



## THE VALIDITY AND RELIABILITY OF TURKISH VERSION OF THE LIFE GOAL PROFILE SCALE

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### Abstract

The aim of this study is to examine validity and reliability of the Turkish version of the Adolescent Life Goal Profile Scale (Gabrielsen, Ulleberg, & Watten, 2012). The sample of this study consisted of 263 high school students. The results of confirmatory factor analysis indicated that the 16 items and four-dimensional life goal model (Relations, Generativity, Religion and Achievements) was well fit ( $\chi^2= 165.76$ ,  $df= 91$ , RMSEA= .056, GFI= .93, CFI= .91, IFI= .92, and SRMR= .055, for perceived importance scale;  $\chi^2= 167.54$ ,  $df= 94$ , RMSEA= .054, GFI= .93 and SRMR= .056, for perceived attainability scale). For perceived importance scale the internal consistency reliability coefficients of the scale were .65 for relations subscale, .65 for generativity subscale, .61 for religion subscale, .50 for achievements subscale, and .76 for overall scale. For perceived attainability scale the internal consistency reliability coefficients of the scale were .57 for relations subscale, .70 for generativity subscale, .55 for religion subscale, .59 for achievements subscale, and .81 for overall scale.

**Key Words:** Life goal, validity, reliability, confirmatory factor analysis.

### INTRODUCTION

People seek for meaning to live peacefully and presence of personally significant life goals help to find and maintain this. Goals give structure, coherence, and purpose to people's lives and they are important for psychological well-being (Emmons, 1986). There are some studies that revealed relationships between meaningful life and higher levels of wellbeing (Steger, Kashdan, Sullivan, & Lorentz, 2008), self-determination (Deci & Ryan, 2002), and happiness (Lyubomirsky, King, & Diener, 2005).

Goal concept is defined as desired state that people seek to obtain, maintain, or avoid (Emmons, Colby, & Kaiser, 1998). Kasser and Ryan (2001) consider life goals two dimension: intrinsic and extrinsic. Intrinsic goals include personal growth, emotional intimacy, community feeling, and autonomy while extrinsic goals are involving financial success, physical attractiveness, and social fame and/or popularity (Kasser & Ryan, 2001).



There are a plenty of studies conducted on life goal which demonstrated its positive and negative associations with different variables. In these studies it was found that life goal positively related to academic success (Oyserman, Bybee, & Terry, 2006) and lower levels of risk behavior (Vesely et al., 2004), well-being (Ingrid, Majda, & Dubravka, 2009; Massey, Gebhardt, & Garnefski, 2008) and negatively related to hopelessness (Snyder, Rand, & Sigmon 2002) and depression (Seligman, Rashid, & Parks, 2006).

As a result, goals show peoples' future orientation and meaning of life, so knowing one's goals help us better understand his/her present and future behavior. The purpose of this study is to adapt into Turkish and to examine the validity and reliability of the Life Goal Profile Scale (Gabrielsen et al., 2012).

## METHOD

### Participant

Participants were 263 high school students (145 (55 %) were female, 118 (45%) were male) who were enrolled in Hendek Girl Vocational School, in Sakarya, Turkey.

### Measures

*Life Goal Profile Scale.* The Life Goal Profile Scale (Gabrielsen, Ulleberg, & Watten, 2012) is a self-report questionnaire with 16 items rated on a 5-point scale. The scale has four sub-dimensions: Relations (5 items), generativity (5 items), religion (2 items) and achievements (4 items). High scores indicate higher levels of Life Goal Profile. The Cronbach alpha internal consistency reliability coefficients of the scale were .74 for relations subscale, .72 for generativity subscale, .75 for religion subscale and .65 for achievements subscale.

### Translation and adaptation process

Primarily the scale was translated into Turkish by two academicians who know English well. After that the Turkish form was back-translated into English and examined the consistency between the Turkish and English forms. Than Turkish form has been reviewed by three academicians from educational sciences department. Finally they discussed the Turkish form and along with some corrections this scale was prepared for validity and reliability analyses.

### 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. Prior to administration of scales, all participants were told about purposes of the study. In this study confirmatory factor analysis (CFA) was executed to confirm the original scale's structure in Turkish culture and Cronbach' Alpha reliability coefficient was calculated to examine the reliability. Data were analyzed using LISREL 8.54 and SPSS 15 package programs.

## RESULTS

### Construct Validity

Confirmatory factor analysis demonstrated that the four-dimensional Life Goal Profile model was well fit ( $\chi^2=165.76$ ,  $df=91$ ,  $RMSEA=.056$ ,  $GFI=.93$ ,  $CFI=.91$ ,  $IFI=.92$ , and  $SRMR=.055$ ). Factor loads of items belonging Turkish version of Life Goal Profile Scale are presented in Figure 1.

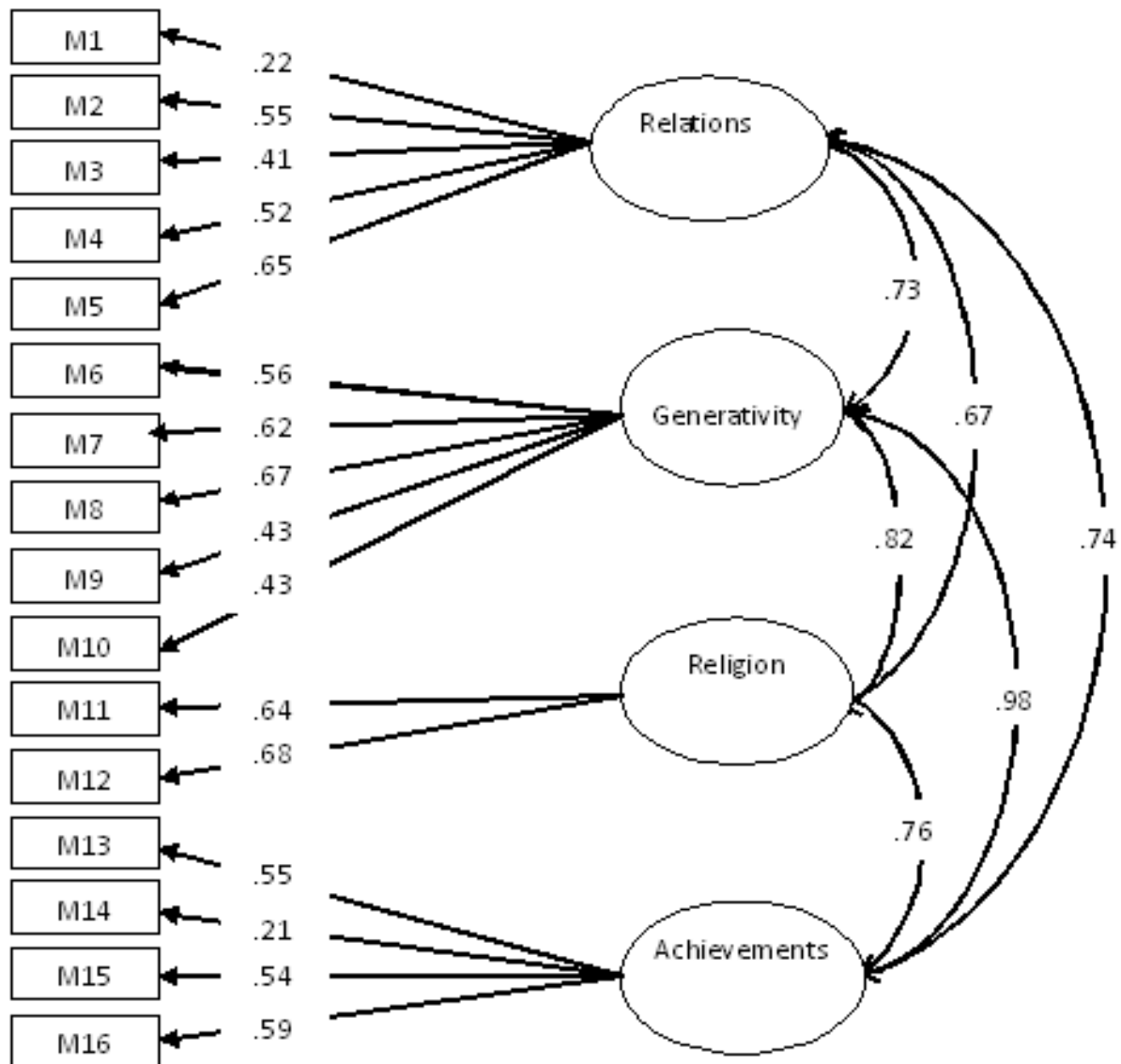


Figure 1: Factor Loadings for the Turkish version of the Life Goal Profile Scale

#### Item Analysis and Reliability

For perceived importance scale the internal consistency reliability coefficients of the scale were .65 for relations subscale, .65 for generativity subscale, .61 for religion subscale, .50 for achievements subscale, and .76 for overall scale. For perceived attainability scale the internal consistency reliability coefficients of the scale were .57 for relations subscale, .70 for generativity subscale, .55 for religion subscale, .59 for achievements subscale, and .81 for overall scale. The corrected item-total correlations ranged from .47 to .73.

#### DISCUSSION

The purpose of this study was to translate Life Goal Profile Scale into Turkish and to examine its psychometric properties. Overall findings demonstrated that this scale had acceptable validity and reliability scores. Further studies that will examine the convergent validity of the Life Goal Profile Scale are important for its



measurement force. Also the temporal stability of the Life Goal Profile Scale may be calculated using test re-test method.

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