

Name of Measure: Homesickness and Contentment (HC) scale (Shin, 1992)

Purpose of Measure: To assess homesickness, contentment, loneliness, and depression.

Author(s) of Abstract:

Heajong Shin, Ph.D.  
Soonchunhyang University  
San 53-1 Eupnai-ri, Shinchang-myun,  
Asan-si, Chungman, South Korea, 336-745

Neil Abell, Ph.D.  
Associate Professor  
Florida State University School of Social Work

Reference: Shin, H., & Abell, N. (1999). The Homesickness and Contentment Scale: Developing a culturally sensitive measure of adjustment for Asians. *Research on Social Work Practice*, 9(1), 45-60.

Description of measure: The HC is a 20-item scale which yields 4 scores: global, homesickness, loneliness, and depression. The scale utilizes a 5 point Likert response set ranging from very often (1) to never (5) such that higher scores denote better adjustment. The HC measures emotional psychological adjustment to a new culture, taking into account the private nature of Asians when examining symptoms of homesickness and contentment.

Language Availability: Chinese and Korean

Translation Comments: Not available

Description of Asian Population: 201 Chinese and Korean graduate students and spouses in an American university; 101 women and 100 men. The average age was 31 years (S.D. = 3.7 years) with range from 24 to 46. The husbands' mean age was 32 years (SD = 3.8) and wives' mean age was 30 years (SD = 3.4). On average, participants had been married for 70 months (S.D. = 38.9, range = 4–63), had lived in the United States for 43 months (S.D. = 37.6, range = 1-237), and had come to the university 32 months prior to this study (SD = 26.9, range = 1-120). Forty percent (  $n = 80$ ) of the total sample were in doctoral programs, 15% (  $n = 29$ ) in masters' program, 11% percent (  $n = 22$ ) in other programs such as undergraduate or postdoctoral programs, 30% (  $n = 62$ ) were not attending any programs, 4% (  $n = 8$ ) did not report.

Norms: There was a global HC score (computed with all 20 items) of 3.09 (SD = .53). The homesickness sub-scale had a mean of 2.52 (SD = .82), and the contentment sub-scale had a mean of 3.62 (SD = .88)

Reliability: The reliabilities coefficients were as follows: global scale (.79), homesickness sub-scale (.86), and contentment (.93).

Validity: The validity of the HC sub-scales (i.e., homesickness and contentment) were analyzed by examining correlation coefficients between sub-scales' total score and discriminant variables (i.e., sex, number of months married and the program in which the

student was enrolled) and convergent variables (i.e., number of months stayed in the US, Perception of coming to the United States Scale, Personality and social network adjustment scale. The homesickness scale was significantly correlated with convergent variables in the hypothesized direction. The contentment scale was significantly related to only the personality and social network adjustment scale indicating weak convergent validity.

Original Reference: Shin, H. (1992). A study of international graduate students at a U.S. public university. Unpublished manuscript.

How to obtain a copy of the Scale: Contact Dr. H. Shin, Soonchunhyang University. San 53-1 Eupnai-ri, Shinchang-myun, Asan-si, Chungman, South Korea, 336-745.  
[heajong@asan.sch.ac.kr](mailto:heajong@asan.sch.ac.kr)