

FCPI

개인용 (For Individuals)

Foreign College student Psychological Inventory

유학생 심리건강 검사

Research and Development: OH, HEA-YOUNG

Assessor		Name	SAMPLE_E
Test Taking Institution		Sex	
Date of Test	2023/03/07	Date of Birth	1987/03/19
Nationality		Age	35 11
Student number			

Introduction of Inventory

FCPI is structured to evaluate and make intervention plans by considering the psychological health of foreign students in South Korea and the environmental factors that intimately affect them.

- I . The environmental analysis is structured to help professionals interpret the inventory by identifying the participant's environmental state in advance, and is made up of 3 fields including personal background, learning environment, and crisis environment.
- II . Psychological health was structured to test 4 areas of the foreign student's psychological health including protective resources, maladjustment, general-symptom, and specific-symptom, based on the integrative psychological health model.

Structure of the Foreign Student Psychological Inventory

Part	Category	Subcategory	
I . Environmental Aspects/ Analysis	Personal Background	Length of stay	
		Korean proficiency level	
		Residential environment	
	Learning Environment	College Satisfaction	
		Academic Satisfaction	
		Academic Continuity Plan	
	Crisis Experience	Recent psychological crisis	
II . Psychological health	Protective Resources	Well-being(WEL)	Items on positive self-perception and satisfaction and sense of control about life
		Stress Coping Ability(STR)	Items on the ability to cope with stressful situations rationally and stress coping resources
	Maladjustment	Academic Maladjustment(ACA)	Items on the academic performance required by classes at Korean universities and items asking about the difficulties related to learning motivation and teaching styles
		Daily Life Maladjustment(DAI)	Items asking about adapting to Korea's unique culture and difficulties of living abroad
		Relational Maladjustment(REL)	Items asking about difficulties in academic exchange with classmates or professors and discrimination, bias, and loneliness experienced as a foreign student
	General-symptom	Depression(DEP)	Items related to depression symptoms such as feeling depressed, lack of life motivation, despair, negative thoughts about the world and the future
		Anxiety(ANX)	Items related to anxiety symptoms such as anxiousness, nervousness, excessive worries and fear
		Interpersonal Sensitivity(INT-S)	Items asking about the feelings of discomfort and pressure in interpersonal relationships and the extent of sensitiveness towards others' response
		Somatization(SOM)	Items asking about physical health symptoms such as physical discomfort, headache, indigestion, and rashes
	Specific-symptom	Internet Use(INT-U)	Items asking about the difficulty in controlling symptoms related to internet usage and how it affects daily life socially, mentally, and physically
		Eating Problems(EAT)	Items asking about eating-related problems such as eating too little or too much and concerns about the body shape and weight
		Alcohol Problems(ALC)	Items asking about excessive alcohol consumption and decline in academic performance or daily function due to alcohol consumption
		Sense of Reality(SEN)	Items asking about the difficulty in perceiving the present, a sense of alienation and isolation from everyday environment, and occurrence of an exceptional or disturbing accident
		Suicidal Risk(SUI)	Items asking about thoughts of suicide or death and experiences or risks in attempting to commit suicide
		Post-traumatic Stress(POS)	Items asking about sudden external traumatic experiences, repetitive occurrence of the traumatic event, and emotional difficulties

01. Validity Index

The validity index provides information on whether the foreign student answered diligently or whether the test result can be trusted.

- If 'attention' does not appear in the attention box, the respondent responded diligently and the test result can be trusted.
- If there is at least one 'attention' sign in the 3 validity indices, the interpretation of the results needs to be carried out with caution.

Index	Result	Attention	Content
Omitted Item	0		If there are three or more omitted items, the reliability of the overall test result will be affected. Please note this when interpreting the result.
Response Inconsistency	T86	Attention	It measures the consistency of items that are similar or highly correlated. If the T score is over 68, then there is a possibility that the respondent may not have understood the items properly or responded randomly.
Response Sincerity	2/3	Attention	If there is an attention sign, this means the respondent responded negatively to 2 or more items that asked about how diligently the respondent responded to each item. If the result of this index is high, it is difficult to trust the test result.

* '-' means it was not calculated due to non-response.

02. Personal Environment

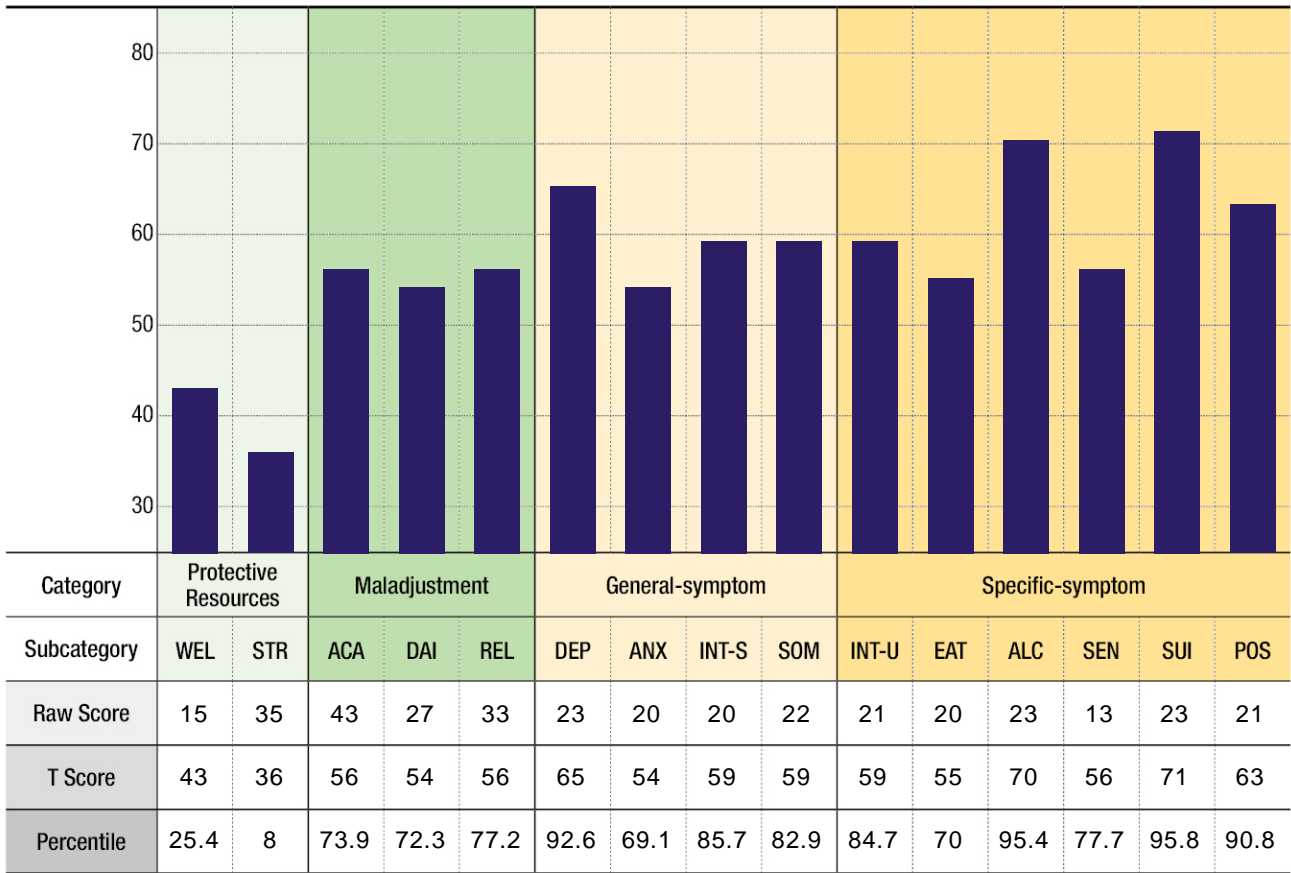
This is the information that the foreign student provided related to the study abroad environment.

Subcategory	Response	Example
Length of stay	36~47 months	12 months or less, 13~35 months, 36~47 months, 48~59 months, more than 60 months
Korean proficiency level	Intermediate	Advanced, Intermediate, Beginner
Residential environment	(Off-campus) Live with family or relatives	Dormitory, (Off-campus) Live alone, (Off-campus) Live with roommate or housemate, (Off-campus) Live with family or relatives

* '-' means it was not calculated due to non-response.

03. Psychological health Profile

Unit: T-score



* '-' means it was not calculated due to non-response for 3 or more items in each subcategory.

WEL	웰빙(Well-being / 健康领域)	SOM	신체화(Somatization / 躯体化)
STR	스트레스 대처(Stress Coping Ability / 抗压能力)	INT-U	인터넷사용(Internet Use / 网络使用)
ACA	학업 부적응(Academic Maladjustment / 学业 不适应)	EAT	섭식(Eating Problems / 进食)
DAI	생활 부적응(Daily Life Maladjustment / 生活 不适应)	ALC	음주(Alcohol Problems / 饮酒)
REL	관계 부적응(Relational Maladjustment / 关系 不适应)	SEN	현실감각기능(Sense of Reality / 现实感)
DEP	우울(Depression / 抑郁)	SUI	자살위기(Suicidal Risk / 自杀危机)
ANX	불안(Anxiety / 焦虑)	POS	외상후스트레스(Post-traumatic Stress / 创伤后心理压力)
INT-S	대인예민성(Interpersonal Sensitivity / 人际敏感度)		

- 1) A high score in the protective resources category means the respondent is satisfied and is coping with stress appropriately.
- 2) A high score in the maladjustment category means the respondent is experiencing difficulty in adjusting.
- 3) High scores in the general-symptom and specific symptom categories mean the respondent is experiencing the psychological health problem.

- T Score: This is a standard score with a mean of 50 and a standard deviation of 10 and a score higher than 50 means it is higher than average and a score lower than 50 means it is lower than average.
- Percentile: If the total respondents were 100, the percentile shows where an individual's score ranks from the bottom. For example, a percentile of 80 out of 100 means there are 79 people with scores below the individual and 20 people with scores above the individual.

04. Result interpretation by subcategory

Category	Subcategory	T Score	Level	Interpretation
Protective Resources	Well-being (WEL)	43	Low	It seems like you're not entirely satisfied with your current life. You probably think your life does not measure up to your expectations and you might even feel disappointed because you think you failed to accomplish what you have wanted. But remember that there are always valuable aspects in your life. Try to focus on those parts of your life, parts you like about yourself.
	Stress Coping Ability (STR)	36	Low	You are having somewhat difficulty dealing with stressful situations. One's abilities to cope with stress include: problem-solving skills that focus on resolving factors that cause stress, emotional coping skills that control emotions related to stress, and social support coping skills that ask help from others to deal with problems. You need to strengthen necessary coping skills.
Maladjustment	Academic Maladjustment (ACA)	56	Average	You seem to be doing well in academic performance and preparing for your career on the whole. You may be interested in your major, and you are also fine with doing your assignment or team projects together with other students. Carry on clarifying your career goals or after graduation plans. Also continue your interactions with diverse friends and professors, and you will be able to adjust smoothly to your international student life.
	Daily Life Maladjustment (DAI)	54	Average	You seem to be feeling satisfied with your overall life in Korea. Financial stress related to tuition or living expenses, eating/housing difficulties, adapting to Korean culture(ex. drinking, hierarchy, excessive interest in looks) may be somewhat difficult, but you seem to be coping actively and asking others for appropriate help. Keep on with interacting with other people, sharing with them daily difficulties and request the help you need.
	Relational Maladjustment (REL)	56	Average	You may be feeling pretty satisfactory in relationships with other people. Even if you sometimes have negative experiences such as discrimination or prejudice, you seem like the person who shares and talks this over with family, friends, other people in Korea. When you do feel lonely, you can restore your positive energy by meeting someone who can give emotional support, and sharing your difficulties with them.

04. Result interpretation by subcategory

Category	Subcategory	T Score	Level	Interpretation
General-symptom	Depression (DEP)	65	High risk	You often feel depressed. You might not feel any interest in anything, you think negatively, and you might also have diet and sleeping problems. You might feel isolated due to these emotions, cognitions, and behavioral aspects. You are in a dangerous situation. Be sure to request help from professionals.
	Anxiety (ANX)	54	Normal	It seems like you are psychologically stable and healthy. Sometimes, you might feel nervous and anxious but these feelings do not affect your daily life.
	Interpersonal Sensitivity (INT-S)	59	Potential high risk	You have a somewhat high level of interpersonal sensitivity. You are sensitive to people's reactions and you might feel uncomfortable in relationships with others. Your strong effort (e.g. think positively of others and be yourself in personal relationships) is necessary in order to overcome the current situation. If this state lasts more than six months, we recommend you to see professionals.
	Somatization (SOM)	59	Potential high risk	You might sometimes experience somatization symptoms caused by psychological causes. It seems that you experience some of these somatization disorders such as poor digestion, headaches, gasping, pains in certain parts of your body when you are under much mental pressure or stress. It is necessary for you to make hard efforts (e.g. an investigation into the psychological problems entailing somatization symptoms) to overcome these symptoms. If this state lasts more than six months, we strongly recommend you to see professionals.

04. Result interpretation by subcategory

Category	Subcategory	T Score	Level	Interpretation
Specific-symptom	Internet Use (INT-U)	59	Potential high risk	You have some problems with internet use. Due to internet usage, assignments, academic performance, and emotional problems might occur in daily life. It is time to put a strong effort (e.g. setting time for internet use and seek substitutes of internet) to resolve internet use problems. If the internet use problems continue or get worse, we strongly recommend you to see professionals for help.
	Eating Problems (EAT)	55	Normal	It seems like your eating habit is healthy without excessive dieting or overeating. Please control your eating behavior properly in the future as now.
	Alcohol Problems (ALC)	70	High risk	It seems that your alcohol-drinking pattern and behaviour needs attention. You might be experiencing difficulties in controlling your drinking habit. A failure in controlling your drinking pattern would incur problems in your interpersonal relations, academic achievements, social violence, and any legal issues. Also, a withdrawal symptom might show up, and any physical illness might be ensued because of your continued drinking. Currently, you are exposed to a serious level of danger. Please consult with professionals by all means, and receive their assistance to solve your problems in drinking.
	Sense of Reality (SEN)	56	Normal	It seems like you are maintaining the right sense of reality, and psychologically stable.
	Suicidal Risk (SUI)	71	High risk	You have had thoughts about death due to a feeling of serious distress. You are not alone. Please remember that you are the only one and precious being in the world. To harm yourself will never be a solution no matter who you are and what problems you have. As soon as possible, please call 129 (Health and Welfare Call Center) or 1577-0199, 1588-9191 to get help.
	Post-traumatic Stress (POS)	63	Potential high risk	It seems that you are experiencing several difficulties after suffering an external injury(a trauma). For instance, you might be haunted by memories or dreams related to your trauma, or might be uncomfortable in leading your daily life because you continuously tend to avoid any stimulation reminding you of the trauma. Your strong efforts are required (e.g. maintaining emotional stableness, having the courage to confront the event) to solve your current problems. If this state lasts more than one month, we recommend you to see professionals.

FCPI

전문가용

Foreign College student Psychological Inventory

유학생 심리건강 검사

연구개발: 오혜영

검사자		이름	SAMPLE_E
검사기관		성별	
검사일	2023/03/07	생년월일	1987/03/19
출신국가		생활연령	35 11
학번			

검사 소개

FCPI는 국내 유학생들의 심리건강과 이에 밀접하게 영향을 미치는 환경적 요인을 함께 고려하여 평가와 개입계획을 세우도록 구성되었습니다.

- I. 환경 분석은 전문가들이 피검자의 환경적 상태를 사전에 파악하여 검사 해석에 도움을 주기 위해 구성되었으며 인적 환경, 학업 환경, 위기 환경의 3영역으로 구성되었습니다.
- II. 심리건강은 통합적 심리건강 모델에 근거하여 유학생의 심리건강을 보호 영역, 부적응 영역, 일반 증상 영역, 특수 증상 영역이라는 4영역으로 측정하도록 구성하였습니다. 일반 증상 영역은 유학생들이 주로 겪는 내현화 증상들을 측정하는 하위요인으로 구성되었으며 특수 증상 영역은 특정 문제 영역에 증상이 있는지를 확인하는 하위요인들로 구성되었습니다.

유학생 심리건강 검사의 구성

구분	구성요인	하위요인	
I. 환경 분석	인적 환경	체류기간	
		한국어 사용	
		주거 환경	
	학업 환경	대학 만족	
		교과 만족	
학업 지속 계획			
위기 환경	최근 위기 경험		
II. 심리 건강	보호 영역	웰빙(WEL)	자신에 대한 긍정적인 인식과 현재 삶에 대한 만족 및 통제감에 대한 문항들
		스트레스 대처(STR)	스트레스 상황을 합리적으로 처리하는 능력 및 스트레스 대처 자원들에 대한 문항들
	부적응 영역	학업 부적응(ACA)	한국 대학 수업에서 요구되는 학업수행 및 이와 관련한 학습동기, 수업방식의 어려움 등을 묻는 문항들
		생활 부적응(DAI)	한국 특유의 문화에 대한 적응과 유학 생활 상의 어려움을 묻는 문항들
		관계 부적응(REL)	동료나 교수와의 관계에서 학업적 교류의 어려움, 유학생으로서 경험하는 차별, 편견, 외로움 등을 묻는 문항들
	일반 증상 영역	우울(DEP)	우울감, 삶의 동기 결여, 절망감, 세상과 미래에 대한 비관적 사고 등 우울 증상에 관한 문항들
		불안(ANX)	초조함, 긴장, 과도한 걱정과 두려움 등 불안 증상에 관한 문항들
		대인예민성(INT-S)	대인관계에서 불편감이나 압박감, 다른 사람들의 반응에 민감한 정도를 묻는 문항들
		신체화(SOM)	신체적 불편감과 두통, 소화불량, 발진 등 신체 건강과 관련한 증상들을 묻는 문항들
	특수 증상 영역	인터넷사용(INT-U)	인터넷 사용과 관련하여 일상생활에서 사회적·정신적·육체적 지장을 초래하고, 조절이 어려운 증상을 묻는 문항들
		섭식(EAT)	너무 적게 먹거나 과도하게 많이 먹는 음식 섭취와 관련된 문제, 몸매와 체중에 대한 염려 등을 묻는 문항들
		음주(ALC)	과도하거나 잦은 음주, 음주로 인한 학업이나 일상생활에의 기능 저하 등을 묻는 문항들
		현실감각기능(SEN)	현실 지각의 어려움, 일상적인 환경과의 단절이나 고립, 예외적이거나 혼란스러운 사고 등을 묻는 문항들
		자살위기(SUI)	자살이나 죽음에 대한 생각, 시도 경험이나 위험성을 묻는 문항들
		외상후스트레스(POS)	갑작스러운 외부의 충격적인 외상 경험, 외상의 반복적 재현과 정서적 어려움 등을 묻는 문항들

01. 타당도 지표

타당도 지표는 유학생이 검사에 성실하게 응답했는지 또는 검사 결과를 신뢰할 수 있는지에 대한 정보를 제공합니다.

- 주의 표시 칸에 '주의'라고 산출되지 않은 경우 검사에 성실하게 응답하였으며 검사 결과를 신뢰할 수 있습니다.
- 3개의 타당도 지표 중 '주의' 문구가 하나라도 있으면 검사 결과 해석에 주의를 요합니다.

지표	결과	주의	내용
누락문항	0		응답이 누락된 문항이 3개 이상 있을 경우 검사 전체 결과의 신뢰도에 문제가 생깁니다. 해석 시 유의하시기 바랍니다.
반응 비일관성	T86		문항 내용이 유사하거나 상관이 높은 문항들에서 일관성을 측정합니다. T점수가 68점 이상일 경우 반응 과정에서 수검자가 문항을 제대로 이해하지 못했거나 무선적으로 응답했을 가능성이 있습니다.
응답 성실성	2/3		주의 표시가 있다면, 각 문항에 대하여 성실하게 반응했는지를 직접 묻는 2개 이상의 문항에 부정적으로 반응한 경우입니다. 이 지표의 결과가 높다면 검사 결과를 신뢰하기 어렵습니다.

* '-'는 무응답으로 인해 산출이 되지 않았음을 의미합니다.

02. 인적 환경

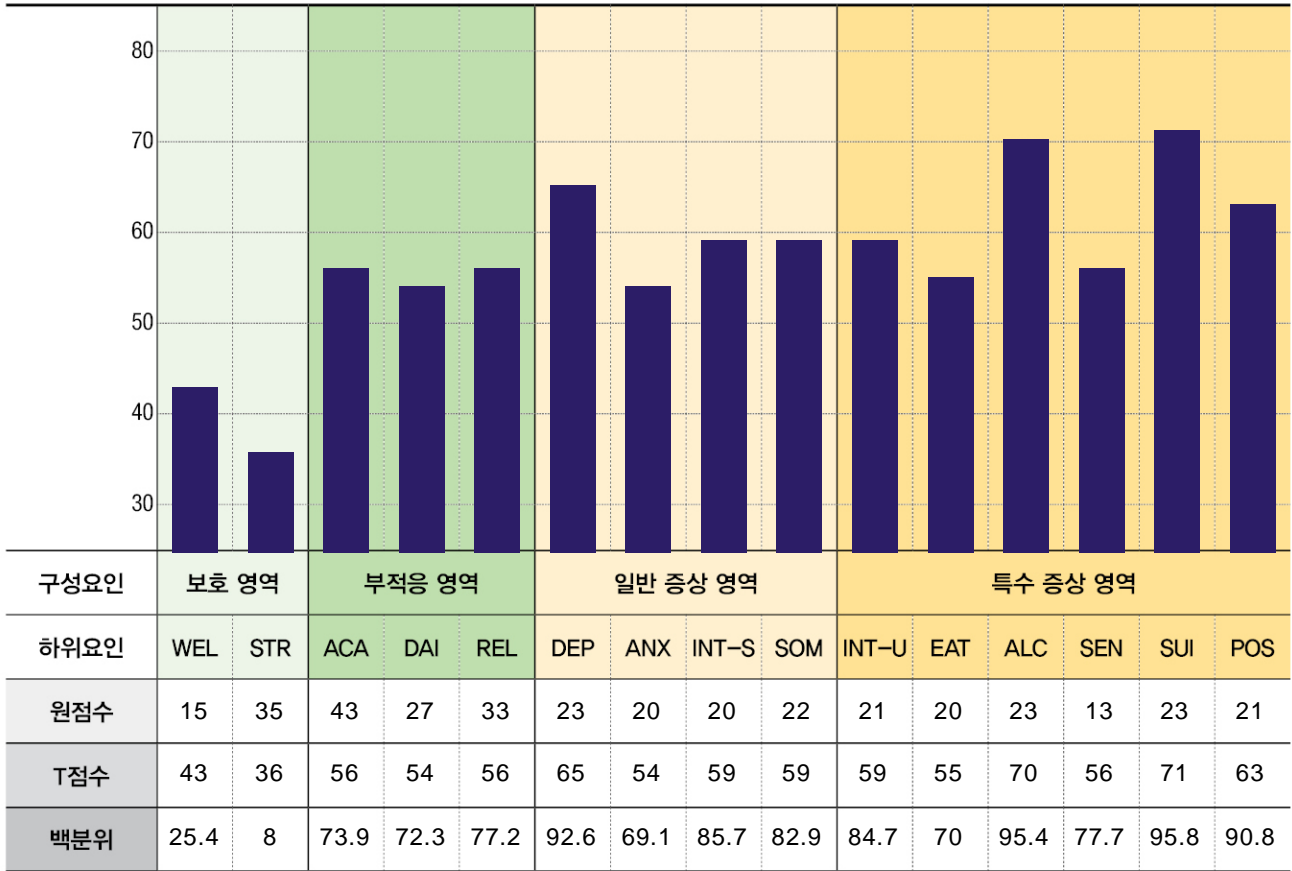
유학환경과 관련하여 유학생이 스스로 응답한 정보입니다.

하위요인	응답	보기
체류기간	36~47	12개월 이하, 13~35개월, 36~47개월, 48~59개월, 60개월 이상
한국어 사용		상, 중, 하
주거 환경	()가 ()	기숙사, (교외) 혼자 거주, (교외) 동료와 거주, (교외) 가족(친지)와 거주

* '-'는 무응답으로 인해 산출이 되지 않았음을 의미합니다.

03. 심리건강 프로파일

단위: T점수



* '-'은 각 하위요인에서 3문항 이상의 무응답으로 인해 산출되지 않았음을 의미합니다.

WEL	웰빙(Well-being / 健康领域)	SOM	신체화(Somatization / 躯体化)
STR	스트레스 대처(Stress Coping Ability / 抗压能力)	INT-U	인터넷사용(Internet Use / 网络使用)
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REL	관계 부적응(Relational Maladjustment / 关系 不适应)	SEN	현실감각기능(Sense of Reality / 现实感)
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INT-S	대인예민성(Interpersonal Sensitivity / 人际敏感度)		

- 1) 보호 영역은 점수가 높을수록 현재에 만족하고 스트레스에 적절히 대처하는 것을 나타냅니다.
- 2) 부적응 영역은 점수가 높을수록 적응상의 어려움을 경험하는 것을 나타냅니다.
- 3) 일반 증상, 특수 증상 영역은 점수가 높을수록 해당 심리건강 문제를 경험하는 것을 나타냅니다.

- T점수: 평균이 50, 표준편차가 10인 표준점수로서 50점을 기준으로 이보다 위의 점수는 평균점보다 높고, 아래의 점수는 평균점보다 낮음을 의미합니다.
- 백분위: 전체 응답자를 100으로 볼 때, 한 개인의 점수가 아래에서부터 몇 번째에 해당하는가를 나타내는 수치입니다. 예를 들어 백분위 80은 전체를 100으로 보았을 때 자기보다 낮은 점수를 받은 사람이 79명, 높은 사람이 20명이 있다는 뜻입니다.

04. 하위요인별 결과 해석

구성요인	하위요인	T점수	수준	해석
보호영역	웰빙 (WEL)	43		It seems like you're not entirely satisfied with your current life. You probably think your life does not measure up to your expectations and you might even feel disappointed because you think you failed to accomplish what you have wanted. But remember that there are always valuable aspects in your life. Try to focus on those parts of your life, parts you like about yourself.
	스트레스 대처 (STR)	36		가 You are having somewhat difficulty dealing with stressful situations. One's abilities to cope with stress include: problem-solving skills that focus on resolving factors that cause stress, emotional coping skills that control emotions related to stress, and social support coping skills that ask help from others to deal with problems. You need to strengthen necessary coping skills.

04. 하위요인별 결과 해석

구성요인	하위요인	T점수	수준	해석
부적응 영역	학업 부적응 (ACA)	56		<p>가 , 가 , 가 . , , 가</p> <p>You seem to be doing well in academic performance and preparing for your career on the whole. You may be interested in your major, and you are also fine with doing your assignment or team projects together with other students. Carry on clarifying your career goals or after graduation plans. Also continue your interactions with diverse friends and professors, and you will be able to adjust smoothly to your international student life.</p>
	생활 부적응 (DAI)	54		<p>(: , , /) , 가</p> <p>You seem to be feeling satisfied with your overall life in Korea. Financial stress related to tuition or living expenses, eating/housing difficulties, adapting to Korean culture(ex. drinking, hierarchy, excessive interest in looks) may be somewhat difficult, but you seem to be coping actively and asking others for appropriate help. Keep on with interacting with other people, sharing with them daily difficulties and request the help you need.</p>
	관계 부적응 (REL)	56		<p>가 , 가 , 가</p> <p>You may be feeling pretty satisfactory in relationships with other people. Even if you sometimes have negative experiences such as discrimination or prejudice, you seem like the person who shares and talks this over with family, friends, other people in Korea. When you do feel lonely, you can restore your positive energy by meeting someone who can give emotional support, and sharing your difficulties with them.</p>

04. 하위요인별 결과 해석

구성요인	하위요인	T점수	수준	해석
일반 증상 영역	우울 (DEP)	65		<p>You often feel depressed. You might not feel any interest in anything, you think negatively, and you might also have diet and sleeping problems. You might feel isolated due to these emotions, cognitions, and behavioral aspects. You are in a dangerous situation. Be sure to request help from professionals.</p>
	불안 (ANX)	54		<p>It seems like you are psychologically stable and healthy. Sometimes, you might feel nervous and anxious but these feelings do not affect your daily life.</p>
	대인 예민성 (INT-S)	59		<p>You have a somewhat high level of interpersonal sensitivity. You are sensitive to people's reactions and you might feel uncomfortable in relationships with others. Your strong effort (e.g. think positively of others and be yourself in personal relationships) is necessary in order to overcome the current situation. If this state lasts more than six months, we recommend you to see professionals.</p>
	신체화 (SOM)	59		<p>You might sometimes experience somatization symptoms caused by psychological causes. It seems that you experience some of these somatization disorders such as poor digestion, headaches, gasping, pains in certain parts of your body when you are under much mental pressure or stress. It is necessary for you to make hard efforts (e.g. an investigation into the psychological problems entailing somatization symptoms) to overcome these symptoms. If this state lasts more than six months, we strongly recommend you to see professionals.</p>

04. 하위요인별 결과 해석

구성요인	하위요인	T점수	수준	해석
특수 증상 영역	인터넷 사용 (INT-U)	59		<p>가 가 . , , (.) 가 . 가 가 .</p> <p>You have some problems with internet use. Due to internet usage, assignments, academic performance, and emotional problems might occur in daily life. It is time to put a strong effort (e.g. setting time for internet use and seek substitutes of internet) to resolve internet use problems. If the internet use problems continue or get worse, we strongly recommend you to see professionals for help.</p>
	섭식 (EAT)	55		<p>.</p> <p>It seems like your eating habit is healthy without excessive dieting or overeating. Please control your eating behavior properly in the future as now.</p>
	음주 (ALC)	70		<p>가 가 . , , , . . 가</p> <p>It seems that your alcohol-drinking pattern and behaviour needs attention. You might be experiencing difficulties in controlling your drinking habit. A failure in controlling your drinking pattern would incur problems in your interpersonal relations, academic achievements, social violence, and any legal issues. Also, a withdrawal symptom might show up, and any physical illness might be ensued because of your continued drinking. Currently, you are exposed to a serious level of danger. Please consult with professionals by all means, and receive their assistance to solve your problems in drinking.</p>

04. 하위요인별 결과 해석

구성요인	하위요인	T점수	수준	해석
특수 증상 영역	현실감각 기능 (SEN)	56		It seems like you are maintaining the right sense of reality, and psychologically stable.
	자살위기 (SUI)	71		<p>.가 , 129() 1577-0199, 1588-9191</p> <p>You have had thoughts about death due to a feeling of serious distress. You are not alone. Please remember that you are the only one and precious being in the world. To harm yourself will never be a solution no matter who you are and what problems you have. As soon as possible, please call 129 (Health and Welfare Call Center) or 1577-0199, 1588-9191 to get help.</p>
	외상후 스트레스 (POS)	63		<p>() 가</p> <p>가</p> <p>(가1</p> <p>가</p> <p>It seems that you are experiencing several difficulties after suffering an external injury(a trauma). For instance, you might be haunted by memories or dreams related to your trauma, or might be uncomfortable in leading your daily life because you continuously tend to avoid any stimulation reminding you of the trauma. Your strong efforts are required (e.g. maintaining emotional stableness, having the courage to confront the event) to solve your current problems. If this state lasts more than one month, we recommend you to see professionals.</p>

05. 보충 척도

① 유학 안정성

유학 안정성에는 적응 안정성, 체류 안정성, 정서 안정성, 교육 환경 만족, 학업적 유능감의 5가지 요인들이 제시됩니다. 점수가 높고 각 척도 간에 균형이 맞을수록 전반적으로 만족스럽고 안정적인 유학상태를 반영합니다.



요인	T점수	수준	내용
적응 안정성	43		한국 대학교에서의 적응이 안정적이라고 여기는 정도
체류 안정성	61		한국에서의 거주와 관련된 체류상태가 안정적인 정도
정서 안정성	39		기본적인 심리적 상태가 평온하고 안정적인 정도
교육 환경 만족	47		학교 풍토나 학업과 관련하여 본인의 선택을 만족하는 정도
학업적 유능감	53		언어, 학습적인 측면에서 잘 할 수 있으리라는 효능감의 정도

② 생활 불편감

유학생활에서 피검자가 보고하는 실제적 곤란을 구체적으로 측정한 보충 척도로 고립감, 차별감, 학업 교류 곤란, 문화 적응 곤란, 재정 어려움, 숙식 어려움이 포함됩니다. 높은 점수는 유학생활에서의 실제적 불편감을 반영합니다.

요인	T점수	정도	수준	내용
고립감	57			어려움을 공유하거나 도움을 줄 주변자원이 부족하다고 여기는 정도
차별감	53			인종, 문화, 출신국가, 종교에 따른 차별적 경험 정도
학업 교류 곤란	54			과제나 수업 참여에 있어 동료, 교수와의 소통에 곤란을 겪는 정도
문화 적응 곤란	54			한국의 문화 이해 및 수용에 따른 부적응 정도
재정 어려움	54			등록금이나 생활비 조달에 곤란을 겪는 정도
숙식 어려움	50			한국 음식 문화 적응이나 안정된 주거 환경 구축에 곤란을 겪는 정도

05. 보충 척도

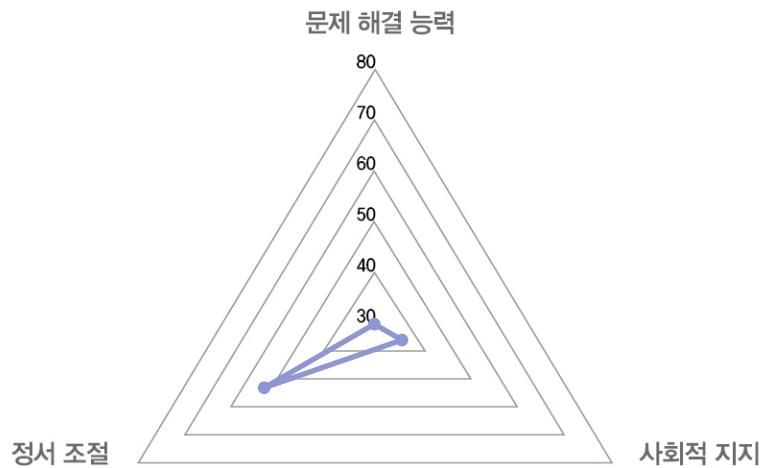
③ 학업 환경

학업 환경의 3가지 구성요인들로 학습 지속 가능성을 예측합니다. 점수가 높을수록 학업 지속 가능성이 높으며 학업에 대하여 긍정적인 기대를 갖고 있음을 나타냅니다.

요인	T점수	정도	수준	내용
대학 만족	43			소속대학에 느끼는 자부심, 친밀감, 기대, 만족감 정도
교과 만족	52			전공에 대한 기대와 학업 만족 경험
학업 지속 계획	49			휴학, 졸업 등 학업지속에 대한 계획
학업 환경	47			소속 대학교에서 학업을 지속할 가능성

④ 심리적 대처 역량

스트레스 상황에서 문제 해결 능력, 사회적 지지, 정서 조절 등 심리적 대처 역량을 보여줍니다. 점수가 높을수록 스트레스 상황에서 대처하는 역량이 높다고 볼 수 있습니다.



요인	T점수	수준	내용
문제 해결 능력	18		스트레스 상황에서 합리적으로 문제 원인을 분석, 해결하는 역량
사회적 지지	36		스트레스 상황에서 필요한 동료의 지지나, 도움을 요청하는 역량
정서 조절	54		스트레스에 압도당하지 않고 스스로 스트레스로 유발된 정서를 조절하는 역량

05. 보충 척도

⑤ 심리적 취약성 지표

이 지표는 겉으로 잘 드러나지 않는 만성적인 정서적 어려움이 있는지를 측정합니다. 이 지표의 수준이 '위험'으로 표시된 경우에는 광범위하고 만성적인 심리적 어려움을 시사하며, 최근 위기 경험의 반응 내용을 함께 살펴볼 필요가 있습니다.

심리적 취약성 지표	T점수	61	수준
결정적 문항	최근 위기 경험		
	▼ 위기 경험에 대해 “그렇다”라고 응답한 문항 내용 ? , ? (,) ?		