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The construct validity of two physical self-concept measures: An example from Turkey

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Abstract

Objective: The study was intended to investigate the construct validity of two well accepted physical self-instruments -PSPP and PSDQ- for non-English speaking university students.

Method: 217 volunteered (98 males; $M_{\text{age}}=22.7\pm 2.12$ and 119 females; $M_{\text{age}}=21.6\pm 1.42$) university students completed The Physical Self-Perception Profile (PSPP) (Fox, K.R., & Corbin, C.B. (1989). The physical self-perception profile: Development and preliminary validation. *Journal of Sport and Exercise Psychology*, **11**, 408–430), Physical Self-Description Questionnaire (PSDQ) (Marsh, H.W., Richards, G.E., Johnson, S., Roche, L. & Tremayne, P. (1994). Physical Self-Description Questionnaire: Psychometric properties and an multitrait-multimethod analysis of relations to existing instruments. *Journal of Sport and Exercise Psychology*, **16**, 270–305), and Physical Activity Assessment Questionnaire (Karaca, A., Ergen, E. & Koruç, Z. (2000). The reliability and validity of Physical Activity Assessment Questionnaire (PAAQ). *Hacettepe Journal of Sport Sciences*, **11** 17–28). Body composition, cardiovascular endurance, muscular endurance, muscular strength and flexibility were assessed as physical fitness measures in this study. Zero order and partial correlation analyses were used to examine the construct validity.

Results: PSPP and PSDQ scales were correlated with corresponding physical fitness measures. The correlations were moderate and supported the expected pattern.

Conclusion: The obtained results provide the initial evidence for the construct validity of PSPP and PSDQ for non-English speaking Turkish university students.

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The structure and measurement of the physical self has been widely considered over the past two decades (see Fox, 1997). Conceptually, a multi-dimensional hierarchical model has been proposed and supported in which global self-esteem and self-concept is at the apex. Below that, at the domain level, physical self-worth or physical self-concept are less enduring. At the sub-domain level, specific and unstable dimensions of physical self-perceptions and self-concept are theoretically closely correlated with objective measures of physical attributes and perceptions of ability.

The content and factor structure of two of the most frequently used, theoretically driven measures, the Physical Self-Perception Profile (PSPP) (Fox & Corbin, 1989) and Physical Self-Description Questionnaire (PSDQ) (Marsh, Richards, Johnson, Roche, & Tremayne, 1994) were originally validated with college aged population in the United States (Fox & Corbin, 1989) and high school students in Australia (Marsh et al., 1994). Cross-cultural validity of these instruments have also been supported among wide range of samples in other countries. For example, PSPP was validated with college students in United Kingdom (Page, Ashford, Fox, & Biddle, 1993), middle aged adults (Sonstroem, Harlow, & Josephs, 1994; Sonstroem, Speliotis, & Fava, 1992); British and Russian children (Hagger, Ashford, & Stambulova 1998), university students in Turkey (Aşçı, Aşçı & Zorba, 1999) and Flemish adults (Van de Vliet et al. 2002). PSDQ was also cross culturally validated with high school students in Spain and university students in Turkey (Marsh, Marco, & Aşçı, 2002). Numerous other studies on PSPP (Fox, 1990; Page et al., 1993; Sonstroem et al., 1994; Taylor & Fox, 2005) and PSDQ (Guerin, Marsh, & Famose, 2004; Marsh, 1996a; 1996b; Marsh, Hey, Roche, & Perry, 1997) have also confirmed their construct validity.

Despite the support for the internal and factor structure of the PSPP and PSDQ, there are few attempts (Marsh, 1996a,b) to study the construct validity of both the PSPP and PSDQ in the same study, and even fewer in non-English speaking cultures. Thus, the present study was intended to investigate the construct validity of two well-accepted physical self-instruments, the PSPP and PSDQ, for Turkish university students by relating the measures to objective measures of physical fitness, physical activity and anthropometric measures.

Based on the work of Marsh (1996a), it was hypothesized that different measures of physical fitness will have a high correlation with corresponding scales and low correlation with theoretically unrelated scales of the instruments. For example, the PSPP Body Attractiveness and PSDQ Body Fat scales are expected to be more highly correlated with the corresponding fitness test of body composition than other physical fitness measures. Confirmation of this hypothesis will provide the evidence for the convergent and discriminant validity of PSPP and PSDQ for a non- English speaking country.

Method

Participants

Participants were 217 (98 males; $M_{\text{age}} = 22.7 \pm 2.12$ and 119 females; $M_{\text{age}} = 21.6 \pm 1.42$) Turkish university students who enrolled in the elective courses from a Physical Education and Sport Department during the 1999–2000 Fall and Spring semesters. The participants were from moderate-income families and the majority was from the urban regions of Ankara, Turkey.

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