



## THE VALIDITY AND RELIABILITY OF THE TURKISH VERSION OF THE STATE HOPE SCALE

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### Abstract

The aim of this study is to examine validity and reliability of the Turkish version of the State Hope Scale (SHS; Snyder et al., 1996). The sample of this study consisted of 411 university students. The results of exploratory factor analysis demonstrated that the six items loaded on one factor. The amount of total variance explained was 50% and factor loadings ranged from .60 to .73. Similarly, the results of confirmatory factor analysis indicated that the model was well fit ( $\chi^2=13.44$ ,  $sd=9$ ,  $p=0.14378$ ,  $RMSEA=.035$ ,  $NFI=.98$ ,  $CFI=.99$ ,  $IFI=.99$ ,  $RFI=.96$ ,  $GFI=.99$ , and  $SRMR=.027$ ). The internal consistency coefficient of the scale was .74 and the corrected item-total correlations ranged from .40 to .56.

**Key Words:** State hope, validity, reliability, factor analysis.

### INTRODUCTION

Psychology has tended to explore emotions and thoughts to understand human behaviors but there are controversial concepts whether are thought or emotion. In this manner, we can ask these questions: is hope a thought? , otherwise is hope an emotion? These questions were variously answered by different researchers. Ortony, Clore ve Collins (1988) defined hope as an emotional state that included that positively assess future. Similarly, some authors (Miller, 1985; Romero, 1989) highlighted emotional aspect of hope. Also, hope was defined by Frank (1968) as mixture of emotions and thoughts. In this manner, hope has emotional aspect and also cognitive aspect.

Snyder, Irving and Anderson (1991) have lengthy defined the hope in hope theory. They argued that hope included three components that interacted with each other. These components are goals, pathways thinking and agency thinking. The goal is the cognitive component of hope theory (Snyder, 1994a, 1994b, 1998). Goal is keystone of the hope theory and other component of hope theory is necessary to reach to desired goals. Pathways thinking are to produce ways to reach desired goals (Snyder, 2002). According to hope theory, however, pathways thinking are not enough to attain desired goals. In order to reach to desired goal, agency thinking is also necessary. Agency thinking was defined by Snyder (2002) as "Agency thought – the perceived



capacity to use one's pathways to reach desired goals – is the motivational component in hope theory.” (p. 251). Briefly, pathways thinking and agency thinking serve to reach desired goals.

Feldman and Snyder (2005) investigated the relationship between hope and life meaning and they founded that 'hope is a component of meaning' (p. 408). On the other hand, Snyder (2004) argued that hope is a natural balancing force against depression. Gum, Snyder and Duncan (2006) by supporting this allegation was found that 'hope was the strongest predictor of depressive symptoms, more than the level of activities or participation, such that low-hope stroke survivors experienced more depressive symptoms' (p. 329). Besides, hope positively related to coping (Stanton, Danoff-burg, & Huggins, 2002; Folkman, 2010), job satisfaction and performance (Duggleby, Cooper & Penz, 2009) and academic performances (Snyder, Cheavens, & Michael, 1999), and negatively related to depression (Geffken et al., 2006; Chow, 2010; Ashby, Dickinson, Ginilka, & Noble, 2011).

The purpose of this study is to adapt State Hope Scale developed by Snyder, Sympson, Ybasco, Borders, Babyak and Higgins (1996) to Turkish.

## METHOD

### Participant

Participants were 411 university students (240 (58%) were female, 123 (42%) were male) who were enrolled in mid-size state University, in Turkey.

### Measures

*State Hope Scale.* State Hope Scale was developed by Snyder, Sympson, Ybasco, Borders, Babyak and Higgins (1996). It has six items and two subscales as agency and pathway. State hope correlated positively with state self-esteem,  $r = .49$ ,  $p < .001$  and state positive affect schedule,  $r = .48$ ,  $p < .001$ , and correlated negatively with state negative affect schedule scores,  $r = -.37$ ,  $p < .001$ . Internal consistency coefficients were computed for the pretest and posttest and these indices were .81 and .88, respectively. In addition, the pretest and posttest internal consistency coefficients for the agency subscale were .79 and .76, and .82 and .63 for the pathways subscale. The amount of total variance explained was 71% and factor loadings ranged from .69 to .89. Also, the correlation between the factors was .80.

### Procedure

Permission for participation of students was obtained from related chief departments and students voluntarily participated in research. Completion of the scales was anonymous and there was a guarantee of confidentiality. The scales were administered to the students in groups in the classrooms. The measures were counterbalanced in administration. Prior to administration of scales, all participants were told about purposes of the study. In this study exploratory factor analysis (EFA) was performed to examine the factor structure of the scale according to the data obtained from the Turkish students and confirmatory factor analysis (CFA) was executed to confirm the original scale's structure in Turkish culture. Data were analyzed using LISREL 8.54 and SPSS 15 package programs.

## RESULT

The results of the internal consistency coefficient of the State Hope Scale were .74. Confirmatory factor analysis indicated that the model was well fit (Hu & Bentler, 1999) and Chi-Square value ( $\chi^2=13.44$ ,  $df=9$ ,  $p=0.14378$ ) which was calculated for the adaptation of the model was found to be significant. The goodness of fit index values of the model were RMSEA=.035, NFI=.98, CFI=.99, IFI=.99, RFI=.96, GFI=.99, and SRMR=.027.

Figure 1 showed path diagram and factor loadings.

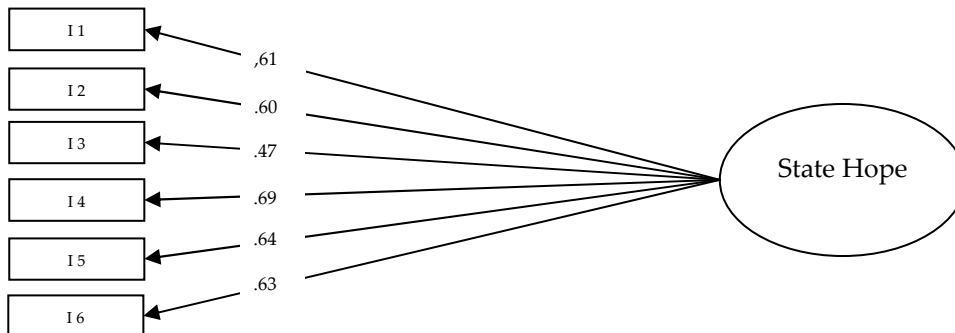


Figure 1: Path Diagram and Factor Loadings

The results of exploratory factor analysis have demonstrated that the items loaded on one factor. The amount of total variance explained by one factors was nearly 50%. Factor loadings ranged from .60 to 73. Table 1 showed factor loadings, means and standard deviations.

Table 1: Factor Loadings

Items	Factor Loadings	$\bar{X}$	sd
1.	.60	4,55	2,24
2.	.70	6,52	1,54
3.	.62	5,82	1,58
4.	.73	5,35	1,55
5.	.72	6,34	1,47
6.	.71	5,77	1,59
Total Variance Explained	50%		

## CONCLUSION

The purpose of this study was to translate State Hope Scale into Turkish and to examine its psychometric properties. Although original form of state hope scale has two subscales as agency and pathways, according to findings Turkish form of state hope scale adapting original form consist of one factor. Because of this finding, it can be useful to make new study about this measure with another sample. Also, further studies that will use State Hope Scale are important to its measurement force for convergent validity.

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