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PERMA ADAPTATION OF WELL BEING MEASURE TO TURKISH: WORK OF VALIDITY AND RELIABILITY

Abstract:

Seligman's "well-being measure" called PERMA is a measure that lays off five components of a person's level of being well. It was developed by Kern (2015). The measurement evaluates people's level of well-being in five dimensions: They are as follows: (P: Positive and Negative emotions), (E: Engagement), (R: Relationships), (M: Meaning), (A: Accomplishment). The measurement consists of 23 articles. There is a ranging of grades from 0 to 10. The coefficient of internal consistency of the measurement is .82.

The measurement of PERMA was applied on a group of university students. Some translation texts (from English to Turkish/from Turkish to English) were given to the students in the department of ELT and was intended to find out the meaningful positive correlations between low and high points ($r=.95, p<.01$; $r=.95, p<.01$). The tool of measurement with 23 articles and 8 points tested by DFA was seen to have enough indexes of well-being of conformity ($x^2/sd = 100.96/41, p = .00, RMSEA = .076, CFI = .96, GFI = .93, NNFI = .94$). At the end of the correlation analysis carried out for validity of degree equation, meaningful correlations were found out between the points that the students got from the measurement of patience and the points gotten from measurement of subjective well-being (Tuzgöl Erdost, 2005), the measurement of psychological well-being called Ryff, 1989), the measurement of psychological well-being called (Telef, 2013). The coefficient of internal consistency of the measurement is .82. The coefficient of internal consistency of the measurement is $\alpha = .82$ and correlation of the test is 81.

As a result, the tool of measurement with 23 articles and 8 sub-dimensions has been ready to be used.

Keywords:

Well-being, positive ve negative emotions, engagement, relationships, meaning and accomplishment, the measurement of well-being, reliability and validity

JEL Classification: I30, I30, I30

Seligman's "well-being measure" called PERMA is a measure that lays off five components of a person's level of being well. It was developed by Kern (2015). The measurement evaluates people's level of well-being in five dimensions: They are as follows: (P: Positive and Negative emotions), (E: Engagement), (R: Relationships), (M: Meaning), (A: Accomplishment). The measurement consists of 23 articles. There is a ranging of grades from 0 to 10. The coefficient of internal consistency of the measurement is .82. The measurement of PERMA was applied on a group of university students. Some translation texts (from English to Turkish/from Turkish to English) were given to the students in the department of ELT and was intended to find out the meaningful positive correlations between low and high points ($r=.95, p<.01$; $r=.95, p<.01$).

The tool of measurement with 23 articles and 8 points tested by DFA was seen to have enough indexes of well-being of conformity ($\chi^2/sd = 272.4/168, p = .00, RMSEA = .066, CFI = .91, GFI = .92, NNFI = .88$). At the end of the correlation analysis carried out for validity of degree equation, meaningful correlations were found out between the points that the students got from the measurement of patience and the points gotten from measurement of subjective well-being (Tuzgöl Erdost, 2005), the measurement of psychological well-being called (Ryff, 1989), the measurement of psychological well-being called (Telef, 2013). The coefficient of internal consistency of the measurement is .82. The coefficient of internal consistency of the measurement is $\alpha = .82$ and correlation of the test is 81. As a result, the tool of measurement with 23 articles and 8 sub-dimensions has been ready to be used. The students of Konya Necmettin Erbakan University Ahmet Keleşoğlu Education Faculty Department of Foreign Languages English Teaching Department were informed about the application of a scale to measure patience. It was stated that the students who knows English were needed so that the language equivalence could be measured and two groups were established from the students who volunteered for the application. The first group includes 84 students (73.8% female; 26.2% male; $X = 22.84$ years old; $Ss = 1.72$) oluşmaktadır. İkinci grup aynı öğrencilere dört hafta sonra tekrar uygulanmıştır.

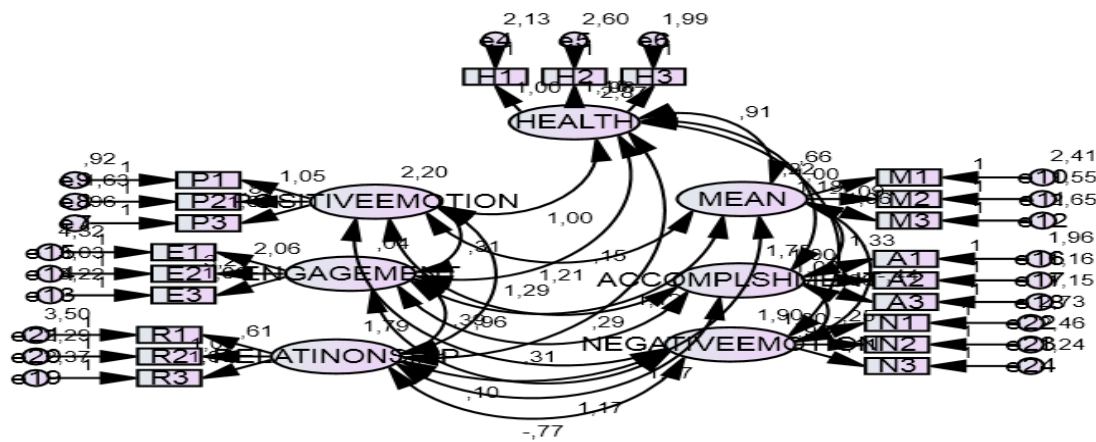
According to the findings obtained from the first group related to language equivalence, a positive relationship was observed between original English form of the scale and Turkish form ($r= .95, p< .000$). According to the findings obtained from the second group related to language equivalence, a high level positive relationship was observed between Turkish form of the scale and the original English form ($r= .95, p< .000$). According to the results obtained from both groups, it can be said that the Turkish form of the scale is equivalent to the original English form. This study consists of 23 variants to be observed and 250 participants. It is observed that there are 23 independent parameter prediction in this study and 272 participants indicated a sufficient sampling for DFA. When it is considered that the research was conducted by two participants, it is seen that minimum requirements were satisfied. The correlation matrices between the variants were analyzed. Accordingly, no correlation was observed between the variants higher than .85. The data set was prepared for CFA.

Findings of Confirmatory Factor Analysis

Testing the Structural Validity of Well-Being scale through Confirmatory Factor Analysis: the first level CFA for three-factor structure of the scale with 23 items was applied in order to obtain proof for the structural validity of PERMA Well-Being Scale. Employing Robust Maksimum Likelihood method, the values of χ^2/sd , RMSEA, CFI, GFI ve NNFI was measured as the indicators of goodness of fit of the model and the requirements that $\chi^2/sd \leq 5$ (Kline,2005; Sümer, 2000), $RMSEA \leq .08$ (jöreskog and Sörborn,1993), $CFI \geq .90$ (Sümer,2000), $GFI > .90$ (Hooper, Caughlan and Mullen,2008) and $NNFI \geq .90$ (Sümer,2000) was considered for accepting the model conformes with data at the sufficient/acceptable level.

The model which is defined related to the original of Well-Being Scale was tested for the the conformity to the Turkish form of the model with 23 items. Accordingly, the obtained values; ($\chi^2/sd = 272.4/168$, $p = .00$, $RMSEA = .066$, $CFI = .91$, $GFI = .92$, $NNFI = .88$), the relationships between the implicit variant (factor) as a result of theDFA conducted for Perma Well-Being Scale of 23 items and error variances of the observed variants were given in Figure 1.

When the estimated factor load values related to the items of Turkish form of Well-Being scale is analyzed, it was found that those variants varied between .47 and .89 and thus there is no item with lower than .30 factor load value.



The correlation values between the implicit variants of Well-Being scale were given in Table 2. when the correlation values are analyzed, a significant relationship was observed among all the implicit variants.

	1	2	3	4	5	6	7	8
Positive Emotion	1.00							
Engagement	.30	1.00						
	.00		1.00					

Relationship	.46 .00	.33 .00	1.00					
Meaning	.55 .00	.33 .00	.61 .00	1.00				
Accomplishment	.40 .00	.36 .00	-.44 .00	.66 .00	1.00			
Negative Emotion	-.25 .00	.25 .00	-.26 .00	-.16 .04	-.18 .04	1.00		
Health	.33 .00	.61 .00	.37 .00	.34 .00	.22 .00	-.34 .00	1.00	
Perma Total	.69 .00	.61 .00	.69 .00	.79 .00	.71 .00	.59 .00	.53 .00	1.00

Findings Related To Determining The Criteria-Dependent Validity Of Well-Being Scale

As a result of the correlation analysis conducted in order to determine the criteria-dependent validity of the Patience Scale, a positive, significant and moderate relationship was observed between the scores of the students obtained from the patience scale and Social self-efficiency ($r = .449$, $p < .004$), positive, significant and moderate relationship with rallying scale ($r = -.719$, $p < .000$), and positive significant and moderate relation was observed with the patient subdimension of inter-personal problem solving scale ($r = -.875$, $p < .000$). The reliability coefficients obtained from the scales through test-repeat-test method were found $= .81$. The Cronbach alpha coefficients of Turkish form of the Scale varies between $.62$ and $.82$. Accordingly, Cronbach alpha internal consistency coefficients for each sub-scale are as follows: for Positive Emotion, $\alpha = .77$, for Engagement, $\alpha = .62$ and for Relationship $\alpha = .70$. The internal consistency coefficient for the entire scale is $\alpha = .82$.

Conclusions: In the light of all those findings and evaluations, it was found that the 23-item part of the Turkish form of Well-Being Scale had enough evidences related to measuring the patience of individuals in seven basic sub-dimensions. On the other hand, it indicates that Positive emotion, Engagement, Meaning, Accomplishment, Negative Emotion, Health ve Perma Total dimensions could effectually measure the structures which Turkish form of the scale intends the measure. In conclusion, it was operationalized to employ in the researches with the goal of analyzing the Well-Being levels of individuals. The relationships between the patience levels of the students to be employed in the scale and other variants may be analyzed and researches may be conducted to find answer to the numerous questions.

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