ENGLISH TRANSLATION AND VALIDATION OF SPOUSAL SELF-DISCLOSURE SCALE

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ABSTRACT

This goal of this study is to translate and validate the Spousal Self-Disclosure Scale (SSDS) from Turkish to English, originally developed by Ceg & Yildrim (2017). The Spousal Self-Disclosure scale is a crucial instrument for assessing the dynamics of self-disclosure among married couples, which is essential for understanding marital relationships. The translation process was conducted by the Department of Turkish Studies at the National University of Modern Languages (NUML), employing both forward and backward translation techniques to ensure linguistic accuracy and conceptual integrity. The translated scale was administered to a sample of 400 married individuals, allowing for a robust analysis of its psychometric properties. To confirm the scale's factor structure, confirmatory factor analysis (CFA) was performed. The CFA results indicated a satisfactory fit for the hypothesized model, confirming that the translated SSDS retains its original dimensionality and effectively measures the intended constructs of spousal self-disclosure. Reliability assessments demonstrated high internal consistency across all factors, with Cronbach's alpha coefficients exceeding the acceptable threshold of .87, indicating that the scale is reliable for use in English-speaking populations. Additionally, convergent and discriminant validity were established through correlations with established measures of marital satisfaction and communication styles, further supporting the scale's validity. In conclusion, this study successfully translated and validated the Spousal Self-Disclosure Scale for English-speaking populations, providing a valuable tool for researchers and practitioners interested in exploring marital dynamics across cultures.
Keywords: Spousal Self-disclosure, Self-disclosure, Spousal Self-disclosure scale.

INTRODUCTION

Spousal self-disclosure is described as an intimate, private, and emotional way to express information, making it a vital part of the emotional support that couples give to one another in the form of love, care, and understanding. The degree to which people express their ideas and feelings has been operationalized as the construct of emotional disclosure (Çağ & Yıldırım, 2018). Couple-based communication intervention, partner-assisted emotional disclosure, marital emotional disclosure, and marital self-disclosure are other names for this practice.

Relations are important part of individuals' daily life and exist in various structures such as romantic relationships, friendships, and daily relationships. Self-disclosure is one of the most crucial communication techniques (DeVito, 2011). In addition, Romdhon and Wahyuningsih (2013) noted that self-disclosure is a crucial communication ability for people to have while interacting and dealing with others. Through it, people can voice a variety of grievances or objections to anything that is thought to cause problems in a marriage. Additionally, people can communicate their thoughts and opinions about a subject, express their feelings about a situation, seek clarity on their sentiments, or receive recommendations and guidance from their partner (Baumeister & Vohs, 2007). Couples who are unable to disclose to one another may find it difficult to adjust, have low self-esteem, dread, anxiety, and feelings of inferiority, all of which may have an impact on their mental health (Johnson, 1981).

Self-disclosure is not only important in predicting the type of relationship people will have with one another (Harvey & Omarzu, 1999; Reis & Shaver, 1988), but it's also a means for people to get to know one another better, become closer, and use that knowledge to guide their relationship (Derlega, Winstead, & Greene, 2008). Self-disclosure helps relationships advance and mature. First, they show interest in one another; then, they want to find out more about that person; and last, they want to provide more specific details about themselves with that person. Opening up progresses further and is essential to the growth of the interpersonal relationship if the other person feels the same way (Derlega et al., 1993).

Open communication is one of the primary ways that self-disclosure improves marital adjustment. Open communication between partners lessens the possibility of misunderstandings and miscommunications, which are frequent causes of conflict in partnerships. Good self-disclosure enables couples to communicate their wants, needs, and worries so that problems can be resolved before they become serious disputes (Derlega & Grzelak, 2015). Additionally, sharing one's inner world with another person through self-disclosure creates a sense of closeness and connection that promotes emotional intimacy (Sprecher & Hendrick, 2004). These results have been supported by more recent research. For example, a study conducted in 2015 by Collins and Miller discovered a significant relationship satisfaction and closeness increase in married couples who self-disclosed. Reis and Shaver (2018) showed in another study that self-disclosure techniques emphasizing the sharing of happy memories and feelings can improve resilience and marital happiness even more.

There is a pressing need to translate the Spousal Self Disclosure Scale (SSDS) from Turkish to English language, as no equivalent scale currently exists in literature to measure spousal disclosure levels. The SSDS has been validated in Turkish contexts, demonstrating strong psychometric properties, including a Cronbach's alpha of .95, indicating high reliability. This scale consists of 29 items assessed on a 5-point Likert scale, effectively capturing the nuances of self-disclosure between spouses. Translating this scale will facilitate its use among practitioners and researchers in Pakistan, enabling them to better understand and improve marital dynamics. The availability of a reliable measurement tool like the SSDS can significantly contribute to the fields of psychology and family therapy by providing insights into spousal communication and its impact on relationship satisfaction.

Method
Two phases were used in the present research study: the initial phase was focused on translating the scale. In the second stage, the study examined the factorial structure of the scale, which was confirmed in the culture of Indigenous people, and this factor structure validation through confirmatory factor analysis on an independent sample.

Objectives of the Study
1-To translate and cross-validate SSDS in English language.
2-To establish the psychometric properties of the translated scale
3-To confirm the factor structure of SSDS.

Phase I: Translation Procedure
The translation procedure of spousal self-disclosure scale (Ceg & yildrim, 2018) is to translate and cross-validate into English language. The Spousal self-disclosure scale was translated from the source language (Turkish) to the targeted language (English). The translation was done by the Turkish language experts from the department of Turkish Studies, NUML university. For this purpose, the translators were well-versed in both the target and source language. They were instructed to translate the items accurately without bringing change to the core meaning of each item while keeping in the mind the Pakistani cultural context. After getting permission from author (Çağ & Yıldırım, 2018) certain modifications were made in the wording of few items.

The procedure was divided into three steps which are stated below:
1. Forward Translation
2. Reconciliation of items
3. Back Translation.

Step I: Forward Translation. First, the scales were translated from Turkish to English using a parallel back translation procedure (Brislin, 1976). Three bilingual individuals translated the scales from Turkish to English to produce the Turkish instrument's into English version. In order to make translation conceptually equivalent to the target language culture, this technique was established.

The three lecturers from the department of Turkish Studies at NUML university completed the translation. The translators had extensive knowledge of both the source and target languages for this purpose.

Step II: Item Reconciliation. Three separate forward versions were compared in order to determine which translation item fit the best, and the committee approach was used to evaluate the theoretical homogeneity of the items. A committee was established following receipt of the translated versions of the scale. The committee was made up of the scale's author and two language experts. Every item in the translated versions was carefully examined by the committee, and they were compared to the original text. The committee members also assessed the translated items based on their phrasing, grammar, and context. These participants recorded each item in their evaluation, and they all agreed on the best translation. Following expert discussion and minor adjustments to the scale items, the forward translation was ultimately reconciled and comprised the most appropriate translation of each item. The final English version of each scale was then prepared. Each item was chosen by consensus of all experts.

Step III: Backward Translation. Evaluating the conceptual equivalency between the original version and the reconciled forward translation was the main goal of back translation. A bilingual expert who was not familiar with the original scale translated all three of the scales' finalized English versions back into Turkish. This multilingual specialist was a lecturer at NUML University's from department of Turkish Studies. For the back translation, the same guidelines that applied to the forward translations also applied. As a result, three back translations were produced. This was done to guarantee that translations into English were accurate, trustworthy, and legitimate translations free of linguistic bias. Similar to the first translation, the goal of this phase was to achieve cultural and mental equivalency rather than language equivalency.

Phase II: Validation of Translated Scale
Method
Sample
For the present study, a sample of 400 married individuals (201 men, 199 women) volunteering participating in the research. Age of the participants ranged from 18 to 70 years (M= 38.63; SD= 6.12). The convenience sampling technique was used to choose the sample. The sample was selected from different cities of Pakistan.

Instrument
Spousal Self-Disclosure (Çağ & Yıldırım, 2017)
Spousal Self-Disclosure scale is used to assess the self-disclosure behavior between spouses, the original scale is 29-item and 3 factors the nature of the relationship, awareness, and openness was developed. The current investigation revealed that on cross validation of Spousal Self-Disclosure Scale (SSDS) for use in our population, we identified four items that exhibited low regression weights would not be fit in our population. This finding prompted their removal to enhance the scale's overall validity and reliability within the Turkish cultural context. Items with low regression weights often indicate a weak relationship with the underlying construct being measured. The 25 items on the final form are evaluated between "1 = Not Like Me at All" and "5 = Absolutely Like Me" using a 5-point Likert scale. There are five reversal items on the scale. The scale determines a final score. 25 is the lowest and 125 is the highest possible score. A married person with a higher score has a higher level of self-disclosure.

The results of the validity analysis demonstrate that this scale can accurately gauge couples' levels of self-disclosure. Furthermore, two approaches were used to calculate the spousal self-disclosure scale dependability. The split-half test technique was calculated (r =.93) after first calculating a Cronbach Alpha coefficient (a =.87). The spousal self-disclosure scale is a scale that can be used to quantify spousal self-disclosure, according to the reliability coefficients.

The first factor, known as the "Relevance Factor," is made up of statements that represent the overall evaluation of the degree of self-disclosure between partners, as well as quality and communication power. "Awareness" is the name given to the second element, which consists of self-expression, self-will, and desire to explain. The third factor is termed "Openness" and is made up of statements that indicate a tendency to withhold certain aspects of oneself, conceal certain aspects of oneself, or avoid talking about certain aspects of oneself.

Procedure
A convenient sample technique was used to recruit 400 persons, both men and women, in order to get the data. They were given information on the goal of the study and given guidelines on how to fill out

the questionnaires and style their responses. After all questions about completing the scale were answered, participants were asked to honestly answer every item on the questionnaire, leaving no question unanswered. The participants received guarantees regarding the privacy and confidentiality of their data, which was only utilized for study. There was no deadline for filling out the surveys.

Results

Confirmatory Factor Analysis was run to establish the construct validity by confirming the factor structure of the translated scales.

Table 1

Confirmatory Factor Analysis of Spousal Self-Disclosure Questionnaire for factor structure (N= 400)

Model SSDQ	χ^2	χ^2n /df	P	GFI	CFI	TLI	RMSEA
1	873.35	2.33	.000	.88	.84	.82	.05
2	700.59	1.98	.000	.90	.95	.95	.05

Note. χ^2=Chi-Square; df = Degree of Freedom; GFI = Goodness of Fit Index; CFI Comparative Fit Index; RMSEA Root Mean Square Error of Approximation; SSDQ = Spousal Self-Disclosure Questionnaire.

Table 1 demonstrates that Model 1 (without error covariance) is a poor fit. Model fit as evidenced by Model 2 is achieved by introducing error covariance thus reducing the error variance and improving the true one which helps to achieve the model fitness. The factor loading for each item underlying the respective factor and the respective loading of both factors for second order CFA were obtained as shown in the values mentioned in the following figure.

The confirmatory factor analysis (CFA) obtained from 29 items of the Spousal Self-Disclosure Scale and its sub-scales, which indicates that the regression weights of four items are below .35 item no 4, item no 10 item no 29 and item no 16 is removed due to low factor loadings. Error were removed after that model fit indices were in acceptable ranges.

Confirmatory factor analysis of spousal self-disclosure scale shows that the CFI (comparative fit index) value is .95, TLI (Tucker Lewis Index) = .95, GFI (Goodness of Fit Index) = .90, RMSEA = .05. In terms of the overall indices, it is evident that this model is acceptable. Lastly, Spousal Self-Disclosure final translated Scale consisted of 25 items with good model fit indices. The highest score on spousal self-disclosure scale was 125 and lowest score was 25 on a sample of 400 married individuals of Pakistani population

Figure 1
Confirmatory Factor Analysis for Spousal Self-Disclosure Scale for Factor Structure. (N=400)
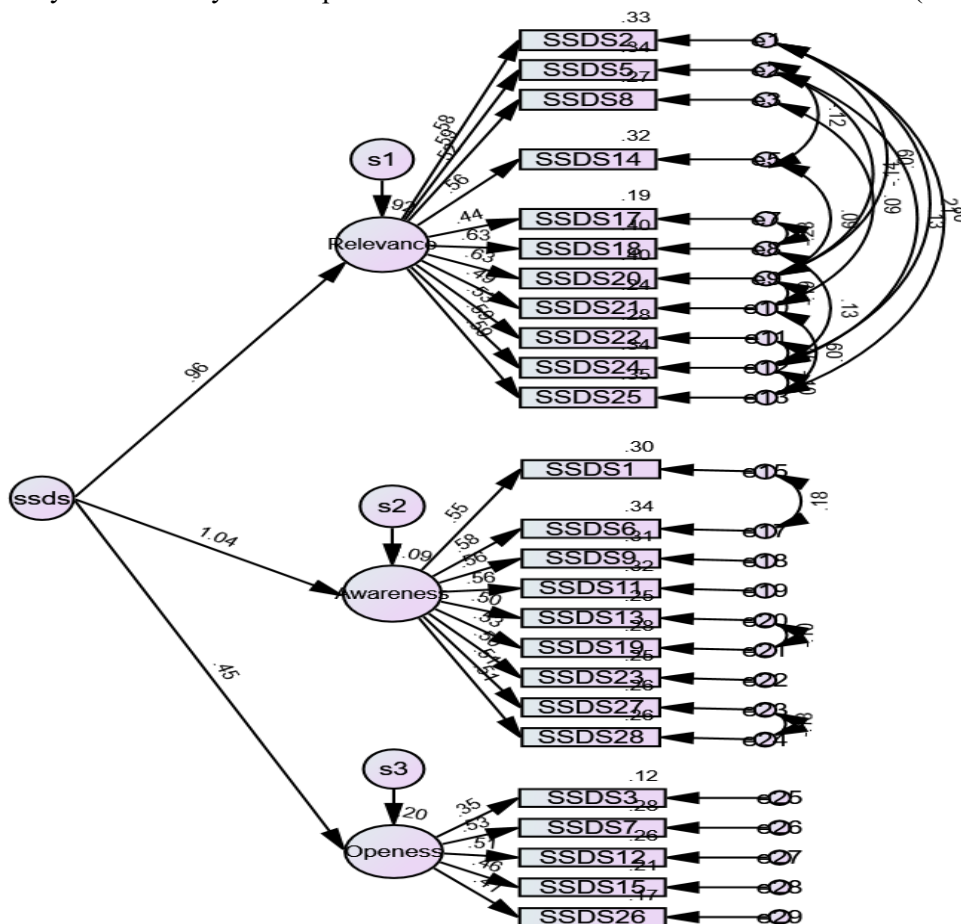

Figure 1 shows Path diagram of the confirmatory factor analysis (CFA) obtained from 29 items of the Spousal Self-Disclosure Scale and its sub-scales, which indicates that the regression weights of four items are below .35 item no 4, item no 10 item no 29 and item no 16 is removed due to low factor loadings. Error were removed after that model fit indices were in acceptable ranges. The process of translating and adapting the Spousal Self-Disclosure Scale (SSDS) for use in our population, we identified four items that exhibited low regression weights would not be fit in our population. This finding prompted their removal to enhance the scale's overall validity and reliability within the Turkish cultural context. Items with low regression weights often indicate a weak relationship with the underlying construct being measured. Retaining such items could compromise the scale's psychometric properties, leading to inaccurate assessments of spousal self-disclosure. The original SSDS may contain items that do not resonate with or reflect the experiences of our target population. By removing these items, we aim to ensure that the scale accurately captures culturally specific aspects of self-disclosure in marital relationships. The elimination of items that do not contribute significantly to the construct allows for a more focused and effective measurement tool, ultimately enhancing the interpretability of results in future research.

Discussion
Evidence of the validity and reliability of the spousal self-disclosure scale was shown in the current study. The final version of the spousal self-

disclosure scale consists of three subscales and twenty-five items ("1 = Not at all appropriate for me" and "5 = Completely appropriate for me"). The scale has five reverse-coded components. A total score is also provided by the scale. The scale's lowest possible score is 25, while the greatest possible score is 125. Higher spousal self-disclosure scores are indicative of a higher degree of self-disclosure among married people towards their partners.

In conclusion, the spousal self-disclosure scale is a valid and reliable tool that can be used to assess married people's degree of self-disclosure when the findings of the validity and reliability studies are combined. It may be concluded that this scale may be used in practice and study by psychologists, psychological counsellors, and practitioners in the field of marriage and family therapy, as well as researchers looking into marital relationships.

Limitation and suggestions

One major disadvantage of this study is that the data were only gathered from Pakistan's major cities. The findings' generalizability is limited by this urban-centric sample, especially when considering more diverse populations like those from smaller cities and rural locations. Future studies should strive to incorporate national data in order to improve the conclusions' generalizability to various demographic groups. To guarantee their validity and applicability, the scales employed in the current study should also be evaluated on a wider and larger sample. The scales must be translated into Urdu in order to increase accessibility. With this translation, the instruments will be more useful for those who don't speak English as their first language, enabling a more inclusive population evaluation.

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