

The Validity and Reliability Study of The Psychological Well-Being or Flourishing Scale

The purpose of this study is to carry out the validity and reliability study of the psychological well-being or flourishing scale developed by Diener et al. (2010) with a sample of university students. The sample consists of 529 pre-service teachers who attended different programs at Dokuz Eylul University, Buca Education Faculty during 2010-2011 academic year. 339 of these pre-service teachers (64%) are females whereas 190 of them (36%) are males. Psychological well-being scales developed by Ryff (1989) and adapted by Akin (2008) and the need satisfaction scale developed by Deci and Ryan (1991) and adapted into Turkish by Cihangir-Çankaya and Balcanlı (2003) were used in order to study the criterion validity of the scale. The data were analyzed with SPSS 10 and LISREL 8.7 programs.

Exploratory factor analysis showed that the total explained variance was 41.94%. The factor loads of the scale items were calculated between .54 and .76. Confirmatory factor analysis showed that the goodness of fit index values were RMSEA= 0.08, SRMR=0.04, GFI= 0.96, NFI= 0.94, RFI= 0.92, CFI= 0.95 and IFI=0.95. Psychological well-being or flourishing scale had correlational relations at different levels with the sub-dimensions of psychological well-being scales: autonomy .30, environmental control .53, personal development .29, positive relations with others .41, life purposes .38, self-acceptance .56 and total psychological well-being .56. Moreover, there was positive correlation with autonomy at the level of .30, with sufficiency at the level of .69, with being related at the level of .57 and with total need satisfaction at the level of .29 which are the sub-dimensions of the need satisfaction scale. In the reliability study of the scale, the Cronbach Alfa coefficient was calculated as .80. Test retest scores showed that there was a high level of positive and meaningful relation between the first and second applications of the scale ($r= 0.86$, $p<.001$). Item-total correlations of the psychological well-being scale varied between .41 and .63 and t- values were significant ($p<.001$). It can be said that the psychological well-being scale is a valid and reliable instrument after the adaptation study done with the university students in Turkey. It is thought that the scale can be used by researchers who want to carry out a research on psychological well-being.

Kaynak

Telef, B. B. (2001). *Psikolojik İyi Oluş Ölçeği (PiOO): Türkçeye Uyarlama, Geçerlik ve Güvenirlik Çalışması*. 11. Psikolojik Danışma ve Rehberlik Kongresi, 3-5 Ekim, Selçuk- İzmir.

Reference

Telef, B. B. (2001). *The validity and reliability of the turkish version of the psychological well-being*. Paper presented at the 11th National Congress of Counseling and Guidance, October, 3-5, Selçuk-İzmir, Turkey.

The Psychological Well-Being or Flourishing Scale Turkish Form

Psikolojik İyi Oluş Ölçeği (Flourishing Scale)

Aşağıda katılıp ya da katılamayacağınız 8 ifade vardır. 1–7 arasındaki derecelendirmeyi kullanarak, her bir madde için uygun olan cevabınızı belirtiniz.

	1	2	3	4	5	6	7
	Kesinlikle katılmıyorum		Biraz katılmıyorum	Kararsızım	Biraz katılıyorum	Katılıyorum	Kesinlikle katılıyorum
1.	Amaçlı ve anlamlı bir yaşam sürdürüyorum						<input type="text"/>
2.	Sosyal ilişkilerim destekleyici ve tatmin edicidir						<input type="text"/>
3.	Günlük aktivitelereime bağlı ve ilgiliyim						<input type="text"/>
4.	Başkalarının mutlu ve iyi olmasına aktif olarak katkıda bulunurum						<input type="text"/>
5.	Benim için önemli olan etkinliklerde yetenekli ve yeterliyim						<input type="text"/>
6.	Ben iyi bir insanım ve iyi bir hayat yaşıyorum						<input type="text"/>
7.	Geleceğim hakkında iyimserim						<input type="text"/>
8.	İnsanlar bana saygı duyar						<input type="text"/>

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