

## 2004 College Students' Beliefs and Values (CSBV) Factor Scales Table

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### Spiritual Identification

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Personal goal<sup>a</sup>: Integrating spirituality into my life

Personal goal<sup>a</sup>: Seeking out opportunities to help me grow spiritually

Self-description<sup>c</sup>: Having an interest in spirituality

Self-description<sup>c</sup>: Believing in the sacredness of life

Self-rating<sup>f</sup>: Spirituality

On a spiritual quest<sup>e</sup>

Belief<sup>b</sup>: People can reach a higher spiritual plane of consciousness  
through meditation or prayer

Spiritual experience while<sup>d</sup>: Listening to beautiful music

Spiritual experience while<sup>d</sup>: Viewing a great work of art

Spiritual experience while<sup>d</sup>: Participating in a musical or artistic performance

Spiritual experience while<sup>d</sup>: Engaging in athletics

Spiritual experience while<sup>d</sup>: Witnessing the beauty and harmony of nature

Spiritual experience while<sup>d</sup>: Meditating

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2004: Cronbach's alpha=.88, high scorers on Spirituality: 16%, low scorers on Spirituality: 35%

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### **Spiritual Quest**

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Engaged in<sup>q</sup>: Searching for meaning/purpose in life

Engaged in<sup>q</sup>: Having discussions about the meaning of life with my friends

Close friends<sup>k</sup>: Are searching for meaning/purpose in life

Personal goal<sup>a</sup>: Finding answers to the mysteries of life

Personal goal<sup>a</sup>: Attaining inner harmony

Personal goal<sup>a</sup>: Attaining wisdom

Personal goal<sup>a</sup>: Seeking beauty in my life

Personal goal<sup>a</sup>: Developing a meaningful philosophy of life

Personal goal<sup>a</sup>: Becoming a more loving person

2004: Cronbach's alpha=.83, high scorers on Spiritual Quest: 24%, low scorers on Spiritual Quest: 31%

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### **Equanimity**

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Experience<sup>h</sup>: Been able to find meaning in times of hardship

Experience<sup>h</sup>: Felt at peace/centered

Self-description<sup>c</sup>: Feeling good about the direction in which my life is headed

Self-description<sup>c</sup>: Being thankful for all that has happened to me

Self-description<sup>c</sup>: Seeing each day, good or bad, as a gift

2004: Cronbach's alpha=.76, high scorers on Equanimity: 19%, low scorers on Equanimity: 17%

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### **Religious Commitment**

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Personal Goal<sup>a</sup>: Seeking to follow religious teachings in my everyday life

Self-rating<sup>f</sup>: Religiousness

Belief<sup>b</sup>: I find religion to be personally helpful

Belief<sup>b</sup>: I gain spiritual strength by trusting in a Higher Power

Self-description<sup>c</sup>: Feeling a sense of connection with God/Higher Power that transcends my personal self

Experience<sup>h</sup>: Felt loved by God

My spiritual/religious beliefs<sup>g</sup>: Are one of the most important things in my life

My spiritual/religious beliefs<sup>g</sup>: Provide me with strength, support, and guidance

My spiritual/religious beliefs<sup>g</sup>: Give meaning/purpose to my life

My spiritual/religious beliefs<sup>g</sup>: Lie behind my whole approach to life

My spiritual/religious beliefs<sup>g</sup>: Have helped me develop my identity

My spiritual/religious beliefs<sup>g</sup>: Help define the goals I set for myself

2004: Cronbach's alpha=.96, high scorers on Religious Commitment: 23%, low scorers on Religious Commitment: 18%

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### **Religious Struggle**

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Self-description<sup>c</sup>: Feeling unsettled about spiritual and religious matters

Self-description<sup>c</sup>: Feeling disillusioned with my religious upbringing

Experience<sup>h</sup>: Struggled to understand evil, suffering, and death

Experience<sup>h</sup>: Felt angry with God

Experience<sup>h</sup>: Questioned [my] religious/spiritual beliefs

Experience<sup>h</sup>: Felt distant from God

Experience<sup>h</sup>: Disagreed with [my] family about religious matters

2004: Cronbach's alpha=.75, high scorers on Religious Struggle: 10%, low scorers on Religious Struggle: 38%

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### **Religious Engagement**

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Experience<sup>h</sup>: Attended a religious service

Experience<sup>h</sup>: Attended a class, workshop, or retreat on matters related to religion/spirituality

Activity<sup>j</sup>: Reading sacred texts

Activity<sup>j</sup>: Religious singing/chanting

Activity<sup>j</sup>: Other reading on religion/spirituality

Activity<sup>j</sup>: Prayer

Do you pray?<sup>m</sup>

Hours per week<sup>l</sup>: Prayer/meditation

Close friends<sup>k</sup>: Go to church/temple/other house of worship

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2004: Cronbach's alpha=.87, high scorers on Religious Engagement: 20%, low scorers on Religious Engagement: 25%

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### **Religious/Social Conservatism**

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Belief<sup>b</sup>: People who don't believe in God will be punished

Belief<sup>b</sup>: If two people really like each other, it's all right for them to have sex even if they've known each other for only a very short time (reverse coded)

Belief<sup>b</sup>: Abortion should be legal (reverse coded)

Self-description<sup>c</sup>: Being committed to introducing people to my faith

Close friends<sup>k</sup>: Share [my] religious/spiritual views

Conception of God<sup>o</sup>: Father-figure

Reason for prayer<sup>i</sup>: Forgiveness

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2004: Cronbach's alpha=.77, high scorers on Religious/Social Conservatism: 16%, low scorers on Religious Struggle: 18%

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### **Religious Skepticism**

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Self-description<sup>c</sup>: Believing in life after death (reverse coded)

Relationship between science and religion<sup>p</sup>: Conflict; I consider myself to be on the side of science

Belief<sup>b</sup>: The universe arose by chance

Belief<sup>b</sup>: In the future, science will be able to explain everything

Belief<sup>b</sup>: I have never felt a sense of sacredness

Belief<sup>b</sup>: Whether or not there is a Supreme Being doesn't matter to me

Belief<sup>b</sup>: What happens in my life is determined by forces larger than myself (reverse coded)

Belief<sup>b</sup>: It doesn't matter what I believe as long as I lead a moral life

Belief<sup>b</sup>: While science can provide important information about the physical world, only religion can truly explain existence (reverse coded)

2004 Cronbach's alpha=.83, high scorers on Religious Skepticism: 19%, low scorers on Religious Skepticism: 25%

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### **Charitable Involvement**

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Hours per week<sup>l</sup>: Volunteer work

Experience<sup>h</sup>: Participated in community food or clothing drives

Experience<sup>h</sup>: Performed volunteer work

Experience<sup>h</sup>: Donated money to charity

Experience<sup>h</sup>: Performed community service as part of a class

Experience<sup>h</sup>: Helped friends with personal problems

Personal goal<sup>a</sup>: Participating in a community action program

2004 Cronbach's alpha=.68, high scorers on Charitable Involvement: 11%, low scorers on Charitable Involvement: 15%

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### **Ethic of Caring**

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Engaged in<sup>q</sup>: Trying to change things that are unfair in the world

Personal goal<sup>a</sup>: Helping others who are in difficulty

Personal goal<sup>a</sup>: Reducing pain and suffering in the world

Personal goal<sup>a</sup>: Helping to promote racial understanding

Personal goal<sup>a</sup>: Becoming involved in programs to clean up the environment

Personal goal<sup>a</sup>: Becoming a community leader

Personal goal<sup>a</sup>: Influencing social values

Personal goal<sup>a</sup>: Influencing the political structure

2004 Cronbach's alpha=.79, high scorers on Ethic of Caring: 14%, low scorers on Ethic of Caring: 28%

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### **Ecumenical Worldview**

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Self-description<sup>c</sup>: Having an interest in different religious traditions

Self-description<sup>c</sup>: Believing in the goodness of all people

Self-description<sup>c</sup>: Feeling a strong connection to all humanity

Self-rating<sup>f</sup>: Understanding of others

Engaged in<sup>q</sup>: Accepting others as they are

Personal goal<sup>a</sup>: Improving my understanding of other countries and cultures

Personal goal<sup>a</sup>: Improving the human condition

Belief<sup>b</sup>: All life is interconnected

Belief<sup>b</sup>: Love is at the root of all the great religions

Belief<sup>b</sup>: Non-religious people can lead lives that are just as moral as those  
of religious believers

Belief<sup>b</sup>: We are all spiritual beings

Belief<sup>b</sup>: Most people can grow spiritually without being religious

2004 Cronbach's alpha=.72, high scorers on Ecumenical Worldview: 13%, low scorers on Ecumenical Worldview: 29%

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**Compassionate Self-Concept**

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Self-rating<sup>f</sup>: Kindness

Self-rating<sup>f</sup>: Compassion

Self-rating<sup>f</sup>: Forgiveness

Self-rating<sup>f</sup>: Generosity

2004 Cronbach's alpha=.78, high scorers on Compassionate Self-Concept: 29%, low scorers on Compassionate Self-Concept: 26%

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**Global Citizenship**

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Engaged in<sup>q</sup>: Trying to change things that are unfair in the world

Personal goal<sup>a</sup>: Reducing pain and suffering in the world

Self-description<sup>c</sup>: Feeling a strong connection to all humanity

Personal goal<sup>a</sup>: Improving my understanding of other countries and cultures

Personal goal<sup>a</sup>: Improving the human condition

Personal goal<sup>a</sup>: Helping others who are in difficulty

*Note* : Items from this factor are also used in Ecumenical Worldview and Ethic of Caring

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2004 Cronbach's alpha=.80, high scorers on Global Citizen: 15%, low scorers on Global Citizen: 32%

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**Personal God**

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Reason for prayer<sup>i</sup>: To praise God

Reason for prayer<sup>i</sup>: To be in communion with God

Reason for prayer<sup>i</sup>: For forgiveness

Self-description<sup>c</sup>: Feel a sense of connection with God and/or a higher power

Belief<sup>b</sup>: I gain spiritual strength by trusting in a higher power

Experience<sup>h</sup>: Felt loved by God

2004 Cronbach's alpha=.84, high scorers on Personal God: 29%, low scorers on Personal God: 28%

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**All Powerful God**

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Conception of God<sup>o</sup>: Judge

Conception of God<sup>o</sup>: Creator

Conception of God<sup>o</sup>: Protector

Conception of God<sup>o</sup>: Teacher

Conception of God<sup>o</sup>: Father-figure

Conception of God<sup>o</sup>: Supreme being

Belief<sup>b</sup>: Those who do not believe in God will be punished

2004 Cronbach's alpha=.81, high scorers on All Powerful God: 24%, low scorers on All Powerful God: 20%

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**Mystical God**

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Conception of God<sup>o</sup>: Nature

Conception of God<sup>o</sup>: Enlightenment

Conception of God<sup>o</sup>: Universal spirit

Conception of God<sup>o</sup>: Divine mystery

Conception of God<sup>o</sup>: Mother-figure

Conception of God<sup>o</sup>: Part of me

2004 Cronbach's alpha=.76, high scorers on Mystical God: 16%, low scorers on Mystical God: 38%

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- <sup>a</sup>Personal goal measured on a 4-point scale, "Not important" to "Essential"
- <sup>b</sup>Belief measured on a 4-point scale, "Disagree strongly" to "Agree strongly"
- <sup>c</sup>Self-description measured on a 3-point scale, "Not at all" to "To a great extent"
- <sup>d</sup>Spiritual experience measured on a 3-point scale, "Not at all" to "Frequently"  
("Not applicable" recoded as "Not at all")
- <sup>e</sup>Being on a spiritual quest measured on a 2-point scale, "No" or "Yes"
- <sup>f</sup>Self-rating measured on a 5-point scale, "Lowest 10%" to "Highest 10%"
- <sup>g</sup>My spiritual/religious beliefs measured on a 4-point scale, "Disagree strongly" to "Agree strongly"
- <sup>h</sup>Experience measured on a 3-point scale, "Not at all" to "Frequently"
- <sup>i</sup>Reason for prayer measured on a 3-point scale, "Not at all" to "Frequently"
- <sup>j</sup>Activity measured on a 6-point scale, "Not at all" to "Daily"
- <sup>k</sup>Close friends measured on a 4-point scale, "None" to "All"
- <sup>l</sup>Hours per week measured on an 8-point scale, "None" to "Over 20"
- <sup>m</sup>"Do you pray?" measured on a 2-point scale, "No" or "Yes"
- <sup>n</sup>Community service/volunteer activity measured on a 2-point scale, "No" or "Yes"
- <sup>o</sup>Conception of God measured on a 2-point scale, "No" or "Yes"
- <sup>p</sup>Relationship between science and religion measured on a 2-point scale, "No" or "Yes"
- <sup>q</sup>Engagement measured on a 3-point scale, "Not at all" to "To a great extent"
- <sup>r</sup>Ultimate spiritual quest measured on a 2-point scale, "No" or "Yes"
- <sup>s</sup>Expectation for this college measured on a 4-point scale, "Not important" to "Essential"
- <sup>t</sup>Reason for attending college measured on a 3-point scale, "Not important" to "Very important"
- <sup>u</sup>State of current views about religious/spiritual matters measured on 2-point scale, "No" or "Yes"

*Note:* The 12 factor scales listed above represent dimensions of spirituality that were developed through a factor analytic technique. Items are clustered under each factor based on their relationship to each other.