households scored higher than participants from married parent households on the goals and aspirations of wealth, image, personal growth, relationships and health.

International literature suggests that single parent households often face financial difficulties and challenges; furthermore the lack of financial resources is one of the main concerns for single parent households (Jackson et al., 2000; Mueller & Cooper, 1986; Richards & Schmiede, 1993). When considering what international research suggests about the financial challenges that single parent households face, it can therefore be seen why participants from single parent households rated the wealth goals and aspirations higher than those from married parent households. A study by Amato (2005) suggests that children who come from households where both parents are present, generally tend to fare better than those from single parent households. These findings of research suggest that children from married parent households tend to see themselves as better than those from single parent households, and there is a need to obtain a desirable image among children from single parent households. The results from this study suggest that participants from single parent households have rated the aspiration of image higher than those from married parent households. The findings within literature such as Amato (2005) could be the basis on which these participants rate image as being higher, due to the view of children from married parent households as always

far better than those from single parent households. Research further suggests that individuals from single parent households tend not to place great importance on achievement and aspirations towards self-advancement (Magnuson & Berger, 2009; Richards & Schmiede, 1993; Musick & Meier, 2010). The results that were obtained within this study are different to what previous research on family structure and personal development has suggested. According to previous research (Magnuson & Berger, 2009; Richards & Schmiede, 1993; Musick & Meier, 2010) individuals from single parent households do not place real importance on personal development and growth, but the findings of this study suggest that the participants from single parent households have placed a greater importance on the life goal of personal growth and development in comparison to participants from married parent households. These aspirations towards self-advancement and development could also be accounted for by resilience among participants from single parent households. The results suggest that participants from single parent households have rated the life goal of relationships higher than participants from married parent households. These findings are similar to previous research that suggested that individuals from single parent households tend to become involved in relationships and generally tend to start their families at a young age as well (McLanahan & Sandefur, 1994). When looking at research that focuses on health and family structure, it suggests that individuals from single parent households tend to have a number of poor child developmental consequences (Musick & Meier, 2010). Schmeer (2012) also found in the examination of health trajectories among children from various family structures that individuals from married parent households tend to have higher associations with good health than individuals from single parent households. Literature therefore suggests that individuals from single parent households tend to have lower associations with good health; however the results obtained within the study suggest that participants from single parent households have rated the life goal of health higher than the participants from

single parent households. The high rating of health among participants from single parent households can also be accounted for by their striving towards accessing good health in the future.

Currently there is no literature available that has examined family structure in relation to goals and aspirations within the context of Self Determination Theory. However internationally, literature exists that examines individual goals and aspirations within the framework of Self Determination Theory. Furthermore this study is the first within South Africa that looks at life goals and aspiration in relation to family structure within the context of Self Determination Theory. Moreover, when considering the overall goal content of the participants in relation to family structure, it is found that participants from single parent households have scored higher for intrinsic life goals than participants from married parent households. Kasser and Ryan (2001) believe that intrinsic life goals and aspirations from the premise of Self Determination Theory, are goals that are 'naturally consistent with human nature and needs' (Ingrid et al., 2009) and are naturally satisfying to pursue (Grouzet et al., 2005). The pursuit of intrinsic life goals is further believed to be related to behaviour and actions that are considered 'self-determined' in nature (McHoskey, 1999). However, the contrary is assumed for the aspirations towards extrinsic life goals, which are deemed less regular in light of 'positive human nature' (Ingrid et al., 2009). Furthermore extrinsic life goals are assumed to be associated with negative association with self-actualisation and positive affect (Williams et al., 2000). International literature provides an understanding and basis of intrinsic and extrinsic life goals among individuals and the assumptions of the effects they have on the well-being of individuals (as can be seen in the following studies: Schmuck, Kasser & Ryan, 2000; Ryan, Huta & Deci, 2008; Schmuck, 2001; Grouzet et al., 2005; Niemiec, Ryan & Deci, 2009; Deci & Ryan, 2000; Deci & Ryan, 2008; McHoskey, 1999; Ryan et al, 1999). The results that have been generated by this study are unable to compare to

international literature (such as Deci & Ryan, 2000; Deci & Ryan, 2008; Grouzet et al., 2005; McHoskey, 1999; Niemiec, Ryan & Deci, 2009) as to whether the goals and aspirations that are intrinsic in nature are associated with an enhanced sense of well-being and health, and the opposite for extrinsic goals, as the study did not intend to examine the associations between goal content and well-being in relation to family. However, international literature still needs to explore goal content in relation to family structure from a Self Determination Theory point of view. Moreover literature does exist on the influence and effects that certain environments and contexts have on the formation and aspirations towards certain goal content. Ingrid et al. (2009) examined the effects of environment on an individual's life goals and aspirations. Research suggests that an individual's life goals and aspirations are reflective of their economic and cultural situations in which they live (Ingrid et al., 2009). International research therefore suggests that the context or environment plays a role in the goals that individuals aspire to. Within the context of the study, the environment or context will be that of family structure (single and married parent households). Ingrid et al. (2009) further state that research within Western countries has suggested that the aspirations towards extrinsic life goals were associated with a diminished sense of well-being; however this has not been generalised to individuals from all cultures as it still needs to be tested. Therefore the results that indicate that a large proportion of the sample have aspired to extrinsic goals, does not mean that it will be linked to negative well-being and health, as these findings have only been tested within Western countries. Ingrid et al. (2009) further state that the experiences and meanings attached to extrinsic life goals may be experienced differently in non-Western countries. Abramson and Inglehart (1995) have also put forward that individuals from less affluent countries tend to be more materialistic (or within reference to Self Determination Theory tend to aspire to extrinsic goals more) than individuals from affluent countries. The findings as proposed by Ingrid et al. (2009) and Abramson and Inglehart (1995) suggest that

the context or environment in which one finds oneself does influence the goals and aspirations of an individual. Therefore in light of the study, it is evident that family structure does have an effect on the life goal and aspirations of individuals.

## **5.6 Limitations of the study**

The limitations that were encountered during this research study:

- The research study took on a cross-sectional design and this was considered as being a limitation in that it provided a once off perspective into the family structure and goals and aspirations of the participants.
- Initially the participants needed to obtain consent from the parents and complete assent forms before participation in the study. However due to the lack of response from potential participants, a children's rights professional was consulted to waive parental consent as the subject matter of the research was not sensitive and did not have any known harmful effects on the participants.
- It is not possible to generalise the findings of the study to the South African population, but it is intended that it might be a stepping stone for future research within this field.
- The data collection process posed a serious challenge as some schools were reluctant to allow research to be conducted at their institutions.

## 5.7 Conclusion

It is evident from the results that were yielded in this research study that there is a significant difference in the goals and aspirations of learners from single and married parent households. The results suggest that participants from single parent households place more emphasis on intrinsic goals while the total sample and the participants from married parent households placed more emphasis on extrinsic goals. Self Determination Theory also postulated that emphasis placed on intrinsic goals enhances well-being, and the opposite is true for emphasis placed on extrinsic goals. This study has been the first to consider the goals and aspirations of individuals in sub-Saharan Africa and to compare the goals and aspirations on the basis of family structure. The intention of this study is to create awareness of the need for family structure research on the African continent and move towards a non-Western approach to family.

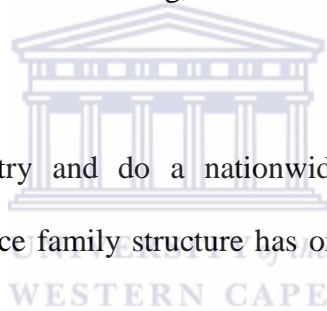
## 5.8 Recommendations

The following are suggestions for programme implementation, development and future research:

- Based on the results that were obtained, participants from single parent households rated intrinsic life goals higher than participants from married parent households. Within the framework of SDT, intrinsic life goals are associated with health and well-being. The results therefore suggest that there is a need to foster aspirations towards intrinsic goals among individuals from both single and married parent households.
- The results suggest that South African youth tend to aspire more to the extrinsic life goal of wealth, and as literature has suggested, it is due to the economic situations that individuals find themselves in. The results suggest that there is large number of persons who come from households where there is a lack of resources and that

aspiring toward wealth goals would assist in their development. As a recommendation, state departments should assist with programme development and make resources available to assist young South Africans so that there can be more focus on intrinsic goals that promote well-being.

- Based on the results that were obtained from the study and the significant difference that existed on the basis of family structure and intrinsic goals, it would be interesting to conduct research on the goals and aspirations of South African participants in relation to psychological well-being. This would allow us to see whether the assumption of Self Determination Theory on the basis of extrinsic goals associated with a diminished sense of well-being, would be the same for the South African population.
- Future research should try and do a nationwide study to assist in generating knowledge on the influence family structure has on the life goals and aspirations of South Africans.
- It is hoped that the study has created the platform in establishing the gap in family structure research in relation to the future goals and aspirations and to emphasise the need for more research on family structure conducted from a non-Western perspective.



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**Appendix I:**

<b>PLEASE COMPLETE THE FOLLOWING STATEMENTS BY TICKING YOUR RESPONSE</b>					
<b>GENDER</b>	MALE			FEMALE	
<b>AGE</b>					
<b>GRADE</b>					
<b>NAME OF SCHOOL</b>					
<b>RACE</b>	COLOURED	BLACK AFRICAN	WHITE	INDIAN/ASIAN	
<b>I live with</b>	Both my parents	Only mother	Only father	Guardian/Caregiver	
<b>Home Language</b>	English	Afrikaans	IsiXhosa	Other	
<b>My parents are:</b>	Married	Live together but not married	Single and do not live together because they have never been married	Single because he/she is widowed	Single because he/she is divorced
<b>ASPIRATIONS</b>					
<p>Everyone has long-term Goals or Aspirations. These are the things that individuals hope to accomplish over the course of their lives. In this section, you will find a number of life goals, presented one at a time, and we ask you three questions about each goal. (a) How important is this goal to you? (b) How likely is it that you will attain this goal in your future?</p>					
<b>To be a very wealthy person</b>					
How important is this to you?	Not important	Somewhat important	Important	Very important	
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely	
<b>To grow and learn new things</b>					

How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To have my name known by many people</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To successfully hide the signs of aging</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To work for the betterment of society</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To be physically healthy</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To have many expensive possessions</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>At the end of my life, to be able to look back on my life as meaningful and complete</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To be admired by many people</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To share my life with someone I love</b>				

How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To have people comment often about how attractive I look</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To assist people who need it, asking nothing in return</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To feel good about my level of physical fitness</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To be financially successful</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To choose what I do, instead of being pushed along by life</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To be famous</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To have committed, intimate relationships</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely

<b>To keep up with fashions in hair and clothing</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To work to make the world a better place</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To keep myself healthy and well</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To be rich</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To know and accept who I really am</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To have my name appear frequently in the media</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To feel that there are people who really love me, and whom I love</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To achieve the "look" I've been after</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely

<b>To help others improve their lives</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To be relatively free from sickness</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To have enough money to buy everything I want</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To gain increasing insight into why I do the things I do</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To be admired by lots of different people</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To have deep enduring relationships</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To have an image that others find appealing</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely
<b>To help people in need</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely

<b>To have a physically healthy life style</b>				
How important is this to you?	Not important	Somewhat important	Important	Very important
How likely is it that this will happen in your future?	Not likely at all	Somewhat likely	Likely	Very likely



## Appendix II:



# UNIVERSITY OF THE WESTERN CAPE

Private Bag X 17, Bellville 7535, South Africa

Tel: +27 21-9592277,  
E-mail: nroman@uwc.ac.za

## INFORMATION SHEET

**Project Title: Does family structure matter? A comparison of the goals and aspirations of learners in secondary schools.**

### **What is this study about?**

This is a research project being conducted by Eugene Lee Davids at the University of the Western Cape. We are inviting you to voluntarily participate in this research project because you are Grade 11 learners at a secondary school. The purpose of this research project is to determine and examine the influence of family structure in the identification of goals and aspirations of Grade 11 learners.

### **What will I be asked to do if I agree to participate?**

You will be asked to complete a questionnaire. This questionnaire will ask you questions about:

- You, your family structure and the goals and aspirations you have for your future.

This questionnaire will be completed at school, with permission of your parents, principal and teachers at a time which is not disruptive to your learning. Completion of the questionnaire will be less than 30 minutes.

### **Would my participation in this study be kept confidential?**

We will do our best to keep your personal information confidential. To help protect your confidentiality, the information you provide will be totally private; no names will be used so

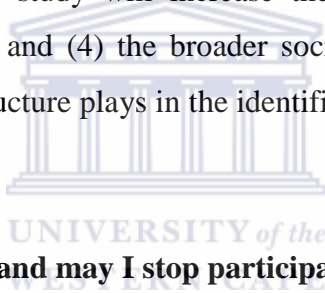
there is no way that you can be identified as a participant in this study. The information will be treated with anonymity and confidentiality. Your name will not be reflected on the questionnaire. The information obtained from the survey will be collated with the information from other completed surveys. Therefore there will be no way to connect you to the survey questionnaire.

**What are the risks of this research?**

There are no known risks in participating in the study.

**What are the benefits of this research?**

Information about this topic is limited. This research is not designed to help you personally, but the results may help the investigator learn more about the goals and aspirations of learners in secondary schools. Since information about this particular research in South Africa is relatively limited, this study will increase the knowledge for (1) parents, (2) teachers/school, (3) practitioners and (4) the broader society. Furthermore, this study will highlight the pivot role family structure plays in the identification of the goals and aspirations we have for our future.



**Do I have to be in this research and may I stop participating at any time?**

Your participation in this research is completely voluntary. You may choose not to take part in the study. If you decide to participate in this research study, you may stop participating at any time. If you decide not to participate in this study or if you stop participating at any time, you will not be penalised or lose any benefits to which you otherwise qualify.

**Is any assistance available if I am negatively affected by participating in this study?**

Every effort has been taken to protect you from any harm in this study. If however, you may feel affected you can be referred to your nearest community resource for assistance.

**What if I have questions?**

This research is being conducted by Eugene Lee Davids in the Social Work Department at the University of the Western Cape. If you have any questions about the research study itself, please contact Eugene Lee Davids at: 0716715654 or email: [davidse.psych@gmail.com](mailto:davidse.psych@gmail.com) or the research supervisor Dr Roman at: 0219592277/2970 or email: [nroman@uwc.ac.za](mailto:nroman@uwc.ac.za).

Should you have any questions regarding this study and your rights as a research participant or if you wish to report any problems you have experienced related to the study, please contact:

**Professor Hester Klopper – Dean of the Faculty of Community and Health Sciences**

**Tel No: 021 959 2631/2746**

**Email address: [hklopper@uwc.ac.za](mailto:hklopper@uwc.ac.za)**

*This research has been approved by the University of the Western Cape's Senate Research Committee and Ethics Committee.*



**Appendix III:**



# UNIVERSITY OF THE WESTERN CAPE

**Private Bag X 17, Bellville 7535, South Africa**

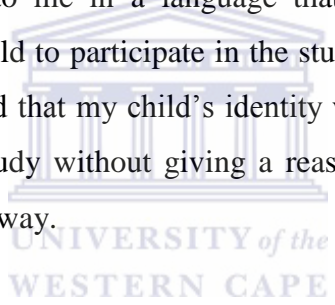
*Tel: +27 21-9592970/2277*  
E-mail: [nroman@uwc.ac.za](mailto:nroman@uwc.ac.za)

## CONSENT FORM FOR PARENTS

**Title of Research Project:**

**Does family structure matter? A comparison of the goals and aspirations of learners in secondary schools.**

The study has been described to me in a language that I understand and I freely and voluntarily agree to allow my child to participate in the study. My questions about the study have been answered. I understand that my child's identity will not be disclosed and that my child may withdraw from the study without giving a reason at any time and this will not negatively affect my child in any way.



**Parent's name.....**

**Parent's signature.....**

**Witness.....**

**Date.....**

Should you have any questions regarding this study or wish to report any problems you have experienced related to the study, please contact the study coordinator:

**Study Coordinator's Name: Dr N Roman**

**University of the Western Cape**

**Private Bag X17, Belville 7535**

**Telephone: 021 959 2277/2970**

**Email: [nroman@uwc.ac.za](mailto:nroman@uwc.ac.za)**

**Appendix IV:**



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*E-mail:* [nroman@uwc.ac.za](mailto:nroman@uwc.ac.za)

## ASSENT FORM FOR PARTICIPANTS

**Title of Research Project:**

**Does family structure matter? A comparison of the goals and aspirations of learners in secondary schools.**

The study has been described to me in a language that I understand and I freely and voluntarily agree to participate. My questions about the study have been answered. I understand that my identity will not be disclosed and that I may withdraw from the study without giving a reason at any time and this will not negatively affect me in any way.

**Participant's name.....**

**Participant's signature.....**

**Witness.....**

**Date.....**

Should you have any questions regarding this study or wish to report any problems you have experienced related to the study, please contact the study coordinator:

**Study Coordinator's Name: Dr N Roman**

**University of the Western Cape**

**Private Bag X17, Belville 7535**

**Telephone: 021 959 2277/2970**

**Email: [nroman@uwc.ac.za](mailto:nroman@uwc.ac.za)**

## Appendix V:



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## RESEARCH INFORMATION LETTER

Dear Parent / Guardian.

Your son / daughter has been involved in a research study titled *The influence of parenting practices and basic psychological needs in the identification of goals and aspirations of learners in secondary schools* that forms part of a study conducted by Dr Nicolette Roman and Eugene Lee Davids at the University of the Western Cape.

The main aim of the study was to identify and examine family structure in the identification of goals and aspirations of learners at secondary school. The study took the form of a questionnaire that took thirty minutes to administer.

Your son / daughter's participation in the study was voluntary and all the information that was collected will be treated with the highest confidentiality and participant anonymity is guaranteed. There have been no known risks in the participation of this study.

The benefits of your son / daughter's involvement in this study will assist in increasing knowledge of the goals and aspirations of learners and family structure as South African research in this area is very limited.

Should you require further information on the study or your son / daughter's participation do not hesitate to contact Dr Nicolette Roman at 021 959 2277/2970 or via email: [nroman@uwc.ac.za](mailto:nroman@uwc.ac.za) or Eugene Lee Davids at 071 671 5654 or via email: [davidse.psych@gmail.com](mailto:davidse.psych@gmail.com).

Yours in research,

Dr N. Roman (Study Coordinator)  
Head of Department: Social Work  
Programme Manager: Child and Family Studies  
University of the Western Cape  
Office: 021 959 2277/2970  
Email: [nroman@uwc.ac.za](mailto:nroman@uwc.ac.za)

**Appendix VI:**

**Table 4.1: Variable Coding in SPSS**

<i>Abbreviation:</i>	<i>Variable:</i>
<b>WEALTH</b>	Wealth - Extrinsic Goal
<b>WEALTHImp</b>	Wealth Importance
<b>WEALTHLikeli</b>	Wealth Likelihood
<b>FAME</b>	Fame - Extrinsic Goal
<b>FAMEImp</b>	Fame Importance
<b>FAMELikeli</b>	Fame Likelihood
<b>IMAGE</b>	Image - Extrinsic Goal
<b>IMAGEImp</b>	Image Importance
<b>IMAGELikeli</b>	Image Likelihood
<b>PG</b>	Personal Growth - Intrinsic Goal
<b>PGImp</b>	Personal Growth Importance
<b>PGLikeli</b>	Personal Growth Likelihood
<b>REL</b>	Relationship - Intrinsic Goal
<b>RELImp</b>	Relationship Importance
<b>RELLikeli</b>	Relationship Likelihood
<b>COMTY</b>	Community - Intrinsic Goal
<b>COMTYImp</b>	Community Importance
<b>COMTYLikeli</b>	Community Likelihood
<b>HEALTH</b>	Health - Intrinsic Goal
<b>HEALTHImp</b>	Health Importance
<b>HEALTHLikeli</b>	Health Likelihood

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<b>INTGOALS</b>	Intrinsic Goal Index
<b>EXTGOALS</b>	Extrinsic Goal Index
<b>MS</b>	Marital Status of Parents

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**Table 4.2: Cronbach Alpha Scores – Aspirations Index**

<i>Variable</i>	<i>Number of Items (n)</i>	<i>Alpha Score (α)</i>
<b>WEALTH</b>	10	
<b>WEALTHImp</b>	5	.90
<b>WEALTHLikeli</b>	5	
<b>FAME</b>	10	
<b>FAMEImp</b>	5	.94
<b>FAMELikeli</b>	5	
<b>IMAGE</b>	10	
<b>IMAGEImp</b>	5	.96
<b>IMAGELikeli</b>	5	
<b>PG</b>	10	
<b>PGImp</b>	5	.96
<b>PGLikeli</b>	5	
<b>REL</b>	10	
<b>RELImp</b>	5	.96
<b>RELLikeli</b>	5	
<b>COMTY</b>	10	
<b>COMTYImp</b>	5	.92
<b>COMTYLikeli</b>	5	
<b>HEALTH</b>	10	
<b>HEALTHImp</b>	5	.94
<b>HEALTHLikeli</b>	5	
<b>INTGOALS</b>	40	.91
<b>EXTGOALS</b>	30	.89





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