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URDU TRANSLATION OF 16-ITEM OF SCALE TO MEASURE PROSOCIAL BEHAVIOR IN ADULTS

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ABSTRACT

The motive of the study is to translate the 16-item scale to measure Procosial behavior in Adults into Urdu and to establish the factorial structure and reliability of the scale. The procedure was executed in two phases. In the first step the back and forth translation method is used followed by the second step which is to demonstrate the psychometric property of the scale to establish the reliability and its validity. In the first phase the scale was translated back and forth whereas the second phase involves EFA and the subsequent CFA along with invariance measurement of test. The reliability estimate of the scale is 0.909. CFA exhibit the two factor goodness of fit indices for the scale. Two factor structure for the scale is displayed by EFA. The model fit values for the scale includes; the adjusted goodness-of fit index value: 0.893, goodness of fit index, value: 0.92, the incremental fit index value: 0.93, the comparative fit index value: 0.93 and the root mean square error of approximation (RMSEA) value: .071.The scale shows good attributes of internal reliability. The composite reliability and the convergent validity are the good measure of the scale.The Urdu version of the scale is an absolute measure of the level of prosocialness in Adults. A good positive relation has been observed between PSSA (Prosocialness Scale for Adults.) and PBSI(Prosocial Behavioral Intention Scale) through the analysis of criterion related validity.

Keywords: prosocialness, confirmatory factor analysis, exploratory factor analysis, translation, reliability

1. INTRODUCTION

The term ‘prosocial’ has been introduced by the Social Scientist to distinct it from ‘antisocial’. A series of actions executed to benefit other people around you apart from yourself are considered as a prosocial conduct. These actions include encouraging supporting, facilitating and nourishing others. Some people preferred to use the term ‘altruism’ which means providing assistance to someone in hour of need. This interpretation considered to be wrong because altruism is a concept which motivates others. Whereas Egoism, which is to maximize one’s own benefit is studied in opposition to altruism, which is to maximize others people welfare. (Comte, 1851/1875, Dixon, 2008; Macintyre, 1967).

Prosocial and Altruistic behavior do not always complement each other rather they are independent concepts .Why do people behave in a prosocial way and why not?This debate leads a question and asks the Psychologist to solve this query. William McDougall (1908) try to make it clear.This basic issue was resolved by three important manners since 1908: by stressing situational factors, proximal Psychological processes and socialization in the people who shows prsocial behavior. (PsycInfo Database Record (c) 2023 APA, all rights reserved).

Prosocial actions are those which intend to help other. People with the instinctual capacity towards the prosocial behavior are helping, empathetic, concerned for others and compassionate. (Cherry, 2022). Prosocial behavior enhances one’s health suggested by reserchers. Researchers studied the relationship between expected reward and volunteering. Findings suggested that there is a positive

correlation between the volunteering and to live a healthy long life. Julia (2023).

Prosocial behavior is the foundation of the getting mature and functioning socially well. A research was conducted in which adolescents offered social assistance during COVID-19 epidemic. The results show significant relationship between prosocial experiences and routine behavior during the times of distress .(Sophie W. Sweijen,2022).According to another research the residents of a city with high prosociality score shoe more compliance with SOPs which is afterword's related to reduced COVID-19 death rate. (Cambieri,2023).

The lockdown procedures during the COVID-19 period increase the long term consequences on the mental health to create a public health priority. The solution to this issue was the prosocial activities. Still it is not clear that to what extent prosocial activity effect our emotional state and how it can be used as a therapeutic treatment. .(Milles et al,2022).

Studies have shown that there is strong correlation between prosocial behavior and happiness. Additionally, helping others reduces bad mood. In a sample of student teacher in a school the relationship between happiness and prosociality was assessed. The research findings were significantly positive. (Chacaltana, 2021). Prosocial behaviour is a significant social virtue which promotes desirable civic traits among people, which has significant correlation with people. (Simon and Mobekk, 2019; Lubian, 2020). Additionally happiness has been enhanced by prosociality. (Lai et al., 2020),economic stability is also associated with it (Aknin et al., 2020; Dunn et al., 2020).Socially active people are more successful in life
(Lyubomirsky et al., 2005).People who score high on procosiality scale were more resilient to negative experience.(Abbe et al., 2003; Lyubomirsky et al., 2005b; Nielsen and Christensen, 2021).

The goal of the study was to investigate a connection between middle age Bhopal city resident's wellbeing and prosaical behavior. People considerably engaged in helping behavior are more satisfied. People associated with NGOs are generally have more helping as their jobs demand. They have rich contributions towards society. The aim of the research is to understand the motive behind their behavior. Community groups and policy makers make use of these findings of practical nature for the welfare of society n uplifting the concept of prosociality. (Anshay ,2023).

By using the concept of natural selection Psychologists have explained the idea prosocial behaviour. Supporting members of one's own generation increases the chance of your kin will survive which passes on the gene to next generation, it may bring your safety in danger. This research bring us to a conclusion that people are willing to be connected who are close to each other. .(Cherry,2022)

Intense internalize feelings and social acts are associated with positive feelings in actors. Number of researches have shown that socially proactive behaviour intensely rooted with strong psychological heath and sense of self-worth. Prosocial behavior and wellbeing are associated with each other. The constructs shows a positive relationship. Age and gender were also considered here. . (Cherry, 2022) Forty:-four qualitative studies were analyzed critically to evaluate the papers. Three relevant concepts were studied: Agency, social relatedness and moral political awareness. Study tells us about (1) participants trait and motivation,(2) service impact and (3)service process. The results confirm the findings that service activities are associated with prosocial growth in terms of social relationships. This research broadens the scope of the construct and give chance to fill in the knowledge gap

About the relationship between service providers and people served. (M Yates ,2020).

In order to give a reference for moral education and mental fitness .The study was conducted to check the effectiveness of Prosocialness scale for Adults on the Chinese college student which shows that prosociall conduct have an impact on how people develop as an individual. .(Kou Y, Wang L.).

1. **Procedure and Measures**

The motive of the study is to translate the 16-item scale to measure Procosial behavior in Adults into Urdu. The procedure was executed in two phases. In the first step the back

and forth translation method is used followed by the second step which is to demonstrate the psychometric property of the scale to establish the reliability and its validity.

The scale to measure the prosociality of Adults were administered to the participants with

The following instructions "The optimal response is the one which is initial and spontaneous . There are no 'right 'or 'wrong 'answers; Read carefully each phrase and mark the answer that reflects your first response". The participants were asked to choose any one statement which is the best representative of you. Was never almost never true (coded as 1), occasionally true (coded as 2),sometimes true (coded as 3), often true (coded as 4), and almost always/always true (coded as 5) on a 5-point likert scale.

3. Research Phases

3.1 Translation of Prosocialness scale in the Urdu Language

The prosocialness scale was translated into Urdu the native language from the English language the source language in the first phase. Two multilingual experts one lecturer and one professor worked together to complete the translation. The expert received the guideline on how to translate the sacle, followed by the translation, lexical sense, grammar, literal competency and congruence were checked by the psychology experts who were professor, assistant professor and lecturer. The experts were not aware of the original English worded elements. The pilot testing was conducted which shows that the scale is a clear and unambiguous measure of construct. A sample of 50 participants was taken with the age range of 18-70 for pilot testing. It was concluded from the findings that the sacle can be used for further analyses.

3.2 Psychometric features

Cronback alpha was used to assess the reliability of the prosocialness scale in order to ensure the effectiveness of the psychometric properties of the scale. To explore the dimensions of the construct exploratory factor analysis (EFA) was used by using IBM SPSS v.29. To construct the validity of the elements of scale, confirmatory factor analysis (CFA) was performed by using Analysis of Moment Structure (AMOS 29).

4. Sample

Using convenient sampling a sample of 400 gathered from different Universities and schools. Participants who were provided were asked to complete the paper pencil questionnaire and rest of the responses collected through Google form. Both Male and female participants aged betwee 18-70 were part of the study. The gender distribution was 39.1% males and 60.1% females. Demographically, , 58.6% of the participants were unmarried whereas 37.5% of the participants were married.

5. Method

The approval has been taken from the lead author to use it on the participants of the study with the instruction provided and participants received gratitude for their time

Table 1 shows the adult prosocialness instrument of 16-items. As the table shows, the items reflect actions and feelings that can be traced back to one of four types of actions, namely, sharing, altruistic, and caring and f emphatic towards others and their needs. While the first three types of actions have typically characterized the measurement of childhood or adolescence prosocial behavior, the inclusion of empathy represents a new addition to the scale. Such a decision followed the general hypothesis that, in adulthood, one's empathic motives or predispositions are not merely a correlate of his or her tendency to act prosaically but, rather, an integral part of such a tendency (Caprara et al., in press; Eisenberg & Fabes, 1998).

6. Examination of Data

The factor analysis and the dimensional scale were examined by the application of EFA by using IBM SPSSv.29 and PSSA variables assessed using AMOS v.29 After gathering data statistical analysis was done. The assessment of scale done across the other scale by using n product moment correlation

7. Outcomes

A reliability analysis of the scale was conducted. The two factor extraction was indicated by Cronbacks Alpha value that is 0.909.

7.1 Reliability of PSSA

The satisfactory level of reliability was demonstrated by the PSSA.as the alpha value was 0.909. Factor 1, alpha value was .876 and for Factor 2, alpha value was .754. The results of the correlation shown that the PSSA Urdu translation correlates significantly with the original version English version of scale at .01 level of significance, which shows a significant relationship with Urdu and English translation

7.2 Validation of PSSA

EFA was used for factor structure and dimensionality to evaluate factors of scale CFA was used . CFA was the optimal solution for the factor analysis Standardized regression values were greater than .35 (Field 2009).thus in the present study the factor loadings of CFA for the two dimensions of PSSA were above 0.35. For comprehensive analysis the graphical representation is given below.

Table 1 shows extraction values of al items of PSSA and showed that all of the 16 items have satisfactory values and can be used to measure prosocial behavior in adults.

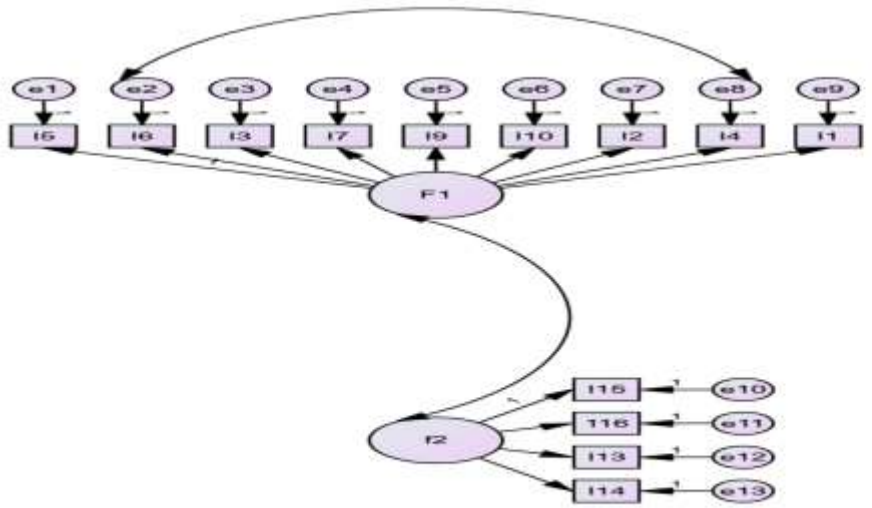
Table 2 shows showed factor loading value of two factors of PSSA Urdu translation.

Table 3 showed CFA for goodness of fit index (GFI) for PSSA. The acceptable value for GFI (goodness of fit index), AGFI (adjusted goodness of fit index), CFI (comparative fit index) and IFI (incremental fit index) are 0.90 0r greater and the current study obtained values between------. So the current study has significant findings.

Table 4 indicated satisfactory values of cronbach's alpha, composite reliability and convergent validity of two factors of PSSA.

Table 5 shows that PSSA has significant positive correlation with PBIS

Figure 1 depicts the factor models of two dimensions of scale



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Table 1: communalities values of extraction method by using principal components analysis of PSSA (N=400)

Item number	value
1	0.568
2	0.519
3	0.780
4	0.545
5	0.782
6	0.691
7	0.676
8	
9	0.566
10	0.532
11	
12	0.520
13	0.644
14	0.671
15	0.737
16	0.723

Table 2: factor loading for exploratory factor analysis

Item no		Factor 1	Factor 2
15		*0.782*	
13		*0.78*	
16		*0.691*	
17		*0.676*	
1		*0.658*	
9		*0.566*	
4		*0.545*	
10		*0.532*	
2		*0.519*	
15			0.737
16			0.723
14			0.671
13			0.644
% variance	21.36		
Cumulative variance	49.99		
Kaiser-Meyer-Olkin measure	0.928		
Barlett test of sphericity	**2288.598**	**< 0.0001**	

Table 3: Model fit indices for PSSA

	Goodness- of- fit indices						
Models	χ2	χ2/df	GFI	AGFI	CFI	IFI	RMSEA
PSSA (two factors)	2.93	0.04	0.92	0.89	0.93	0.93	0.071

Table 4: The CFA reliability and validity results for final model of PSSA (N=400)

Construct	items	factor loading	Cronbach's alpha(>.7)	CR(>.6)	AVE(>.5)
Factor 1 (Helping Behavior)	5	.782	0.876	0.86	0.57
	3	.780			
	6	.691			
	7	.676			
	1	.658			
	9	.566			
	4	.545			
	10	.532			
	2	.519			
Factor 2 (Empathetic Behavior)	15	.737	0.754	0.788	0.48
	16	.723			
	14	.671			
	13	.644			

Discussion

The motive of the study is to translate the 16-item scale to measure Procosial behavior in Adults into Urdu and to establish the factorial structure and reliability of the scale. The procedure was executed in two phases. In the first step the back and forth translation method is used followed by the second step which is to demonstrate the psychometric property of the scale to establish the reliability and its validity. In the first phase the scale was translated back and forth whereas in the second phase explora EFA and CFA was measured. The reliability measure of the scale is 0.909. CFA exhibit the two factor goodness of fit indices for the scale. Two factor structure for the scale is displayed by EFA. The model fit values for the scale includes; the adjusted goodness-of fit index value: 0.893, goodness of fit index, value: 0.92, the incremental fit index value: 0.93, the comparative fit index value: 0.93 and the root mean square error of approximation (RMSEA) value: .071.The scale shows good attributes of internal reliability. The composite reliability and the convergent validity are the good measure of the scale.The Urdu version of the scale is an absolute measure of the level of prosocialness in

Adults. A good positive relation has been observed between PSSA (Prosocialness Scale for Adults.) and PBSI(Prosocial Behavioral Intention Scale) through the analysis of criterion related validity.

The significant level of solidness was demonstrated by the PSSA.as the alpha value was 0.909. Factor 1, alpha value was .876 and for Factor 2, alpha value was .754. The results of the correlation shown that the PSSA Urdu translation correlates significantly with the original version English version of scale at .01 level of significance, which shows a significant relationship with Urdu and English translation

A substantial level of Goodness of fit indices was indicated by both the dimensions of scale. .The $\chi 2/df$ value was 0.4, which is less than its accepted standardized value, that is, $\chi 2/df$ value should be less than 3. The value of $\chi 2$ was 2.93 with respect to the chi-square value of test .The value of $\chi 2/df = 1$ is considered as perfect; value of $\chi 2/df$ that is fewer than 2 is considered as good value; if obtained value is lesser than 5, it is taken as acceptable value and if the obtained value is 5 or more, it is considered as an unacceptable value, this value of $\chi 2/df$ is related to the size of the sample (Marques et al., 2014). The results for each of these values Goodness of fit index exceeds the .90 value which shows significant criterion values. These values exist between 0 t0 1, the value closer to 1 shows ideal fitting of the model according to Schumacher and Lomax (2010),

The retrieved value for root mean square error of approximation (RMSEA) was .071, which is less than .05 that is the credited standardized value of RMSEA, this value should be less than .08 for confirmed model fit and for a good model fit this value should be less than .05. In the present study, the calculated value of RMSEA was .071, which shows good model fit of the scale. A good characteristic of RMSEA is that it provides 95% or 90% guaranteed that model is in the credited fit range (Hu & Bentler, 1999).

Thus on all the three levels of the model fit indices AGFI, IFI and PFI of PSSA the model shoed perfect values for two dimensions . In order to check the criterion related validity of the PSSA it is correlated with PBIS, which was correlated with the PSSA and is shown in table no 5. A significant correlation exist between the two scales. Therefore, the Urdu translation of PSSA was considered to be a desirable and authentic tool for measuring the prososiality of people.

Conclusions and Implications

The study reveals that Urdu translation of PSSA is an authentic tool for assessing the prosociality of adults. The multidimensionality of the. PSSA was indicated through scores of the scale. The clinical psychologists and psychiatrists use this scale to assess the prosociality of individuals. Outstanding contribution was made to the literature by the correlation of PSSA with PBIS. In summary we can conclude that was to have a good psychometric qualities being brief, simple and easy to administer.

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