

USE OF SENSATION SEEKING SCALE WITH MALAYSIAN STUDENTS

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The Sensation Seeking Scale (SSS) was developed to measure individuals' need to maintain an optimal level of arousal through varied, changing and novel sensations. Using 641 local undergraduate university students (males=254, females=387) as subjects, the present study is an attempt to adapt Zuckerman's Sensation Seeking Scale to Malaysian conditions. Form IV of the SSS, which provides scores on five scales (General Scale, GS; Thrill and Adventure Seeking, TAS; Experience Seeking, ES; Disinhibition, Dis; and Boredom Susceptibility, BS) was translated and adapted into Bahasa Malaysia using the back translation technique. The study also aims to look at individual differences in SSS among Malaysians with respect to their age, sex, race and sportsmanship. The results indicated that subjects significantly differed (t-tests) on SSS across sex, race and sportsmanship. Males, as opposed to females, scored higher on all the sensation seeking scales. In terms of race, Indians were found to be high sensation seekers followed by Chinese and Malays. Finally, both males and females who engaged in sports had significantly higher scores on the General and TAS scales compared to their counterparts who did not engage in sports. Females who engaged in sports were also experience seekers as compared to females who did not engage in sports. The implications of these findings are discussed in terms of the existing literature as well as with respect to future research in Malaysia.

INTRODUCTION

Sensation seeking is a trait defined by the need for varied, novel and complex sensations and experiences, and the willingness to take physical and social risks for the sake of such experience (Zuckerman, 1979). The emergence of sensation seeking as a trait is the result of the pioneering work of Zuckerman in the 1960's on sensory deprivation and other scientific observations of human and animal subjects. This culminated in the development of the sensation seeking scale

(SSS). The SSS has generated a large number of studies in the area of psychology, psychiatry and physiology. These studies clearly show the importance of the sensation seeking trait in understanding individual differences, psychopathology and bio-psycho-social correlates of behaviour.

The development of SSS is the result of factor-analytic studies carried out by Zuckerman (1964) while studying the constructs of optimal levels of stimulation and arousal - the basic assumption being that whatever underlies the phenomena is a source of consistent individual difference (Zuckerman, 1969). The first form of SSS was made up of 54 items. These items, based purely on Zuckerman's guesses as to the typical expressions of sensation seeking in activities, attitudes and values, included preferences for extremes of sensation and the new and unfamiliar, for irregularity, for excitement and adventure, as well as for dangerous sports. The items were then factor analysed and a single general factor was found. Many items, however, did not correlate highly with this general factor. Further factor analyses were carried out and the results of these analyses led to construction of a new form of SSS with additional items (Form II1). The factor analysis of this latter form resulted in the discovery of four specific factors which were conceived of as alternate expressions of the underlying common trait (known as the General factor). The four factors were Thrill and Adventure Seeking (TAS), Experience Seeking (ES), Disinhibition (Dis), and Boredom Susceptibility (BS) (Zuckerman, 1979). This version, known as Form IV consisted of 72 items. Appendix 1 shows the items that made up this form of SSS. The final form, i.e., Form V, consisted of 40 items and is basically a shortened version of Form IV.

Table 1 presents the findings of studies on sensation seeking in relation to age, sex and race. The common findings are that sensation seeking declines with age, males are higher sensation seekers as compared to females, and Whites score higher on SSS as compared to Blacks and Hispanic groups. In terms of national samples, Asians score lower on SSS than Americans, English or Australians (details of studies are reported by Zuckerman, 1979).

Variable	Sample	Findings	Researchers
1. Age	Normals	SS increased with age until adolescence and then declined	Berlyn, 1960; Coursey, Buchsbaum & Frankel, 1975
	Pyschiatric Patients	Negative correlation between age and SS scores (more decline in psychiatric patients)	Brownfield, 1966; Blackburn, 1969
	Normal twins	SS declined with age	Zuckerman, Eysenck & Eysenck, 1978
	Male & Female prisoners	SS declined with age	Thorne, 1971
	Student population	No significant correlation between age and SS	Zuckerman et, al, 1972; Carrol & Zuckerman, 1972; Jacobs & Koeppl, 1975; Daitzman, 1976
2. Sex	Normals	Males scored significantly higher on SSS than females	Berkowitz, 1967; Zuckerman, 1969; Zuckerman, Eysenck & Eysenck, 1978; Furnam, 1984
3. Race	Drug addicts	Whites scored higher on SSS as compared to Blacks (except Dis)	English & Jones, 1972; Carrol & Zuckerman, 1977;
	Drug abusers	Whites scored higher on SSS as compared to Blacks and Hispanics	Kaestner, Rosen & Appel 1977
	College students	Blacks scored lower on General TAS and BS scales	Kurtz & Zuckerman, 1978

Table 1: A Summary of Studies on Sensation Seeking in relation to Age, Sex and Race

THE PRESENT STUDY

One of the aims of the present study is to consider differences between cultures in the levels of sensation seeking. According to Zuckerman's (1969) optimal level theory, there would be some differences in individuals' levels of arousal depending on the influence of their cultures because individuals tend to adapt to the prevailing environmental levels of stimulation. Thus, previous findings pertaining to this point is next considered.

Zuckerman (1979) compared the scores obtained by Ohkubo (1972) on Japanese and Thai students with the norms from an American university sample on the SS II General scale. Both Japanese and Thai students, irrespective of sex, scored significantly lower than American students. Further, the findings showed that there was no difference in the means of the two Asian samples (see Table 2, taken from Zuckerman, 1979).

These findings suggest that sensation seeking, as a trait, is fostered and accepted more by the American culture than the two Asian cultures (Zuckerman, 1979). The latter finding, that there was no difference in the means of the Japanese and the Thai samples in terms of their levels of sensation seeking is surprising because the cultures of the two nationals are not the same. While the Thai economy is still based on agriculture, that of Japan is technologically advanced. Thus, while most Thai people are still rural, the Japanese are urban dwellers. Because living conditions in rural and urban areas are not the same, we would expect the Japanese sample to be more adventurous and to take more risks than the Thai sample. However, the results of Ohkubo's study (1972) did not support this prediction. This difference could partly be explained by the form of SSS that was used. The Form 11 used in the study measured only a general level of sensation seeking. By doing so, specific aspects of sensation seeking, which may have indicated some differences between the two cultures, failed to be discriminated. Furthermore, the scale used contained mostly items of the thrill and adventure seeking and experience seeking nature. As both the samples were made up of college students in urban settings, it is quite possible that the two student samples have quite similar experiences with regard to these two aspects of sensation seeking.

	Japanese Males	Thai Males	American Males	Japanese Males	Thai Males	American Males
No. of subjects	640	328	686	590	196	850
Mean	11.1	11.1	13.4	10.3	9.9	12.6
Standard deviation	3.6	3.2	3.6	3.7	3.6	3.8

Table 2: Comparisons of Japanese, Thai and American Students on the General Scale of the SSS (Zuckerman, 1979)

This study by Ohkubo (1972) is important because it is the only one known to have been carried out on Asian samples. As such, the present study hopes to contribute to this existing literature by further examining the extent to which the different races in Malaysia, each with its own culture, differ with respect to sensation seeking.

Malaysia, made up of three distinct races (Malays, Chinese and Indians, approximately in the ratio of 5:4:1) each with its own specific culture would represent a good choice in terms of examining differences in levels of arousal. At this point, a brief mention of the make-up of these three races is deemed necessary. Historically before the advent of the British colonialism in 1786, the Malays were the indigenous people of the peninsula. They owned and tilled the land and are basically rural-based. The Chinese and Indians, on the other hand, were immigrants brought in by the British to work as labourers in the tin mines and rubber estates. Because the Chinese were initially placed in 'half-way' houses located in town areas, they now formed the largest population in urban areas mostly involved in commerce and trade. Although the majority of the Indians are still to be found in estates, more than a third now lived in urban areas. These three races differ in terms of their geographical distribution, occupation, way of life as well as language (Fong, 1989; Noor, 1986). In other words, the cultures of the three races are not the same. Due to this cultural difference, we

would expect the three races to show different levels of arousal. For example, a person raised in an environment that emphasised quiet, obedience, tradition, and the avoidance of risk taking would not have the same optimal level of arousal as a person brought up in a more challenging and stimulating culture. In fact, the commonly held stereotypes of the three races somehow reflect these differences. While the Malays are seen to be lazy and easy going, the Chinese are perceived to be hardworking and unscrupulous. The Indians, in contrast, are considered to be quick talkers and quarrelsome.

Although Ohkubo's (1972) finding did not show any difference in levels of sensation seeking within the Japanese and Thai student samples, the present study, using the comprehensive version of the SSS (Form IV), predicted that there would be differences between the three races in Malaysia in terms of their levels of sensation seeking.

To summarise, the present study was carried out with the following objectives: (i) to adapt Zuckerman's (1979) SSS to Malaysian conditions; and ii) to study individual differences in SSS among Malaysians with respect to their age, sex, race and sportsmanship.

METHOD

Sample

The sample consisted of 641 undergraduate students (males=254, females=387) from Universiti Sains Malaysia, Penang. The mean age of the sample was 21.3 ± 2.7 years (range=18 to 39 years). The demographic characteristics of the sample are presented in Table 3.

Age Group (in years)	Malays		Chinese		Indians		Total
	Male	Female	Male	Female	Male	Female	
18-21	85	150	39	99	15	23	411
22-25	35	30	46	69	17	11	208
26-29	6	3	1	1	1	0	12
30+	8	1	0	0	1	0	10
Total	134	184	86	169	34	34	641

Table 3: Breakdown of Sample by Age Sex and Ethnic Groups

Sensation Seeking Scale

Form IV of the SSS was adapted to Bahasa Malaysia (Malay Language) using the back translation method. Two steps were involved. First, the original items of the SSS in English were translated to Malay. Second, this Malay version of the SSS was translated back into English. At this stage, any items which appeared discrepant to the meaning of the original items were translated again. As pointed out by Zuckerman (1979), the major problem with translation is that it is always difficult to know how well the translated items are able to convey the meanings inherent in the original items. In three of the original SSS items, the sporting activities described were either not suitable to the local climatic conditions or familiar and these were therefore substituted. The three items were related to water skiing, surf-board riding and mountain skiing (see Table 4). This modified scale was then pre-tested on a group of students. The internal consistency of this total scale was .68 (Cronbach alpha).

In the present study, Form IV of the SSS was used because this form is the most comprehensive comprising of all the five subscales (General Scale, Thrill and Adventure Seeking, Experience Seeking, Disinhibition and Boredom Susceptibility). Furthermore, this form was used because the authors were interested in deriving norms for the Malaysian population on all measures of the scale. Form IV consisted of 72 forced-choice items (the forced-choice format was used to check for problems of social desirability and acquiescence, Zuckerman, 1979). With the exception of the BS scale, all scales showed good internal reliabilities ranging from .68 to .88 (Zuckerman, 1979).

Original items	Replaced items
29. A. I would like to take up the sport of water skiing B. I would not like to take up water-skiing	A. I would like to take up the sport of motorbike racing B. I would not like to take up motorbike racing
31. A. I would like to try surf-board riding B. I would not like to try surf-board riding	A. I would like to try a car up to its speed limit B. I would not like to drive a car up to its speed limit
71.A. Skiing fast down a high mountain slope is a good way to end up on crutches B. I think I would enjoy the sensations of skiing very fast down a high mountain slope	A. Racing a motorbike fast down a high mountain slope is a good way to end up on crutches B. I think I would enjoy the sensations of racing down a high mountain slope

Table 4: Replaced Items within the TAS Scale

Procedure

The SSS was administered to students in a group setting. In addition to their demographic variables (age, sex and race), subjects were asked to indicate their sporting activities. Under sporting activities, a list of popular sports (examples football, hockey, swimming, tennis, netball, basketball, etc.) was drawn. Each sporting activity was rated on a five-point Likert scale ranging from "highly involved" to "not at all involved".

RESULTS AND DISCUSSION

Tables 5-8 show the results of the findings with respect to sex, racial differences and subjects' sporting activities. As expected, in terms of age, no significant difference on the SSS was noted (the majority of subjects were aged between 18 to 25 years, see Table 3).

Sex

Table 5 shows the normative data from Universiti Sains Malaysia. Significant sex differences were found on all the sensation seeking scales. As can be seen from the table, males scored higher on all the sensation seeking scales than females. This finding is consistent with existing stereotypes of the male-female roles, where males are considered to be adventurous and daring and females more timid and cautious. Among the scales, the largest difference between the sexes was found on the Disinhibition scale. This suggests that males as compared to females have a greater need to disinhibit social restraints. While it is common for women in Asian cultures to feel more inhibited, similar differences in the sexes have also been reported in other studies in the West (Zuckerman, 1979).

Sensation Seeking Scales	Males (N=254)		Females (N=387)		Y
	Mean	S.D.	Mean	S.D.	
General	8.47	2.92	7.39	3.01	4.52*
TAS	7.84	2.66	6.74	2.76	5.05*
ES	5.34	2.72	4.07	2.39	6.05*
Dis	3.60	2.09	2.07	1.55	10.00**
BS	6.09	2.15	5.61	2.03	2.82*

*p < .0001, **p < .01

Table 5: Sensation seeking Scores by Sex

Race

Table 6 presents the mean scores of the three races on the SSS. Significant racial differences were found on all scales except for the BS scale. The mean scores indicated that the Indians had the highest sensation seeking scores, followed by the Chinese, then the Malays.

Considering only the Malays and the Chinese, significant differences were noted between these two groups on the TAS and Dis scales (see Table 6A). This suggests that while the Chinese are found to have higher scores on the thrill and adventure scale, they are also more inhibited than the Malays. On the other hand, when similar comparison was made between the Malays and the Indians, it was found that the Indians had higher scores on the thrill and adventure scale as well as on the

experience seeking scale as compared to the Malays (Table 6A). With regard to the comparison between the Chinese and the Indians, significant differences were observed on the TAS, ES and Dis scales implying that the Indians are thrill and adventure seekers, experience seekers, and that they are also more inhibited.

Sensation Seeking Scales	Ethnic Groups					
	Malays (N=318)		Chinese (N=255)		Indians (N=68)	
	Mean	S.D.	Mean	S.D.	Mean	S.D.
GS	7.37	2.95	8.10	2.98	8.66	3.18
TAS	6.76	2.78	7.31	2.68	8.40	2.79
ES	4.35	2.55	4.55	2.54	5.51	2.80
Dis	2.84	1.80	2.33	1.85	2.88	2.42
BS	5.73	1.94	5.82	2.15	5.82	2.52

Table 6: Sensation seeking Scores by Race

Sensation seeking scales	Malays & Chinese <i>t</i>	Malays & Indians <i>t</i>	Chinese & Indians <i>t</i>
GS	2.93++	3.07*	1.31
TAS	2.40++	4.40**	2.89++
ES	0.93	3.15*	2.57++
Dis	3.31*	0.13	1.75+
BS	0.52	0.28	0.00

** $p < .0001$, * $p < .001$, ++ $p < .01$, + $p < .05$.

Table 6A : Significant Differences between Ethnic Groups on SSS

Sports and Non-Sports

Table 7 shows the mean scores of sporting and non-sporting subjects on the SSS. As can be seen, significant differences were obtained between these two groups on all the scales. This suggests that subjects who are involved in sports are more likely to be risk takers, experience seekers, disinhibited and prefer excitement compared to those who are not involved in sports. Thus, subjects involved in sports are high sensation seekers as compared to those who are not involved in sports.

Table 7A shows the mean scores of sporting and non-sporting subjects by sex. Males with sporting activities differed

significantly from males without sporting activities. On the other hand, females with sporting activities had significantly higher scores on the TAS and ES scales as compared to females without sporting activities. These results suggest that while both males and females with sporting activities are risk takers, females are also experience seekers.

Sensation seeking scales	Sporting subjects (N=370)		Non-sporting subjects (N=271)		t
	Mean	S.D.	Mean	S.D.	
GS	8.42	2.95	7.04	2.97	5.82*
TAS	7.74	2.74	6.45	2.68	5.98*
ES	4.87	2.70	4.24	2.50	3.04+
Dis	2.90	2.02	2.43	1.89	3.03+
BS	5.99	2.11	5.57	2.05	2.51+

*p < .0001, +p < .01.

Table 7: Sensation seeking Scores of Sporting and Non-Sporting Subjects

Sensation seeking scales	Males				Females					
	Sporting (N=190)		Non-sporting (N=64)		t	Sporting (N=180)		Non-sporting (N=207)		t
	Mean	s.d.	Mean	s.d.		Mean	s.d.	Mean	s.d.	
GS	8.75	2.90	7.69	2.86	2.55+	8.09	2.97	6.80	2.95	4.27*
TAS	8.15	2.70	6.98	2.34	3.32+	7.32	2.73	6.25	2.73	3.86*
ES	5.35	2.82	5.34	2.44	0.03	4.38	2.49	3.83	2.28	2.26++
Dis	3.62	2.11	3.54	2.07	0.27	2.15	1.60	2.02	1.51	0.82
BS	6.18	2.20	5.82	2.01	1.21	5.80	2.00	5.47	2.05	1.61

*p < .0001, +p < .01, ++p < .05

Table 7A: Sensation seeking Scores of Sporting and Non-Sporting Subjects by Sex

National Samples

Table 8 shows the means of the Malaysian student sample compared to the means of an American student sample (the American student sample was taken from the University of Delaware; Zuckerman, 1974). Both samples used the same version of SSS. As can be seen, the mean scores of Malaysian students are significantly lower than the mean scores of the

American students. This finding is not surprising for previous studies on SSS also have reported that Asians usually score lower than the Americans or the English (see Table 2). Malaysians, in this case, are no exception. Comparison between the Malaysian sample with the Japanese and the Thai samples are not possible because the latter two samples used different versions of the SSS. However, we would expect some differences between the samples on certain SSS scales. For example, due to cultural differences, we would expect the Japanese to have more inhibitions and restraints than the Malaysians. On the other hand, the Japanese as opposed to the Malaysian would be more willing to take risks.

Sensation seeking scales	Males					Females				
	American (N=296)		Malaysian (N=254)		t	American (N=280)		Malaysian (N=387)		t
	Mean	s.d.	Mean	s.d.		Mean	s.d.	Mean	s.d.	
GS	12.8	3.7	8.47	2.92	15.46*	12.0	3.8	7.39	3.01	16.82*
TAS	10.6	2.7	7.84	2.66	12.05*	9.8	3.0	6.74	2.76	13.42*
ES	9.2	3.9	5.34	2.72	13.59*	7.9	3.7	4.07	2.39	15.20*
Dis	6.4	3.2	3.60	2.09	12.28*	3.9	2.5	2.07	1.55	10.83*
BS	7.7	3.2	6.09	2.15	7.00*	6.8	2.9	5.61	2.03	5.89*

* $p < .0001$

Table 8: Comparisons of American and Malaysian students (from the University of Delaware and Universiti Sains Malaysia) on Form IV of the SSS

GENERAL DISCUSSION AND CONCLUSION

According to Zuckerman (1979), the observed positive correlations of the SSS with certain trait measures (such as the Murray Need Scale and the 16PF) suggest

...that high-sensation seekers are egocentrically extraverted; that is, they are concerned with others as an audience or a source of stimulation, rather than in a dependent or nurturing sense. Sensation seekers maintain their autonomy through assertive relationships with others rather than through isolation. Sensation seekers are nonconformists and risk

takers. They are somewhat asocial in the sense that they are ruled by their own needs rather than social conventions or the needs and attitudes of others. They are attracted toward a life-style that maximizes the opportunity for independence and hedonistic self-fulfillment with like-minded persons (p. 181).

The quotation above nicely sums up the profile of high sensation seekers. They are especially attracted to activities or behaviour that involve variety, unpredictability, or physical risk. One reason may be because high sensation seekers appraise such activities as being less risky than the average person. They have also been reported to be less fearful than low sensation seekers in situations where there is danger of physical harm. This lack of fearfulness makes high sensation seekers more daring and adventure seeking than most others. Thus, in the present study, we would expect more high sensation seekers to be engaged in sports activities than low sensation seekers. This is so because many sporting activities offer a certain degree of change, novelty and unpredictability from everyday events. The findings of the present study support this prediction; subjects who were involved in sports activities had significantly higher scores on all the SSS scales than subjects who were not involved in sports. Being involved in sports activities is one legitimate way in which these students can increase their optimum level of arousal without getting into trouble with the university authorities. On the other hand, those not involved in sports are probably quite happy with the existing conditions prevailing on campus.

The findings of the present study also show that differences on SSS with respect to age and sex are similar to those reported in the literature. In terms of race, as predicted, there are differences between the three races with respect to their optimum level of arousal. Indians are found to be high sensation seekers followed by Chinese and then Malays. As stated earlier, this may partly be attributable to the differences inherent within the three cultures.

The present study is one of the first attempts at using SSS on the Malaysian population. The literature on SSS shows that a

number of studies have been carried out indicating that sensation seeking is related to personality traits, risk-taking activities, experience seeking (sex, drugs, alcohol, smoking, etc.) and psychopathology. Future studies in this direction will not only help in obtaining cross-cultural comparisons but will also help in understanding drug taking behaviour and its prevention. For example, many of those who take drugs are from the lower socioeconomic groups. Due to their lack of education, these groups have limited choices in term of having proper vocations. As such, those high in sensation seeking traits within this group would not be able to afford activities like travelling to far-away places, parachuting, snorkelling, speedboat racing, etc. that could provide relief from a monotonous job as well as maintain their optimum level of arousal. Inevitably then, they are drawn into anti-social sensation seeking activities like drug taking, crime, and others. Thus, programs designed to combat drug addiction should take into account of this factor.

Finally, one limitation of the present study concerns the make-up of the subjects. Subjects were university students and most have been brought up in urban areas and therefore exposed to Western ideas and values. Thus, we cannot be sure that the differences observed in the present study are truly due to differences between cultures or due to other extraneous factors (e.g., personality, geographical distribution, etc.).

APPENDIX 1

Sensation Seeking Scale - Form IV

Directions: Each of the items below contains two choices, A and B. Please indicate *on your answer sheet* which of the choices most describes *your likes* or the way *you feel*. In some cases you may find items in which both choices describe your likes or the way you feel. Please choose the one which better describes your likes or feelings. In some cases you may find items in which you do not like either choice. In these cases mark the choice you dislike *least*.

It is important you respond to *all items* with only *one choice*, A or B. We are interested only in *your likes or feelings*, not in how

others feel about these things or how one is supposed to feel. There are no right or wrong answers as in other kinds of tests. Be frank and give your honest appraisal of yourself.

1. A. I dislike the sensations one gets when flying.
B. I enjoy many of the rides in amusement parks.
2. A. I would like a job which would require a lot of travelling.
B. I would prefer a job in one location.
3. A. I would like to hitchhike across the country.
B. Hitchhiking is too dangerous a way to travel.
4. A. I do not find gambling worth the risk.
B. I like to gamble for money.
5. A. I can't wait to get indoors on a cold day.
B. I am invigorated by a brisk, cold walk.
6. A. I like "wild" uninhibited parties.
B. I prefer quiet parties with good conversation.
7. A. I can't stand watching a movie that I've seen before.
B. There are some movies I enjoy seeing a second or even third time.
8. A. Using "four letter words" in public is vulgar and inconsiderate of the feelings of others.
B. I sometimes use "four letter words" to express my feelings or to shock someone.
9. A. I find a certain pleasure in routine kinds of work.
B. Although it is sometimes necessary, I usually dislike routine kinds of work.
10. A. I often wish I could be a mountain climber.
B. I can't understand people who risk their necks climbing mountains.
11. A. I dislike all body odors.
B. I like some of the earthy body smells.

12. A. I get bored seeing the same old faces.
B. I like the comfortable familiarity of everyday friends.
13. A. I like to dress in unusual styles.
B. I tend to dress conservatively.
14. A. I am only interested in travelling in civilized parts of the world.
B. I would like to travel to strange, out of the way places like the upper Amazon or Antarctica.
15. A. I like to explore a strange city or section of town by myself, even if it means getting lost.
B. I prefer a guide when I am in a place I don't know well.
16. A. I dislike people who do or say things just to shock or upset others.
B. When you can predict almost everything a person will do and say he or she must be a bore.
17. A. I usually don't enjoy a movie or play where I can predict what will happen in advance.
B. I don't mind watching a movie or play where I can predict what will happen in advance.
18. A. I have tried marijuana or would like to.
B. I would never smoke marijuana.
19. A. I would not like to try any drug which might produce strange and dangerous effects on me.
B. I would like to try some of the new drugs that produce hallucinations.
20. A. I would prefer living in an ideal society where everyone is safe, secure and happy.
B. I would have preferred living in the unsettled days of our history.
21. A. A sensible person avoids activities that are dangerous.
B. I sometimes like to do things that are a little frightening.
22. A. I dislike "swingers".
B. I enjoy the company of real "swingers".

- 23. A. I find that stimulants make me uncomfortable.
B. I often like to get high (drinking liquor or smoking marijuana).
- 24. A. A person should change jobs from time to time to avoid getting into a rut.
B. A person should find a job which is fairly satisfying to him and stick with it.
- 25. A. I order the dishes with which I am familiar, so as to avoid disappointment and unpleasantness.
B. I like to try new foods that I have never tasted before.
- 26. A. In a good sexual relationship people never get bored with each other.
B. It's normal to get bored after a time with the same sexual partner.
- 27. A. I enjoy looking at home movies or travel slides.
B. Looking at someone's home movies or travel slides bores me tremendously.
- 28. A. I like to try new brands on the chance of finding something different or better.
B. I stick to the brands I know are reliable.
- 29. A. I would like to take up the sport of water-skiing.
B. I would not like to take up water-skiing.
- 30. A. Most adultery happens because of sheer boredom.
B. Adultery is almost always the sign of a sick marriage.
- 31. A. I would like to try surf-board tiding.
B. I would not like to try surf-board riding.
- 32. A. I find people who disagree with my beliefs more stimulating than people who agree with me.
B. I don't like to argue with people whose beliefs are sharply divergent from mine, since such arguments are never resolved.

- 33. A. I would like to take off on a trip with no pre-planned or definite routes, or timetable.
B. When I go on a trip I like to plan my route and timetable fairly carefully.
- 34. A. I prefer the "down-to-earth" kinds of people as friends.
B. I would like to make friends in some of the "far-out" groups like artists or "hippies".
- 35. A. I would not like to learn to fly an airplane.
B. I would like to learn to fly an airplane.
- 36. A. Most beards are unsightly.
B. I like to see men wearing beards.
- 37. A. I would like to go scuba diving.
B. I prefer the surface of the water to the depths.
- 38. A. I would like to meet some persons who are homosexual (men or women).
B. I stay away from anyone I suspect of being "queer".
- 39. A. I prefer modern jazz or classical music to more popular or light classical music.
B. I prefer popular or light classical music to modern jazz or classical music.
- 40. A. I like to drive in open convertibles.
B. I do not like to drive in open convertibles.
- 41. A. I would like to have the experience of being hypnotised.
B. I would not like to be hypnotised.
- 42. A. The most important goal of life is to live it to the fullest and experience as much of it as possible.
B. The most important goal of life is to find peace and happiness.
- 43. A. I would like to try parachute jumping.
B. I would never want to try jumping out of a plane with or without a parachute.

- B. I like to dive or jump right into the ocean or a cold pool.
45. A. I do not like the irregularity and discord of most modern music.
B. I like to listen to new and unusual kinds of music.
46. A. I prefer friends who are excitingly unpredictable.
B. I prefer friends who are reliable and predictable.
47. A. I am not interested in experience for its own sake.
B. I like to have new and exciting experiences and sensations even if they are a little frightening, unconventional or illegal.
48. A. When I go on vacation I prefer the comfort of a good room and bed.
B. When I go on vacation I would prefer the change of camping out.
49. A. When I go in an ocean or lake I like to stay close to shore.
B. Sometimes I like to swim far out from the shore.
50. A. I often enjoy flouting irrational authority.
B. I am generally respectful of lawful authority.
51. A. The essence of good art is in its clarity, symmetry of form and harmony of colors.
B. I often find beauty in the "clashing" colors and irregular forms of modern painting.
52. A. I enjoy spending time in the familiar surroundings of home.
B. I get very restless if I have to stay around home for any length of time.
53. A. I like to dive off the high board.
B. I don't like the feeling I get standing on the high board (or I don't go near it at all).
54. A. I like to date members of the opposite sex who are physically exciting.

- B. I like to date members of the opposite sex who share my values.
55. A. Heavy smoking usually ruins a party because some people get loud and boisterous.
B. Keeping the drinks full is the key to a good party.
56. A. I sometimes like to do "crazy" things just to see the effects on others.
B. I almost always behave in a normal way. I am not interested in shocking or upsetting others.
57. A. The worst social sin is to be rude.
B. The worst social sin is to be a bore.
58. A. I look forward to a good night of rest after a long day.
B. I wish I didn't have to waste so much of a day sleeping.
59. A. A person should have considerable sexual experience before marriage.
B. It's better if two married persons begin their sexual experience with each other.
60. A. Even if I had the money I would not care to associate with flighty persons like those in the "jet set".
B. I could conceive of myself seeking pleasures around the world with the "jet set".
61. A. I like people who are sharp and witty even if they do sometimes insult others.
B. I dislike people who have their fun at the expense of hurting the feelings of others.
62. A. Almost everything enjoyable is illegal or immoral.
B. The most enjoyable things are perfectly legal and moral.
63. A. A good painting should shock or jolt the senses.
B. A good painting should give one a feeling of peace and security.
64. A. There is altogether too much portrayal of sex in movies.
B. I enjoy watching many of the "sexy" scenes in movies.

65. A. I do not enjoy discussions where people get so "heated up", they end up insulting each other.
B. I enjoy a heated intellectual argument even if people sometimes get upset.
66. A. I feel best after taking a couple of drinks.
B. Something is wrong with people who need liquor to feel good.
67. A. People who ride motorcycles must have some kind of an unconscious need to hurt themselves.
B. I would like to drive or ride a motorcycle.
68. A. People should dress according to some standards of taste, neatness and style.
B. People should dress in individual ways even if the effects are sometimes strange.
69. A. Sailing long distances in small sailing crafts is foolhardy.
B. I would like to sail a long distance in a small but seaworthy sailing craft.
70. A. I have no patience with dull or boring people.
B. I find something interesting in almost every person I talk with.
71. A. Skiing fast down a high mountain slope is a good way to end up on crutches.
B. I think I would enjoy the sensations of skiing very fast down a high mountain slope.
72. A. I prefer people who are calm and even tempered.
B. I prefer people who are emotionally expressive even if they are a bit unstable.

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