



The construct validity of Ryff's Scales of Psychological Well-being and its extension with spiritual well-being

Dirk van Dierendonck*

*Department of Work and Organizational Psychology, University of Amsterdam,
Roetersstraat 15, 1018 WB Amsterdam, The Netherlands*

Received 12 August 2002; received in revised form 2 February 2003; accepted 21 February 2003

Abstract

This study examined the factorial and content validity of Ryff's Scales of Psychological Well-being (SPWB) in a sample of psychology students ($N=233$) and a sample of professionals from a diverse occupational background ($N=420$). The psychometric quality of the SPWB was tested for the versions with 3-items, 9-items and 14-items. It appeared that the factorial validity was only acceptable for the 3-items per scale version. However, the internal consistency of these 3-items scales was below generally accepted levels. Therefore, it is suggested to reduce the length of the 14-item scales to 6, 7 or 8 items, depending on the specific subscale. This resulted in an improved overall psychometric quality. In addition, two new scales were developed that together refer to spiritual well-being. A second order factor analysis, including vitality, happiness, self-esteem and the Big Five personality dimensions, revealed four underlying dimensions of positive psychological health: subjective well-being, self-actualization, interpersonal relations and autonomy.

© 2003 Elsevier Ltd. All rights reserved.

Keywords: Well-being; Spirituality; Positive psychological health; Mental health

1. Introduction

The increasing interest in positive psychology, calls for valid and reliable instruments that measure the essential concepts in this area of research (Keyes & Lopez, 2002). A popular instrument in this field is Ryff's Scales of Psychological Well-being (SPWB). Ryff (1989a) developed this instrument on the basis of an extensive literature review and the integration of mental health, clinical and life span developmental theories. She argued that these perspectives incorporate similar and complementary criteria of positive psychological health. They have an optimistic

* Tel.: + 31-20-525-68-60.

E-mail address: dvandierendonck@fmg.uva.nl (D. van Dierendonck).

outlook on life, emphasizing personal growth and development. The theoretically derived dimensions of positive psychological health included Self-acceptance, Positive relations with others, Autonomy, Environmental mastery, Purpose in life, and Personal growth (Ryff, 1989a). Together, these dimensions can contribute to the assessment of a person's level of positive functioning and well-being. Nevertheless, despite its increased use, studies into the factorial validity of the SPWB have been scarce. A good factorial validity is one way to establish the construct validity of a scale. Although earlier studies confirmed the proposed structure (e.g. Ryff, 1989a; Ryff & Keyes, 1995), a recent study by Kafka and Kozma (2002) showed that the factorial validity is not unambiguous. This article aims to enhance our insight into the factorial validity of the SPWB. In addition, the content validity will be addressed. Moreover, it is proposed that a new dimension, namely spirituality, should be added to the six dimensions of Ryff.

One of the strong points of the SPWB is the way it was constructed (Ryff, 1989b). First, the six dimensions were theoretically defined. On the basis of these definitions, 80 items were generated by three persons. Next, these items were evaluated on the basis of criteria such as ambiguity and fit with the scale definition. The resulting item pool of 32 items per scale (16 positive and 16 negative) was tested in a pilot-study among 321 adults. From each scale, the twelve items that according to psychometric analysis appeared to be least fitting were removed, thus resulting in a 20-items per scale instrument.

In the following years, three shorter versions of the SPWB were proposed. Ryff, Lee, Essex, and Schmutte (1994) used a 14-items per scale version. Items from these scales were selected from the 20-items version based on item-total correlation and coherence with the guiding theoretical definition. Correlations with the original scales ranged from 0.97 to 0.98. A very short version was formulated as part of a national survey. Ryff and Keyes (1995) selected 3 out of each 20 items that best captured the conceptual scope of the definitions. These shortened scales still correlated between 0.70 and 0.89 with their 20-item parent scales, however the internal consistency was low, ranging from 0.33 to 0.56. Confirmatory factor analysis with the 3-items per scale version demonstrated that the best fit to the data was achieved by the model that joined the six dimensions together by a single higher order factor model (Ryff & Keyes, 1995). However, the remarkably high correlation between Self-acceptance and Environmental mastery may point to a possible five-factor model. The factor analysis of Kafka and Kozma (2002) with the 20-items per scale version also points in that direction. Recently, Ryff formulated a 9-items per scale version that is part of an ongoing longitudinal study. Unfortunately, data about its psychometric quality are as yet not available. Our first research question is whether the six-factor structure of the SPWB can be confirmed for the versions with 14-, 9- and 3-items per scale.

In her formulation of positive psychological health, Ryff (1989a) criticized the common scales of well-being (e.g. measures by Fordyce & Bradburn). These scales are considered to only measure what is now called hedonic well-being (Kahneman, Diener, & Schwarz, 1999). This issue is related to the construct validity of the SPWB, namely that it measures both similar and different aspects of well-being. Only few studies used second order factor analyses with different well-being and mental health measures to investigate possible underlying dimensions (Compton, 1998; Compton, Smith, Cornish, & Qualls, 1996; Kafka & Kozma, 2002; Ryff, 1989a). In these studies subjective well-being and self-actualization or personal growth are suggested as two separate, yet related, underlying constructs. With regard to the SPWB Scales, these studies show that Self-acceptance is most strongly related to subjective well-being scales. Both Personal growth and

متن کامل مقاله

دریافت فوری ←

ISIArticles

مرجع مقالات تخصصی ایران

- ✓ امکان دانلود نسخه تمام متن مقالات انگلیسی
- ✓ امکان دانلود نسخه ترجمه شده مقالات
- ✓ پذیرش سفارش ترجمه تخصصی
- ✓ امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
- ✓ امکان دانلود رایگان ۲ صفحه اول هر مقاله
- ✓ امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
- ✓ دانلود فوری مقاله پس از پرداخت آنلاین
- ✓ پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات