

<b>INTEGRATION INVENTORY</b> <b>(Mary A. Ruffing-Rahal, 1990)</b>					
<i>Below you will find 37 statements. Beside each statement are 6 codes which represent the following range of choices with regard to the assessment of personal well-being experiences.</i>					
Strongly Disagree	Moderately Disagree	Slightly Disagree	Slightly Agree	Moderately Agree	Strongly Agree
1	2	3	4	5	6
<i>There are no "right" or "wrong" answers. The only correct responses are those that are true for you. Remember, it is YOUR OPINION that is wanted.</i>					
<i>Please answer the following statements by choosing the response that best indicates the degree that you agree or disagree. Answer in relation to how the statements correspond with your experiences of the last two or three weeks.</i>					
1. I have a better feeling about myself now than 10 years ago.	1	2	3	4	5 6
2. I'm a positive thinker.	1	2	3	4	5 6
3. I spend a lot of time worrying.	1	2	3	4	5 6
4. I am a spiritual person.	1	2	3	4	5 6
5. I don't get to socialize as much as I'd like.	1	2	3	4	5 6
6. I want to be around as long as I can.	1	2	3	4	5 6
7. I'm usually busy with something.	1	2	3	4	5 6
8. I don't feel very good about my life.	1	2	3	4	5 6
9. I am able to laugh at myself.	1	2	3	4	5 6
10. I know I'm going to die sometime and I'm ready.	1	2	3	4	5 6
11. I feel very old.	1	2	3	4	5 6
12. I feel that my life has been blessed.	1	2	3	4	5 6
13. I don't have much fun anymore.	1	2	3	4	5 6
14. I have a sense of well-being every day.	1	2	3	4	5 6
15. My friends are usually "there" for me.	1	2	3	4	5 6
16. I feel less secure than I did.	1	2	3	4	5 6
17. I have enough money to take care of myself.	1	2	3	4	5 6
18. I don't do a lot of the things I would like.	1	2	3	4	5 6
19. I am not a quitter.	1	2	3	4	5 6
20. I have a lot to be thankful for.	1	2	3	4	5 6
21. I feel out of touch and isolated.	1	2	3	4	5 6
22. I am often surprised at how quickly time passes.	1	2	3	4	5 6
23. I look forward to each day.	1	2	3	4	5 6
24. I don't feel a part of the community where I live.	1	2	3	4	5 6
25. I try to help people any way I can.	1	2	3	4	5 6
26. I stay active.	1	2	3	4	5 6
27. I have trouble staying alert.	1	2	3	4	5 6
28. Some good has come from the worst times of my life.	1	2	3	4	5 6
29. I have a lot of faith and trust in God.	1	2	3	4	5 6
30. I have several regrets.	1	2	3	4	5 6
31. I continue to learn and do new things.	1	2	3	4	5 6
32. Certain people/animals/plants count/depend on me.	1	2	3	4	5 6
33. I'm not able to get outside every day.	1	2	3	4	5 6
34. I do certain things to take care of my health.	1	2	3	4	5 6
35. I am able to practice my religion as I wish.	1	2	3	4	5 6
36. It bothers me to depend quite a bit on others.	1	2	3	4	5 6
37. I do work that I find meaningful.	1	2	3	4	5 6

## DISCUSSION

The tentativeness of any conclusions drawn from these findings is underscored by the bias derived from convenience sampling. Statistical findings, particularly the moderate range of the coefficient values, (34) suggest the II's basic fit with the chosen measures of well-being, all of which are standard measures with established validity and reliability. Likewise, the alpha coefficient of .91 indicates satisfactory internal consistency, given an alpha coefficient criterion of .80 as desirable for a newly developed instrument. (35) In all, the findings support an initial impression that The Integration Inventory reflects a well-being construct premised on a qualitative network which incorporates, in order of coefficient size: 1) Existential well-being (SWBS); 2) Absence of Loneliness/present satisfaction (PGCMS); 3) Positive attitude toward aging (PGCMS);