

The correlation between self-differentiation and fatigue of young people in Vietnam

Ngo, M.U., WELink Center for Professional Psychological Services,
Vietnam (ngominhuy@gmail.com)

Du, T.N., Hochiminh City University of Education, Vietnam

Nguyen, N.Q., WELink Center, Vietnam

Nguyen, K.N., WELink Center, Vietnam

Le, T.P., WELink Center, Vietnam

INTRODUCTION

Many Vietnamese complain about having too much stress and being fatigued; yet, according to our observations in psychological counseling and therapy in Ho Chi Minh City (HCMC), they are not really so much stressed, but most are tired in relation to their work environment and their families. Moreover, our observation over many years also seems to be that many young people in Vietnam are having difficulties related to their differentiation of self (from their family of origin). Our research to be conducted to test the hypothesis: is there correlation between self-differentiation and fatigue; are there differences between male and female, group of ages, single and marriage, and the education levels of young people (18-40 yrs) in Vietnam.

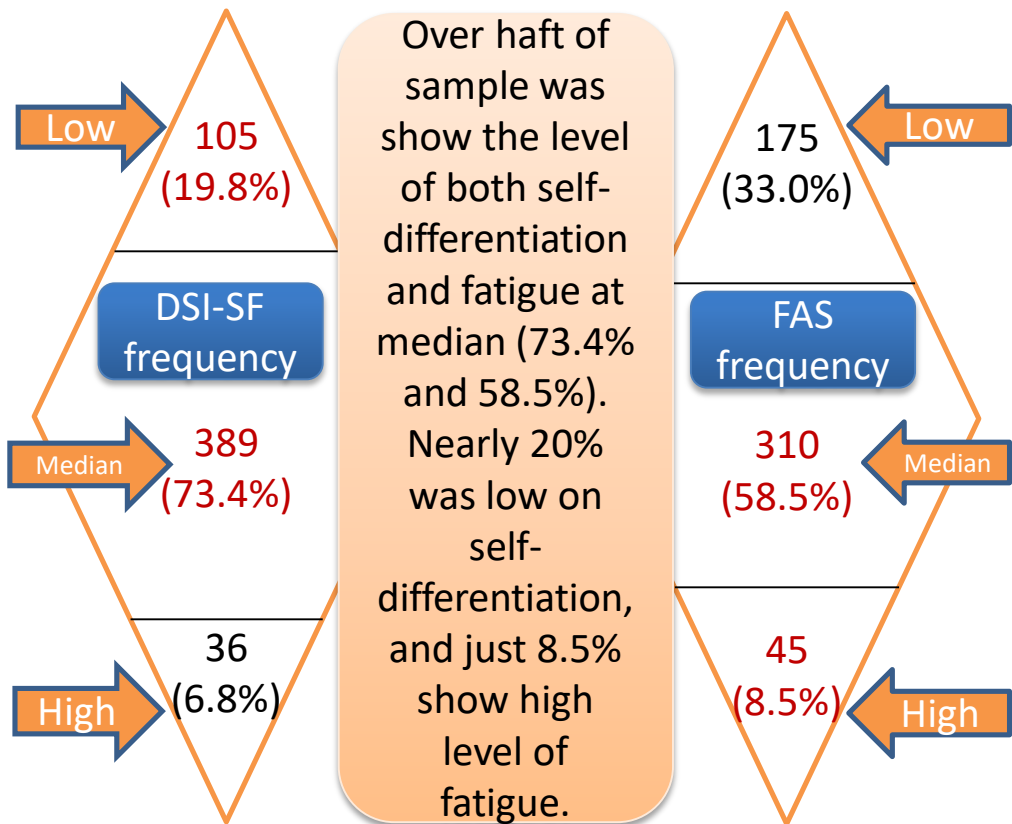
SAMPLE AND QUESTIONNAIRES

Sample frequency		%	N
Male (M)	148	27.9	530
Female (F)	382	72.1	
18-30 yrs (YA)	424	80	530
31-40 yrs (MA)	106	20	
Single (S)	419	79.1	530
Marriage (M)	111	20.9	
Highschool (HS)	53	10	530
Bachelor (B)	424	80	
Graduate (G)	53	10	

We used two questionnaires, DSI-SF (Differentiation of Self Inventory Short Form) of Drake et al (2015) to measure the self-differentiation, and the FAS (Fatigue Assessment Scale) of Michielsen et al. (2003) to measure the fatigue status.

All questionnaire was translated to Vietnamese by two different experts and test the validity and reliability before the official survey. The DSI-SF has four subscale to measure the I position (IP), Fusion to others (FO), Emotional reactivity (ER), and Emotional cut-off (EC), with 20 items in total. FAS has 10 items to measure the fatigue level of people.

RESULTS AND DISCUSSIONS



The correlation between FAS and DSI-SF in details					
	IP	FO	ER	EC	DSI-SF
FAS	-.403	-.196	None	-.173	-.254
<p>There are negative correlations between FAS and IP, FO, and EC, all significant at 0.01, and no significant correlation between FAS and ER. It means the more of I position, the less of fusion to others, and the less of emotional cut-off will relate to the more of fatigue; and the level of fatigue was not relate to the emotional reactivity of people.</p> <p>There is negative correlation (-.254) between DSI-SF and FAS, significant at the 0.01 level. Means the higher level of self-differentiation the lower level of fatigue.</p>					

RESULTS AND DISCUSSION (cont.)

The T-test and ANOVA for differences									
	Gender		Ages		Live		Education		
	M	F	YA	MA	S	M	HS	B	G
DSI			-2.06*		YA < MA. The older the more self-differentiation				
IP			-2.17*						
FO			-2.75*						
ER									
EC	3.55**		F > M. Female was more emotional cut-off than male						
FAS			3.97*				4.02*		
YA < MA. The older the more fatigue					G < HS. The higher education the less fatigue				
* Significant at 0.01; ** significant at 0.05									

FURTHER RESEARCH AND CONCLUSION

The results were met our hypothesis about the correlation between self-differentiation and the level of fatigue of Vietnamese young people. We will need to expand this study to a larger number of samples throughout Vietnam to get more reliable data, and also to find out the factors relate to the differences

References:

Drake, J. R., Murdock, N. L., Marszalek, J. M., & Barber, C. E. (2015). Differentiation of Self Inventory—Short Form: Development and preliminary validation. *Contemporary Family Therapy: An International Journal*, 37(2), 101-112. <http://dx.doi.org/10.1007/s10591-015-9329-7>

Michielsen, H.J., De Vries. J., and Van Heck. G, L. (2003). Psychometric qualities of a brief self-rated fatigue measure: The Fatigue Assessment Scale. *Journal of Psychosomatic Research*. 54(4), 345-352. [https://doi.org/10.1016/S0022-3999\(02\)00392-6](https://doi.org/10.1016/S0022-3999(02)00392-6)