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The Adaptation, Validation, Reliability Process of the Turkish Version Orientations to Happiness Scale

HAKAN SARICAM and AYSE CANATAN

Abstract

The purpose of this research is to adapt the Scale of Happiness Orientations, which was developed by Peterson, Park, and Seligman (2005), into Turkish and examine the psychometric properties of the scale. The participants of the research consist of 489 students. The psychometric properties of the scale was examined with test methods; linguistic equivalence, descriptive factor analysis, confirmatory factor analysis, criterion-related validity, internal consistency, and test-retest. For criterion-related validity (concurrent validity), the Oxford Happiness Questionnaire-Short Form is used. Articles resulting from the descriptive factor analysis for structural validity of scale were summed into three factors (life of meaning, life of pleasure, life of engagement) in accordance with the original form. Confirmatory factor analysis conducted yielded the value of three-factor fit indexes of 18 items: ($\chi^2/df=1.94$, RMSEA= .059, CFI= .96, GFI= .95, IFI= .95, NFI= .96, RFI= .95 and SRMR= .044). Factor load of the scale ranges from .36 to .59. During criterion-validity analysis, between Scale of Happiness Orientations and the Oxford Happiness Questionnaire, positive strong relations were seen at the level of $p<.01$ significance level. Cronbach Alpha internal consistency coefficient was .88 for the life of meaning sub-scale, .84 for the life of pleasure sub-scale, and .81 for the life of engagement sub-scale. In addition, a corrected items total correlation ranges from .39 to .61. According to these results, it can be said that the scale is a valid and reliable assessment instrument for positive psychology, educational psychology, and other fields.

Keywords: happiness, happiness orientations, validation, reliability.

Introduction

Since birth, humans have a natural desire and tendency to be happy and to reach out in search for happiness. To be happy is one of the fundamental meanings and purposes of human life. Happiness can be described as the degree of positive evaluation of conditions of a human's life (Veenhoven, 1997), their state of being happy and content (Akpınar, 2004), and to be in a pleased state resulting from constantly reaching all longings in full (TDK, 2011). Concordantly, it also be described as the values set by one's highest goals (Akarsu, 1998), psychological comfort, and a cheerful emotion which includes serenity (Izard, 2004). The feeling of happiness is expressed as results coming from current resources and resolution of problems encountered, being free of trouble and worries, and accomplishing something we want (Oatley, 1992; Saricam, 2014; Ilbay & Akin, 2014; Saricam & Sahin, 2015). Stein, Leventhal, and Trabasso (1990) explain human happiness as the transition from a negative to a positive state, or the feeling of rising from a neutral state to a higher and better level. Shaver, Schwartz, Kirson, and O'Connor (1987) expressed happiness as one's evaluations of situations encountered, approach to one's surroundings, reaching to a level of competence, and reaching to happiness as the main purpose why natural structure was given to humans by minding the physiological changes in one's body.

Being or not being psychologically happy is where expression of situation is the state of one's personality. Happiness is the increase of creativeness and liveliness, and the sharpening of thoughts and emotions (Lama, 2000; Ogurlu, 2015). Unhappiness, on the other hand, is the weakening of these abilities and functions (From, 1995). According to Russell (2003), to be happy, having the feeling of enthusiasm and content, seeing life as a whole, and family, work, love, perseverance, faith must be valued. With happiness, there bursts an energy which blocks negative feelings in brain, thus occurrence of anxiety is hindered. This leads persons to rest, and contributes to a ready and willing state for a person to do their own job and advance towards various goals (Goleman, 2006). In short, living happily depends on the decisions we make. For this, we can be happy by changing ourselves rather than changing the world.

The answer to the question; "How happy are you when you think of your life?" involves psychological, materialist, and sociodemographic aspects (Graham, 2004; Graham & Pettinato, 2002). Happiness is the state where one has more positive feelings that affects life as a whole, than negative feelings (Diener, 1984; Saricam, 2014; Topkaya, 2012). Lyubomirsky, Sheldon, and Schkade (2005) summed up the factors that determine happiness to three groups: age, gender, and level of education. Happy persons' interpretations, evaluations, and reaction to life differ from unhappy persons' (Lyubomirsky, 2001). Learnable and improvable activities like doing good (altruism), fulfilling religious duties, developing social relations, doing exercise, and thinking positively can be sorted as direct actions to being happy (Lyubomirsky et al., 2005). If it is considered that life's main goal is to be happy, determinants of happiness and strategies as to increasing happiness show that those with positive feelings towards their environment have higher levels of happiness (Fordyce, 1983; Tkach & Lyubomirsky, 2006). Happiness depends on both cognitive and emotional components. In this regard, persons' subjective happiness is a key factor to social happiness. Components of happiness can be put forward as a whole (like subjective happiness) or singularly (like orientations of happiness) (Saricam, 2015). Peterson et al. (2005) claimed that happiness can be approached as a whole and can be examined from

three dimensions, thus creating the notion of orientations of happiness. According to this claim, orientations of happiness consist of three components; 1) Life of meaning, 2) Life of pleasure, and 3) Life of engagement. In other words, orientations of happiness are not instant and singular, but present continuity and variety (Saricam & Uysal, 2014; Topkaya, 2013; Celik, Akin, & Saricam, 2014). When thought of in this context, without a life of meaning, life of pleasure, and life of engagement, one cannot mention holistic happiness. In today's world of scientific and technologic advancements, it is thought that a persons' level of happiness would have increased. However, a contrary situation has developed, with anxiety, hurriedness, and socio-economic problems observed to be on the rise. Since the available scales of happiness (e.g., Subjective Happiness Scale, Short-Oxford Happiness Questionnaire) contain short articles, they cannot reflect genuine happiness; assessment instruments that can evaluate happiness in more general terms are also required. The aim of this study is both to adapt the scale of Orientations to Happiness, as developed by Peterson et al. (2005), to the Turkish culture and to examine its psychometric properties.

Methodology

Data was obtained from 489 participants who volunteered to take part in this study. Located in Kütahya, Turkey, the participants were 291 university students within an education faculty, and 198 participants from a Pedagogical Formation Course with different faculties. The participants were all aged between 17 and 44, with a mean age of 28.48 years (SD = 4.63). Males made up 45% (N = 220) of all participants, and females 55% (N = 269).

Instruments

Orientations to Happiness Scale (OHS): The original form of the Orientations to Happiness Scale was developed by Peterson et al. (2005). It consists of 18 items and three factors ('life of meaning', 'life of pleasure', and 'life of engagement'). Each item required a respondent to answer on a 5-point, Likert-type scale, the degree to which the item applied to them (1='very much unlike me', through to 5= 'very much like me'). Results of explanatory factor analyses demonstrated that 18 items yielded three factors and this structure explained 53% of total variance. Factor loadings were .54 to .82 for life of meaning, .60 to .79 for life of pleasure, .48 to .78 for life of engagement. Cronbach Alpha internal consistency coefficients were found as .82 for life of meaning, .82 for life of pleasure, .72 for life of engagement. In the concurrent validity, significant relationships were found between the life satisfaction and life of meaning, life of pleasure, life of engagement ($r = .26, .17, .30$), respectively.

Oxford Happiness Questionnaire-Short Form (OHQ-SF): The original of the Oxford Happiness Questionnaire-Short Form was developed by Hills and Argyle (2002). Dogan and Akinci Cotok (2011) undertook the Turkish adaptation of this scale. The scale consists of eight items (e.g., 'I am well satisfied about everything in my life'), and each item was presented on a 6-point, Likert-type scale (1='strongly disagree', through to 6='strongly agree'). The total scores were in the range of 8-48, with a higher score indicating a higher level of happiness. The goodness of fit index values of the model were [$\chi^2/df=2.77, p=0.49$] AGFI=.97, NFI=.92, CFI=.95, IFI=.95, GFI=.93, RMSEA=.074, SRMR=.044]. The OHQ-SF's internal consistency coefficient and test-retest reliability coefficient were determined to be .74 and .85, respectively.

With Nansook Park, one of the developers for the adaptation study of the Orientations to Happiness Scale, was contacted via e-mail and permission for the adaptation to Turkish obtained. The translation process of the scale into Turkish consists of specific stages. Firstly, the scale was translated into Turkish by three lecturers, and these Turkish forms were applied to 44 English Language and Literature students. Thus, the integrity between the two forms is examined. The same three lecturers discussed the Turkish forms, making any necessary alterations as to meaning and grammar, and obtained a tentative form. As a final stage, the form was analyzed by two lecturers from the field of psychological counseling and guidance, and assessment and evaluation; in alignment with their suggestions, some further alterations were made. The Turkish forms were then prepared, copied and issued with necessary explanations to the participant students. The completed scales were then gathered, and the data transferred to a computer for analysis (Brislin, Lanner, & Thorndike, 1973).

For structural validity of the Orientations to Happiness Scale, descriptive factor analysis (AFA) was performed on the data collected from the 291 students of the education faculty, and confirmatory factor analysis (DFA) was performed on the data collected from the 198 Pedagogical Formation Course students from different faculties. The reason for applying AFA is to evaluate the factor structure of the original form of the Orientations to Happiness Scale in the Turkish paradigm. The reason of using DFA is to examine whether or not the factor structure of the original form is confirmed for the university students (Buyukozturk, 2002; Buyukozturk, Akgun, Kahveci, & Demirel, 2004). In compliance index, as generally, for GFI, CFI, NFI, RFI, and IFI it is $>.90$, for RMSEA and RMR $<.05$ is taken as criterion (Capik, 2014; Hu & Bentler, 1999; Tabachnick & Fidell, 2007; Yilmaz & Celik, 2009). $p<.01$ is based as the level of significance. For the validity and reliability analysis of the Orientations to Happiness Scale, a statistical computer program package was used.

Findings

Cultural and Linguistic Equivalence: In the cultural and linguistic equivalence study, correlation coefficient between the English form scores and the Turkish form scores of 44 participants was found to be $r = .79$ for life of meaning, $r = .67$ for life of pleasure $r = .66$ for life of engagement. Correlation coefficient between the Turkish form scores in the application to the same participants at an interval of four weeks was found to be $r = .90$; $.95$; $.94$, respectively (Table 1).

Table 1. Result of relation analysis about Original Form and Turkish Form

	N	\bar{X}	SD	r
Turkish form (Life of meaning)	44	21.46	2.56	.79**
Original form (Life of meaning)	44	19.63	2.71	
Turkish form (Life of pleasure)	44	20.82	2.64	.67**
Original form (Life of pleasure)	44	18.96	2.66	
Turkish form (Life of engagement)	44	19.73	2.75	.66**

	N	\bar{X}	SD	r
Turkish form (Life of meaning)	44	21.46	2.56	.79**
Original form (Life of engagement)	44	17.78	2.82	
First application (Life of meaning)	44	21.46	2.56	.90**
Second application (Life of meaning)	44	22.91	2.42	
First application (Life of pleasure)	44	20.82	2.64	.95**
Second application (Life of pleasure)	44	20.61	2.53	
First application (Life of engagement)	44	19.73	2.75	.94**
Second application (Life of engagement)	44	20.95	2.63	

** $p < .01$

Construct Validity: Explanatory Factor Analysis (EFA): As a result of the explanatory factor analysis applied to data from the study conducted on 291 university students, Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy was .92 and there was a significant result on Bartlett's test of Sphericity $\chi^2=695.682$ ($p < .001$). Three-factor structure explains 74% of the total variance, and which consists of 18 items, and three subscales (Life of meaning=6 items, Life of pleasure=6 items, Life of engagement=6 items), and it was seen that the items found in the sub dimensions completely corresponded to the items in the original form (Table 2). According to Buyukozturk (2002), it is likely that the accounted rate of variance was two-thirds of the total variance related to the sub-scales included within the analysis.

Table 2. EFA Factor Loading and Variance rates of the Orientations to Happiness Scale

Items	1. Life of meaning	2. Life of pleasure	3. Life of engagement
1			.53
2	.71		
3		.59	
4			.44
5	.41		
6			.43
7			.65
8		.62	
9			.29
10			.63
11	.39		
12	.61		
13		.34	
14	.68		
15		.32	
16		.63	
17	.31		
18		.58	
Variance %	26.15	24.29	23.58

Life of meaning sub-scale explains 26.15% of the total variance, and the factor loadings of the items range between .31 and .71. Life of pleasure sub-scale explains 24.29% of the total variance, and the factor loadings of the items range between .32 and .63. Life of engagement sub-scale explains 23.58% of the total variance, and the factor loadings of the items range between .29 and .65.

Confirmatory Factor Analysis (CFA): The results of confirmatory factor analysis indicated that the model was perfect fit ($\chi^2/df=1.94$, RMSEA=.059, CFI=.96, GFI=.95, IFI=.95, NFI=.96, RFI=.95 and SRMR=.044). Factor load of the scale ranges from .36 to .59.

Concurrent validity: The Oxford Happiness Questionnaire-Short Form was used for concurrent validity because it provided information about level of happiness. In the concurrent validity, significant relationships were found between the life of meaning sub-scale, life of pleasure sub-scale, life of engagement sub-scale and Oxford Happiness Questionnaire-Short Form ($r= .59, .56, .55$), respectively.

Reliability

Internal Consistency. Cronbach alpha internal consistency coefficient was .88 for the life of meaning sub-scale, .84 for the life of pleasure sub-scale, .81 for the life of engagement sub-scale.

Test-re-test reliability. After the scale was applied to 62 university students from the study group in Kütahya/Turkey at an interval of 27 days, the correlation coefficient between the two applications was found to be .79 for the life of meaning sub-scale, .74 for the life of pleasure sub-scale, .72 for the life of engagement sub-scale.

Item Analysis

Corrected item-total correlation. The corrected item-total correlations range between .39 and .61.

Conclusion and Discussion

In this study, it was aimed to adapt the Orientations to Happiness Scale into Turkish in order to apply it to determine adults' orientations of happiness in Turkey. For this purpose, the validity of the Orientations to Happiness Scales was determined with factor analysis and similar scale validity. Factor analyses were conducted as descriptive factor analysis (AFA) and confirmatory factor analysis (DFA). The reason for the implementation of AFA is to evaluate the factor structure of the original form of the Orientations to Happiness Scale in the Turkish paradigm. The reason for the implementation of DFA is to examine whether or not the factor structure of the original form is confirmed on adults (Buyukozturk et al., 2004; Sumer, 2000). For AFA, factor loads are higher than the value .30 which is acceptable in the literature (Buyukozturk, 2012; Cokluk, Sekercioglu, & Buyukozturk, 2012), and for DFA, it can be said that the scale complies very well as a three-dimension and has a perfect fit value. Because the outcome of SRMR and RMSEA value is 0.05 or below, that means a good fit value, and 0.08 and below means an acceptable fit value (Simsek, 2007; Tabachnick & Fidell, 2007). According to Capik (2014) being $\chi^2/df < 2$, RMSEA < .05, NFI > .95, CFI > .95, IFI > .95, RFI > .95, GFI > .95, SRMR < .05 is the indicator of perfect compliance. For compliance validity (scale validity), the scale has positive relations with the Oxford Happiness Questionnaire at the level of $p < .01$ significance. It was therefore concluded that it met criterion.

Cohen (1988) and Liu (2013) states that in a positive relation between two variable, correlation coefficient being higher than .50 is the indicator that between two variables there is a strong relation. When we look at the results of validity studies of the Orientations to Happiness Scale, the correlation coefficients which were obtained by Cronbach-Alpha integrity, article-sum correlation, and test-retest methods are at an acceptable level. With Cronbach-Alpha internal consistency reliability coefficient higher than .70 and corrected items total correlation values higher than .30 (Erkus, 2012), it shows that the Orientations to Happiness Scale is suitable for a developing assessment instrument and adaptation criteria. In addition, conducting studies of distinguishing validity and upside-down 27% article difficulty index contributes to the scale's measuring capacity.

In orientations to happiness understanding of Peterson et al. (2005), happiness is an extensive and broad notion, and should be evaluated with its components. Persons can be happy because they have significance of life; however, it may not be significance of life, but satisfaction of life that can make them happy. If it is not either significance of life nor satisfaction of life, but devotion of life (like a child or wife that attaches him for life) can make them happy. Hence, it is thought that having created an assessment instrument that detects happiness orientations corrects and fills the gap in the literature. Thus, with happiness orientations, the relation of positive psychological notions like satisfaction of life, well-being, being psychologically well or negative psychological notions like depression, anxiety, and stress may be examined.

Notes

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Appendix: Examples of Orientations to Happiness Scale Items

Examples of Orientations to Happiness Scale Items					
(1) Bana hiç uygun değil; (2) Bana uygun değil; (3) Bana biraz uygun; (4) Bana uygun; (5) Bana çok uygun					
1. Ne yapıyor olursam olayım, zaman çok çabuk geçiyor.	1	2	3	4	5
2. Yaşamım yüksek bir amaca hizmet eder.	1	2	3	4	5
3. Hayat, elde edilebilen memnuniyeti (mutluluğu) ertelemek için çok kısa.	1	2	3	4	5
10. Etrafımda olanlardan nadiren rahatsız olurum.	1	2	3	4	5
12. Hayatımın kalıcı, bozulmayan bir anlamı vardır.	1	2	3	4	5
18. Benim için, iyi hayat memnun eden (mutluluk veren) hayattır.	1	2	3	4	5