

The Turkish Positive Perception Scale: A Contribution to its Validity and Reliability

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Abstract

This study aims to conduct Turkish reliability and validity studies on Positive Perception Scale and make this scale available for Turkish researches. The study was conducted on a total of 243 people being 116 girls (47.7%) and 127 boys (52.3%) whose ages differed between 17 and 32 (Mean: 20.93, Sd: 2.41). Language validity form was used to determine the language validity of the positive perception scale. Being obtained from two experts, Cohen Kappa fit indices was found .76 for Turkish language validity of the scale; it was found .72 for foreign language validity. Structural validity values of the scale were determined by GFI, AGFI, CFI, RMSEA, χ^2 and χ^2/sd rates obtained from confirmatory factor analysis. In this scope, validity of three-factor model of the original scale was tested. The findings showed that this construct of the original scale was valid in Turkish culture as well (RMSEA= .07, CFI= .94, GFI .96, AGFI= .91 and χ^2/sd 2.46). Oxford Happiness Scale and Life Satisfaction Scale were used to determine the criterion validity of the Positive Perception Scale. It was observed that there were significant relationships between positive perception and happiness ($r=.55$, $p<.001$) and life satisfaction ($r=.60$, $p<.001$). The reliability coefficients of the scale determined within the scope of Turkish adaptation studies were found to be .73 for self in past sub-dimension; .65 for self-ability sub-dimensions and .76 for human nature sub-dimension. Internal consistency coefficient of the whole scale was .80. Finally, it was found that Turkish adaptation of the positive perception scale was valid and reliable.

Keywords: Positive Psychology, Positive Perception, Validity, Reliability

1. Introduction

Having deterministic approach towards human nature, Sigmund Freud focused on aggression and sexual drives of human and contributed to the development of psychopathology-centered psychology.

Scientists spent their time mostly investigating pathologic cases as a result of negative directions mentioned about human nature. Years before the positive psychology stream founded in Germany within the last quarter of XX. Century, Abraham Maslow had asserted a theory which emphasizes the basis of positive psychology. According to Maslow, human nature has a very positive structure on the contrary to the view of Freud. By means and opportunities to be granted, a person may take powerful steps to realize him/herself (Ellis & Abrams, 2009; Feist & Feist, 2006; Taylor, 2009).

A great deal of theories has been asserted so far in order to give meaning to human behaviors or discuss the pathologies within the scope of causation. Therefore, we can say that traditional psychology stream focuses on psychopathology or disapproval on psychopathology. It is remarkable that traditional psychology which restricts itself within a narrow research area based on psychopathology does not consider the potentials of human beings (Hefferon & Boniwell, 2014). This disadvantage of the traditional psychology enabled positive psychology stream to develop rapidly (Eryılmaz, 2013).

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The positive psychology basically focuses on potentials, skills, powerful and positive aspects of people which are the ignored elements of traditional psychology and cares about making people hold on life and improve their well-being with new experiences. In other words, positive psychology directs towards a permanent and efficient mental health against vital duties and strengths and potentials of people (Peterson, 2000; Seligman & Csikszentmihalyi, 2000).

The consideration of well-being phenomenon within the scope of causation is the focus point of the positive psychology (Seligman & Csikszentmihalyi, 2000). People tend to perceive themselves positively. People motivate themselves to make positive perception more permanent (Taylor & Brown, 1988). In other words, this optimism circulation shapes faiths of people. Considering the events in which good wills for the world and humanity constitute a whole, it can be seen that there is belief that the human nature is good in principle (Jannoff-Bulman, 1989).

As people tend to perceive themselves positively, they try to motivate themselves as much as possible to maintain this positive perception. During this motivation process, it is necessary to function a series of positive psychology interventions. Positive psychology interventions are based on processing consciousness or emotions which shape subjective perceptions.

Positive psychology interventions include improving optimism, reinforcing gratitude and determining the purpose of life again (Bolier et al., 2013; Huffman et al., 2014; Lyubomirsky & Layous, 2013; Seligman, Steen, Park, & Peterson, 2005; Sin & Lyubomirsky, 2009). In short, faiths of people are shaped upon their optimism judgments. Considering the events in which good wills for the world and humanity constitute a whole, it can be seen that there is belief that the human nature is good in principle (Jannoff-Bulman, 1989).

Positive psychology not only gives importance to the development of existing potentials of people but also to the preventiveness role. In positive psychology, preventiveness requires different practices in various situations. *(i)* to solve problems before they emerge and to decrease possible risks in the future; *(ii)* to protect people under risk; *(iii)* interventions towards treatment are applied under the title of preventiveness (Akin-Little, Little, & Delligatti, 2004; Eryilmaz, 2013).

In the literature review, it is remarkable that assessment measurements related to psychology are very limited and they are insufficient in psychometric terms. Especially in Turkey, although there are assessment instruments towards positive psychology concepts such as well-being, life satisfaction, subjective well-being, happiness, there is no assessment instrument to determine positivity perceptions of people. In order to fulfill this gap in the literature, it was decided to adapt the Positive Perception Scale developed by Ickson and Pines (2013) into Turkish.

2. Method

2.1. Sampling

Three (3) different sampling groups were used in this study. The information related to these sampling groups are given below.

The first sampling group was determined by criteria sampling method. In order to determine Turkish language and meaning validity of the scale for Turkish adaptation, two volunteer experts who fulfill requirements of being academicians in Turkish language at a university were included in the research.

The second sampling group consists of two academicians who work at English Teaching department in order to determine the convenience of foreign language translation of the scale. Criteria sampling method was used to determine the sampling group.

Convenience sampling method was preferred for pilot practice of the third sampling group. The sampling group consists of a total of 243 people being 116 females (47.7%) and 127 males (52.3%) whose ages differ between 17 and 32 (Mean: 20,93, sd: 2,41).

2.2. Measures

(i) Positive Perception Scale (Icekson& Pines, 2013), (ii) Oxford Happiness Scale (Doğan&Akıncı-Çötök, 2011), (iii) Life Satisfaction Scale (Yetim, 1993) (iv) Turkish Language Validity Form and (v) Foreign Language Validity Form were used in this research.

2.2.1. Positive Perception Scale

Positive Perception Scale is a three-dimension scale consisting of eight items and seven-point Likert grading, developed by Icekson and Pines (2013). Internal consistency coefficient of the original scale is .90. Internal consistency coefficients of sub-dimensions titled *Self in Past*, *Self-Ability* and *Human Nature* were found .80, .79, .86, respectively. According to confirmatory factor analysis, it was found that three-factor model has good level of concordance ($RMSEA = .06$, $CFI = .98$, $TLI = .97$). This scale was adapted into Turkish culture by researchers and validity and reliability values of this scale are given in findings section.

2.2.2. Oxford Happiness Scale

Oxford Happiness Scale is a single-dimension scale consisting of eight items and six-point Likert grading. The original form of the scale was developed by Hills and Argyle (2002). Internal consistency coefficient of the original scale was found .76 by Callaway (2009). The adaptation of the scale into Turkish culture was made by Doğan and Akıncı-Çötök (2011). Internal consistency coefficient of the Turkish form of the scale was found .74 and test-retest reliability was found .85.

According to confirmatory factor analysis conducted in order to test the determined construct, it was found that the model has a good level of concordance with the data ($RMSEA = .07$, $CFI = .95$, $GFI = .97$, $AGFI = .93$). The results of the confirmatory factor analysis applied to the scale within the scope of this study ($RMSEA = .06$, $CFI = .92$, $GFI = .97$, $AGFI = .93$) show that assessment instrument give valid results. Cronbach Alpha internal consistency coefficient of Oxford Happiness Scale was found .63 within the scope of this study.

2.2.3. Life Satisfaction Scale

Life Satisfaction Scale is a Likert scale including seven-point assessment developed by Diener, Emmons, Larsen and Griffin (1985). Internal consistency coefficient of the life satisfaction scale including 5 items in the original form was found .87. Internal consistency coefficient of the scale adapted into Turkish by Yetim (1993) was found .86. Test-retest reliability of the Turkish form of the scale was found .73. High values of the total scores obtained from the life satisfaction scale which does not include any negative item show that the person has high-level life satisfaction. The results of the confirmatory factor analysis applied to the scale within the scope of this study ($RMSEA = .08$, $CFI = .98$, $GFI = .98$, $AGFI = .93$) show that assessment instrument give valid results. Cronbach Alpha internal consistency coefficient of Life Satisfaction Scale was found .80 within the scope of this study.

2.3. Procedure

A series of procedures were conducted in order to determine whether the Positive Perception Scale can be used in Turkish culture or not within the scope of the present study. The procedures are given below.

Internal validity. (i) The data obtained in this study are presented in findings section. The interpretation of the related information was made along with the transfer and explanation of necessary information. (ii) Analysis methods of the data and the purposes of these analyses are given under related section.

External validity. In methodology section of the study, detailed information are given for the procedures conducted during sampling, research group, data collection tool and data analysis processes.

In this way, further researchers may follow the applied procedure and have information about the repeatability of the results to be obtained.

Translation Validity: First, the scale was translated from its original language, English into Turkish language. In this article, the translation process based on back translation method was achieved in two phases (Brislin, 1970). First, three lecturers expert in both English and Turkish and two academicians translated the original form into Turkish separately. After, translations into Turkish gathered, only a Turkish form was determined by consensus. After that, the original form and the Turkish form were compared and similarities and discrepancies of translations were investigated. A 10-graded form which determines *Translation Validity Grade* in order to determine translation validity was prepared and tested by English Language experts. English language experts were asked to control whether original expressions of the items match up with Turkish meanings or not. Consistency of the scores given by experts for the convenience of translation validity was assessed in line with Cohen Kappa fit indices; translation validity score was obtained.

Turkish language and meaning validity: The scale was translated in Turkish and investigated by foreign language experts; then a 10-graded form which shows Language Meaning Validity Grade in order to determine language and meaning validity was prepared and investigated by Turkish language experts. Turkish language experts were asked to control Turkish comprehensibility of items and clarity degree of expressions. Consistency of the scores given by experts for the convenience of language and meaning validity was assessed in line with Cohen Kappa fit indices; Turkish language and meaning validity score was obtained.

Construct Validity: The confirmatory factor analysis was used to test construct validity of the study. The validity of three-dimension construct of the original scale in Turkish culture was determined.

Criterion Validity: The data of Oxford Happiness Scale and Life Satisfaction Scale which represent positive points of view developed by people in their assessment towards events and thus were expected to give mostly parallel results with positive perception were preferred in order to determine criterion validity of positive perception scale.

The power of the scale in revealing similar findings with other scales tested for validity and reliability was determined through the in/significant relationship of abovementioned scales with Turkish form of the Positive Perception Scale.

Internal reliability: Cronbach Alpha coefficients were used to determine internal reliability level of the scale.

3. Results

3.1. Results on Translation Validity

According to the assessment of scale items in terms of accuracy in translation from English to Turkish language, it was concluded that there was no need to bring any change to any item of the scale consisting of eight items. As there were two experts in assessment, Cohen Kappa fit indices was calculated. The obtained Cohen Kappa fit indices coefficient was found .72.

3.2. Results on Turkish Language and Meaning Validity

According to the assessment of scale items in terms of Turkish comprehensibility, it was concluded that there was no need to bring any change to any item of the scale consisting of eight items. As there were 2 experts in assessment, Cohen Kappa fit indices was calculated. The obtained Cohen Kappa fit indices coefficient was found .76.

3.3. Results on Structural Validity

First of all, Confirmatory Factor Analysis (CFA) was conducted for the scale adapted into Turkish as sub-dimensions of the original scale were abided institutionally. Primarily the χ^2 ($N= 243$, $sd= 17$) = 41.86 value, fit indices (RMSEA = .07, CFI = .94, GFI = .96, AGFI = .91) of the construct obtained through the confirmatory factor analysis conducted to test the validity of three-dimension construct in Ickson and Pines (2013) scale show that the model was concordant. (Kline, 2011; Tabachnick&Fidell, 2007). This result shows that the structure of the original scale was preserved in Turkish culture as well. CFA showed that factor loads of the items in assessment instrument differed between .56 and .81 (Figure 1).

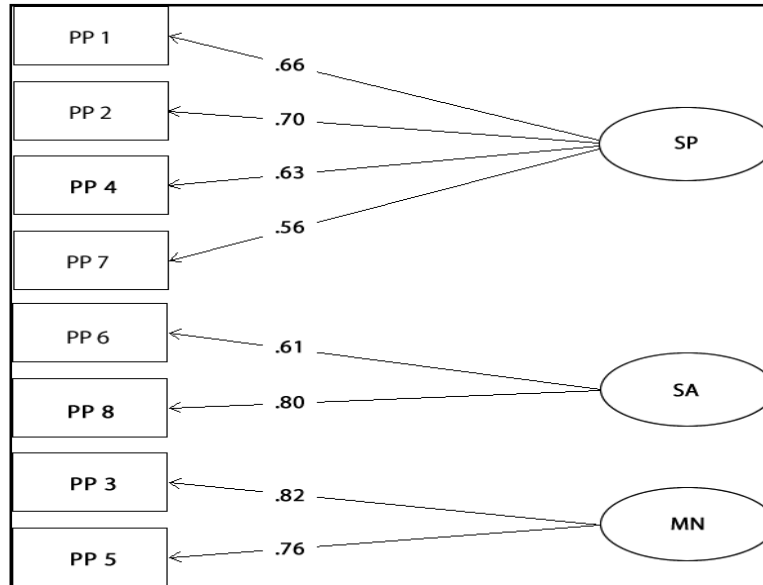


Figure 1: Factor Loading of Positive Perception Scale

3.4. Results of Convergent Validity

The significant correlation values assumed to be found with Oxford Happiness and Life Satisfaction were analyzed in order to test the validity of the positive perception scale in Turkish culture. The findings show that there are significant relationships between positive perception and life satisfaction ($r=.60$, $p<.001$) and happiness ($r=.55$, $p<.001$); therefore the results are parallel with two other scales which reflect the features of positive approach towards life.

Table 1: Correlational Findings on Convergent Validity

	1	2	3
PP	1		
LS	.60**	1	
H	.55**	.56**	1
Mean	39.80	21.46	24.84
SD	8.56	6.37	4.12

PP: Positive Perception, LS: Life Satisfaction, H: Happiness; SD: Standard Deviation; N=243, ** $p<.001$

3.5. Reliability Findings

Cronbach Alpha internal consistency coefficient was used to test the presence of internal reliability of the scale, validity analyses of which were already completed. The analyses conducted in this scope show that internal consistency coefficient is .73 for self in past (SP) sub-dimension; .65 for self-ability (SA) sub-dimension; .76 for human nature (HN) sub-dimension and .80 for the whole scale.

Table 2: The Internal Consistency Coefficients

Scale	Range			M	SD
	α	Min	Max		
1.Total Scale	.80	16	56	39.80	8.56
Female	.73	16	56	40.77	7.61
Male	.83	16	54	38.92	9.29
2.SP Subscale	.73	5	28	19.72	5.10
Female	.66	8	28	20.38	4.63
Male	.77	5	28	19.12	5.45
3.SA Subscale	.65	2	14	9.98	2.63
Female	.57	3	14	10.09	2.48
Male	.70	2	14	9.89	2.77
4.HN Subscale	.76	2	14	10.08	3.10
Female	.73	2	14	10.29	2.95
Male	.78	2	14	9.90	3.23

4. Discussion

This study aims to conduct validity and reliability analyses of Turkish form of the Positive Perception Scale and thus to offer this scale to the use of researchers. Within this scope, first of all, validity analyses of the scale were conducted and then internal consistency coefficient of the scale reliability was analyzed.

First of all, translation validity was tested within the scope of reliability studies. The opinions of two experts were asked to determine translation validity and Cohen Kappa fit indices scores were determined through the scores given by these experts to translation validity forms. As the evaluation was made by two reviewers for translation validity, Cohen Kappa fit indices which shows agreement rate between evaluators was used. In cases when the number of reviewers is two in the literature, it is stated that it will be more suitable to use Cohen Kappa fit indices.

For translation validity, agreement index score was calculated as .72 as a result of scoring made by experts on scale items. In Cohen Kappa fit indices, .70 and above are accepted to be valid (Şencan, 2005). In this sense, it was found that the validity of the scale is sufficient.

As the second procedure, the evaluations of two experts were scored over 10 just like in translation validity for Turkish Language and Meaning Validity. Cohen Kappa fit indices was used to determine the consistency between independent scoring made by the experts. According to the analyses, agreement index score was found .76. This finding shows that Positive Perception Scale is comprehensible and perceived clearly in Turkish language.

Confirmatory factor analysis was used to test construct validity of the positive perception scale and Cronbach Alpha internal consistency coefficient was used for reliability assessment. Cronbach Alpha value was determined as .80 for the whole scale; .73 for *self in past* (SP) sub-dimension; .65 for *self-ability* (SA) and .76 for *human nature* (HN) sub-dimension. In general, .70 and above values are the acceptable values in scales (Field, 2013). In this scope, it can be seen that the scale is reliable. Although, the value under .70 found for reliability of *self-ability* sub-dimension may seem like a problem, there are also researchers who claim that this figure should be .60 for combined scales having sub-dimensions (Şencan, 2005).

The studies on the assessment of positive perception are very recent. The *Positive Perception Scale* developed by Icekson and Pines (2013) aims to translate this assessment into life. Actually, there are concepts which refer to many similar features. Life satisfaction and happiness concepts are only two of such concepts. The most prominent feature which distinguishes positive perception from other concepts is the fact that positive perception is the starting point of systems or perceptions based on well-being phenomenons such as life satisfaction and happiness.

The adaptation of the original scale in Turkish will not only steer researchers' interest to this field but also will provide significant contribution to the reflection of this difference on their studies.

To conclude, the findings obtained within the scope of Turkish adaptation studies of Positive Perception Scale show that Turkish form of the scale is reliable and valid.

In addition, protection of original factor construct of the scale, high construct validity of the scale without any further modification show that the scale has intercultural constancy. In this scope, it can be said that original construct of the scale will be preserved in different language and culture adaptation of the Positive Perception Scale or adaptation studies in cultures having similar features as Turkish culture will reveal similar reliability and validity findings.

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